



OPTIMUM[®]

30th MEIRINGSPOORT 21.1KM & 12.5KM 2024

Live Life... Run



NEWSLETTER/NUUSBRIEF

SEP/OKT 2024

READ ABOUT:-

- Parkering
- **Physio**
- **Bestelvorm vir Lammers**
- Registration Process / Registrasie Proses
- Late Substitutions
- Transport / Vervoer
- Start Line / Beginpunt
- Tog Bags
- Hou Meiringspoort Skoon
- Number into Lucky Draw
- Prize giving
- Results / Uitslae
- Ter afsluiting
- 2025 Race Date
- Ons Borge

❖ PARKERING

As gevolg van verkeersprobleme in die middel van De Rust sal sekere paaie rondom die Venue op wedloopdag gesluit wees. Parkering sal op die dorp se ou rugbyveld beskikbaar wees. Hierdie rugbyveld se parkering 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 parkering 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

PHYSIO

HULLE SAL VRYDAGMIDDAG EN SATERDAG BESKIKBAAR WEES



*Optimum Meiringspoort
Half Marathon*

OUR SERVICES:

- ✓ **Sports massage by Physio: R200 per 20 min**
 - ✓ **Massage Gun massages: R150 per 20 min**
 - ✓ **Compression boots: R100 per 20min**
 - ✓ **Ice bath: R30 per 5min**
 - ✓ **Strapping: R80 per area/limb and R30 pm extra***
- *Only available on Friday from 6pm**



MORE INFORMATION



CONTACT US
info@gophysio.co.za
064 882 5258

GO PHYSIO
MOVE BETTER • FEEL BETTER • LIVE BETTER

BESTELVORM VIR LAMMERS - MARATHON 2024

Bestellings moet asseblief terwyl beperkte voorraad hou, voor 1 Oktober 2024
ge-epos word na themeattreat@outlook.com, of whatsapp 071 479 8032.

NAAM & VAN: _____

ADRES: _____

KONTAKNR: _____

KAROO LAMMERS teen R110/kg

| | Hoeveelheid | | |
|--------------|-------------|--|--|
| HEEL | | | |
| HALWE | | | |

NB: Gee asseblief 'n aanduiding hoe die heel/halwe opgesaag moet word.

| | |
|-----------------|--|
| BOUDE | |
| BLAAIE | |
| RIBBES | |
| SKENKELS | |
| Nota: | |

LET WEL: 'n R400 deposito per lam moet asseblief inbetaal word in die volgende rekening,
alvorens u bestelling verwerk kan word.

Alle depositostrokies en bestelvorm moet ge-epos word voor 1 Oktober 2024.

Kontak gerus vir Helandi Wannenburg vir enige navrae oor vleisbestellings by 071 479 8032.

BANKBESONDERHEDE:

NG Kerk De Rust

Standard Bank

Takkode: 051001

Rek nr: 371 616 689

Verw: Jou van en vleis bv. KEMP/VLEIS

❖ REGISTRATION PROCESS / REGISTRASIE PROSES

Friday, 11 October 11:00 TO 21:00 at the Dutch Reformed Church Grounds in De Rust.

Saturday, 12 October 04:30 TO 05:30 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. Please note this as a timing chip is attached to the bib to be worn in front. Exercise care and do not damage, bend or put your safety pin through the chip.
- 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. Positive identification ensures the collection of your registration pack.**
- 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. Die wat onafgehaal is, sal herverkoop word met die fondse ten bate van liefdadigheid. Geen hemde sal gehou of gepos word nie.**
- **Nie Registrasie / Nie Deelname sal nie jou voorkeur inskryf status (loyalty entries) vir 2025 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. This is not negotiable and is a requirement of Safety and Insurance Regulations as a result of the gross misuse of this in the past. The safety of our participants remains paramount.

❖ 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. Tea, coffee and rusks will be on offer at the start, at no cost.

Daar sal Saterdagoggend by die registrasietafel ‘n **Motor Sleutel Deposito Houer** beskikbaar wees. Die gebruik daarvan, bewaring en afhaal bly egter op risiko van die deposant. Die organiseerders sal kontroles in plek sit maar sal nie verantwoordelikheid neem vir verlore of “gesteelde” sleutels nie. **Die afhaal van sleutels, teen bewys van wedloopnommer, sal by die “kleding ekstras” verkooppunt geskied.**

❖ 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. Participants will not be allowed onto the road. The race will start from the assembly area on the side of the road from where you will move into the right hand lane, facing oncoming traffic, as you proceed to the finish line.

Die 21.1km sal ook in die versamel area op die kant van die pad wees. Deelnemers sal nie op die pad toegelaat word voor die wedloop begin nie. Die pad moet tot dan vir verkeer oop bly. Ons maak staat op almal se samewerking – dit is vir alle padgebruikers se veiligheid. Bly asseblief regs, met aankomende verkeer voor jou, vir die duur van die wedloop.

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. Failing 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. Please place these in the designated drop zone. We will ensure that supported charities receive these donations in an organized and controlled manner.

❖ 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. Collection point at the finish is next to the Coke stand. Items not collected by 11:00 will be donated to local charities.

❖ 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 watersakkies en Coke koppies en alle ander rommel by die waterpunte waar daar genoeg kratte daarvoor sal wees. Moet asseblief nie jul gemors op die padoppervlak, of nog erger, in die plantegroei en onder die laagwater brue strooi nie.**

❖ LUCKY DRAWS

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

PLEASE do not place your race number bib in the bin if you are not attending the prize giving.

❖ 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. Failing to make this arrangement and not being present, will result in a forfeiture of prize money (ASA Rule 2.10). Such monies will then be handed to a charity of the organizers choice.

❖ 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 webblaai updateer word.

www.meiringspoort21.com en www.bouttime.co.za

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

Deelnemers sal in die finale uitslae op hul naam kan “click” en sodoende dan ‘n volledige “Participation Certificate” uitdruk. Deur op die individu se tyd te “click” sal daar ‘n uittreksel van die eindpunt video om daardie tyd te siene wees.

❖ 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 beloof om iets vir ieder en elk aan te bied. Saterdag sal daar vanaf 07:00 ontbyt te koop wees met al die ander bedrywighede wat, net soos Vrydag, voortgaan. Bring jul beursies, vol kontant, en geniet die plaaslike gasvryheid voor, tydens en na die wedloop.

2025 RACE DATE

11 October 2025

LOYALTY ENTRIES open 31 May 2025 /BALANCE being sold from 7 June onwards.

Geniet die laaste bietjie voorbereiding – wees gesond en bly beseringsvry.

Ons ontvang jul graag op 11 en 12 Oktober.

Meiringspoort21 Organiseerders.

ONDERSTEUN ONS BORGE/SUPPORT OUR SPONSORS



OPTIMUM[®]
FINANCIAL SERVICES GROUP
FSP 8143 | 44659



DE RUSTICA
OLIVE ESTATE



KLEIN KAROO
TOYOTA



AGROFORS





ALERT PATROL
SECURITY SERVICES

**Oudtshoorn
Courant**



GETWINE
.CO.ZA



**JAMES KING
& BADENHORST**

*Prokureurs
Met trots deel van Oudtshoorn*

St Johnstraat 144, Posbus 1, Oudtshoorn
Tel: 044-2720142, E-pos:
info@jamesking.co.za

**Klein
Karoo** 
Seed Production

SEESA