



Vitality Run Series Randburg Harriers Challenge

5KM | 10KM | 21.1KM

Randburg Harriers Running Club, Randburg Sports Complex
Corner Republic Rd and Silver Pine Ave, Praegville, Randburg

This is a CGA approved race



Get a jump start on that summer body and join the Randburg Harriers Challenge in partnership with Discovery Vitality. Complete five of the most iconic races in Joburg and earn Vitality points. This is race 4 of 5 in this series, be sure to earn all 5 medals.

RACE OVERVIEW

This is race 4 of 5 in the Series. Fun for the whole family with music and fabulous food vendors to enjoy after your race. Option of 21.1km, 10km, and 5km routes. You best get stuck into those hill repeats so you can slay the hills of Randburg, because Randburg hills are a known factor.

GENERAL INFORMATION

- Spot prizes are up for grabs
- Race entries limited to 6000
- An Electronically timed event.
- Parking will be available at Randburg Sports Complex and surrounds
- Additional parking will be advertised on Facebook closer to the event.
- Race photographs by SMacPix Event Photography for purchase after the event
- Great Grandmaster & Blind runners, get to collect your free entry at race collection.
- No substitutions on race day



VITALITY POINTS

Discovery Vitality members receive bonus fitness points for completing the race (applicable to each race in the series)

Distance	Vitality fitness points
5km	800 points
10km	1 100 points
21.1km	2 000 points

Terms, conditions, and limits apply.

ENTRY FEES

Entry fees	21.1km	10km	5km
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Online entry	R200	R150	R100
Temporary license	R70	R60	N/A
Substitutions (27-29 July 2023 only)	R50	R50	R50
Great Grandmaster	Free entry at entry collection		
Blind athletes	Free entry at entry collection		
Upgrades	Difference in price		

START TIMES

Distance	Start time	Minimum age.
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21km	07h30	16 years
10km	07h30	15 years
5km	07h40	No limit*

*Please note that supervision is required for participants under 9 years old.

ENTRY PROCESS (NB There will be no manual entries.)

Entries	Where	Open	Close
Online (online fees may apply)	www.peaktiming.co.za/entries	01 May 2023	29 July 2023
Pre-entry collections	Randburg Harriers Clubhouse	26July: 17h30 - 19h00 27July: 17h30 - 19h00 28July: 15h00 - 19h00 29July: 10h00 - 17h00	30 July 2023: 05h00 - 07h00 (30 minutes before race start)

PRIZE GIVING - Starts at 09:30

Male & Female Positions(21km)	Open	40 - 49 years	50 - 59 years	60 - 69 years	70+ years	Junior
1	1400	800	550	400	300	400
2	850	550	400	300		350
3	500	450	300			300
Male & Female Positions(10km)	Open	40 - 49 years	50 - 59 years	60 - 69 years	70+ years	Junior
1	700	450	300	250	250	300
2	550	350	200	200		250
3	450	250	150			200

ENQUIRIES



secretary@randburgharriers.co.za



Michelle Knotzer | 079 844 7156

RACE RULES

- The event is held under the rules of ASA and CGA.
- Athletes indemnify the national, provincial, and regional bodies, sponsors, and organizers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
- All athletes participate at their own risk. Athletes acknowledge that by entering the event they are medically fit to participate. All athletes must supply the name and contact number of their next of kin on both the race number and entry form.
- Licensed athletes must wear club colors and their 2023 license number on the back and front of their vest, with the race number worn on the front of the vest. Licensed athletes who do not wear their 2023 license numbers must purchase a temporary license on the day or face disqualification.
- Temporarily licensed athletes must wear plain clothing with the issued temporary license on the back of their vest.
- Athletes competing for category prizes must wear clearly visible age tags of the appropriate size, on the back and front of their running vest.
- No seconding allowed.
- International athletes must provide a clearance letter (from their country of origin) to the organizers and chief referee prior to the start of the event. Prizes will be withheld if this rule is not adhered to.
- No blades, cyclists, or mechanically operated devices are allowed in the race.
- No 2-, 3- or 4-wheel carts/prams, which are mechanically or manually operated by participants, or wheelchairs athletes will be permitted to participate without special permission granted by the race organizer. All such participants must start at the back of the field.
- No animals/pets are allowed to participate.
- Only South African athletes are eligible for team prizes.
- The domicile rule applies.
- All instructions from traffic and race officials must always be obeyed.
- Prize winners must present their proof of age to the referees before the prize is given. Prizes will be withheld until all the necessary details of the winners are confirmed.
- Only those who have completed all the information required on the race entry/number are eligible for prizes.
- No refunds.
- No earphones, iPods, or similar devices are allowed, as they are in contravention of IAAF rule 144.2b and may lead to disqualification.
- Athletes may not run with another athlete's race number unless a prior arrangement is made with the race organizer.
- The race organizer retains the right to refuse entry and reject persons under the influence of drugs or alcohol, who are disorderly, or who engage in inappropriate behavior, vandalism, or evade paying for admission.
- Athletes who participate without buying a race entry will be disqualified and will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge. Habitual offenders (those who regularly participate without purchasing a race entry) will be called to a CGA disciplinary hearing.
- Licensed athletes not wearing club colors may face disqualification.
- Littering is not allowed. Athletes are to dispose of any litter in appropriate bins and can be disqualified if they litter.
- Minimum age for participation: 21.1km | 16 years old and 10km | 15 years old.
- All foreign athletes must comply with the rules of IAAF and ASA Rules 142.2 and 4, Foreign athletes are not allowed to run with an ASA Provincial license and are required to purchase a temporary license or face disqualification (Refer to IAAF Rule 4)
- Foreign athletes are not allowed to run in Club colors unless such Club exists in their Country of origin, or they are in possession of a refugee status permit or are naturalized citizens of RSA.
- (Refer to IAAF Rule 4).
- Objection fee must be lodged within 30 minutes before or after prizegiving in writing to the chief referee, accompanied by a deposit of R500.00, which is refundable if the appeal is upheld.
- Prize winners will be determined by their gun to mat time. Cut-off time for all events is 3 hours (10h30).