



RULES & GENERAL INFORMATION

The 21.1km will start at 07h30, 10km at 07h45 and 5km at 08h00 at the Gamtoosvallei Primary School/Laerskool Gamtoosvallei.

- The route is a combination of tar and farm roads through the Orchards.
- Entries can be handed in to Brian Bands Sports and UD Sport in Uitenhage until Wednesday 28 August 2024
- Online entries will be available on www.webtickets.co.za and will close on Tuesday 27 August 2024 at 22h00.
- Race committee reserves the right to accept or reject any entry.
- Race numbers can be collected from the Westbourne Oval between 12h00 and 14h00 on Friday 6 September and between 17h00 and 18h00 at race venue, as well as from 06h00 on the morning of the event. No merchandise will be available at the Oval.
- Late entries will also be available during above times.
- **Medals will be awarded to the first 1000 finishers.**
- All athletes indemnify the National, Provincial and Regional Bodies, the Sponsors and the Organizers against all and any actions of whatsoever nature.
- Official 2024 license numbers to be worn on front and back of vest with the official race number on the front.
- Temporary license holders must wear a plain T-shirt or vest and display the license on the back of the T-shirt or vest with the official race number on the front.
- Temporary licensed athletes are not covered by ASA Insurance scheme and are encouraged to join an athletics club.
- Age category tags to be worn to qualify for age category prizes.
- Prize winners may be requested to provide proof of age.
- Entrants **MUST** be 16 years or older on the day of the race for the 21.1km, 14 years for the 10km. All ages welcome for the 5km, but unaccompanied minors must be at least 9 years of age.
- The cut off time for the 21.1km is at 11h00 and at 09h30 for the 10km & 5km.
- Prize giving for the 5 and 10km will start at 09h30 and at 11h00 for the 21.1km
- Prize winners must be dressed in their club colours during the presentation.
- There will be lucky draws.
- There will be water stations along the route, no personal seconding will be allowed. PLEASE DO NOT DRIVE ON THE ROUTE.
- **Please take note, to ensure our future crops and being kinder to our Valley environment, bio degradable cups will be used at water tables. DO NOT DROP YOUR LITTER on the ground. USE THE BINS.**
- Anti-litter campaign: Make use of the refuse bins along side the route.
- Littering outside the designated areas could lead to disqualification.
- Race officials and marshals are to be obeyed at all times.
- All runners run on the right-hand side of the road unless otherwise instructed by a marshall.
- Toilet facilities are available at the Start / Finish.
- The wearing of earphones may lead to disqualification.
- **Please ensure that you plan to arrive at least 45 minutes before the start of your event to avoid traffic congestion or delays.**

Familiarise yourself with our area and everything it has to offer & stay informed of all Race information by liking both our Instagram (#gamtoosvalleyfarmrun) and Facebook pages.