



Race rules:

By signing up to one of the GTR Endurance Lap Race events you agree to abide by our general race rules;

Each participant will be given a race number which must be clearly attached by safety pins to the front chest. It must be clearly visible during the full course of the event.

Only runners with a race number/seconds with a seconding number will be allowed to be in the race village and be assisted by the nutrition station for the duration of the event.

Swapping or handing over of race numbers to any other runner is not permitted and will lead to immediate disqualification. Team members each have their own numbers.

Teams must consist of three competitors. For a Team to successfully complete the race, all of the team members must be present at the race venue at all times during the race and have their numbers visible at all times.

Teams will run in a relay format. One member of a team must complete a full lap while the other team members may not be on the route. Changeover can only be done after each completed lap within the neutral zone. All team members must at least complete 1 full lap.

Changes to the team members can only be made up until the team has signed in on the day of the race.

Teams can consist of any combination of gender.

You cannot change your race entry category or team once the race has started.

Competitors must go through all check points and it is your sole responsibility to ensure that your timing band scans properly. You must check in and out after each lap. You will only be allowed off the route after checking in and allowed back on the route after checking out.

You will after check-in have full access to your race village, and exit the race village upon check-out.

Should one team member be disqualified, the whole team will automatically be disqualified.

Please report any injuries; failure to do so at any check point will mean the competitor has failed to complete the race and will be disqualified.

Please look out for your fellow runners and if you see them in medical distress, please organise assistance and alert the race officials.

12-hour and 24-hour race entrants must be 18 years or older

All entrants under 14 years must be accompanied by a legal guardian on other distances.

Compulsory gear:

It is your responsibility to be adequately kitted out for this race, but the following is non-negotiable:

- Headlamp (12 hour and 24 hour participants)
- Collapsible cup
- Space blanket

No littering, this is also a cup-less event – you will be required to have your own cup when utilising the nutrition aid station.

There will be bins provided, please drop all waste in there accordingly.

Race officials must be obeyed at all times

Respect other participants when passing or being passed.

Racers wishing to raise a dispute must notify a race official during or within 30 min of finishing the race.

Decision of the race director is final.

The event will take place irrespective of weather conditions unless its deemed to be unsafe by disaster management.

The event organizers reserve the right to cancel the event at any time and due to any circumstance or reason.

Smoking or lighting of fires outside designated braai areas is strictly forbidden.

No loud music is allowed between 23.30 and 8.00 at the campsites.

Short-coursing or using tactics on route to gain an unfair advantage will result in your disqualification.

Bad sportsmanship is punishable by disqualification.

To be updated as we go