

The One And Only

RAC

Rand Athletic Club

RAC Tough One 32km

24 November 2024

32km Start - 06:00am

5km Start - 06:30am

Venue:

Rand Athletic Club
Old Parks Sports Club
1 Garden Road
Bordeaux

Entries:

www.peaktiming.co.za

Number Collection:


Fri: 13:00-17:30

Sat: 9:00-17:30

Sun: 05:00



*50th Commemorative Medal
To all finishers within 5 hours*

 084 512-8462 . 082 327-0031

 admin@rac.co.za

 www.rac.co.za



CITY LODGE

Balwin
PROPERTIES[®]

ARE YOU UP FOR THE CHALLENGE?

Celebrating 50 years of the

RAC

RAND ATHLETIC CLUB

Tough One

TOUGH ONE ENTRY FORM 2024:

First Name: _____

Surname: _____

ID Number: _____

DOB: _____

Email: _____

Address: _____

Cell No: _____

CLUB: _____

License No: _____ Province: _____

Age: _____ Category: _____

Male / Female: _____

Next Of Kin: _____ Tel No: _____

How many Tough One races have you completed? _____

Permanent Number (if applicable): _____

Signature: _____

Indemnity: I hereby 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 and CGA. Athletes indemnify the national, provincial and regional bodies, sponsors and race organisers against all and any action of whatsoever nature, arising from their participation in the race.

ENTRY FEES:

RAC 32Km Tough One:

Early Entry - Before 10 Nov	R 380	<input type="text"/>
Early Entry - Over 60 Years	R 280	<input type="text"/>
All Late Entries - After 10 Nov	R 480	<input type="text"/>
All Late Entries - On The Day	R 580	<input type="text"/>

5Km Fun Run: R 80

T-Shirts:

Would you like to buy a commemorative 50th RAC Tough One T-shirt? R 150

TOTAL PAYMENT:

Temp License + R 80

Substitutions at Registration R 50

RULES:

- All entrants participate at their own risk and indemnify the organisers and sponsors of any liability or claims howsoever arising.
- All licensed participants must wear a valid 2024 licence on the back & front of their vests, with their official race number on the front. Unlicensed runners must buy a temporary licence, to be worn on the back of their vest.
- Athletes may not run with another athlete's race number unless by prior arrangement with the race organizer.
- Entry forms are to be completed fully, including age, gender and next of kin.
- The race will take place under the rules of ASA, CGA and IAAF. All participants are to wear club colours or plain running gear if participating with a temporary licence - no advertising permitted.
- The race organiser retains the right to refuse entry to persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behavior.
- No seconding allowed.
- The minimum age for the 32km is 19 years.
- Age group ID tags to be worn visibly on front & back of vest. Proof of age to be produced to the organisers if requested.
- Foreign athletes must observe IAAF rule 4 paragraph 2 and are not eligible for team prizes.
- No pets will be allowed.
- No blades, cyclist, mechanically operated devices or wheelchairs allowed.
- Traffic Officers & Marshals are to be obeyed at all times. Marshals will be released after four & half hours. Cut off time for the race is 5 hours.
- No ear-pieces or iPods to be worn. These may be confiscated by referees.
- **Littering is not allowed. All athletes are to dispose of litter in the bins provided.**
- Objections to be lodged within 30 minutes after prize-giving with a non-refundable R500 deposit.
- **Entry fees are non-refundable for any reason whatsoever.**

PRIZES - MALE & FEMALE

	32KM Tough One					5KM	
	Open	40-49	50-59	60-69	70+	Open	Junior
1st	R 2 500	R 1 000	R 750	R 750	R 500	1st R 250	R 250
2nd	R 1 500	R 750	R 500			2nd R 100	
3rd	R 1 000	R 500				3rd R 50	

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