



Race Rules – GTR 2020 Virtual Race

- 32Km race -19 years or older on race day, 15km Race – 15 years or older on race day. 60KM cycle race – 18 years or older on race day.
- Participants can run any route of their choice.
- Participants must send their time through by 24h00 on the 22nd of August to qualify.
- The distance that participants entered for must be run in one session between the 1st and the 22nd of August.
- Teams will consist of five (5) members, All running/walking together
- 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.
- **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.
- **Courier cost is for SA entries only.** Any entry out of SA will only receive a virtual medal and Certificate.