



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

In consultation with  
**Albany  
Runners**

**Rotary**



## 10 KM RUN RULES AND RACE INFORMATION

### 1. ENTRIES

- 1.1 10km Online Registration: <https://grahamstownsunsetrotary.org/gbs-mutual-bank-half-marathon-registration-form/>
- 1.2 Closing date for online registration is 21 August 2024 20h00.
- 1.4 Participants can still register and purchase temporary licences in person on 23 and 24 August 2024.

### 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, 23 August, between 16h00 and 18h00 and Saturday, 24 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 R50 temporary licence fee.

### 4. START

- 4.1 Start at 07h30 on 24 August 2023 on Somerset Field, Graeme College.
- 4.2 Entry fee is R100 per person. Additional R50 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. All cups / sachets must be discarded into the bins before the last bin provided which will be approximately 500m past the water station. Any runner littering outside this area will be disqualified.
- 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 3 and a half 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 06h30 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.

### 8. RACE RULES

- 8.1 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 2024-2025.
- 8.2 No dogs allowed.

