



# NEWSLETTER NO 2

## JULY 2018

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### 1. ENTRIES 2018

The entry process has once again been a humbling experience for the organizers. Loyalty entries accounted for 49% of entries available. The balance becoming available on 2 June and basically selling out within 5 hours!! Charity entries then were opened and hereto the 200 available spots were also taken up in a matter of 3 days. Thank you to all our loyal supporters. The organizing team will again be trying their very best to exceed your expectations on 12 and 13 October.

### 2. SUBSTITUTIONS

As in 2017, substitutions as a last resort, will be handled **from 13 August to 13 September**. More info on this process will be provided in a newsletter closer to the aforementioned date. You can also keep a check on the [Meiringspoort21.co.za](http://Meiringspoort21.co.za) website for the relevant info in due course. **An early caution – there most definitely will not be any late substitutions entertained at Registration on Friday 12 October.** This is to ensure accurate and on time results in our chip timing system -Personalized and colour coded race number bibs are issued to each participant – past shenanigans placing undue risk on the organizers, etc. This then also is why we require each participant to collect your own race pack, against positive ID. There can be NO 3<sup>rd</sup> party collections as was clearly stated in the event rules upon entering.

### 3. SUPPLEMENTARY ORDERS

2018 Entrants will again have the opportunity to order “extras” until 31 July. You can choose to order additional T-shirts, Buffs, Fleecies and/or Raffle tickets. Both the T-shirt and Buff are a new design again. High quality and sublimated. View the pictures on the Meiringspoort21 webpage and also find the order tab there. Avoid disappointment and order now. Only pre-orders and no extras on sale at Registration.



**J&E Communications**  
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#### 4. RUN CLEAN CAMPAIGN

This is an earnest appeal to all participants.

**Modern Athlete's #runclean Campaign** is part of a growing effort to stop runners littering during races. This problem has become one of the most prominent talking points in South African running circles.

**East Rand Plastics** will again be providing their **Garbie** cardboard bins and plastic bin liners. These will be placed at the start and finish venues, along the route at various km markers and beyond each waterpoint.

Please help us to keep Meiringspoort clean. Think before you throw. - #runclean.

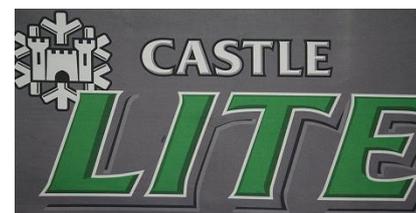


#### 5. GPS WATCHES – ROUTE DISTANCES

One often hears or reads comments esp on social media around the distance of an event as compared to GPS watches and various distance readings of the same event. IAAF rules stipulate how a route is to be measured. Routes are measured using the Calibrated Bicycle method of measurement (ASA Rule 34.2.1). The Meiringspoort route was measured by an IAAF Grade A accredited route measurer and is the correct distance. The necessary certificates being lodged with the Provincial Athletics Body (ASWD)

GPS readings will vary due to running line taken, signals lost in built up areas (Meiringspoort cliffs?), type of watch, etc, etc. On a 21km event and again depending on numerous variances a route can be anything from 160m and upwards, "long" on your GPS device.

A wealth of research and tests has been done, all over the world, in the last decade or so, on this topic. Space restraints, unfortunately, do not permit us to refer and quote the content of some of these studies. Anyone interested in reading up more on this topic is welcome to contact us and we will gladly supply the necessary info and references. Email [desharris2@yahoo.com](mailto:desharris2@yahoo.com) if you want more info.



#### 6. OUR SPONSORS

**Our generous sponsors for 2018 making it possible for us to bring you the Meiringspoort21 events.**

**PLEASE SUPPORT THEM!!!!**

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Happy and Safe Training

Meiringspoort21 Organizing Committee.