

# RULES AND REGULATIONS

**Held under the rules of WA, ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The Race Referee's decision is final. The Race Organizer reserves the right to accept/ reject any entry received.**

**Club Colours:** Athletes must participate in their correct club colours and display the ASA 2025 license numbers on the front and back of the vest. All other runners must display temporary race number on front of vest.

**Cut-off time:** 12.5km = 2½ hrs OR 21.1km = 3½ hrs

**Distance markers:** Will be placed at every kilometre.

**Foreigners:** All foreign athletes must comply with WA rule 142.2 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day.

**Proof of Age:** Athletes must give proof of their age at the request of the Race Referee (SA ID/Passport/ Drivers License/Refugee Permit/Birth Cert since 1994)

**Race numbers & Timing Chips:** A Personalised Race Number will be provided and must be displayed **on the front of the vest** by placing this over the permanent or temp no./s in manner that ASA license Sponsor and ASA Province / Year is visible above the race number. ASA Rule 26.1.6. Race numbers and timing chips are programmed to the distance entered. You cannot enter for the 21.1km and do the 12.5km or vice versa as this will mix up the results. Failure to adhere to this requirement may see you being barred from future events.

**Refreshment Tables:** Drinking / Sponging stations shall be provided at 3km intervals, or more frequently if weather conditions warrant such provision. Water and other suitable refreshments shall be available at the start and finish of all races.

**Road:** Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.

**Safety Rule (ALL DISTANCES): No Earphones** (ASA Rule 34.10.6), Animals (ASA Rule 34.10.1) or Racers (ASA Rule 34.10.3) allowed. **No alcohol or bicycles allowed on route.**

**Seconding:** No seconding from cyclists or private vehicles will be allowed on the route. Personal seconding, stand and hand rule will only be permitted within the delineated area at water points. (ASA Rule 34.8.2)

**Age Tags:** Participants will be eligible for prizes in the OPEN category and the age category for which they have entered provided the relevant OFFICIAL ASWD age category tag or junior tags is displayed, **visible and above license number, front and back.** Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. **(Red age tags/white background (ASA Rule 22.9))**

**TIMING CHIPS:** **A personalised Timing Chip will be attached to the race number bib which must be worn on the front of your vest.**

Race	Entry Fee (on line fees, timing chip included)	Temp Lic Fee	Minimum Age
12½km	R325.00	R50.00	15 years
21.1km	R375.00	R50.00	16 years

**FEESBASAAR BEGIN REEDS VRYDAG 10 OKTOBER 2025 VANAF 11:00**



# OPTIMUM<sup>®</sup>

31st MEIRINGSPOORT 21.1KM & 12.5KM 2025

*Live Life... Run*



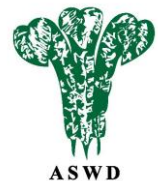
## DE RUST 21.1km & 12.5km DRAF EN STAP

11 Oktober 2025

21.1km - 07:15 & 12.5km - 07:00



Volgens die reëls van WA, ASA en ASWD  
This race is subject to the rules of WA, ASA and ASWD



**NO CHIP, NO RESULT, NO EXCEPTION**

# INFORMATION

**Enter on-line :** [www.meiringspoort21.com](http://www.meiringspoort21.com). **Loyalty entries OPEN on 31 May 2025 @ 6h00 for 2024 entrants and on 07 June 2025 @ 06h00 for others.** No faxed or Postal Entries will be accepted. Entries limited to 1300 on the 12.5km and 1800 on the 21.1km.

**Registration: Race Number and Timing Chip collection at NG Church Hall, De Rust. IN PERSON, against positive ID, No 3<sup>rd</sup> party collections permitted.**

Friday 10 October 2025 from 11:00 to 21:00

Saturday 11 October 2025 from 04:30 to 05:30

No late entries or substitutions will be accepted at Registration.

**NO Substitutions:** 200 additional entries above the cap to cover for "No Shows".

**NO REFUNDS:** Please note all these requirements before proceeding to entry portal.

**Transport:** NG Church Hall, De Rust from 04:45 to 05:30 (Remember to order / bring a Fleecy Blanket). Since we are running through the Poort, everybody's co-operation is important. The last lorry departs promptly at 05:30. Coffee / tea / rusks are served free of charge at the starting points. No private vehicles or bicycles will be allowed on the route. The event will start when ALL private vehicles have left the starting point.

**Start:** 12.5km 7:00 21.1km 07:15 **Finish:** NG Church, De Rust

**Ablution:** At Start and Finish Area

**First Aid:** On the route and at the finish Area

**Hand-outs:** Lucky Draw prizes during Prize Giving

**Medals:** Medals to all finishers who complete the race within the cut-off time.

**Prize giving:** NG Church Hall, De Rust at 11:00. Athletes are responsible to collect their own prize money or to make an alternative arrangement with the event organiser. Failing which prize money is forfeited (ASA Rule 2.8 & 2.10). Moneys not "arranged" will be donated to a charity of the event organizers choice.

**Prize Money:** Equal prize money for male and female athletes.

	Open	40 – 49	50 – 59	60 - 69	70-79	80+	Junior
21.1km	5000	750	750	750	750	750	750
	3000	500	500	500	500	500	500
	2000	250	250	250	250	250	250
	Open	40 – 49	50 – 59	60 - 69	70-79	80+	Junior
12.5km	1500	500	500	500	500	500	500
	1000	400	400	400	400	400	400
	750	300	300	300	300	300	300

**Walkers are welcome on both distances. No prizemoney in this category.**

**General Enquiries:** De Rust Striders : 087 012 5044 (Office Hours)  
Email: [info@meiringspoort21.co.za](mailto:info@meiringspoort21.co.za)

**Entries and Registration Enquiries:** 087 012 5044 (Office Hours)  
Email: [support@entryninja.com](mailto:support@entryninja.com)

# ENTRY FORM

										ADMIN USE	
										CHIP NO	
										TEMP NO	
SURNAME											
FIRST NAME											
PROVINCE						LIC NO 2025					
DATE OF BIRTH		D	D	M	M	Yyyy				AGE	
MALE						RUNNER					
FEMALE						WALKER					
CLUB											
ADDRESS		Box / Street									
		Town								Code	
CELLPHONE NR											
ID / BC / PP / DL No.											
EMAIL ADDRESS											
EMERGENCY Contact / Cell											
PARTICIPATION AGE CATEGORY: JUNIOR / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70-79 / 80+											
UNISEX Long Sleeve Profit T-Shirt: XS / S / M/ L / XL / XXL										SIZE:	
Race		Entry Fee			Temp Lic Fee			TOTAL			
12.5km		R325.00			+ R50.00						
21.1km		R375.00			+ R50.00						
Raffle (Painting)		R50.00			-						
Fleecy Blanket		R85.00			-						
T/Shirt		R400.00			-						
Peak		R120.00			-						
Socks		R150.00			-						
TOTAL											

**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;

**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:.....