**Friday 29 April: 17:00 Arrival, registration and dinner at the sports club(Gryspaleis)**

Dinner: Potjiekos (lamb), rice and fresh bread

R 75

**Saturday 30 April: 06:00 Registration**

Coffee and rusks

**08:00 MTB first stage – 69,6km**

**12:00 Lunch**

Venison pie and sauce

Pasta salad, green beans with tomato and onion relish, sweet carrots

R 65

**17:30 Dinner**

Karoo lamb braai

Roosterkoek, potato gratin and tossed salad

R 80.00

**Sunday 1 May: 05:30 Registration**

Coffee and rusks

**07:30 21km Run**

**07:30 10km Run and Walk**

**08:00 MTB second stage – 78,1km**

**10:00 Runners/Walkers Lunch and Prize giving**

Lasagna , fresh bread and salads

R 65

**13:00 MTB Lunch and Prize giving**

Spitbraai with garlic potatoes, beetroot, roast veg and fresh bread

R 80