

MEIRINGSPORT CHALLENGE



18 MAY 2024 DE RUST

MTB

- ▶ 19.5KM
- ▶ 38KM
- ▶ 61.5KM
- ▶ 61.5KM E-BIKE

TRAIL RUN

- ▶ 9.5KM
- ▶ 19.5KM

ENTRIES OPEN 1 FEB



WWW.MEIRINGSPORTCHALLENGE.CO.ZA



START / FINISH

**NG Kerk,
De Rust**

STEAK BRAAI:

**FRIDAY EVENING
18:00**

MOUNTAIN BIKE

61.5km E-bike Starts @ **07h45**

61.5km Starts @ **07H50**

38 km Starts @ **08H10**

19.5km Starts @ **08H30**

TRAIL RUN

19.5km Starts @ **08H00**

9.5km Starts @ **08H20**

Enter Online: www.meiringspoortchallenge.co.za

E-BIKE & MTB HELD UNDER RULES OF CSA

TRAIL RUN HELD UNDER THE RULES OF ASWD, ASA and WA

This event is timed by a timing chip. NO CHIP, NO TIME, NO
EXCEPTIONS



TRAIL RUN

RULES

- The wearing of club clothes is not mandatory.
- Only the event race number will be worn on the front of the vest.
- Immediate disqualification if a runner tampers with the route markings.
- Immediate disqualification if a runner is caught littering.
- Immediate disqualification if a runner damages the trail or any vegetation.
- Minimum age for 9.5km is 14 years **AND** 19.5km is 16 years.
- No substitutions will be allowed. No refunds.
- Start chutes close strictly at 07:30 on race day for compulsory race briefing. Arrivals after this time will not be allowed to start.
- **MEDALS TO ALL FINISHERS**

GENERAL

- Start & Finish at NG Church Grounds, De Rust.
- Cut-off times: 19,5km is 4 hours & 9.5km is 3hours.
- First aid is available on most of the route and at the finish.
- Ablution facilities will be available at start and finish.
- Enter online at www.meiringspoortchallenge.co.za **Pre entries close as soon as entry cap is reached or on 12 May 2024 whichever occurs first.**
- **Late and Race day entries, if available, will attract a R50 premium.**
- Race results available at www.aswd.co.za/results and at www.meiringspoortchallenge.co.za
- Donations in aid of the “Eljada Kairos Skool”, Oudtshoorn can be made, voluntarily, along with entry fees.

REGISTRATION

- This is a pre-entry event.
- The collection of the race number bib will take place on Friday, 17 May 2024 from 17:00 – 19:00 and Saturday, 18 May 2024 from 06:00 – 07:30 at Church Hall.

PRIZE GIVING

Equal prize money for male and female athletes.

	1st	2nd	3rd
9.5km	R1000	R800	R600
19.5km	R1400	R1200	R1000

RACE TIMING

Manual timing.

ENQUIRIES

General: Pieter Schoeman 082 377 0547 / hello@meiringspoortchallenge.co.za

Secretary: Leanne Schoeman - 082 953 0019 / entries@meiringspoortchallenge.co.za

Accommodation: <https://meiringspoortchallenge.co.za/news/accommodation/>

TRAIL RUN ENTRY

	ADMIN USE
	TEMP NO

SURNAME											
FIRST NAME											
PROVINCE					LIC NO 2024						
DATE OF BIRTH	D	D	m	M	Yyyy			AGE			
MALE					FEMALE						
CLUB											
ADDRESS											
CELLPHONE NR											
ID/ BC/ PR No.											
EMAIL ADDRESS											
EMERGENCY Contact / Cell											
Trail Run (Pre-Entry)					Fee	Late Entry Fee	Temp Lic	TOTAL			
9.5KM					R230	R280	R45				
19.5KM					R270	R320	R45				
CHARITY DONATION					R50/R100						

INDEMNITY / DISCLAIMER By entering this event I undertake to be bound by the rules and regulations of the event including those of WA and ASA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organizers of the event, all sponsors, persons and organizations assisting in the staging of the event ,provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre- and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

SIGNATURE: **DATE:**

Minor Release: and I the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.

Printed name of participant (parent/guardian in the case of a minor):

Phone:..... Signature:..... Date:.....

MOUNTAIN BIKE

RULES

- This race will be held under the rules and regulations of CSA
- **NO** helmet, **NO** ride, **NO** Go Pro's permitted
- Cyclists **on ALL** distances will need at least a CSA Membership
- If you are not in possession of CSA Membership, you will have to buy a day license (R50 each)
- Minimum age for **19.5km distance**: 8 years and older; **38km**: 15 years and older **AND 61.5km distance**: 19 Years and older
- A rider may receive technical assistance along the course from a fellow competitor but not from anyone outside of the course
- No following vehicles apart from the sweep vehicles of the race organizer will be allowed on the route
If a rider is anywhere on a public road, general traffic rules must be obeyed
- Start chutes close strictly at 07:40 on race day for compulsory race briefing. Arrivals after this time will not be allowed to start.

MEDALS TO ALL FINISHERS.

GENERAL

- **E-Bikes & tandems start at 07h45 as a separate 61.5km group.**
- Start & Finish at NG Church grounds, De Rust.
- First aid is available on most of the route and at the finish.
- Ablution facilities will be available at start and finish.
- Race results available at finish and at www.meiringspoortchallenge.co.za
- Enter online at www.meiringspoortchallenge.co.za **Pre entries close as soon as entry cap is reached or on 12 May 2024 whichever occurs first.**
- **Late and Race day entries, if available, will attract a R50 premium.**
- Donations in aid of the "Eljada Kairos Skool", Oudtshoorn can be made, voluntarily, along with entry fees.
- No substitutions will be allowed. No refunds.

REGISTRATION

- This is a pre-entry event.
- The collection of the cycle bib number will take place on Friday, 17 May 2024 from 17:00 – 19:00 and Saturday, 18 May 2024 from 06:00 – 07:30 at the Church grounds.

PRIZE GIVING

Equal prize money for male and female cyclists.

	1st	2nd	3rd
61.5km	R1000	R800	R600
38km	R900	R700	R500
19.5km	R600	R400	R300

RACE TIMING

A timing chip will be issued at registration along with your cycle bib number. The number must be securely attached to your cycle as per instructions, being visible at all times – **NO CHIP, NO TIME, NO EXCEPTIONS**

ENQUIRIES

General: Henkie du Plessis 082 396 4094 / hello@meiringspoortchallenge.co.za

Secretary: Leanne Schoeman - 082 953 0019 / entries@meiringspoortchallenge.co.za

E-BIKE & MTB ENTRY

	ADMIN USE
	E-BIKE & MTB CHIP NO
	DAY LIC NO

SURNAME												
FIRST NAME												
PROVINCE								2024 CSA NO.				
DATE OF BIRTH	D	D	M	M				Yyyy	AGE			
MALE								FEMALE				
ADDRESS												
CELLPHONE NR								EMERGENCY Contact No				
ID/ BC/ PR No.												
EMAIL ADDRESS												
MTB (Pre-Entry)					Fee	Late Entry Fee	CSA Lic	TOTAL				
19.5KM					R250	R300	R50					
38KM					R330	R380	R50					
61.5KM					R380	R430	R50					
61.5KM E-bike & tandem					R380	R430	R50					
<u>CHARITY DONATION</u>					R50/R100							

INDEMNITY / DISCLAIMER By entering this event I undertake to be bound by the rules and regulations of the event including those of CSA. I warrant that I am in good health and aware of the risks and dangers of physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organizers of the event, all sponsors, persons and organizations assisting in the staging of the event, provincial and national cycling bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre- and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

SIGNATURE:

DATE:

Minor Release: and I the minor's parent and/or legal guardian, understand the nature of cycling activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.

Printed name of participant (parent/guardian in the case of a minor):

Phone:..... Signature:..... Date:.....