



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.

Enter online: <https://secure.onreg.com/onreg2/front/step1.php?id=7077>



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 8 July 2025)	Temp licence
21.1km	R230	R70
10km	R175	R60
5km fun run	R110	

Electronically timed event (mat to mat). Entries are limited to 7 000 across all distances: 2600 for 21.1km; 2600 for 10km; 1800 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 11 July and Saturday 12 July 2025, 09h00 – 16h00 at Parktown Girls High School - school main gate, 55 Crief Road, Parkview

Sunday, 13 July 2025 before the race event from 05h30 at the Zoo (Jan Smuts Parking) for 21km & 10km; At Zoo Lake Sports Club for 5km Fun Run.

START TIME AND PLACE (NOTE 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



G. Fox

Think Clean, Think Safe, Think Fox



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 2025 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 2025 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.
- Only those who have completed all the information required in the race entry application are eligible for prizes.
- 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.
- By entering you agree that your details will be hosted on the event start list and event results page.
- 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 and afterwards

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

Prize money 2025		21km	10km	Prize money		21km	10km
open	1	4200	2100	50-59	1	850	600
	2	1300	800	60-69	1	600	400
	3	1000	600	70 +	1	600	400
40-49	1	1000	850	Junior	1	600	450
	2	800	700				

Celebrating 50 years of Rocky Road Runners Running Club

A portion of the race proceeds donated to the Johannesburg Zoo. Over R510 000 has been donated to the zoo over the last 13 years. A portion of the Fun Run proceeds go to Parktown Girls High School, R120 000 since 2022.

Vitality

Rockies