



Sunday 14 July 2024
21.1 KM, 10KM & 5km Fun Run
Enter Online: onreg.com/vitalityjhb23



Get fired up this running season with the Vitality Run Series. Complete five of the most iconic races in Joburg and earn Vitality points. This is race 2 of 5 in the Series. Whether you're a first-timer or an avid runner, you can join in on the action.

21.1km & 10km: Start Jan Smuts, finish in Joburg Zoo
5km fun run: Start at Zoo Lake Sports Club, finish in Joburg Zoo

ENTRY INFORMATION

Distance	Pre-entry (closing 9 July 2024)	Temp licence
21.1km	R210	R70
10km	R160	R60
5km fun run	R100	

Electronically timed event (mat to mat). Entries are limited to 6 600 across all distances: 2500 for 21.1km; 2500 for 10km; 1600 for 5km fun run
 For more information, please visit the Rockies Race website on: www.geraldfoxrace.co.za
 Shop entries available at The Sweatshop Dunkeld West

ENTRY COLLECTION

Friday 12 July and Saturday 13 July 2024, 09h00 – 16h00 at Parktown Girls High School - school main gate, 55 Crief Road, Parkview
Sunday, 14 July 2024 before the race event from 05h30 at the Zoo for 21km & 10km;
At Zoo Lake Sports Club for 5km Fun Run.

START TIME AND PLACE (NOTE NEW START ON JAN SMUTS FOR 10 & 21.1KM)
 10km & 21.1km 07h30; race start on **Jan Smuts cnr Dundalk**. Finish in the Zoo
 5km fun run 08h00; race start at **Zoo Lake Sports Club, Prince of Wales Drive**. Finish in the Zoo

VITALITY POINTS

Discovery Vitality members receive bonus fitness points for completing the race

Distance Vitality fitness points

5 km: 300 + 500 bonus points = 800 points

10 km: 600 + 500 booster points = 1100 points

21 km: 1500 + 500 booster points = 2000 points

Terms, conditions and limits apply



PARKTOWN
HIGH SCHOOL FOR GIRLS



Race Office: 072 472 2042; info@rockies.co.za

Race results will be available two weeks after the race on: www.geraldfoxrace.co.za



RULES FOR THE 10KM AND 21.1KM RACES

- The race is held in accordance with the rules of ASA and CGA.
- Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may be arising 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 colours and their 2024 licence number on the back and front of their vests, with the race number worn on the front of their vest. Licensed athletes who do not wear their 2024 licence numbers must purchase a temporary licence on the day or face disqualification.
- Temporary licensed athletes must wear plain clothing with the issued temporary licence on the back of their vest. No temporary licences are issued for marathons or ultra-marathons.
- 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 organisers and chief referee prior to the start of the event. Prizes will be withheld if this rule is not adhered to.
- No blades, cyclist or mechanically operated devices allowed in the race.
- No 2, 3 or 4 wheel carts/prams, which are mechanically or manually operated by participants, or wheelchair athletes will be permitted to participate without special permission granted by the race organiser. All these participants must start at the back of the field.
- No animals/pets are allowed to participate. **Strictly no pets allowed in the Zoo**
- Minimum age for participation: 21.1km | 16 years old and 10km | 15 years old.
- Prize winners must present their proof of age to the referees before the prize giving. Prizes will be withheld until all the necessary details of the winners are confirmed.
- Only those who have completed all the information required in the race entry/number are eligible for prizes.
- No refunds.
- No earphones, iPods and similar devices are allowed, as they are in contravention of the IAAF rule 144.2b and may lead to disqualification.
- Athletes may not run with another athlete's race number unless by prior arrangement has been made with the race organiser.
- The race organiser retains the right to refuse entry and reject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission.
- Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge.
- Habitual offenders who regularly participate without purchasing a race entry will be called to a CGA disciplinary.
- Littering is not allowed. Athletes are to dispose of any litter in appropriate bins and can be disqualified if they litter.
- Cut-off time for all events is 3 hours (10h30).
- Discovery Vitality is the official title sponsor of the event and not the event organiser.**

PARKING: Please do not park on the race route

Parking available at the Zoo parking lot for R20.

Parking available at Saxonwold Primary School; the War Memorial; Zoo Lake Sports Club and Parktown Girls: No charge

Shuttle service is available between Zoo Lake Sports Club, Parktown Girls and the Zoo; before

PRIZE GIVING at 09h30 (equal prize money for male & female). Contenders for prizes: Start to Mat timing applies.

Prize money 2023		21km	10km
open	1	4200	2100
	2	1300	800
	3	1000	600
40-49	1	1000	850
50-59	1	850	600
60-69	1	600	400
70 +	1	600	400
Junior	1	600	450

A portion of the race proceeds donated to the Johannesburg Zoo. Over R440 000 has been donated to the zoo over the last 12 years. A portion of the Fun Run proceeds go to Parktown Girls High School.

