

THOMAS RIVER MTB CHALLENGE 26th October 2019

General information

Time Table

Pre entry Closing date: **24th October 2019**

Late Entries email before 12 /cash at venue < 8 pm 25th October

Race Day entries will not be timed

Registration	Friday 16:00 to 21:00	Sat 06:00 to 07:50
08:00	Start Marathon &	08:05 Half Marathon
08:10	Start 20km mtb	08:15 10 km MTB
08:20	Start 20km Trail Run	08:25 10Km Trail Run
08:25	Start 5km Trail Run &	5km MTB
08:30	Chocolate Race ???	

Free Competitors Lunch 12:00>

Prize Giving & lucky draw ±14:00

Late entry fees go to charity



Accommodation

Cathcart (24 kms)

Olive Grove (6 beds) Self /C	0825754923
Kenwyn Upmarket (4 Beds)	0458431912
Moeg geploeg 4 beds	0458431136
The Gig (Contractors Accom)	0834373798
Old Oaks (10 Beds)	0793214799
Glenfinlas (8 Beds) (PE riders)	0458431727
Craik Cross (3 d-b,3s-b) (PE)	045843229

Stutterheim goto www.escaperoute.co.za for more info

Thomas River (refer to Ramble on 0796218786)

Station Houses, Post Office,	0739710526
Rexfield 1 Couple	0828256240
Reigate (1 d-bed, 4 single)	0722897598
Quacu Heights (1 Couple)	0828579147
Gladstone (2beds)	0826656515
Wartberg Falls (4)	0716972988
Toise Elizabeth 3 rooms	0828766896
Farmers Hall (Own Mattress)	0796218786 (Hot Showers)

Henderson (30 kms)

Ferndale Lapa + camping	0458431741
Yellowfish Cottage (6 Beds)	0458431740
Irongate Safari's Game Lodge	0835224425 Lots
Blackpool & Clachan 4&8 beds	0833755920

CATERING

Friday 25 Oct: Cash Bar & Budget menu at the Ramble

Saturday 26 Oct Breakfast from 06:30

Hammies & Boeries till 12:00

Free Competitors lunch from 12:00

Cash Bar open all day

Evening Braai

Sunday Breakfast at the Ramble Restaurant

SATURDAY PROGRAM AND ATTRACTIONS

Child Playground with jumping Castle etc

Historical Village, Rock Art and Transport Museum

RULES

Trail Runners – Water Bottle Compulsory

- 1 No Helmet – no ride
- 2 Cyclists must obey all traffic rules, traffic officers, marshals and officials or be disqualified
- 3 No child under 15 to take part in the 2 longer races
- 4 No change of distance on race day. Disqualification
5. No seconds or vehicles allowed on the course and cyclists may only be assisted by officials and fellow cyclists
- 6 Replacement of bicycles during the race will not be permitted
- 7 The cut off time is 13:30 after which no further support will be rendered
- 8 No littering! Immediate disqualification for any cyclist
9. The course Referee's decision will be final.
10. Riders to render assistance to anyone injured
- 11 **Do not expect a slower rider to endanger himself so you can pass. He has paid the same entry fee as you**

Thanks to the following fantastic co-sponsors :

Amatola P'nP, Coca Cola, , Cathcart Multitrust, , Cycle HQ, Louis Sports, Tony's Gifts, All Power Cathcart Butchery, Proveg, Reflecto Signs, BKB, FNB, First Nat Batteries, , Boardman's Hardware, Stutt Poles, Pfizer, Molotek, , Virbac, Colletts Pharmacy, Triple Streams, Usifast RIDE MAG. Sheard Auctioneers, Action-on-Line, Squirt Lubricants, Caxton Media,Optimum Security, Thule. TKY, Stutt Vet

Our potential R1500 plus co-sponsors are:



Meat donated by Thomas River Farmers
Please support our sponsors could not run the race without them