

## **Overview – Police Trail Event**

The Police Trail will be conducted over a distance of 13.5 km and is open to teams representing their Branch or Division.

Team Composition:

Division Team: Maximum of 7 trail runners

Branch Team: Maximum of 8 trail runners

**Solo / Individual runners are permitted but shall not form part of any team.**

- Participants must clearly indicate at the time of registration whether they are registering:
- as part of a Branch/Division team, or as a solo/individual runner

No changes in category will be accepted after registration. Participants are therefore advised to choose wisely before submitting their registration.

Race Categories & Distances

- 13.5 km

Open to team participants (Branch/Division)

Solo runners may also compete independently

- 8 km – Men's Veterans

Reserved strictly for:

- 40–49 years
- 50–59 years
- 60 years and above

🏆 Only the first five (5) runners in each age group will be rewarded for solo runner.

- 8 km – Police Women (PW's)

Age categories:

- 18–29 years
- 30–39 years
- 40 years and above

🏆 Only the first five (5) runners in each age group to arrive will be rewarded, same principle as Men's Veterans.

### **Medical Requirement**

A medical certificate is compulsory for all participants.

The certificate may be issued by:

- a Private Medical Practitioner, or
- a Government Medical Officer (GMO), or PMU / RMU.

Participants failing to submit a valid medical certificate will not be allowed to take part in the event.

Police trail 13.5km Geographic Map with Elevation Map



**Police trail 8km Geographic Map with Elevation Map**  
*(Women & Veteran Track)*





**Police trail 5km Geographic Map with Elevation Map**  
*(Family Fun Track)*

