



Trail Description

Meiringspoort Trail Run starts in De Rust next to the NG Church. The race also ends there. The start is at 473m above sea level and the highest point at 800m above sea level. Most of the way is on a Landrover track, except for the first km in town. There are stretches though, where the Landrover won't even dare to go. There is a 1.5 km stretch, close to the finish, where you run next to the river on a footpath normally used by game like kudu when they needed to go to lower grazing. You certainly will get your feet wet as you cross the river 7 times.

When you leave town, you run through ostrich camps and then on a footpath until you reach Spookdrift – that's the first bridge on the N12 in Meiringspoort. There you cross the

river and head towards the farm Meiersrust.

You pass the cattle handling facility and then along Interstate 5. That is only one of the interesting features of this farm where the owner named his roads after the American Highways. There is a stretch on Meiersrust where you climb 180m over 1.5km. Keep your eyes open for occasional Klipspringer there.

After the steep climb, you pass through the stone gate. You would probably now see Eland grazing with the cattle. You will soon be on the 101 Freeway. After that, you'll pass Mrs Jamneck's grave. Be assured that if you see pink flowers on her grave in full bloom, you'll see rain within 2 or 3 days. On your right hand side, is the stone house in which Mrs Jamneck raised her 12 children in the 1800's.

Then you enter a canyon that runs alongside a dam, where you should keep a lookout for the resident Hoop-Hoop. A quick dip would be ok if it was summer. You then run downhill to the Meiringspoort lookout. Here you can catch a glimpse of the N 12 winding through Meiringspoort far below. From here you have a climb of 160 meters to the highest point of the run (at 800m above sea level) from where you will have majestic views of the Kammanassie and Outeniqua mountains in the distance.

From there you run downhill on Interstate 10 to Interstate 5 over "Twee Bekke se nek" into the "Raadsaal se Kloof". After that, you start running along the Huis River. You might be tempted to taste the sweet water from the river. There is a small waterfall to look out for. Beautiful.

At 1,6km from the finish, you pass the old historic watermill where they still ground flour from wheat during the Second World War. The water wheel is still there. Voëlgesang Guest House is on your left and shortly after that, you cross the N12 with Klein Karoo Agri on your right.

Certainly a race for the adventurous and nature lovers! If you rather feel to leave the route to the fit and healthy, it could just be better to join us at the finish and cheer the runners across the line.



MEIRINGSPOORT TRAIL RUN 2019



20km starts @ **07:40**

9.5km starts @ **08:00**

25 MAY 2019

START / FINISH

NG CHURCH - DE RUST

PRIZE MONEY – 20km

1 ST	2 ND	3 RD	4 TH	5 TH
R1000	R500	R600	R400	R200

PRIZE MONEY – 9.5km

1 ST	2 ND	3 RD	4 TH	5 TH
R500	R400	R300	R200	R100

Enter Online: www.meiringspoortchallenge.co.za

Limited to the first 350 for the 20km Entries

Limited to the first 200 for the 9.5km Entries



HELD UNDER THE RULES OF ASWD, ASA and IAAF

This event is timed by IPICO timing chip. NO CHIP NO TIME



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.
- Two water points will be available on 20km with one on the 9.5km.
- Minimum age for entering is 16 years.
- No substitutions will be allowed. No refunds.
- Closing Date for pre entries is 20th May 2019 or as soon as 350/200 entries have been taken.
- Start chutes close strictly at **07:30** on race day for compulsory race briefing. Arrivals after this time will not be allowed to start.

GENERAL

- Start & Finish at NG Church grounds, De Rust.
- King & Queen of Mountain award in 20km event. (T & C's)
- Cut-off times:- 9.5km is 2 hours; 20km is 4 hours.
- 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.aswd.co.za/results.
- **R30 or R50 donations in aid of the Blomnek Community School Project can be made, voluntarily, along with entry fees.**



REGISTRATION

- This is a pre-entry event.
- Late entries on 24th May from 17h00 – 21h00 and on **Race Day** (if available) will be accepted from **05:30 – 07:00**.
- Only cash will be accepted for late entries. No debit or credit card facilities will be available.
- Enter online at www.meiringspoortchallenge.co.za
- The collection of the race number and IPICO time chip (if applicable) will take place **on Friday from 17:00 – 21:00 and Saturday 25th May 2019 from 05:30 – 07:00** at the Church grounds.

PRIZE GIVING

- Prize giving will be at 12:00 at Church Hall, De Rust.
- Athletes are responsible to collect their own prize money or make an alternative arrangement with the Event Organizer or forfeit prize money to ASA Rule 2.10
- Lucky draw prizes will be forfeited if the athlete is not present.

IPICO RACE TIMING

ASWD Licensed athlete take note: Forget your IPICO chip – you will have to pay R20 to loan one for the race. Lost your chip – you will have to pay R75 for a replacement chip.

An IPICO timing chip will be made available, on a loan basis, to all participants apart from ASWD licensed athletes who are to use their current personalised chips. The chip is to be worn on your shoe for the duration of the event. The loan chips are to be handed back at the end of the race in exchange for a medal. Participants will be held responsible for lost or damaged chips or those not handed back as required. It remains your responsibility to return the chip to the race organizer even in the event of not completing the race.

ENQUIRIES

General: Pieter Schoeman 082 377 0547 / vredelus@gmail.com

Race Day Entries/Timing: 083 617 8325 / manager@aswd.co.za

Accommodation: Jan Venter 076 965 8888 / info@housemartin.co.za

ENTRY FORM

ADMIN USE
CHIP NO
TEMP NO

SURNAME							
FIRST NAME							
PROVINCE					LIC NO 2019		
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	Charity		TOTAL	
9.5KM – Club Member			R170	R30\R50			
9.5KM – Non Club Member			R205	R30\R50			
20 KM - Club Member			R220	R30\R50			
20KM - Non Club Member			R255	R30\R50			
Trail Run (Late Entry) – If available			Fee	Charity		TOTAL	
9.5KM - Club Member			R220	R30\R50			
9.5KM - Non Club Member			R255	R30\R50			
20KM – Club Member			R270	R30\R50			
20KM – Non Club Member			R305	R30\R50			

INDEMNITY / DISCLAIMER By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF 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:.....