

JOHAN: 063 657 4876



EST TRAIN RACE FOR Join us for a day of fun, fitness, and personal achievement. Take advantage of this opportunity to be part of something extraordinary.

Rules:

- 1. The Race will be run according to AMPU & ASA rules
- 2. REFEREES' DECISION IS FINAL
- 3. Obey all Traffic Officials and Race Marshals

CUT OFFS (INDIVIDUAL RACE)

1.21.7KM - 06h30 START - 3 and a half hours cut off

2.10KM - 06h30 START - 2 hour cut off

House Rules:

- 1. Ages: Athletes for 10km must be 14 years or older, 21.7 km 16 years or older, on the day of race, runners must be min of 10 years old.
- 2. Proof of age (ID) to be produced upon request on the day of race.
- 3. All athletes will participate at their own risk and by entering the event they acknowledge that they are medically fit to participate.
- 4. Registered athletes must wear full club colours.
- 5. 2025 Licence numbers on the front and back of the vest.
- 6. Temporary licence must be fixed on the back of the vest.
- 7. Age category ID tags must be clearly displayed for the duration of the event (back and front) by athletes competing for a category prize and must be fixed on all four(4) corners and not to be covered by rain jacket or any shirt.
- 8. Only athletes with a race number and licenced numbers will be allowed into the event area. Race number must be worn on the front of the vest. Next of kin name and contact number must appear on the entry form and race number.
- 9. ASA licence numbers must not be covered with any paper race numbers/race bib.
- 10. Walkers competing for the walkers prize must have the "w" fixed on the left front and back of the vest on all four (4) corners must be fixed.
- 11. No littering, please make use of waste boxes at the start and finish-RUN CLEAN!
- 12. All participants must take note that photographs might be taken at the event and placed on social media.
- 13. The use of earphones during the race is not allowed and will lead to disqualification.

14. Team Entries

14.1 All Relay Teams consist of five (5) members, each running one leg of the race Walking teams will consist of five (5) members, each walking one leg of the race. and start at 6h30

14.2 Relay Teams will change batons and finish at the same changeover point and finish line

15.1 Categories: All teams should select one if the appropriate categories listed on the entry form.

15.2 School categories: This is a closed category and each team member must be a bona fide scholar of the school.

16.1 RACE NUMBERS: Race numbers will be issued and must be worn by each participant on the front of the vest. Competitors not wearing race numbers will not be allowed through the changeovers or into the finish area.

16.2 RACE BATONS: The persons running/walking the first leg will start with the baton issued at registration. The baton must be passed on to the team member running/walking the next leg at every changeover. Teams not finishing with the baton will be disqualified. Note: only one baton is required per team.

16.3 TEAM COLOURS: Teams are encouraged to wear clothes or t-shirts representative of the colours of their companies/organisations.

16.4 SECONDING: Under no circumstances will seconding be allowed. Adequate refreshment stations will be provided at regular intervals along each leg and the changeovers.

16.5 ADMINISTRATION AND RACE CONTRAVENTIONS: the organisers reserve the right to return any entry form not in keeping with the spirit of the race/ The decision of the organisers will be final and no correspondence will be entered into. 16.6 MEDICAL ADVICE: It is the responsibility of each participant to ensure that he/she is medically fit to run/walk and to consult a doctor before training for and

participating in the race.

16.7 OWN RISK: All runners/walkers participate at their own risk and indemnify the organisers, producers, sponsors, national and provincial sports bodies of any claims, which might arise, The entry form must be signed accordingly.

16.8 COLOUR CODES FOR RELAY ATHLETES: The start and each of the changeover points will be colour-coded to facilitate bus transport and ensure that each athlete can readily determine the appropriate location of the designated leg.

17. PHOTOGRAPHS: A lot of general photography takes place on the race day. By entering the event, you give permission to the race organisers to use any photograph on which you may appear, on a public platform. This is mainly used to advertise the event.

Contact details:

Johan - 063 657 4876 / Jonas - 072 512 2188 / Liezl - 084 990 5844 / Paul - 082 699 8993

REGISTER NOW

SATURDAY. 9 AUGUST 2025

06:30AM - 12:00AM

INFO/ ONLINE REGISTRATIONS

START: PAN STATION VIA THE R104 TO FINISH AT MDB RAILWAY STATION

WWW.GTR.CO.ZA

PO BOX 1152. MIDDELBURG.1050

REG NO: 2008/014055/08

PBO NUMBER: 930033899

CATEGORIES

21.7 KM **ADULT RELAY X 5 R400**

21.7 KM **SCHOOL RELAY X 5**

21.7 KM INDIVIDUAL **R130**

10 KMS INDIVIDUAL

R85

TOILET >

LEGAC

FUN RUN INDIVIDUAL **R50**

TEMPORARY LICENCE **R40**

IOHAN: 063 657 4876

R200

JOHN DEERE





LIEZL: 084 990 5844

















INFORMATION LEAFLET 2025

Individual 21.7km - R130 Relay Primary School Teams - R200
Individual 10km - R85 Relay High School Teams - R200
Fun Run - R50 Relay Senior Teams - R400

Closing date for all entries: 15 July 2025 or when the 2500 cut-off is reached (Which ever comes first)
SUBMITTING OF ENTRIES: Hand deliveries: EMALAHLENI: Highveld Mall, Kiosk in front of Edgars, Mandela Road
No cash payments, submit with proof of payment. Only accepted during office hours 08:00 to 17:00!

MIDDELBURG: Chamber of Commerce, Busmid Building, Walter Sisulu Street, Middelburg.
Faxes: 086 519 6997 - Telephone - 086 118 7246 - Email - admin@gtr.co.za

MIDDELBURG RAILWAY STATION: Cnr Weeber & Meyer street, Middelburg Cell: 063 657 4876 or 084 990 5844 - E-mail - liezl@mrc1924.co.za

Webpage - www.gtr.co.za for online registration.

Temporary Licence -R40

Collection of numbers

Entry fees and

MIDDELBURG

NO BATON = NO MEDAL

EMALAHLENI

Mon. 4 Aug - Tues. 5 Aug 2025 Middelburg Railway Station Cnr Weeber & Meyer street Middelburg Kindly pre-arrange/confirm before collecting large numbers of race numbers/batons MON. 4 AUG - TUES. 5 AUG 2025 Highveld Mall Kiosk in front of Edgars ask for Mary Gavure Mandela Road

Individuals and teams entrants are to collect their batons and numbers.

Start and Finish

Start

21.7 km 07:00

Pan Station

Individual 10 km 07:00 Middelburg Dam **Fun Run 4.9 km**07:00
Opposite
Towers

Relay runners 21.7 km 07:00 Pan Station

All runners and walkers finish at the Middelburg Railway Station

Route and istance Individuals & all teams 21.7 km Individuals 10 km Fun Run 4.9 km

To enter a team you enter a relay. If you want to walk / run next to your friend, enter as an individual

PLEASE ENSURE YOU HAVE YOUR ISSUED BATON THE DAY OF THE RACE.

NUMBERS MUST BE CLEARLY VISIBLE.

NO BATON & NUMBER = NO MEDAL

Bus transport will be available to all participants requiring transport to all the change-over points.

Busses to fun-run and change-over points are available from 04:00 am to 06:00 am ONLY.

The last bus will depart at 05:15 am

DO NOT BE LATE!!!!

Busses leave from the finish, Middelburg Railway station, Cnr Weeber & Meyer street
Secure parking at Middelburg Railway Station/Lofdal Church and Presence Church in Meyer street
Emalahleni pick up point at Witbank High School from 04h00
Busses will return the athletes to Emalahleni from 13:00

Road Closure

Important Information The race route (Pan Station via R104) will be closed to public traffic from 05:00 am to 13:00 pm

Spectators are requested to proceed to their vantage point prior to the road closure and should remain at such points until the last runner/walker has passed.

Spectators leaving the vantage points are requested to proceed in the direction of Pan Station Via R104 and not driving behind the athletes. No spectator vehicles are allowed to drive on the route.

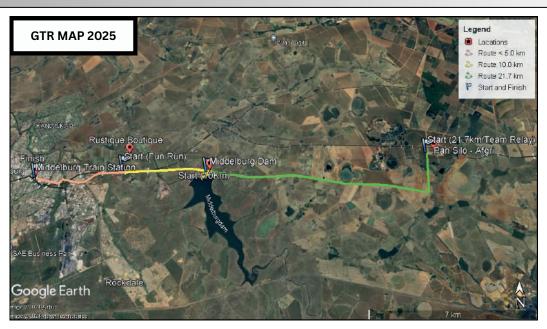
Medals to all finishers

Silver Medals: Third Copper: Bronze Medals:

Gold Medals:

First men and lady on all categories (Open, J, 40+, 50+, 60+) individual races 10km &21.7km Second men and lady on all categories (Open, J, 40+, 50+, 60+) individual races 10km &21.7km Third men and lady on all categories (Open, J, 40+, 50+, 60+) individual races 10km &21.7km All other finishers

GREATEST TRAIN RACE FOR CHARIT THE ROUTE



Water Points as measured from Pan station

- 3.0Km
- 2. 6.0Km
- 3. 9.0Km
- 12.0Km 5. 15.0Km
- 18.0Km
- 6.
- 21.0Km 21.7Km

Relay race distances per leg.

- 4.9Km First Leg
- 2. Second Leg -3.8Km
- Third Leg -3.9km 3.
- Fourth Leg 5.2Km
- Fifth Leg 3.7Km

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SILVER PACKAGE SPONSORS





















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