

Limited entries

**Open for running groups,
walking groups
& individuals**



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Rotary



The premier community event in Mpumalanga

Presented by Rotary Clubs of: Middelburg, Middelburg Cycad & Witbank (GTR for Charity)

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CLOSING DATE FOR ALL ENTRIES 31 JULY 2019

DOWN RUN - MIDDELBURG TO EMALAHLENI

24 August 2019



The Rotary GTR 2019 Entry Form

24 AUGUST 2019



ENTRIES LIMITED TO 20 000 PARTICIPANTS

ENTRY FEES AND REGISTRATION:

Teams - R600*	15 km Individual - R125*
School Teams - R375*	32 km Individual - R170*
Fun Run (All ages) - R90*	Temporary Licence - R35
Spectators Park & Ride Shuttle Bus Service - R30	Bus Tickets - R70 (15km/32km only)

*Entry Fee includes Park & Ride Shuttle Bus Service between parking area and the Finish

Closing date for all entries: 31 July 2019 or when the 20 000 cut-off is reached (which ever comes first)

SUBMITTING OF ENTRIES: Hand deliveries: EMALAHLENI: Highveld Mall, Info Kiosk, 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
Webpage - www.gtr.co.za for **online registration and payment.**
Middelburg Mall Info Kiosk - no cash, submit with proof of payment.

BANKING DETAILS: GTR for Charity,
Nedbank Current Account, eMalahleni; Branch Code 158350; Account No. 1585 380 652

COLLECTION OF NUMBERS:

MIDDELBURG: Tuesday 20 August - Middelburg Marathon Club, 17 Lilian Ngoyi Street (Opp. Fire Station)

EMALAHLENI: Wednesday & Thursday 21-22 August - Highveld Mall, Mandela Road - Info Kiosk

BULK ENTRIES Collections only: Monday 19 August - 17 Lilian Ngoyi Street, Middelburg Marathon Club

Individuals and team entrants to collect their numbers between 09:00-16:00

START AND FINISH:

Teams 4.9 km p.p.	From 08:20	Witbank Dam Resort, eMalahleni
Individual 32 km	07:00	Nkangala District, Municipality, Walter Sisulu Street
Individual 15 km	07:00	Plot 85, R555, eMalahleni
Individual 4.9 km	08:00	Witbank Dam Resort, eMalahleni
Individual 32 km	07:00	Nkangala District, Municipality, Walter Sisulu Street

**All participants
finish at:
Witbank Dam Resort
eMalahleni**

ROUTE AND DISTANCE:

Individuals	32 km	Individuals	15 km
Fun Run	4.9 km	All teams	4.9 km p.p.

See back page for route maps

BUS TRANSPORT:

Bus transport will be available to all participants requiring transport to 15 km and 32 km start points at R70 per person.

Busses will depart to 15 km and 32 km start points from 04:30 am - 6:00 am ONLY.

The **last** bus will depart at 6:00 am from Nkangala District Municipality, Walter Sisulu Str., Middelburg and Witbank High School, Beatty Avenue, eMalahleni to 32km and 15km start points.

DO NOT BE LATE!!!

Busses will return the athletes to Middelburg from 12:30 - keep your ticket!!!.

PARKING:

Park and ride bus transport will be provided to team participants and spectators. Please make your way to Witbank High School, Beatty Avenue, eMalahleni. **NO PARKING AT DAM!!! - PARK AND RIDE: R30**

Secure (paid) parking at Witbank High School and Middelburg Care Village, Walter Sisulu Str., Middelburg for all participants.

SHUTTLE BUS SERVICE WILL BE AVAILABLE THROUGHOUT THE DAY UNTIL 16:00

New

Don't forget!!!

Race for a cause of your choice!

Pink Trees/Hospice Middelburg

Umephi House

New Life Childrens Home

SPCA Middelburg

Mthimkulu Old Age Home eMalahleni

**To
donate
R100**

Faxes: 086 519 6997 - Telephone - 086 118 7246 - Email - admin@gtr.co.za - Webpage - www.gtr.co.za for online registration.

RoadClosure

Important Information

The race route (R555) will be closed to public traffic from 06:00 - 13:00

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 Middelburg and not drive behind the athletes.

PRIZES

No prize money for this charity race, but very special GTR medals to all finishers

Category Positions awarded as follows:

Individual 32Km: Open Men & Ladies (All Ages)

5km Teams: Open mixed, Mens, Ladies (ages 19+)

5km Teams: High School overall (up to 18)

Gold Medals: All category winners

Copper Bronze Medals: Position 3 in each category

Individual 15km: Open Men & Ladies (All Ages)

5km Teams: Primary School overall (up to 13 Years)

5km Fun Run: First 3 overall (all Ages)

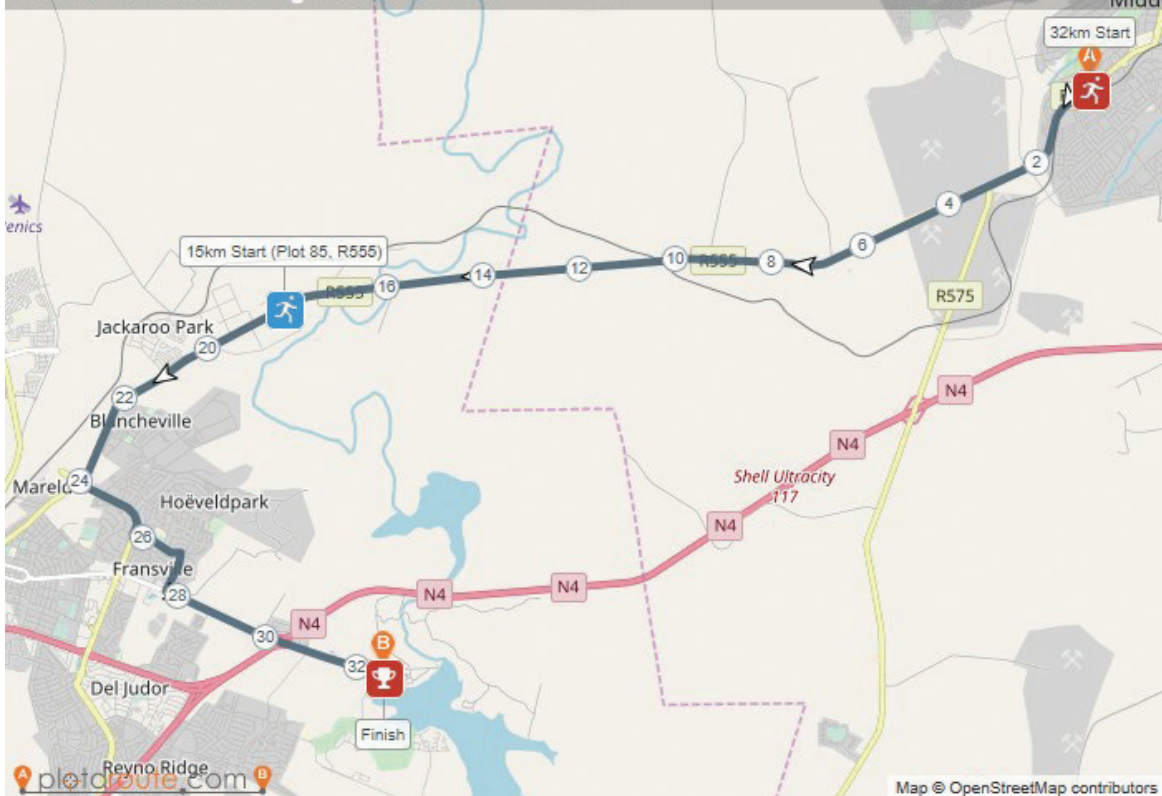
Silver Medals: Position two in each category

Bronze Medals: All other finishers

Rules and regulations

- 15km and 32 km races are run under the rules of ASA and Athletics Mpumalanga House Rules
- Licensed Individual athletes only
 - 2019 License numbers must be worn, Front and Back
 - Race number must be worn over ASA number with ASA sponsor logo's visible
- Unlicensed Individual athletes only
 - Unlicensed athletes must purchase a temp license if partaking in the 15km or 32km
 - The Temp license must be on the back with the race number visible on the front
- Participants competing for **age category** positions must wear age category tags front and back and must be red and visible
- Age Restrictions as defined by the ASA rules**
 - 32Km race -19 years or older on race day, 15km Race – 15 years or older on race day
- To prevent disqualification, obey all Marshalls, Traffic officers/ Referees and Officials
- Referees may disqualify participants that wear clothing that leads to confusion, or is in conflict with the ASA constitution.
- The REFEREE decision is Final
- An Appeal to the Jury of Appeal must be made within 30 minutes of the official announcement of the decision made by the referee, in writing, signed by the athlete or a responsible official on behalf of an athlete, and shall be accompanied by a deposit of R500, which will be forfeited if the appeal is not upheld.
- Cut off times:
 - Participants not past the cut-off point of 12:00 at the cnr of OR Tambo and R555 will be stopped and brought to the finish.
 - Additional cut-off times may be introduced along the route without notice, for the safety of the participant and those around them.
- All participants must ensure that they are medically fit to take part.
- Team Entries for fun run
 - All team athletes to go to the start point near the swimming pool at Witbank dam, according to the time slot allocated.
 - Designated lanes will be provided for athletes / participants
 - Failure to comply will lead to team/ individual disqualification
 - Teams will enter only one (1) of the categories listed
 - Teams will consist of five (5) members, All running/walking together
- Team Categories
 - All teams must select one of the appropriate categories listed on the entry form and a preferred time slot
 - School categories is a closed category and each team member must be a bona-fide scholar of the relevant school entered for
 - High School athletes/ participants 20 years old or older on day of race must compete in open category. They may not form part of the school team.
- General**
 - Competitors not wearing race numbers will not be allowed to finish and will be disqualified**
 - Teams** are encouraged to wear clothing to represent the colours of their companies/ organisations/ schools or to dress up
 - Under no circumstances will seconding be allowed. Adequate refreshment stations will be provided at regular intervals along the routes
 - 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
 - Medical Advice:** It is the responsibility of each participant to ensure that they are medically fit to run/ walk and to consult a doctor before training or participating in the race.
 - Own Risk:** All runners / walkers/ participants participate at their own risk and indemnify the organisers, producers, sponsors, officials, referees, marshals, national and provincial sports bodies of any claims, which might arise. The entry form must be signed accordingly
 - Photographs and Recordings:** A lot of general photography and recordings takes place on race day. By entering this event, you give permission to the race organisers, officials, sponsors to use any material taken on which you appear, on a public platform. This is mainly used (but not limited) to advertise the event

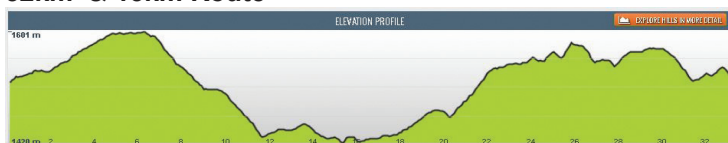
32km & 15km Middelburg To Witbank Dam



Waterpoints as measured from Middelburg

- 1 2,9 km
- 2 3,8 km
- 3 5,2 km
- 4 7,7 km
- 5 9,0 km
- 6 12,0 km
- 7 13,1 km
- 8 15,6 km
- 9 16,0 km
- 10 17,5 km
- 11 19,9 km
- 12 20,8 km
- 13 21,8 km
- 14 23,4 km
- 15 25,5 km
- 16 27,0 km
- 17 29,4 km
- 18 31,1 km
- 19 Finish

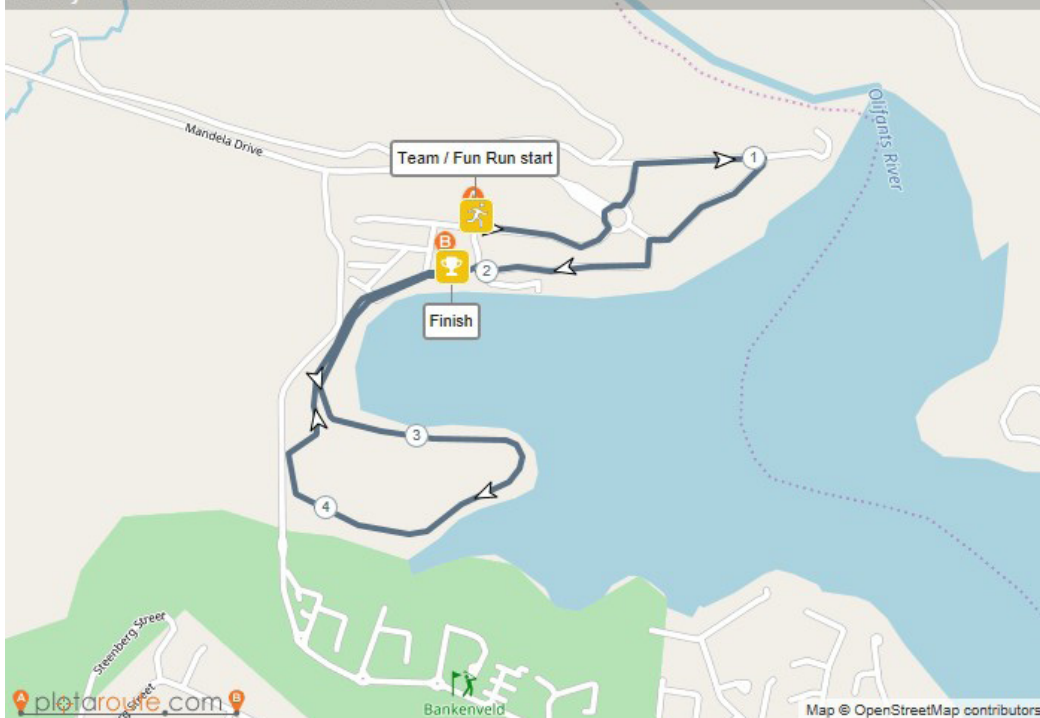
32km & 15km Route



Team / Fun Run Route



Rotary GTR Team / Fun Run Start - 4.99 km



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Silver Sponsors



Steve Tshwete
Local Municipality



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