

Rotary



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



In partnership with
Get Out and Run



OLDENBURGIA TRAIL RUN RULES AND RACE INFORMATION

1. ENTRIES

- 1.1 Trail Run Online Registration: <https://grahamtownsunsetrotary.org/oldenburgia-registration-form/>
- 1.2 Closing date for online registration is 30 October 2025 20:00.
- 1.3 With the exception of the 50km trail run, participants can still register in person on 1 November 2025.

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. START

- 3.1 All trail runs start on 1 November 2025 on the hockey field at PJ Olivier. Participants will need to access PJ Olivier through the main gates on Robinson Street.
- 3.2 Races start as follows:
 - 3.2.1 50 km starts at 6:00
 - 3.2.2 30 km starts at 7:00
 - 3.2.3 15 km starts at 8:00
 - 3.2.4 8 km starts at 8:45
 - 3.2.5 3 km starts at 9:15
- 3.3 Entry fee payable is per person as follows:
 - 3.3.1 50 km entry fee is R850 (includes a free buff)
 - 3.3.2 30 km entry fee is R600 (includes a free buff)
 - 3.3.3 15 km entry fee is R350
 - 3.3.4 8 km entry fee is R200
 - 3.3.5 3 km entry fee is R50
- 3.4 Race briefings will take place 10 minutes before each race.

4. ROUTE

- 4.1 There will be a minimum of 5 water points along the 50km route and 4 water points along the 30km, 3 water points along the 15km route and 8km routes. The 3km route will pass 1 water table.
- 4.2 Athletes participating in the 50km and 30km races will be required to check in at water points positioned along the route. The marshalls stationed at these points will cross reference each runner's race number to the registration sheet to ensure every runner is still on the correct path and none have wandered off the route.
- 4.3 Some of the trails will go onto private farm land. We have permission from all the farm owners.

5. SAFETY

- 5.1 Most of the route is accessible by vehicle, however, should the medical staff on duty recommend that the injured participant needs to be airlifted out of the area for whatever reason, this will be done at the participants own cost, as stated in the indemnity form.
- 5.2 Should a runner need medical assistance along the route, they are asked to get the closest water point if possible. The marshalls stationed at the water points will be in contact with the Race Director/ Medical staff on duty, on behalf of the participants.
- 5.3 Should a runner need medical assistance along the route and be unable to make it to a designated water point, they are to phone the Race Director/ Medical staff on duty directly or get a fellow runner to do so. A fully charged cell phone is on the compulsory gear list for the 50km and 30km runners.

6. FINISH

- 6.1 All races will finish on the hockey field at PJ Olivier.
- 6.2 Cut-off times will apply. Prizegiving will take place at 14:00
- 6.3 Race officials will enforce the cut-off times.

7. PRIZEGIVING

- 7.1 Prize-giving will take place at 14:00 near the start/finish arch.

8. RESULTS

- 8.1 All results will be available on the Rotary website and Oldenburgia Facebook page.

