



The Breathtaking Trail Run

2026 RHODES TRAIL RUN

PRE-RACE INSTRUCTIONS



Anyone found littering WILL BE DISQUALIFIED – there will be no appeal
Anyone found on the route without a space blanket, cup and safety whistle
WILL RECEIVE A 60 MINUTE TIME PENALTY
Anyone found abusing crew (or others) or acting in an unsportsmanlike way
WILL BE DISQUALIFIED – there will be no appeal

No Photo ID, no Run

Please take time to read this carefully

Even if you have run with us before, please read these instructions
The following points are covered and/or explained

Table of Contents

1.	WHEN DID SUBSTITUTIONS AND ENTRIES CLOSE?	3
2.	WHEN AND WHERE IS PRE-RACE REGISTRATION?	3
3.	ARE THERE IMPORTANT RULES TO BE AWARE OF?	4
4.	SPECIAL FOOT AND MOUTH DISEASE(FMD) PRECAUTIONS	4
5.	WHAT DO YOU DO WITH THE TAGS ON YOUR RACE NUMBER?	5
6.	WHAT MUST YOU DO IF YOU RETIRE FROM THE RACE?	6
7.	WHAT DO YOU DO WITH THAT ELASTIC 'BELT' ATTACHED TO YOUR RACE NUMBER?	6
8.	WHAT CLOTHING DO YOU NEED?	7
9.	WHAT COMPULSORY EQUIPMENT MUST YOU CARRY?.....	7
10.	WHERE DOES THE RACE START AND FINISH?	8
11.	WHEN AND WHERE IS THE PRE-RACE BRIEFING?	8
12.	WHAT ROUTE WILL THE RUN FOLLOW?	8
13.	MAY YOUR FAMILY/FRIENDS FOLLOW YOU ON THE ROUTE?	9
14.	WHAT ARE THE CUT OFF POINTS IN THE RUN?.....	9
15.	WHAT MEDICAL SUPPORT IS THERE?	10
16.	NO CUP, NO RUN?.....	10
17.	ARE THERE FEED STATIONS AND MAY I HAVE PERSONAL SECONDING?	10
18.	IS THERE A LITTERING POLICY?.....	11
19.	ARE 'BANDIT RUNNERS' ALLOWED?.....	11
20.	WHEN IS PRIZE GIVING AND WHAT PRIZES ARE AWARDED?	12
21.	HOW DO YOU QUALIFY FOR A 'SNOWFLAKE' PERMANENT NUMBER?	12
22.	WHAT REFRESHMENTS WILL BE AVAILABLE?.....	13
23.	WHAT IS THE BEST ROUTE TO REACH RHODES AND IS FUEL AVAILABLE?	13
24.	STATISTICS	14

1. When did Substitutions and Entries Close?

Substitutions and late entries closed at noon on Saturday 13 June 2026

No late substitutions are permitted



2. When and where is pre-race registration?

Registration will take place in the Agricultural Hall, Rhodes at the following times:

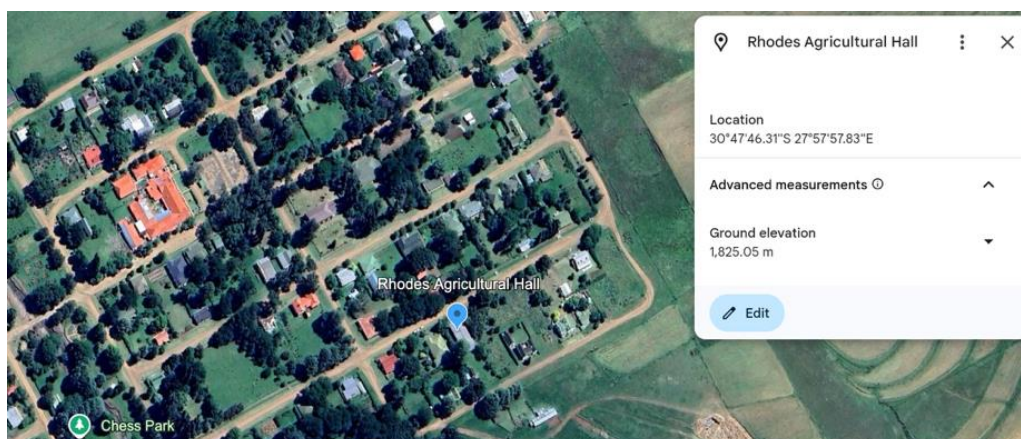
Friday 10 July 2026 15h00 to 19h00

Saturday 11 July 2026 06h15 to 06h45

Please ensure that you have photo identification with you when registering (I.D. Card, driver's license or passport)

You will not be able to register without suitable photo identification

Agricultural Hall Location – Vorster Street



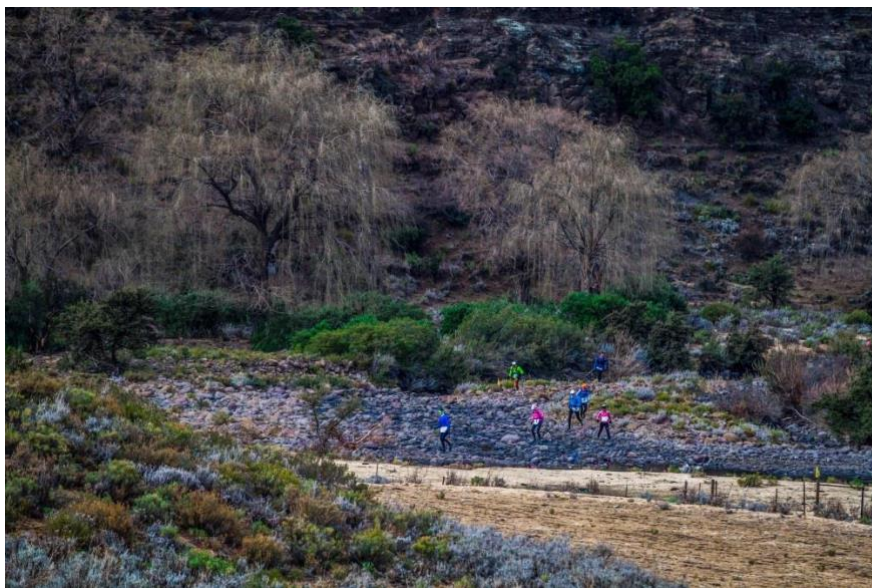
3. Are there important rules to be aware of?

Because of the extreme conditions the race is run under, there are a number of rules to take note of:

- Race numbers are to be visible at all times
- Race tags must be handed in at Check Points
- Under no circumstances may a runner litter
- Ear buds are not allowed
- No seconding is permitted
- Bandit runners are not allowed
- No unsportsmanlike behaviour or abuse of crew or supporters is permitted

Should any of the above be contravened, a runner will be disqualified and barred from future events

Mandatory equipment must be carried at all times or you will receive **a 60 minute time penalty**



4. Special Foot and Mouth Disease(FMD) precautions

The main economic activity in the area is cattle and sheep farming. The district has been fortunate not to have been impacted by Food and Mouth Disease(FMD) but our farmers have taken special precautions to avoid any potential occurrence.

Please ensure your vehicle is clean and free of mud before heading towards Rhodes. You are required to spray your vehicle before entering the area. This means that you must drive through Barkly East and stop at the Matla Service Station which has a complimentary spray service. Please take a photo of the spraying

You will not be allowed onto any farms or roads beyond Rhodes if you cannot show that your vehicle has been sprayed. Your return trip can then also follow any route.

There will be a foot bath at registration and you will be required to disinfect the shoes you plan to run in.

We will also have foot baths at key points along the route and you may be required to dip your shoes in those.



5. What do you do with the tags on your race number?

In your registration bag, you will receive your race number

You will not be allowed on the route without your race number.

Do not alter, fold, cut, deface or change your race number and identification in any way.

Attached to your number are six (6) perforated identification tags. **Do not tear off these tags until you are required to do so by a race official.**

A tag must be handed to the race official at the:

- Mavis Bank Farm Check Point at the entry to the Kloof
- Mavis Bank Top (border road Check Point (approx. 21km)
- Finish

Should the route change due to extreme conditions the above may change. You have additional tags should there be emergency Check Points in extreme conditions.

Check Points are established because of the remoteness of the area and extreme terrain. It is critical that **you ensure** that the officials at each Check Point record you at that Check Point.

Any runner who fails to hand in their identification tags at these points will be disqualified.

6. What must you do if you retire from the race?

If you retire from the race at a Check Point you must inform the Check Point Team Leader that you have withdrawn.

If you retire after the last Check Point, which is at the top of Mavis Bank, you must inform the Time Keeper at the Finish.

Runners failing to comply will be disqualified and barred from future events.

If you retire and do not inform one of the Check Point Team Leaders or the Time Keeper at the Finish, OR if you do not hand in a tag at one of the Check Points you will be regarded as lost and a Search & Rescue team will be dispatched to look for you. The cost of this Search & Rescue will be billed to you at a minimum cost of R5000.00 per hour. Please be very careful to stay on the route.



7. What do you do with that elastic 'belt' attached to your race number?

Your race number must be worn on the front, outside your clothing, at all times. Your number is attached to an elastic 'belt' to be worn around your waist. This will enable you to keep your number showing irrespective of any change of clothing during the run.

The purpose of the belt is:

- To make it easy to change layers of clothing without having to reattach your race number
- To avoid having to stick pins through, and possibly tear, your expensive technical gear

8. What clothing do you need?

You need to be warm and dry. Conditions in the mountains can change quickly and without warning.

Ensure that you have appropriate extreme weather gear.

It is probable that the temperature at the Start will be sub-zero, and could warm up to around 15°C during the course of the day. Runners may wish to start the race with additional clothing which can be left at special collection bins at the Feed Stations.

Runners are requested to clearly mark all clothing that they wish to recover. While every effort will be made to ensure that all discarded clothing is returned to the Finish, the organisers disclaim all liability for any losses that may be suffered.

If the weather is inclement it will be advisable to retain warm clothing throughout the race. Any clothing not collected on Saturday after prize giving will be donated to the local community.

9. What compulsory equipment must you carry?

You will receive an **emergency survival blanket** at registration. You must **bring your own whistle** and a **rigid or collapsible heat proof cup**.

The whistle, emergency survival blanket and cup **must be carried with you for the duration of the run.**

A kit check may take place and participants without all three items will receive a **60 minute time penalty**. The time penalty will be served there and then. You will only proceed when the time penalty has been completed.

Race number as provided must be worn on the front, unaltered and visible at all times.

You should also bring a smile for when you are caught in the lens of the race photographer, and when you greet those frozen folk at the Feed Stations.

We recommend that you fill your hydration pack/bottles on the Friday evening as water pipes could be frozen early on Saturday morning.



10. Where does the race start and finish?

The race starts and finishes outside the Agricultural Hall, Vorster Street, Rhodes.

The Start is at 07h00 and all runners completing the course within **9 hours** (at 16h00) will qualify as finishers.

11. When and where is the pre-race briefing?

Final instructions regarding the course, conditions etc will be announced before the Start at the Pre-Race briefing which will be at 06h50 on Saturday morning at the Start line. You are requested to get to the Start a few minutes early to ensure you are aware of any last minute route changes or warnings on the route/weather conditions.

Announcements at the Pre-Race briefing form part of the Rules and must be adhered to.

Coffee and tea will be available free of charge at the Start.

12. What route will the run follow?

For 2026 the route will follow the original 1989 route and the 'Tufts of Terror', the Hooggenoeg Ridge section, will not be run. You will follow the road from the Quarry Feed Station past the Hooggenoeg Hut to the Feed Station above the Concrete strips.

Please be careful of ice-covered rocks at stream crossings. We suggest you walk the streams rather than attempt to rock-hop. **Note that for safety and environmental reasons you may not use plastic bags as foot covers crossing streams.**

The plateau road and the trail sections in the Kloof are very uneven under foot and could be covered in snow – please be careful!

Participants with sight colour deficiencies should note that part of the route is marked by means of orange flags.

There are no distance markers.

Runners and their supporters may not set up or create personal route or distance markings or identification. Anyone found to have contravened this rule will result in the runner being disqualified and barred from future events.

13. May your family/friends follow you on the route?

Due to the nature of the terrain and conditions of the roads, only official vehicles with clear identification will be allowed above Den Hagen Farm on the Carlislehoek Road. Any additional closures will be advised at the pre-race briefing. It is a runners responsibility to make sure that family and friends accompanying them are aware of this.

Vehicles travelling from Rhodes to Den Hagen Farm must be aware of conditions that will interfere with runners. Speed must be kept very low to avoid dust in dry conditions. If the road is wet, slippery conditions must be anticipated.

Any runner receiving assistance, of any form, from a vehicle that is considered to impact on any fellow competitors and/or is on a section of the route deemed 'closed' by the organisers as advised during the pre-race briefing, will be sanctioned. Such sanction could result in runners being disqualified and barred from future events

14. What are the cut off points in the run?

Mavis Bank Farm

There is a 'soft' cut-off at the Mavis Bank Farm Check Point (approximately 14km). Anyone arriving there after 2 hours from race start (09h00) could be required to abandon the race. The Check Point Chief's decision is final. If this is not applied, there is a hard cutoff 2 ½ hours from race start (09h30) and runners arriving after this time must abandon the race

Mavis Bank Top

The cut-off at the top of Mavis Bank (approximately 21km) is 4 ½ hours from race start (11h30). Runners who arrive at the Check Point after the cut-off must abandon the race.

If you make the cut-off do not go back down Mavis Bank to assist slower runners. This negates the safety and control system. Any runner going down Mavis Bank having been recorded at the Check Point will be disqualified.

Quarry Feed Station Cut-off

The cut-off at the Quarry Feed Station (approximately 29km) is 6 hours from race start (13h00). Runners who arrive at the feed Station after the cut-off must abandon the race.

Final Cut-off

The cut-off to receive a medal and to be recorded in the results at the Finish is 16h00, 9 hours from race start.

There is also a mandatory cut-off on the road at 16h00. Any runner still on the road after this time, if approached by an official sweep vehicle must abandon the race and be uplifted by the sweep vehicle. Failure to follow this instruction could result in the runner being banned from future events.

15. What medical support is there?

The race medical officer will be available during registration times to assist runners before the race. A runner who registers and has no intention of starting **must** inform the officials at Registration.

16. No Cup, No Run?

You need a cup.

No cups will be provided at feed stations. You must start and run with your own collapsible or rigid drinking cup to use at feed stations.

The cup should be able to handle a hot beverages to warm you up. If you take a hot beverage, consider the standard warning - 'Caution: Contents are hot, may burn fingers'.

So, remember to cup up!

17. Are there feed stations and may I have personal seconding?

Due to the nature of the route personal seconding is **not permitted**.

Feed stations will be approximately 10km apart. Distance between feed stations varies, depending on location and on weather conditions.

You are likely to dehydrate more than you realize due to the altitude and prevailing weather conditions. You will need to carry water, especially from the top of Mavis Bank. A personal hydration pack is recommended - bottles on a belt or backpack type of at least 500ml



You are ultimately responsible to ensure you are adequately hydrated at all times.

If the traditional route is followed, there will be six (6) Feed Stations:

- Klopershoek turn-off (approximately 8km)
- Mavis Bank Farm House (approximately 14km) + also a Check Point
- Top of Mavis Bank (approximately 21km) + also a Check Point
- Quarry (approximately 29km)
- Top of concrete road (approximately 36km)
- Den Hagen Farm (approximately 42km)

Feed Stations will have cola, an electrolyte drink and water. There will also be sweets, oranges, biscuits, bananas, sandwiches, potatoes, tea, coffee, hot chocolate at various stations and, of course, in keeping with tradition some will be stocked with local delicacies. We do not stock glucose sachets or run food to avoid potential littering

All of the feed stations are – we think – the best! You will, however, be asked to cast a vote for the best feed station at the Finish.

18. Is there a littering policy?

This is NOT a road race; special race rules apply. The route passes through a unique ecological area and littering cannot be tolerated. We are most fortunate to be able to make use of private farm land for the event and environmental awareness is non-negotiable – littering and degradation will not be tolerated. If you make use of energy supplements in sachets, please retain the used sachets until the end of the run or make use of the litter bins at the feed stations along the route. Remember, sachets are fatal to livestock.

Any litter or discarded items must be dropped in the litter bins provided – failure to do this could result in sachets and other debris being blown across the veld. 'Stashing' of kit and/or bottles on the route prior to the event is classified as littering.

Anyone seen dropping anything on the trail, road or track anywhere along the route WILL BE DISQUALIFIED and barred from future events.

19. Are 'Bandit Runners' allowed?

The field has been limited for the safety of the runners. Conditions can be extreme and the passage of runners through the Kloof, which is private property, is monitored. Under no circumstances can we permit unauthorized runners to jeopardize the monitoring system and the safety of the runners. Any unauthorized runner accompanying a runner and any person making use of a registered runner's race number for purposes of completing the event will result in the registered entrant being disqualified and both persons will be barred from future events.

20. When is prize giving and what prizes are awarded?

Prize giving will take place at 16h45 at the Finish area. There are no financial awards or sponsored prizes. Runners must be present to collect a medal and/or permanent number. Under no circumstances will they be posted after the event.

Floating Trophies will be awarded as follows

Rhodes Runners' Trophy	1 st Male
Peter Jooste Memorial Trophy	1 st Female
Founders Trophy	King of the Kloof
Ikhezi Lokusa Trophy	Queen of the Kloof
Matthew Wimpey Memorial Trophy	1 st Male 40+
Evie Raubenheimer Trophy	1 st Female 40+
Reinhard le Roux Trophy	1 st Male 50+
Raubenheimer Family Trophy	1 st Female 50+
Pioneer Trophy	1 st Male 60+
Singh Family Trophy	1 st Female 60+
The Petards Trophy	1 st Male & 1 st Female 70+
Chairman's Shield	Best Feed Station

An age category winner may not receive a prize for a younger age category should the athlete so qualify. For example, if a runner in the 50+ category wins the race, he/she is permitted to be the overall winner, but may not receive the 40+ prize, only the 50+ category prize. No tied finishes will be recognized. In the event of a tied finish the runner with the lowest race number will be deemed to have crossed the finish line first.

Gold medals are presented at prize giving as follows:

Open Male & Female	1 st to 10 th
Male & Female 40+	1 st to 3 rd
Male & Female 50+	1 st to 3 rd
Male & Female 60+	1 st to 3 rd
Male & Female 70+	1 st to 3 rd

All other finishers will received a commemorative medal handed out as they finish

Permanent numbers will be handed out to all qualifying runners at prize giving.

21. How do you qualify for a 'Snowflake' Permanent number?

Permanent numbers will be awarded to runners completing their third race. These need not be completed consecutively. A permanent number will not confer any privileges on the holder but will have the effect of recording the holder in the annals of the race.

22. What refreshments will be available?

Meals and refreshments will be on sale at the Agricultural Hall on Friday 10 July. Pre-booking is essential. Refreshments will also be available at the Hall on Saturday.

There are three venues which offer meals and refreshments in Rhodes:

- Walkerbouts
- Rhodes Hotel
- Studio House

There are two shops in Rhodes where snacks, cooldrinks and local produce can be purchased:

- Rhodes Info Centre
- Rhodes Hotel

Please take care if you bring cash into Rhodes. As in most of South Africa, petty theft does occur, with emphasis on taking cash. Please make sure that you lock your cash away in a safe – speak to your accommodation provider. DO NOT leave cash or valuables in your car and make sure to keep your cars in a safe place at all times.

23. What is the best route to reach Rhodes and is fuel available?

Regardless of where you come from, it is best to reach Barkly East and then travel to Rhodes from there. This is the shortest gravel road route. The road is rutted in places, but can be reached in a sedan, as long as you travel slowly.

There is no service station in Rhodes. Fuel should be purchased before venturing onto the dirt roads. Barkly East, Khowa(Eliot), McClear and Mount Fletcher all have service stations.



24. Statistics

Size of field: 120 runners

Best Times Recorded:

This is not an event where 'time' is usually paramount. Furthermore, as the route and race conditions vary from year to year, 'best times' are not justifiably comparable, hence we have not included them

Title holders from 2025

Open Male	Thato Kabeli
Open Female	Roné Steenkamp
King of the Kloof	Thato Kabeli
Queen of the Kloof	Roné Steenkamp
Male 40+	Thato Kabeli
Female 40+	Ana Correial
Male 50+	Spurgeon Flemmington
Female 50+	Tracy Zunckel
Male 60+	Piet Lotter
Female 60+	Natalie Bentley
Petard (70+)	Toby Nielsen

Altitudes:

Start	1800m (5905 ft)
Highest point	2680m (8793 ft)
Average "on top"	2560m (8399 ft)