



MEIRINGSPOORT CHALLENGE

**EDEN
XCM**

**21 MAY 2022
DE RUST**

MTB

19.5km / 38km

61km

TRAIL RUN

9.5km / 19.5km

**E-BIKES
WELCOME**

START / FINISH

**NG Kerk,
De Rust**

**STEAK BRAAI:
FRIDAY EVENING**

18:00

Live Music

hello@meiringspoortchallenge.co.za
www.meiringspoortchallenge.co.za



MTB

61.5km Starts @ 07H50

38 km Starts @ 08H10

19.5km Starts @ 08H30

38km E-Bikes & Tandems start @ 08h40

TRAIL RUN

19.5km Starts @ 08H00

9.5km Starts @ 08H20

Enter Online: www.meiringspoortchallenge.co.za

Trail Run: Limited to 250 on all distances

MTB: Limited to 250 on all distances



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



ASWD

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. **COVID PROTOCOLS WILL BE APPLIED**
- **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 15 May 2022 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 “Kleine Kuikens Kleuterskool”, De Rust can be made, voluntarily, along with entry fees.
- **PARTICIANTS ARE TO LEAVE THE VENUE IMEDIATELY UPON COMPLETING THE EVENT.**

REGISTRATION

- This is a pre-entry event.
- The collection of the race number bib will take place on Friday, 20 May 2022 from 17:00 – 19:00 and Saturday, 21 May 2022 from 06:00 – 07:30 at Church Hall.

PRIZE GIVING

- Prize money will be paid by EFT.

Equal prize money for male and female athletes.

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

RACE TIMING

Manual timing.

ENQUIRIES

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

Race Day Entries/Timing: Des Harris 083 309 8732 / entries@meiringspoortchallenge.co.za

Accommodation: Willie Immelman 082 952 2001

TRAIL RUN ENTRY

ADMIN USE
TEMP NO

SURNAME							
FIRST NAME							
PROVINCE					LIC NO 2022		
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	Temp Lic	TOTAL
9.5KM					R220	R35	
19.5KM					R250	R35	
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:.....

E. BIKE, TANDEM & 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. **COVID REGULATIONS APPLY.**

MEDALS TO ALL FINISHERS.

GENERAL

- **E-Bikes and Tandems will be permitted on the 38km. Start at 08h40.**
- 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 15 May 2022 whichever occurs first.**
- **Late and Race day entries, if available, will attract a R50 premium.**
- Donations in aid of the "Kleine Kuikens Kleuterskool", De Rust can be made, voluntarily, along with entry fees.
- No substitutions will be allowed. No refunds.
- **PARTICIPANTS ARE TO LEAVE THE VENUE IMMEDIATELY UPON COMPLETING THE EVENT.**

REGISTRATION

- This is a pre-entry event.
- The collection of the cycle bib number will take place on Friday, 20 May 2022 from 17:00 – 19:00 and Saturday, 21 May 2022 from 06:00 – 07:30 at the Church grounds.
- **COVID PROTOCOLS WILL BE APPLIED**

PRIZE GIVING

- Prize money will be paid by EFT. (E-Bike and Tandems excluded from prize money)

Equal prize money for male and female cyclists.

	1st	2nd	3rd
61.5km and 38km	R800	R600	R400
19,5km	R500	R300	R200

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

Race Day Entries/Timing: Des Harris 083 309 8732 / entries@meiringspoortchallenge.co.za

Accommodation: Willie Immelman 082 952 2001

E-BIKE & MTB ENTRY

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

SURNAME							
FIRST NAME							
PROVINCE				2022 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	CSA Lic	TOTAL	
E/Bike & Tandem ONLY 38km				R250	R50		
19.5KM				R200	R50		
38KM				R250	R50		
61.5KM				R300	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:.....