

ENTRY RULES:

1. The race is run according to the rules of ASA & WPA.
2. Runners must obey traffic officers, race marshals, race officials at all times.
3. The OUTsurance Gun Run is open to all licenced and non-licenced runners of 16 years and older for the 21.1km and 14 years and older for the 10km. The 17.8km Trail Run is open to runners 18 years and older.
4. Supporters are requested not to follow athletes on the route. Refreshment points will be supplied every 3km in the 21.1km, 10km and 5km offering a combination of water and Coca-Cola. This event is plastic sachet free and will have water refill stations. Participants are encouraged to carry their own.
5. The time limits are 4 hours for the 21.1km and 2 hours for the 10km. The cut off time for the 17.8km Trail Run is when the noon day gun is fired (4 hours and 30 minutes)
6. One race number (bib) will be issued. Registered athletes must wear their ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
7. No swopping or exchanging of race numbers as this is linked to your personal details for medical and timing purposes.
8. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
9. Temporary licensed runners to wear plain clothing, no advertising.
10. The use of music players with headphones is not allowed and may result in disqualification.
11. Do not litter. Dispose of any refuse responsibly by using the boxes provided or carry them to the finish. Report offenders to the referees.
12. Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national Athletics bodies, and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event.
13. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
14. Wheelchair athletes must please contact the organisers at least one month prior to the official race date to discuss arrangements for their participation.

Specific Event Rules applicable for the Trail Run:

- ASA licences do not have to be worn by runners in the trail runs. The official race number must be worn clearly on the runner's front upper outer garment and care must be taken to position the race number so that the timing chip is not damaged by straps of backpacks.
- Age category tags do not have to be worn to be eligible for age category prizes in the trail runs.
- The Trail run route will be clearly marked but runners are encouraged to familiarise themselves with the route prior to race day.
- There will be marshals on the route for runners' safety, but not necessarily at all intersections.
- There will be toilets at the start and finish.
- It is the runners responsibility to follow the route/course markers so as to complete the full course.
- Time and position results will only count for runners who completed the correct course subject to the discretion of the race referee/director.
- Do not run with headphones.
- Don't run if you are sick.
- Athletes to please inform the organisers if they withdraw on the route.
- Trail specific shoes highly recommended.
- Do not litter! Runners caught littering will be disqualified.
- You are welcome to take photos but step out of the way of other runners when you do.
- Water – carry at least 1 litre (we recommend a hydration pack).
- A fully charged cell phone, in a Ziploc bag, with the emergency number saved.
- Race Number, pinned to your shirt.
- Your timing chip will be placed on your race number. The race number must be worn on the front of your vest and visible at the finish line. There is a foam strip on the back of the race number. Please do not remove the timing chip and foam strip from the race number – doing so will result in NO finishing time.
- No swopping or exchanging of race numbers as this is linked to your personal details for medical and timing purposes. Persons found doing this will be disqualified.

Specific Event Rules applicable for the Pet Walk:

- Please ensure that you walk with a dog that you can control!
- When being pulled by a dog, care should be taken.
- You can enter with a collar or harness | lead or 'waist belt & line'
- You must be respectful to marshals, volunteers, venue staff, race organisers and of course each other. Animal cruelty, unsportsmanlike, aggressive, threatening, or abusive behaviour will not be tolerated.
- Always clean up after your dog – carry poop bags at all times.
- Leave the course in good condition. As race organisers, we will endeavour to leave the course as we found it.
- Remember that not everyone loves dogs as much as we do! Please respect this and always keep your dog on a lead and under control. If you have a dog that is prone to aggressive behaviour, please take precautions to ensure the safety of others.
- Be respectful of and maintain a good rapport with other walkers. Give right of way when appropriate.
- When overtaking other participants always call before overtaking and pass courteously on the right-hand side.