

GREATEST TRAIN RACE FOR CHARITY



PRESENTED BY THE ROTARY CLUBS OF MIDDELBURG AND
WITBANK AND MRC AND HOSTED BY ESKOM ATHLETICS
CLUB MPU

SATURDAY 23 NOVEMBER 2024

ENTRIES OPEN FROM 1 SEPTEMBER 2024

Open for running groups,
walking groups & individuals

WEBSITE:

WWW.GTR.CO.ZA

INFO/ ONLINE ENTRY
REGISTRATIONS

**CLOSING DATE FOR ALL
ENTRIES 1 NOVEMBER 2024**

Limited entries of 1000 athletes

CELL: 063 657 4876
JOHAN

CELL: 072 512 2188
JONAS

CELL: 084 990 5844
LIEZL



thingela



GREATEST TRAIN RACE FOR CHARITY



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. REFEREE'S 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. 2024 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 Uttering, 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 0h30
 - 14.2 Relay Teams will change batons and finish at the same changeover point and finish line
15. Categories
 - 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. General
 - 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 - 063 667 4876 / Jonas - 072 612 2188 / Liexl - 084 990 8644 / Paul - 082 699 8993

REGISTER NOW

SATURDAY, 23 NOVEMBER 2024 | 08:30AM - 12:00AM

INFO/ ONLINE ENTRY | 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 6
R400**

**21.7 KM
SCHOOL RELAY X 6
R200**

**21.7 KM
INDIVIDUAL
R130**

**10 KMS
INDIVIDUAL
R86**

**FUN RUN
INDIVIDUAL
R60**

**TEMPORARY
LICENCE
R40**



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INFORMATION LEAFLET 2024

Entry fees and Registration	Individual 21.7km - R130	Relay Primary School Teams - R200
	Individual 10km - R85	Relay High School Teams - R200
	Fun Run - R50	Relay Senior Teams - R400
<p>Closing date for all entries: 01 November 2024 or when the 1000 cut-off is reached (Which ever comes first) SUBMITTING OF ENTRIES: Hand deliveries: EMALAHLENI: Highveld Mall, Info Klook, 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: 080 818 0897 - Telephone - 080 118 7246 - Email - admin@gtr.co.za Webpage - www.gtr.co.za for online registration.</p>		
<p>MIDDELBURG RAILWAY STATION: Cnr Weeber & Meyer street, Middelburg Cell: 063 607 4876 or 084 990 8844 - E-mail: - llezi@mrc1924.co.za</p>		<p>Temporary Licence -R40</p>

Collection of numbers	<p>MIDDELBURG Mon. 18 Nov - Tues 19 Nov. Middelburg Railway Station Cnr Weeber & Meyer street Middelburg</p>	<p>NO BATON = NO MEDAL Kindly pre-arrange/confirm before collecting large numbers of race numbers/batons</p>	<p>EMALAHLENI Wed. 20 Nov - Thur 21 Nov. Highveld Mall Mandela Road Info Klook</p>
	<p>Individuals and teams entrants are to collect their batons and numbers.</p>		

Start and Finish	Start	<p>Runners 21.7 km 06:30 Pan Station</p>	<p>Individual 10 km 06:30 Middelburg Dam</p>	<p>Fun Run 4.5 km 06:30 Opposite Towers</p>	<p>Relay runners 21.7 km 06:30 Pan Station</p>	<p>All runners and walkers finish at the Middelburg Railway Station</p>

Route and distance	<p>Individuals & all teams 21.7 km</p>	<p>Individuals 10 km</p>	<p>Fun Run 4.5 km</p>	<p>PLEASE ENSURE YOU HAVE YOUR ISSUED BATON THE DAY OF THE RACE. NUMBERS MUST BE CLEARLY VISIBLE. NO BATON & NUMBER = NO MEDAL</p>
	<p>To enter a team you enter a relay. If you want to walk / run next to your friend, enter as an individual</p>			

Bus transport	<p>Bus transport will be available to all participants requiring transport to all the change-over points.</p>	
	<p>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 Emalahleni pick up point at Highveld mall from 04:00 Busses will return the athletes to Emalahleni from 13:00</p>	

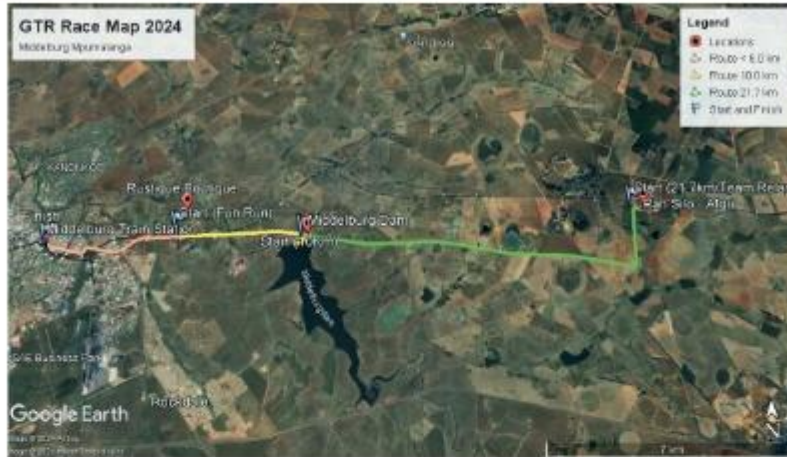
Important Information	<p>Road Closure The race route (Pan Station via R104) will be closed to public traffic from 05:00 am to 13:00 pm</p>
	<p>Spectators are requested to proceed to their vantage point prior to the road closure and should remain at such points until the last runner/walker has passed.</p> <p>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.</p>

PRIZES	<p>Medals to all finishers</p>	
	Gold Medals:	First men and lady on all categories (Open, J, 40+, 50+, 60+) individual races 10km & 21.7km
	Silver Medals:	Second men and lady on all categories (Open, J, 40+, 50+, 60+) individual races 10km & 21.7km
	Third Copper:	Third men and lady on all categories (Open, J, 40+, 50+, 60+) individual races 10km & 21.7km
	Bronze Medals:	All other finishers

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THE ROUTE



Water Points as measured from Pan station

1. 3.0Km
2. 6.0Km
3. 9.0Km
4. 12.0Km
5. 15.0Km
6. 18.0Km
7. 21.0Km
8. 21.7Km

Relay race distances per leg.

1. First Leg - 4.34Km
2. Second Leg - 4.34Km
3. Third Leg - 4.34km
4. Fourth Leg - 4.34Km
5. Fifth Leg - 4.34Km

PLATINUM SPONSORS

GOLD PACKAGE SPONSORS



SILVER PACKAGE SPONSORS

OFFICIAL SUPPLIERS