



Hosted by the
**Rotary Club of
Grahamstown Sunset**

In consultation with
**Albany
Runners**

Rotary



GBS MUTUAL BANK MOUNTAIN DRIVE HALF MARATHON RULES AND RACE INFORMATION

1. ENTRIES

- 1.1 Half Marathon Online Registration: <https://grahamstownsunsetrotary.org/gbs-mutual-bank-half-marathon-registration-form/>
- 1.2 Participants must be 16 years and older on the day of the race.
- 1.3 Closing date for online registration is 23 August 2023 20h00.
- 1.4 Participants can still register and purchase temporary licences in person on 25 and 26 August 2023.

2. CONFIRMATION OF ENTRY

- 2.1 Entrants will receive an email confirming their entry, provided they enter a valid email address on their online registration form.

3. NUMBER COLLECTION

- 3.1 Number collection will take place on Friday, 25 August, between 16h00 and 18h00 and Saturday, 26 August, from 06h00 on Somerset Field, Graeme College.
- 3.2 Temporary licences will be provided to those who indicated they required one on their registration form and have paid the additional R40 temporary licence fee.

4. START

- 4.1 Start at 07h00 on 26 August 2023 on Somerset Field, Graeme College.
- 4.2 Entry fee is R180 per person and R40 for a temporary licence, if required.

5. ROUTE

- 5.1 Refreshment tables will be placed at regular intervals along the route and will supply water sachets and Coke. However, in order to LOWER YOUR CARBON (AND PLASTIC) FOOTPRINT, you are urged to run with a hydration pack/your own cup or make use of the recyclable cups and water dispensers at each water table. Our hope is to make this run 100% GREEN within the next 5 years. Littering outside the allocated disposal points may lead to disqualification.
- 5.2 Distance markers indicate the kilometres to be completed.

6. FINISH

- 6.1 All races will finish on Somerset Field, Graeme College.
- 6.2 Final cut-off at 11h00. Time Limit of 4 hours. Prizegiving will take place at 11h15.
- 6.3 Race officials will enforce the cut-off times.
- 6.4 Parking is available at the finish. Security is available, but vehicles are parked at the owner's risk. Between 6h30 and 11h00, vehicles will not be allowed through the Selbourne Road entrance and access to Somerset Field via the Hostel gate will be limited. Please use the swimming pool gate instead.

7. PRIZEGIVING

- 7.1 Spot prize winners must be present at the prizegiving ceremony to receive their prize.
- 7.2 Recipients of cash prizes will receive an acknowledgement of their prize and must provide the organizer with their bank details to receive an EFT of their prize money. Prizes will be paid out within 48 hours.
- 7.3 Prize winners may be requested to provide proof of age.

8. RESULTS

- 8.1 All results will be available on our website.



9. RACE RULES

9.1 The Half Marathon will be run on 26 August 2023 under the auspices of Albany Runners and according to the rules of ASA and Eastern Province Athletics.

9.2 Registered athletes are covered by a group personal accident insurance scheme. Details may be obtained from your club/ province. Temporary licensed participants are therefore urged to join an affiliated athletics club. Details obtainable from the EPA Office - phone 041 374 2818. Runners using temporary licenses shall produce proof of age on race day to qualify for prizes.

9.3 Competitors must run in club colours with a 2023 licence number or a temporary number displayed on their vests. Temporary licences are available on registration provided you requested one on entry.

9.4 The official event race number must be worn on the front and your club or temporary licence number on the back of your garment.

9.5 Age category tags must be worn on the runner's front and back in a visible position to qualify for age category prizes.

9.6 Category groups are as follows: Open, 35-39, 40-49, 50-59, 60+, Junior

9.7 All competitors must abide by the rules, regulations and instructions given by officials. Unless otherwise directed, all runners are to keep on the right-hand side of the road. Failure to obey the officials can result in disqualification and banning from future entry to the GBS Mutual Bank Mountain Drive Half Marathon.

9.8 Personal seconding rules apply and wearing of earphones will lead to disqualification.

9.9 The entry fee is non-refundable. If the event is cancelled for reasons beyond our control entry fees will be donated to the Miles for Meals projects for 2023-2024.

PRIZES

CASH PRIZES FOR MALE AND FEMALE CATEGORY WINNERS

POSITION	OPEN	35 – 39	40 – 49	50 – 59	60 +	JUNIOR
1	R750	R750	R750	R750	R750	R200
2	R500	R500	R500	R500	R500	R150
3	R250	R250	R250	R250	R250	R100

King and Queen of the Mountain: 1st Male and Female runner to the highest point of the race win

More fantastic prizes will be awarded by lucky draw at the prizegiving ceremony

DASSIE DASH RULES AND RACE INFORMATION

1. ENTRIES

1.1 Dassie Dash Online Registration: <https://grahamstownsunsetrotary.org/dassie-dash-registration-form/>

Online registration closing date 24 August 2023 20h00.

1.2 Teams of 4 participate in a relay race of 2.5 km each.

1.3 Entry fee R25 per adult and R10 per child

1.4 Participants can still register in person on 25 August 2023.

2. CONFIRMATION OF ENTRY

2.1 Team Leaders will receive an email confirming their entry.

3. REGISTRATION

3.1 Registration will take place on Friday, 25 August, from 15h00.

4. START

4.1 Start at 16h00 on 25 August 2023 on Somerset Field, Graeme College.

5. ROUTE

5.1 The route follows the Cross-Country track which is clearly marked.

5.2 Refreshments will be on sale at start and finish.

6. FINISH

6.1 All races will finish on Somerset Field, Graeme College.

6.2 Final cut-off 18h00 at finish. Time Limit of 2 hours.

6.3 Parking is available at the finish. Security is available, but vehicles are parked at the owner's risk.

7. PRIZEGIVING

7.1 Spot Prize winners must be present at the prizegiving ceremony to receive their prize.

7.2 Recipients of cash prizes must provide the organizer with their bank details to receive their prize.

7.3 Prizegiving will start 15 minutes after relay cut off time.

