



Rand Athletic Club

P.O. BOX 41283
CRAIGHALL
2024
TELEPHONE 442 8256
FAX 442 5561

TUESDAY EVENINGS.

RAC

FREE Time Trials.

Anybody/Everybody WELCOME
to come and run, 5 or 8 kms.

Start together, 5h45pm.(17h45)

Run in company with other runners.

Afterwards enjoy Pizzas from the

TIPU Café's new wood fired

Pizza oven.

VENUE:

Old Parktonian Sports Club.

No.1 Garden Road,

Bordeaux, Randburg.

HOSTED

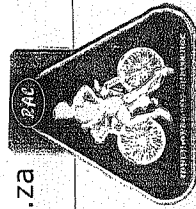
by the

RAND ATHLETIC CLUB,

(011) 442 8256.

randathletic@iafrica.com

www.randathleticclub.co.za



Tough One 32km & 94.7 Cycle Race
MEDAL FOR DUO COMPETITORS

After completing the Tough One –
Please bring times of the two events and collect your DUO Medal
at the Main Tent



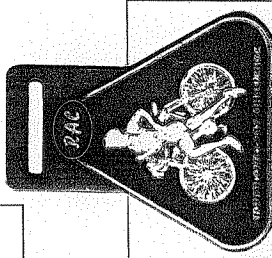
CITY LODGE

Prize List

Prize Giving Top 10 + Duo Prize Giving – 9.00am

Prize giving Category Winners – 10am

Prizes	Men & Women				
	Open	40-49	50-59	60-69	70+
1	R2600	R600	R600	R600	R400
2	R1600	R500	R500	R500	R500
3	R1200	R400	R400	R400	
4	R600				
5	R500				



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Medals	LADIES & VET Men 40+	
	MEN	
Gold	sub 2h00	sub 2h15
Silver	sub 2h30	sub 2h45
Icon	2h30 - 3h00	2h45 - 3h15
Bronze	3hrs +	+3h15

Spot Prize

City Lodge Weekend for Two



CITY LODGE

32km

Tough One

Date: Sunday 26 November 2023

Time: 06h00 (no starters prior to 06h00)

Venue: Old Parktonian Club
(Garden Road, Bordeaux, Randburg)

Distance: 32km

Entry Fee:

Pre-entry: with T shirt up to 6 November R470

Pre-entry: No T shirt up to 14 November R320

Late entry:

No T shirt 24 & 25 November R320

Sunday Entry: No T shirt 26 November R500

Grandmaster 60+: With T-Shirt R350

Grandmaster 60+: No T-Shirt R200

Temporary Licence: R 80

Closing date for Pre-Entries with T Shirt

- Pre-entries with T shirt (Shops, online, hand delivered) **Monday 6th November 2023**(R470)

- Pre-entries & On-Line: No T-Shirts –
Tuesday 14 November (R320)

Collection of T shirt and Race number

Friday 24 & Saturday 25th Nov.

9h30am to 6h00pm

Old Parktonian Club, 1 Garden Road, Bordeaux

Collection on Sunday 26 November

proof of entry must be brought.

(no permanent numbers

issued to runners after 14 November)

Tough One enquiry: Tel: 011 442 8256

eMail – randathletic@iafrica.com



CENTRAL GAUTENG ATHLETICS

SANCTIONED BY CENTRAL GAUTENG ATHLETICS

Race Information

Race starts at 06h00 (No starters after 6h10)
 No walkers/runners may start prior to 6.00am
 Walkers are invited to do Workers-Run
 on Sunday 12th November 2023

PRE-ENTRIES: WITH T-SHIRT

20th September to Monday 6 November (R470)

PRE-ENTRIES: NO - T-SHIRT

20th September to 14 November (R320)

LATE ENTRIES AT OLD PARKS:

Friday 24th & Saturday 25 November

LAST MINUTE SUNDAY ENTRIES - 26TH Nov:

(9h30-18h00) - R320 - (NO T SHIRTS)

Sunday 26th (04h30-5h30) - R500 - (No T shirt)

ON-LINE ENTRIES: - must be paid on entering.

SUBSTITUTIONS only on Friday 24 November

Entries are taken up to race day and no limited entries.

COLLECTION OF ENTRIES: -

Please bring confirmation of entry when collecting with

Copy of ID.

COLLECTION DATES: - NUMBERS AND T SHIRTS:

Friday 24th & Saturday 25th November

9h30 - 18h00

SUNDAY 26TH - COLLECTION - 04h 30 to 05h30

COLLECTIONS only if producing entry card or

On-line print out. (No proof - no collection)

PERMANENT NUMBERS: Collection of 10 "Tough

One" Badge after finish line at Yellow Umbrella.

TOUGH ONE CLOCKS for 20 Tough One races.

Please collect at Marquee

TOUGH ONE PLAQUES for 30 Tough One Races -

Please collect at Marquee

REFRESHMENT TABLES: every 3km.

TOG BAG area available at Main Gate to Club.

The club and sponsors are not liable for any losses.

MEDALS: to all finishers.

Rules

- All entrants participate at their own risk, and by their entry, indemnify the organisers and sponsors of any liability or claims.
- All participants must wear a valid 2023 licence back & front and City Lodge race number on the front. Unlicensed runners must buy a temporary licence (R80) to be worn on the back and a City Lodge race number in front.
- All details to be completed fully on Entry form. (Includes age & gender)
- Race will take place under the rules of ASA, CGA, and IAAF. All participants to wear club colours or plain running gear if participating with a temporary licence - no advertising.
- No seconding necessary.
- Minimum age of 19 yrs or born in 2004 or earlier.
- Age group ID tags to be worn visibly on front & back of vest. Proof of age to be produced on race day (if requested.)
- Foreign athletes must observe IAAF rule 4 paragraph 2 and are not eligible for team prizes.
- No pets allowed on race route.
- No blade, cyclist, mechanically operated devices, wheelchairs.
- Traffic Officers & Marshals to be obeyed at all times and will be released after four & half hours (10h30)
- Cut-off at finish - 11h00
- No musical ear-pieces or iPods to be worn. These could be confiscated by the referees.
- Objections to be lodged within 30 minutes after prize-giving with R300 deposit.
- Entry fee is non-refundable. No refund if race is cancelled for any reason whatsoever.

Hand Delivery Addresses

Sweat Shop Dunkeld, Jan Smuts Ave Dunkeld:
 - 011 325 2567

CGA Races - Sold by RAC Members

At RAC Time Trials on a Tuesday -
 between 4:30pm to 7:00pm

On-Line Entries

www.entrytime.com

Full payment must be made when entering.

No unpaid online entries will be accepted.

Online entries with T-Shirts close at midnight

on 6th November.

Entries only - No T Shirts -

20 September to 15 November midnight

Hand-delivery Pre-Entries Closing Date:

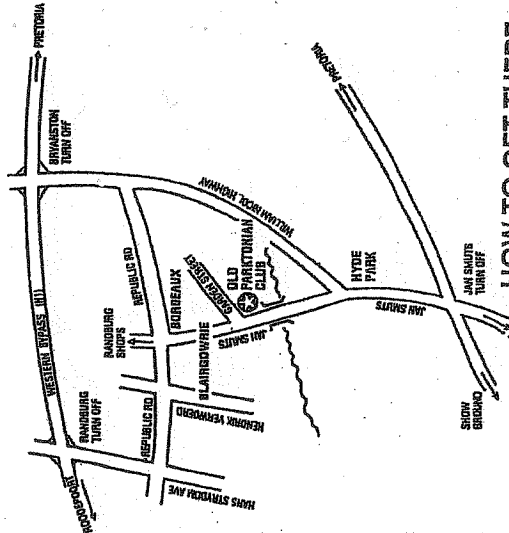
With T shirt closes Monday 6th November 2023. (Cost R470)

No T-Shirts Pre-entries closes Tuesday 14 November

(Cost R320)

CITY LODGE HOTELS IN AREA

- City Lodge Hotel Bryanston
 reservation 011 707 7800
- Road Lodge Randburg
 Reservation 011 792 9995



HOW TO GET THERE

GPS Co-ordinates E: 28°1'8'' S: -26°6'29''

Entry Form 2023

Card No.

Surname _____

First Name _____

T-shirt size XS S M L XL XXL XXXL

ID Number _____ D.O.B _____

Email _____

Postal Address _____

Cell _____ Code _____

Club _____

Licence Number _____ Prov _____

Age _____ Male / Female Category _____

Brand of shoe	1 Adidas	2 Asics	3 Brooks
4 Maxed	5 Mizuno	6 New Balance	7 Nike
8 Puma	9 Salomon	10 Saucony	11 Hoka
12 Other			

How many Tough One's Completed _____

Permanent No. (if you have one) _____

94.7 competitor Yes / No Please Supply 94.7 &

Tough One times after Completing Tough One at the Main Tent

Signature

I declare that I am a member of an amateur club affiliated to the ASA and that I will abide by the rules of the ASA & CGA. Athletes indemnify the national provincial & regional bodies, sponsors & organisers of the race against all & any action of whatsoever nature some may be arising out of their participation in the race.

	Entry Fee	
32km Entry fee to 6 November	R470	
Includes T Shirt		
32km Entry fee up to 25 November -	R320	
No T shirt		
LATE ENTRY - SUNDAY 26th -	R500	
UP TO 5.30AM - NO T Shirt		
Temporary licence	R 80	
Over 60 Years - With T Shirt	R350	
Over 60 Years - Without T Shirt	R200	
Donation towards - Assist an		
unemployed RAC runner to		
Comrades 2024		
Total Paid		R