



GAMTOOS VALLEY INAUGURAL FARM RUN

5 / 10 / 21.1 km RACE

SATURDAY 3 SEPTEMBER 2022 AT 7:30AM

Venue: Start / Finish

GAMTOOS VALLEY PRIMARY SCHOOL

Relevant Covid-19 Protocols

Entry Forms:

At selected Sport Shops PE and UITENHAGE

Online Entries at WWW.QUICKET.CO.ZA

Medals to all finishers

LUCKY DRAWS



Race run in accordance with ASA & EPA



ENTRY FORM

RACE NR		LICENSE NR	
CLUB IN FULL		PROVINCE	
NAME		SURNAME	
ID NR		NATIONALITY	
PASSPORT NR		DATE OF BIRTH	
CELL NR		EMAIL	
EMERGENCY CONTACT		CELL NR	
AGE ON RACE DAY		DATE	

SIGNATURE _____ (PARENT OR GARDIAN IF MINOR)

INDEMNITY /WAIVER: By entering this event I undertake to be bound by the rules and regulations of the event including those of World Athletics and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organizers of the event, property owners, all sponsors, persons and organizations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre-and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity. The organizers agree that all personal information requested on the form is for the use of the event only and will not be distributed to any third party.

MINOR RELEASE: I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this indemnity/waiver on behalf of the minor.

ENTRY FEES			
21.1km	(Note: 65+ athletes free)	R120.00	R.....
10km	(Note: 65+ athletes free)	R60.00	R.....
5km	(Note: 65+ athletes free)	R30.00	R.....
Temporary license	(Note: 65+ athletes not free)	R40.00	R.....
Total			R.....

GAMTOOS FARM RUN T-SHIRTS @ R200.00 each			
XLarge	x		<u>Total Basket</u>
Large	x		
Medium	x		
Small	x		R.....



GENERAL

RULES

1. Organized in accordance with the rules and regulations of ASA and EPA. All athletes indemnify the National, Provincial and Regional bodies, sponsors and organizers against all and any actions of whatsoever nature.
2. Online entries are available on www.quicket.co.za closing date 23/08/2022
3. Entries at Brian Bands Sports, in Cape Road and UD Sports in Uitenhage. Closing date 24/08/2022
4. The race committee reserves the right to accept or reject any entry.
5. Collection of race numbers will be at the EPA Offices at Westbourne Oval between 09h00 and 14h00 on Friday 2 September 2022 and between 17H00 and 18H00 at race venue.
6. Late entries and number collection morning of the event between 06h00 and 07h15
7. Entry fees are non-refundable. A receipt/proof of payment may be required in case of any discrepancy with pre-entries.
8. All traffic Officials and marshals must be obeyed.
9. The wearing of earphones or headsets is not permitted due to safety reasons and may lead to disqualification.
10. Medals will be awarded to all finishers.
11. Vendors will be available for food and drink.
12. The Race will start at 07h30 (21.1km), 08h00 (10km) and 08h30 (5km) at the Gamtoos Vallei Primary School Sport grounds.
13. If required by Covid-19 regulations at the time of event, screening of athletes, holding areas and multiple start etc. will be implemented.
14. The minimum age on the day of the race is 14 years for 10KM and 16 for 21.1KM.
15. All ages welcome for the 5KM Fun run / walk
16. Entry fees are non-refundable. A receipt/proof of payment may be required in case of any discrepancy with pre-entries.
17. The cut off time is at 11h00 for the 21.1km and 10h00 for the 10km & 5km.
18. Prize giving and club gazebos will depend on the restrictions in place at the time of the event at a demarcated area.
19. Athletes must run in official Club colours with the Official race number on the front and 2022-licence number on the front and back of the vest.
20. Athletes who are not licensed members of a club affiliated to ASA must purchase a temporary license.
21. Age category tags must be visible on front and back of your vest if you wish to qualify for category prizes.
22. Athletes may be requested to provide proof of age on race day.
23. Registered athletes are covered by a group personal insurance scheme. Temporary licensed athletes have no cover and are urged to join an affiliated club.
24. Secure Parking at the venue R 5 per vehicle, please obey parking marshals and no entry/ parking zones
25. Athletes must run always-facing traffic, unless instructed otherwise by a marshal.
26. No personal seconding will be allowed on the route. For the safety of the athletes, please do not drive on the route.
27. Refuse bins will be placed up to 500m after the water stations. Please discard all litter (sachets/bottles/cups/other) into the bins provided and not beyond the designated points. Disposing litter outside the demarcated zone may result in disqualification.
29. A refund policy is in place should the event be cancelled because of Disaster Management restrictions.

For further information please contact:

Attie Williams - 083 520 6584; Bianca van Niekerk - 082 373 6517; Chrisma Rautenbach – 072 397 0970



Prize Money

21.1 km	1 st	2 nd	3 rd
Open Male/Female	R 2 500	R 1 500	R 750
Male/Female 35 – 39	R 500	R 250	R 150
Male/Female 40 - 49	R 500	R 250	R 150
Male/Female 50 - 59	R 500	R 250	R 150
Male/Female 60 - 69	R 500	R 250	R 150
Male/Female 70+	R 500	R 250	R 150
Male/Female Junior	R 500	R 250	R 150

10 km	1 st	2 nd	3 rd
Open Male/Female	R 1 500	R 1 000	R 750
Male/Female 35 – 39	R 400	R 250	R 150
Male/Female 40 - 49	R 400	R 250	R 150
Male/Female 50 - 59	R 400	R 250	R 150
Male/Female 60 - 69	R 400	R 250	R 150
Male/Female 70+	R 400	R 250	R 150
Male/Female Junior	R 400	R 250	R 150

5km

Vouchers to winners