



NEWSLETTER/NUUSBRIEF
Oktober 2023

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Dear Hammerie Delport

PARKERING

As gevolg van verkeersprobleme in die middel van De Rust sal sekere paale rondom die Venue op wedloopdag gesluit wees. Dan het ons ook die parkeerplek agter die "Ou Kerksaal" verloor. Nuwe parkeering sal op die dorp se ou rugbyveld beskikbaar wees. Hierdie rugbyveld se parkeering is die eerste straat regs na die Caltex Garage as jy vanaf Oudtshoorn se kant af kom. Daar sal duidelike aanwysings, asook voldoende sekuriteit wees.

Hierdie reëling rondom parkeering geld slegs vir Saterdag. Daar sal 'n gratis "shuttle" diens ELKE 10 MINUTE wees vanaf die rugbyveld tot by die Venue en ook weer terug na afloop van die wedloop.

DIE BASAAR

VRYDAG 13 Okt vanaf 11:00 tot 21:00. **SATERDAGOGGEND** begin reeds vanaf 7:00 tot na die Prysuitdeling.



GO RECOVERY logo and services: Sports massage, Compression boots, Ice bath, Strapping. Includes contact info for GO PHYSIO.

HULLE SAL VRYDAGMIDDAG EN SATERDAG BESKIKBAAR WEES

REGISTRATION PROCESS / REGISTRASIE PROSES

Table with columns for Day, Date, Time, and Location (at the Dutch Reformed Church Grounds in De Rust).

Please take careful note of the registration process. The volunteers working at registration will not deviate from these arrangements.

- Race number bibs are marked "front" and "back" to ensure correct positioning on your running top.
- Your envelope will contain a personalized, colour coded, license number with timing chip attached thereto.
- As stated in the rules upon entering, NO 3rd party collections will be accommodated.
- There will be eight, clearly sign posted, queues at registration - your surname determines your queue.
- NO ID - NO ENVELOPE!!!!!!
- T-hemde moet, persoonlik afgehaal word by registrasie en wel voor aanvang van die wedloop om 07:00 op Saterdag 14 Oktober.
- Nie Registrasie / Nie Deelname sal nie jou voorkeur inskryf status (loyalty entries) vir 2024 benadeel nie.

LATE SUBSTITUTIONS

As stated in the Race Rules upon entering we most definitely will NOT be entertaining any late substitutions at Registration. Nor can any request to up or downgrade be accommodated.

TRANSPORT / VERVOER

Transport will be from 04:45 to 05:30. 12.5km - Transport will leave from Le Roux Street in front of the church. 21.1km - Transport is in the Main Street.

Race number bibs are colour coded and a 21.1km bib will not be allowed onto the 12.5km transport and vice versa. Parking can be a challenge, so plan to arrive early.

Daar sal Saterdagoggend op die registrasietafel 'n Motor Sleutel Deposito Houer beskikbaar wees. Die gebruik daarvan, bewaring en afhaal bly egter op risiko van die deposant.

START LINE / BEGINPUNT

12.5km START TIME 07:00. 21.1km START TIME 07:15. The assembly area for the 12.5km will be in the rest area at the waterfall.

Die 21.1km sal ook in die versamel area op die kant van die pad wees. Deelnemers sal nie op die pad toegelaat word vir die wedloop begin nie.

It is a requirement by Traffic Authorities that one lane will remain open to traffic at all times. Please listen to and obey officials at the signposted area to cross lanes.

We need everybody's co-operation. Falling which, we could find the traffic and disaster management officials reducing the numbers of participants to future events.

A FRIENDLY REQUEST - In recent years the start has attracted a growing number of opportunists wanting to collect discards. This poses a security threat. Let us not encourage these folk by dropping surplus clothing and fleecies, etc. alongside the road at the start.

TOG BAGS

A limited "tog-bag" facility will be available. The organizers, while offering this service, cannot be held responsible for any losses suffered. Please do not leave valuables in your tog bag.

HOU MEIRINGSPOORT SKOON

Ons glo dat almal sal saamstem dat ons in 'n prag omgewing gaan deelneem. 'n Ernstige beroep op almal. Los asseblief jul waterskies en Coke koppies en alle ander rommel by die waterpunte waar daar genoeg houers sal wees.

LUCKY DRAWS

A bin will be provided at the finish area for you to drop one of your personalised race number bibs. Lucky draws will then be drawn from this bin and handed over by you identifying yourself with your remaining personalized race number bib.

PRIZEGIVING

Takes place at 11:00. Sponsors of the prize money want to be photographed with the category prize winners. If you, as a category prize winner, cannot afford them this courtesy then you will need to make a suitable arrangement with the event organiser.

RESULTS / UITSLAE

You will receive an SMS with your provisional finishing time as you cross the finish line. Uitslae sal ook deurentyd tydens die wedloop op die volgende webblaaie opdateer word.

Momentum Multiply and Discovery Vitality members will have their activity results provided to the respective companies by our "timers" - 2 business days post event.

Nog 'n nuwigheid - na afloop van die wedloop - sal deelnemers in die uitslae op hul naam kan "click" en sodende dan 'n volledige "Participation Certificate" uitdruk.

TER AFSLUITING

Die organiseerders sien daarna uit om deelnemers, hul gesinne, vriende en ondersteuners in De Rust te verwelkom. Die Feesbasaar wat Vrydag om 11:00 'n aanvang neem beoef om iets vir ieder en elk aan te bied.

2024 RACE DATE

12 October 2024

LOYALTY ENTRIES open 25 May 2024 / BALANCE being sold from 01 June onwards.

Geniet die laaste bietjie voorbereiding - wees gesond en bly beseringsvry. Ons ontvang jul graag op 13 en 14 Oktober.

Meiringspoort21 Organiseerders.

ONDERSTEUN ONS BORGE/SUPPORT OUR SPONSORS

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