



OPTIMUM[®]

30th MEIRINGSPOORT 21.1KM & 12.5KM 2024

Live Life... Run



NEWSLETTER No 1

May 2024

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INTRO

The organisers are hard at work and look forward to welcoming all participants and supporters back to the 30th running of the event on 12 October.

Daar word met groot geesdrif gewerk aan 'n paar nuwighede. Ons sien uit om alle deelnemers en ondersteuners in De Rust te verwelkom vir die groot dag op 12 Oktober.

ENTRIES

Only on-line entries can be done. These will be done on our website at www.meiringspoort21.com

Loyalty entries open on Saturday 25 May at 06H00. These entries go to all those that entered for the 2023 event.

The balance of entries become available from 06H00 on Saturday 1 June. Avoid disappointment and diarise these dates to enter as a matter of priority.

Net soos die afgelope aantal jare sal inskrywings weer deur middel van ons webblad www.meiringspoort21.com gedoen word. Voorkeur inskrywings gaan aan almal wat ingeskryf het vir die 2023 geleentheid. Hierdie inskrywings sal vanaf 25 Mei om 06H00 kan geskied. Die balans word op Saterdag 1 Junie om 06H00 beskikbaar gestel. Ons verwag dat die aanvraag weer groot sal wees. Dagboek dus die datums, skryf gou in en vermy teleurstelling dan.

Inskryfgelde bly onveranderd op R300 vir die 21.1km en R250 vir die 12.5km. Temporary licences required if not a current running club member will attract a fee of R50. Each entrant will, however, need to carry the costs of the Bank charges/entry portal fees. This amounts to approx. 4,6% VAT included.

Vanjaar gebruik ons ook die "Entry Ninja" aanlyn inskryfproses. Diegene wat al vir ander wedlope hier ingeskryf het sal weet dat die proses gebruikersvriendelik is. One will also be able to "create an account" at www.entryninja.com beforehand . When entries then open your profile will be on record and the entry process should then be easier to complete.

EXTRAS

During the entry process you will be able to order / Bestel gerus hierdie items tydens die inskryfproses

- T-Shirt (langmou – long sleeved and very popular / gesog!!) R400
- Funky Socks / Sokkies R150
- Arm Sleeves / Verwarmers R150
- Peak R120
- Buff R80
- Fleecy Blanket / Kombers R85
- Raffle/Looitjie vir Twee Skilderye en ¼ Krugerrand R50

Besoek gerus die webblad om te sien hoe hierdie onderskeie items, van goeie gehalte lyk.

You will be able to view these good quality, value for money, extras on the website.

www.meiringspoort21.com

BEGUNSTIGDES / BENEFICIARIES

In hierdie uitdagende tye vertrou ons dat ons, met u ondersteuning van ons aktiwiteite op 11 en 12 Oktober, ons weer in staat sal wees om hierdie organisasies te ondersteun.

Your support of our activities on this weekend enables us to support these worthy causes.

- HerbergKinderhuis, Robertson / Herberg Children's Home
- NG Kerk, De Rust
- Cat Hotel, Oudtshoorn

ONDERSTEUN ONS BORGE / SUPPORT OUR SPONSORS



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Meiringspoort21 Organising Committee / Meiringspoort21 Organiseerders