



HAENERTSBURG IRON CROWN TRAIL RUN SATURDAY 23 OCTOBER 2021

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 the 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 IN 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.

THIS TRAIL RUN IS NOT RUN UNDER THE AUSPICES OF LIMA OR ASA SO THEIR INSURANCE DOES NOT APPLY.

COMPETITORS TAKE PART AT THEIR OWN RISK AND HAENERTSBURG ROTARY TAKES NO RESPONSIBILITY FOR ANY INJURIES INCURRED.

WITHDRAWAL / CANCELLATION / ALTERATION: The race entry fee is non-refundable

If a competitor withdraws from the event, he/she will not be entitled to a refund of any amount paid. However if the event is postponed or advertised details are changed for any reason, that entry will be saved and the competitor will be able to use that entry for another Iron Crown Trail Run. Haenertsburg Rotary will try to reschedule the event for September or October, Covid 19 permitting, if the trail run is postponed

GENERAL

1. Funds raised will go towards approved Rotary Projects, especially "PRESERVE PLANET EARTH" and community projects such as establishing robotics in rural schools..
2. Water points will be provided on the route
3. Toilets are available at the start / finish.
4. There will be food and drinks 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 16:00 to 18:00 on Fri 22 October and from 06:00 to 08:00 Sat 23 October 2021. There will also be registration at Unicorn Preparatory School Pavilion on Thursday 21 October from 16:00 to 18:00. All competitors who complete the 22km and 10km races within the cut-off times, and all children under 12 who complete the 5km race, will receive a medal. There will, unfortunately, be no medals for dogs.
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.
8. Tourism/Accommodation info can be found at www.mountaingetaways.co.za.
9. The race will not be timed.
10. All competitors must wear their masks at the beginning and the end of the race. Failure to do so, may result in disqualification.

RULES

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| 1. Junior entrants must be 19 or younger on 31 Dec 2021 | 8. Failure to obey rules/ instructions of marshals/traffic officers may result in disqualification |
| 2. Proof of age and identity is required | 9. The race referee's decision is final: no correspondence will be entered into |
| 3. Walkers are welcome | |
| 4. Running in club colours is optional | |
| 5. No seconding is allowed | |
| 6. No vehicles other than officials / permit holders will be allowed on the route during race | |
| 7. Downhill runners have right of way on single-track sections. | |

RACE NUMBER

RACE ENTRY CAN BE DONE ONLINE AT WWW.myactive.co.za or www.rotaryhaenertsburg.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 AND COVID-19 LOCKDOWN RESTRICTIONS (100 for 5km race)

	22KM		10KM		FUN RUN (5 KM)
Entry fee	R130 Online/ R140 Day entry		R110 Online/ R120 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. Unfortunately no medals for dogs.
1 st Junior	R300	R300	R200	R200	
1 st Open	R300	R300	R200	R200	
1 st 40-49	R300	R300	R200	R200	
1 st 50-59	R300	R300	R200	R200	
1 st 60+	R300	R300	R200	R200	

To secure your place, please enter and pay online. Online entries close Thursday 21 October 2021 at 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 21 October or the Haenertsburg Clinic waiting room on the Village Green from 16:00 to 18:00 on Friday 22 October or from 06:00 to 08:00 on Saturday 23 October.