



OPTIMUM[®]

32nd MEIRINGSPPOORT 21.1KM & 12.5KM 2026

Live Life... Run



NEWSLETTER/NUUSBRIEF OCT/OKT 2026

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❖ INLEIDING

BAIE DANKIE aan almal wat vanjaar ingeskryf het. Dit ten spyte van die onsekerheid rondom die roete na al die vloedskade in Meimaand. Die groter De Rust omgewing en gemeenskap waardeer julle ondersteuning. Uitdagings gaan daar wees. Ons gaan ons bes probeer met waterpunte op die roete. Ons doelwit is om hierdie landelike roete ervaring iets te maak om te onthou. Met almal se positiewe ingesteldheid, geduld en samewerking sal ons saam hierdie dag ook 'n genotvolle dag kan maak.

Die veiligheid van deelnemers op die **12.5km** noodsaak dat die roete afstand ongeveer 1km korter sal wees. Ons vra verskoning hiervoor maar logistieke vereistes en deelnemerveiligheid moet voorrang geniet. Afsnytye en ter saaklike reëlings bly onveranderd al is die afstand nou korter.

❖ 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 Astron 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 ELKE 10 MINUTE 'n gratis "shuttle" diens wees vanaf die rugbyveld tot by die Venue en ook weer terug na afloop van die wedloop.



Optimum
32nd MEIRINGSPORIT 21.1KM & 12.5KM 2026
Live Life... Run
10 OCTOBER 2026



GO RECOVERY

SERVICES

- 20 min Sport Massage **R250**
- 30 min Compression Boots **R100**
- 5 min Ice Bath **R30**

Kinesio Tape R150





GO PHYSIO
MOVE BETTER • FEEL BETTER • LIVE BETTER



Contact details:
info@gophysio.co.za
064 882 5258

PHYSIO



❖ REGISTRATION PROCESS / REGISTRASIEPROSES

Friday, 09 October 11:00 TO 21:00 at the Dutch Reformed Church Grounds in De Rust.

Saturday, 10 October 04:30 TO 05:30 at the Dutch Reformed Church Grounds in De Rust.

(Net vir die 12.5km)

Saterdag 10 Oktober 05:00 tot 06:45 by Agri (naby die wegspring in De Rust) **(Net vir die 21.1km)**

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 race number (received by sms or email in week before event)** 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 10 Oktober. Dit wat onafgehaal is, sal herverkoop word met die fondse ten bate van liefdadigheid. Geen hemde sal gehou of gepos word nie.**
- **LET WEL!!! Deelnemers aan die 21km wat ekstras bestel het en eers Saterdag wil registreer, sal dit kan afhaal na afloop van die wedloop**

❖ 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 - Start is within walking distance of the Rugby Field parking area.



Important note: NO private vehicles, pets, or bicycles will be allowed on the route. We need to exercise caution and safety on this route and also minimise dust generated by traffic.

Race number bibs are colour coded and a 21.1km bib will not be allowed onto the 12.5km transport. 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 **motorsleutel depositohouer** beskikbaar wees. Die gebruik daarvan, bewaring en afhaal bly egter die risiko van die atleet. 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 road leading off the route. Please co-operate with the officials that will be on hand to direct and help our participants. Daar is werkende plase/boordery aktiwiteite in die omgewing. Wees bedag op voertuie / plaas implemente wat onverwags kan "uitspring".

Die 21.1km sal ook in die versamelarea op die kant van die pad net buite De Rust wees. Met wegspring op hierdie teerpad (N12) rigting Oudtshoorn vir die eerste 5km, sal verkeersbeamptes deelnemers in die linkerbaan hou. Werk asseblief saam. Dit is krities vir almal se veiligheid.

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 to the 12.5km. 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 for 12.5km participants 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 ONS OMGEWING 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 Cokekoppies 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 strooi nie. Ons beweeg deur 'n boerdery omgewing en kan nie bekostig dat diere ons "plastiek rommel" inkry nie. Dan ook papiere wat in die landerye kan inwaai? Werk saam asseblief – kom ons laat die boere rustig wees met die tipe mens wat kom deelneem.

❖ 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 opdateer word.

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

Sorg asseblief net dat jou wedloopnommer en chip nie deels bedek is wanneer jy oor die eindpunt beweeg nie. Kledingstukke om lyf gebind of 'n arm oor die nommer terwyl jy oor die mat kom, kan die akkurate tyd lees belemmer.

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 eindpuntvideo van daardie tyd te siene wees.



MEIRINGSPOORT
21.1KM & 12.5KM

FEES MARATHON

9 & 10 OKTOBER 2026
DE RUST

STEAKETE VRYDAGAAND - R150

(VRYDAGAAND @ 17:00)

BRAAIVLEISETE SATERDAG - R90

(SATERDAG VANAF 10:00)

CHIPS R35
JAFFLES R40
KERRIE & RYS R70
BUTTERCHICKEN R70
AFVAL R80
FILTERKOFFIE R25
HAMBURGERS R60
PANNEKOEK 3 VIR R25

ROOSTERKOEK:
WORS & SMOOR R50
KAAS & KONFYT R40
BOTTER R20

HOENDERSTIRFRY R70
BASAARPOEDING R30

NAVRAE MARTIE: 082 421 3113

VRYDAG 11:00 - 21:00
SATERDAG 06:00 TOT NA
PRYSUITDELING

SATERDAG 10 OKTOBER 2026 KOM MUSIEK, DIE KLEIN KAROO en die sterre bymekaar.

Hardloop in die oggend en Sing en Dans in die aand by Hemelruim!!!!

Spoegwolf • Tasché • Noemwoord



Kaartjies aanlyn by <https://t.comptkt.com/HRUIM3>



Saterdag 10 Oktober 2026



Hekke open 17:00 • Musiek vanaf 18:00



Oudtshoorn Sportgronde (REC)

#Hemelruim #WoestynDisko

❖ 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.

ANY QUERIES?

Contact us at 076 130 7920 / 084 403 3400 / 082 854 3615 or info@meiringspoort21.co.za



2027 RACE DATE

09 October 2027

PRE ENTRIES open 29 May 2027 / BALANCE being sold from 5 June onwards.

Please note that Pre Entries (loyalty) will only be allocated to those that cross the finish line in 2026

Let Wel – Vir 2027 gaan die Vooraf (“loyalty”) Inskrywings slegs toegeken word aan die wat in 2026 oor die eindpunt beweeg.

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

Ons ontvang jul graag op 09 en 10 Oktober.

Meiringspoort21 Organiseerders

ONDERSTEUN ONS BORGE/SUPPORT OUR SPONSORS



Optimum
Financial Services Group



**Klein
Karoo**
Seed Production



AGROFORS

SEESA



Discovery

OUTDTSHOORN

Munisipaliteit • Umasipala • Municipality



A TOWN TO GROW, WORK, PLAY AND PROSPER



jon eie!



DE RUSTICA
OLIVE ESTATE



ALERT PATROL
SECURITY SERVICES

