



## HAENERTSBURG IRON CROWN TRAIL RUN SATURDAY 13 JULY 2019

### WARNING:

THIS 22 km TRAIL RUN IS A STRENUOUS EVENT THAT INCLUDES ROUGH AND DANGEROUS SINGLE-TRACK MOUNTAIN FOOTPATHS. COMPETITORS TAKE PART AT THEIR OWN RISK.

This trail event takes place in stunning surroundings with superb views of the mountains especially Hunters' Valley and Ebenezer Dam. The start/finish will be close to the Haenertsburg Village Community Centre. The route follows village streets, earth roads, firebreaks and single-track footpaths avoiding the main R71 and R528 roads. The 22 km route climbs 687m from 1439m in the village to the top of the Iron Crown, the highest point in Limpopo at 2126m. The new route goes via the beautiful Hunters' Valley so runners go on a different route down the mountain. The 10 km route is less testing and rises to 1600m. The 5 km fun run is for the less energetic.

### PARTICIPANTS ARE ADVISED TO USE TRAIL SHOES WITH ANKLE SUPPORT RATHER THAN STANDARD ROAD RUNNING SHOES

THIS IS A FORESTRY AND NATURE CONSERVATION AREA HEADING INTO THE FIRE SEASON. PLEASE BE AWARE OF THIS AND TAKE ALL NECESSARY PRECAUTIONS. NO OPEN FLAMES ARE PERMITTED. ACCESS TO THE COURSE IS LIMITED TO OFFICIAL VEHICLES ONLY.

**WITHDRAWAL / CANCELLATION / ALTERATION: The race entry fee is non-refundable**  
 If a competitor withdraws from the event, the event is cancelled or advertised details are changed for any reason, competitors will not be entitled to a refund of any amount paid.

### GENERAL

1. Funds raised will go towards approved Rotary Projects, especially "PRESERVE PLANET EARTH" and community projects. PPE is Rotary's focus on environmentally responsible projects, a cause dear to the heart of the Haenertsburg Rotarians.
2. Water points will be provided on the route
3. Toilets are available at the start / finish.
4. Food and refreshments will be available at the start / finish.
5. In addition to entering online, all competitors must register for the event. Registration will take place at the **Haenertsburg Clinic waiting room** on the Village Green from 17:00 to 19:00 on Fri 12 July and from 06:00 to 08:00 Sat 13 July 2019. There will also be registration at Unicorn Preparatory School Pavilion on Thursday 11 July from 16:00 to 18:00. All competitors who complete the 22km and 10km races within the cut-off time, and all children under 12 who complete the 5km race, will receive a medal
6. Cut-off time: 22km / 12h30      10km / 11h30      5km / 10h30
7. You can read more about Haenertsburg Rotary and our projects on [www.rotaryhaenertsburg.co.za](http://www.rotaryhaenertsburg.co.za).
8. Tourism/Accommodation info can be found at [www.mountaingetaways.co.za](http://www.mountaingetaways.co.za).
9. The race will be timed by TimeMe and results will be posted as soon as possible after each race and will be posted on the Haenertsburg Rotary website.

### RULES

<ol style="list-style-type: none"> <li>1. Junior entrants must be 19 or younger on 31 Dec 2019</li> <li>2. Proof of age and identity is required</li> <li>3. Walkers are welcome</li> <li>4. Running in club colours is optional</li> <li>5. No seconding is allowed</li> <li>6. No vehicles other than officials / permit holders will be allowed on the route during race</li> <li>7. Downhill runners have right of way on single-track sections.</li> </ol>	<ol style="list-style-type: none"> <li>8. Failure to obey rules/ instructions of marshals/traffic officers may result in disqualification</li> <li>9. The race referee's decision is final: no correspondence will be entered into</li> </ol>
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<b>RACE NUMBER</b>	
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**RACE ENTRY CAN BE DONE ONLINE AT [WWW.myactive.co.za](http://WWW.myactive.co.za). PLS KEEP PROOF OF ENTRY AND BRING TO THE REGISTRATION EVENT PRECEDING THE RACE.**

**ENTRIES LIMITED TO 200 PER RACE DUE TO THE SENSITIVE ENVIRONMENTAL AREA OF THE TRAIL.**

	22KM		10KM		FUN RUN (5 KM)
Entry fee	R120 Online/ R130 Day entry		R100 Online/ R110 Day entry		R60
Start Time	07:30		08:30		08:00
Cut-off time	12:30		11:30		10:30
Prize money	Female	Male	Female	Male	All participants finishing 22km, 10 km runs and children under 12 completing the 5 km run will get a medal
1 <sup>st</sup> Junior	R300	R300	R200	R200	
1 <sup>st</sup> Open	R300	R300	R200	R200	
1 <sup>st</sup> 40-49	R300	R300	R200	R200	
1 <sup>st</sup> 50-59	R300	R300	R200	R200	
1 <sup>st</sup> 60+	R300	R300	R200	R200	

**To secure your place, please enter and pay online. Online entries close Thursday 11 July 2019 24h00.**

**As well as entering online, you need to confirm your registration at Unicorn Preparatory School Pavilion in Tzaneen from 16:00 to 18:00 on Thursday 11 July and the Haenertsburg Clinic waiting room on the Village Green from 17:00 to 19:00 on Friday 12 July or from 06:00 on Saturday 13 July.**

**To enter on the day at the start of the race:**

**Race No:**

LATE ENTRIES during registration times form	
Surname:	First name:
ID number:	Age on Race Day:
Cell Number:	Club:
Tick: Male or Female	Age Group: Junior Open 40-49 50 -59 60+
Tick: Race and money received	22 km (R130) 10 km (R110) 5 km (R60)

By entering this event I undertake to be bound by the rules and regulations of the event. I warrant that I am in good health and are aware of the risks and physical nature of this sporting event. 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 organisers of the event, all sponsors, persons and organisations assisting in the staging of the event, provincial and national bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature has caused, arising directly from my participation in the event including pre- and post- race activities. This competition will not be covered by the ASA athlete medical insurance.

Signature	Date	Signature <small>(parent or guardian under 18 years old)</small>
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Enquiries: Haenertsburg Rotary Club – Ann Luther [luthers@mweb.co.za](mailto:luthers@mweb.co.za) 0828082539  
Online registration: [www.myactive.co.za](http://www.myactive.co.za) Tel: +27(0)11 994 3300; Fax: +27(0)11 994 3301

**Paid**