



Mobility

AUGUST 2019



24-Hour N3TC Helpline
0800 63 4357



@N3Route



N3Route



N3Route



www.n3tc.co.za

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OUR COVER:

Ntombenhle Mtambo

Ntombenhle Mtambo is well known for the permaculture garden she created on a dumpsite in Mpophomeni. Her dream was to help her community. "Every home must have a garden. I would like to see everyone learn to understand the importance of nature and caring for the environment where they live in their daily lives. Eating well does not have to be expensive - with a garden you can be healthy and wealthy." For years, she has worked hard to create a haven of diversity, full of fresh food and enjoyed by birds, bees, insects and humans alike.

Recently, a group of people passionate about good food gathered in Ntombenhle's garden to launch the official Slow Food Community of Mpophomeni Food Conservation. Ntombenhle explains: "Slow Food is about community, seeing the value in other people's food cultures and sharing stories about food and culture."

www.mpophomeniconservationgroup.wordpress.com

Photo by Toby Murphy

Route Map





[ROUTE UPDATE]

**YOUR
SAFETY
SHOULD
ALWAYS
BE TOP
OF MIND**

Taking a road trip is an exciting way of discovering new regions and places, and when better to do so than over a long weekend or during a holiday season. Great road trips can be made even better by familiarising yourself with your route, arming yourself with information and carefully planning for any eventuality.

The better prepared you are, the better your chances of having a safe and enjoyable time.

Crash data analysis

“Road safety precautions should always be top of mind. It is for this reason that we share regular updates with our road users about traffic patterns, causes of crashes, route conditions, weather changes and emergency situations,” explains N3TC's traffic manager, Miles le Roux. “Knowledgeable drivers are undoubtedly safer drivers.”

“N3TC carefully keeps and interrogates all traffic data on the N3 Toll Route in an effort to enhance safety, convenience and mobility along this transport corridor.

From the data gathered over many years, it is clear that the majority of crashes are caused by human error, whether it is negligent driving, a lack of concentration, ignoring warnings and/or disregarding basic safety measures.

During the first six months of 2019, 588 crashes occurred on the N3 Toll Route. Thirty-nine of these crashes were fatal resulting in 61 fatalities. Fourteen pedestrian crashes were reported during the same period of which the majority (10) were fatal. “On the positive side, the number of pedestrian crashes continues to show a downward trend, from 25 during the same period in 2017 to 19 in 2018 and now 14 in 2019. But even a single fatality is still one too many,” stresses le Roux.

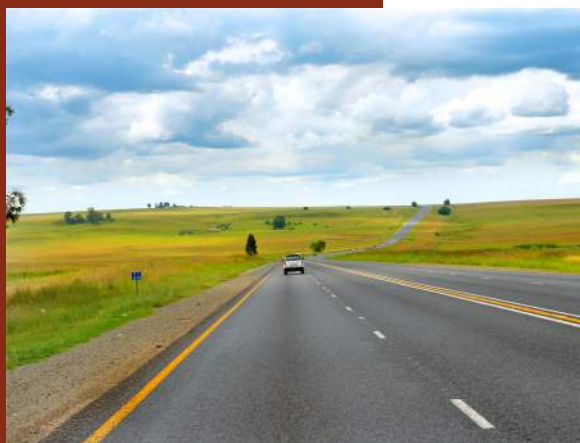
The most dominant type of crashes during 2019 were vehicles leaving the road (32.5%), vehicles rolling (14.7%), damage at plazas (11%) and head-tail collisions (10.8%).

“Crashes where vehicles roll or leave the road are single vehicle crashes, meaning drivers are not controlling their vehicles well enough,” explains le Roux.

The number of crashes involving heavy motor vehicles totalled 287. “This means that 49% of all crashes involve trucks despite heavy vehicles only representing 35% of the total traffic on the N3 Toll Route. Although this number is marginally lower than the 2018 figure of 296 (or 50% of all crashes) it remains an area of serious concern.”

Number of runaway trucks cause for concern

“Very worrying for N3TC is the increase in the number of runaway trucks on Van Reenen's Pass apparently due to brake failure. We appeal to the cargo industry and all vehicle and fleet owners, indeed every driver, to help ensure that vehicles are roadworthy and in excellent mechanical condition. Regular vehicle maintenance goes a long way to limiting road catastrophes and loss of lives.”



**ALWAYS
PUT
YOUR
SAFETY
FIRST**

Traffic forecast for the Women's Day long weekend (08 – 11 August)

The grid below provides an overview of expected traffic volumes along the N3 Toll Route over this coming long weekend. It is recommended to travel outside of peak traffic periods, but if these periods cannot be avoided, motorists are encouraged to plan for congestion and to expect possible delays.

GREEN: Light to slight increase in volumes < 800 vehicles per hour (vph) in a particular peak direction

YELLOW: Busy traffic conditions with 800 – 1500 vehicles per hour (vph) in a particular peak direction

RED: Heavy (high) traffic volumes (with slow-moving conditions) > 1500 vehicles per hour (vph) in a particular direction

SB: Southbound towards KwaZulu-Natal

NB: Northbound towards Gauteng

Time	THURSDAY 08/08/2019 [Peak Flow SB]	FRIDAY 09/08/2019 [Peak Flow SB]	SUNDAY 11/08/2019 [Peak Flow NB]
00h00-03h00	GREEN	GREEN	GREEN
03h00-06h00	GREEN	YELLOW	GREEN
06h00-09h00	GREEN	RED	YELLOW
09h00-12h00	GREEN	RED	RED
12h00-15h00	YELLOW	YELLOW	RED
15h00-18h00	YELLOW	GREEN	RED
18h00-21h00	RED	GREEN	YELLOW
21h00-24h00	GREEN	GREEN	GREEN

Stay up to date with important road and traffic news wherever you are

N3TC recommends that all road users always verify current travel conditions prior to departure and during their trips with the 24-hour N3TC helpline on 0800 63 4357 or via Twitter: [@N3Route](https://twitter.com/N3Route). These communication channels can also be used to report any problems, emergencies or suspicious activities.

The N3TC helpline is operated from the company's Route Control Centre (RCC) near Harrismith. The RCC acts as a central communication point for the N3 Toll Route. All incidents and emergencies are reported to the RCC and emergency assistance is dispatched from here.

“Our Route Control Centre is the nerve centre of the N3 Toll Route. If anything happens on the route, the RCC knows about it and also how best to respond. It is a vitally important part of our operations and a key early-warning system. We appeal to road users to stay in touch with N3TC by making use of this service,” ends le Roux.



[CONSTRUCTION]

As infrastructure assets, road networks are essential to maintaining and growing a country's economy. An asset such as the N3 Toll Route requires continual maintenance, rehabilitation and upgrades to extend its lifespan and enhance its mobility and convenience.

However, with these requirements come the necessary inconvenience of road works and construction, and the frustrations it may cause for construction workers and road users alike.

No or limited works during peak times

"N3TC is very aware of its obligations and expectations to deliver a world-class road whilst minimising traffic disruptions. It is for this reason that we carefully plan and manage our road rehabilitation and construction programmes, and make every attempt to limit traffic disruptions, especially at peak times," explains commercial manager, Con Roux.

During the August long weekend, road works will be limited to absolutely essential maintenance work, and only if required.

All major construction work will cease from 08 - 11 August at the major construction sites along the route. "Immediately after the long weekend, the rehabilitation programme will recommence in the following areas along the N3 Toll Route:

- Cedara to Nottingham Road
- Van Reenen's Pass

The above construction and rehabilitation projects are well underway. Road works are clearly demarcated into specific construction zones.

"Comprehensive traffic management plans are in place to guide road users through construction areas. Please pay attention to temporary yellow warning signs indicating construction zones as well as their cautionary instructions. Motorists are reminded that speed limits are reduced in construction zones and are requested to adhere to these limits for their own and construction workers' safety," ends Roux.



**CONSTRUCTION
AND
MAINTENANCE
ARE
ESSENTIAL
FOR ROAD
INFRASTRUCTURE
MANAGEMENT**

[KEEP EYES ON THE WEATHER]



Photo by Roger Fanner

UNPREDICTABLE WEATHER

Although the end of winter in South Africa is finally in sight, balmy days have not arrived quite yet. In fact, in August and much of September the weather can behave quite unpredictably and impact on travel conditions and road safety along the N3 Toll Route.

“It is exactly this unpredictability that makes it imperative for road users to plan for driving in a wide variety of weather conditions,” says Praveen Sunderlall, manager of N3TC’s road incident management systems (RIMS). “For example, we may tend to think of August as warmer with dry winds, but a cold front can move in – and suddenly you have snow and icy conditions.”

Different weather conditions require different preparations for your road trip, and demand different driving techniques too. Always check the weather forecast for the areas you’ll be driving in, and heed any warnings issued in special advisories.

Here’s a breakdown of some weather-related patterns you can expect over the course of August and September:



Photo by Susan van Zuilekom

Dry and dusty

Rainfall is rare during the winter months in Gauteng, the Free State and KwaZulu-Natal, creating dry conditions that can be conducive to dust storms. Especially in the Free State, where the N3 Toll Route meanders along farms, dust storms – strong winds with dense dust – can suddenly occur and plunge drivers into near darkness.

If you see a dust storm ahead, it’s best not to drive into it. If you can, pull over at the nearest safe stop and wait for it to pass. Usually, it only lasts a few minutes.

If it’s not possible to avoid a dust storm, reduce speed and ensure you keep a safe distance from other vehicles. Keep your headlights on, drive with both hands on the wheel and stay alert.

Windy and gusty

Strong winds commonly occur on large open plains or where a road “cuts” through mountains, such as at Van Reenen’s Pass, and which can act as funnels for wind. High winds can cause sudden gusts that feel as if they’re grabbing your vehicle. In these conditions, always keep both hands on the wheel and be ready.

If you are grabbed by a sudden gust, slow down. The faster you drive, the farther off course you may be pushed before regaining control of your vehicle.

Be aware of large vehicles on the road such as trucks, SUVs and vehicles with caravans or trailers. They are more susceptible to gusts and may struggle to stay in their lanes. Give them a wide berth and plenty of room to manoeuvre.

Icy conditions

In icy conditions it's usually best not to venture onto the roads in the first place. However, avoiding travel is not always possible. If you do find yourself driving on wet, icy roads, the best advice is to reduce speed and increase your following distance. When accelerating or decelerating, do so slowly.

If your vehicle is sliding on ice, turn your front wheels in the same direction that the rear is sliding. For example, if the back of your vehicle is sliding to the right, turn your wheels to the right. This is known as "turning into the slide".

Don't hit your brakes, since braking triggers slides and makes existing slides worse. Stay calm and don't panic, because this may cause you to overcorrect and go into a spin.



Photo by Wolf Avni

Smoke and veldfires

Veldfires often occur in August and September, when the wind blows strongly and the veld is dry. The smoke they cause can create challenges for drivers because of reduced visibility.

If you are caught in the smoke of a veldfire, reduce your speed immediately and make sure your headlights are on so that other drivers can see you. Keep your windows rolled up, close all exterior vents and set the air conditioner to recirculation mode.

Drive calmly, defensively and with caution. Do not try to "beat" the smoke by racing through it.

Who can you call?

In the case of any emergency on the N3 Toll Route, dial **N3TC's 24-hour helpline** number: **0800 63 4357**.

"Our **Twitter** feed, [@N3Route](https://twitter.com/N3Route), is also operational 24 hours a day and we will post any relevant information after it has been verified with our Route Control Centre, which is in constant contact with weather stations, emergency services and N3TC's route patrol teams. For your convenience, tune into the **N3 Radio app** – it has live updates on traffic flows and any news relevant to motorists on the route. Access the app on your Android and iOS mobile devices from their respective App Stores.

"But, as much as social media and our 24-hour helpline is there to assist you with any problems or questions, we implore you to only use your mobile device when your vehicle is stationary, or let your passengers to assist you on your behalf," ends Sunderlall.



[TRUCKER WELLNESS]

HELPING TRUCKERS STAY HEALTHY WHILE ON THE ROAD

Ensuring the safety and wellbeing of motorists on the N3 Toll Route is a complex and multifaceted task – and one which N3TC takes very seriously.

While maintaining a world-class infrastructure seems the company's obvious task, it makes several other contributions that are vital to achieving maximum safety for all road users on the N3 Toll Route. One such contribution is its partnership in Trucking Wellness, a comprehensive programme to improve the health and wellness of long-distance truck drivers.

The importance of the trucking community in South Africa cannot be overstated – they literally keep the economy moving. Every day of the week, 24 hours a day, freight is being loaded, hauled and delivered across the country. It's a physically demanding job and truck drivers work long, irregular and lonely hours to keep the wheels rolling.

Trucking Wellness was started in 1999 to deliver primary healthcare services to workers in the road freight and logistics industry. As part of the programme, Driver Wellness events are held several times each year.

N3TC, along with other stakeholders such as traffic safety officials and members of the Road Traffic Inspectorate, work together with Trucking Wellness to provide mobile medical clinics where truck drivers can get free health checks along the route.

The examinations are comprehensive and include blood pressure screening, eye tests, HIV and tuberculosis tests, and cholesterol and glucose screening. And, because truck drivers often cross borders, they can even get tested for malaria too.



Did you know?

Transport workers, especially truck drivers, are exposed to:

- Prolonged sitting, which can lead to musculoskeletal disorders, especially back problems.
- Whole-body vibration in the cabin, which can lead to serious musculoskeletal disorders and also affect vision and co-ordination.
- Noise in the cabin, which can lead to hearing loss.
- Inhalation of toxic vapours and fumes such as diesel and road dust, which can cause breathing and other respiratory problems such as asthma.
- Stress because of high risks, tight schedules, unforeseen complications, delays and long hours on the road can have many negative mental and physical health effects.

“Research has shown that truck drivers generally do not have adequate access to healthcare services,” says the manager of N3TC’s road incident management systems (RIMS), Praveen Sunderlall. “Providing these free clinical services to the trucking community is our way of making it easier for them to know their health status and act in time when problems are identified.”

When a driver has an abnormally high or low result, they are referred to a clinic or doctor for follow-up testing. During the first two Driver Wellness events held at the Mooi Plaza and Bergville Interchange in February and April this year, hundreds of truck drivers were tested and received their results along with expert medical advice.

“We always have our events at controlled, safe locations with basic facilities to accommodate everyone involved,” says Sunderlall. “And we make sure to stage them along different parts of the route so that Gauteng, the Free State and KwaZulu-Natal are covered.”

Next time you see a big truck making its way on the N3 Toll Route, spare a thought for that driver whose job places huge demands on his health and wellness.





Celebrating the strength and courage of women

On 9 August 1956 20 000 women of all races peacefully marched to the Union Buildings in Pretoria to present a petition against the carrying of passes by women. With this action, the women of South Africa stood in solidarity, sending a clear message that they will not be intimidated or silenced by unjust laws.

The words of the freedom song, sang that day by the unified voices on the grounds of the Union Buildings, still ring true: '*Wathint' abafazi, wathint' imbokodo*' (You strike a woman, you strike a rock).

The first National Women's Day was celebrated in 1995 in South Africa.

"As we now celebrate August as Women's Month, we believe it apt to shine a light on women today, who with their eloquent ways and courageous spirits help to nurture and carry our nation into the future," says N3TC's commercial manager, Con Roux.

The word courage is derived from the Latin word '*cor*' which means heart and refers to the ability to follow your heart – to be brave enough to express what we think and feel.

"At N3TC we see women's courage touching lives daily. We are honoured to experience the profound contributions women make in business, their communities, their families, the region and the country as a whole. We salute the many great women leaders who cross our paths. They are excellent community builders and very often the forces of positive change. Despite challenges and hurdles women in all walks of life succeed as bridge builders, moving people and ideas forward," ends Roux.

N3TC honours the spirit, resilience, potential and great hearts of women.



[N3 RADIO]

Since its launch, N3 Radio has been entertaining thousands of travelers on the N3 Toll Route with amazing true stories about the very places they are driving through.

This free app, proudly sponsored by N3TC, can be downloaded for both android and iOS at app stores. It gets triggered when it registers – via the GPS in your smartphone – that you're near a place there is a story about on the app.

While listening to whatever radio station or music you've chosen to accompany your trip, it cuts in to tell the story as you're driving by. Alternatively, you can also stream it all along the N3 Toll Route.

It's a must-have for any traveller with an appetite for bite-sized bits of information about the history of the area, its people, its natural phenomena, or colourful matters of local interest. The app covers the entire N3 Toll Route, so there are stories to listen to all the way from Heidelberg to Durban.

In addition, N3 Radio provides updates on traffic flows or any news a motorist on the road should know. And, there are maps and directories with online links and plenty of tourist information to lure visitors off the highway.

The app is the brainchild of renowned author and journalist Peter Delmar, who can never, ever pass up on a good story. Delmar has been writing travel books for many years and his 2010 effort, *The N3 Book*, was a bestseller.

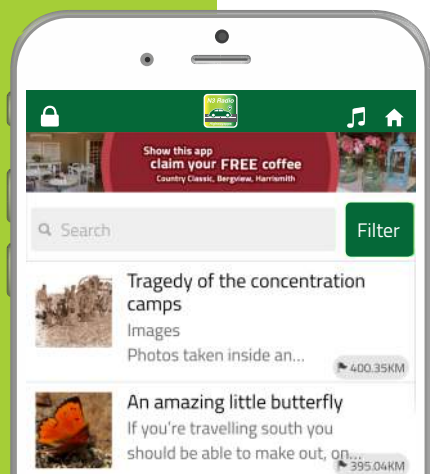
He meticulously researches and writes each story and oversees its production, and has assembled a strong team of well-known South Africans to put a voice to each one.

A member of the team since day one is Ashley Hayden, the versatile presenter and actress who has carved out a decades-long career in television and remains one of its most popular celebrities.



These days, Hayden is busier than ever as a motivational speaker, MC, keynote speaker, media and communications trainer and conference host. But, she says, she will always make time for Delmar's stories. The two have been friends since their children, now teenagers, attended the same playschool at the age of two.

"I was delighted when Peter asked me to join N3 Radio and jumped at the chance," says Hayden. "Like all people, I love stories. And I love thinking that telling and listening to them may have started in a cave with humans sharing hunting tales – and now we can do it



N3 Radio

Live traffic updates! Factual short audio stories, magically triggered as motorists drive through particular points on the N3 Route.

[Learn more](#)

Sound on!

We've had a lot of fun producing the N3 Radio app! Even sometimes our polished voice over artists such as Ashley Hayden have a few problems... and speed wobbles!



SOCIAL MEDIA LINKS:



**DOWNLOAD
LINKS:
Click on
icons**



through an app. Yet it's still the same act of sharing them, and that's what resonates with us." One of Hayden's favourite stories on N3 Radio is about an endangered butterfly found in the Alice Glockner Nature Reserve near Heidelberg.

First she directs your attention to some stone towers on your right, which marks the reserve's location. (Chances are, you may have missed them completely if it wasn't for the app!)

Then she proceeds to reveal some remarkable things about the Heidelberg Copper butterfly, such as its extremely limited worldview (it never flies more than 20 metres from where it was hatched) and its cunning strategy to protect its larvae.

For the listener, Delmar's words come to life through Hayden's expert narration, and it makes you want to go see and learn more.

For Hayden, it's also been a rewarding experience. "Voicing these stories has changed the way I experience the N3 Toll Route, forever. I will always think about that tiny, copper-coloured butterfly and how it's surviving when I drive past that point on the road. You look at your environment with new eyes – it's wonderful for everyone in the car."

Many of the stories on the app was sourced from The N3 Book, but some have come to light only recently. Like the one about Harrismith Beach in Barbados in the Caribbean which was, indeed, named after the town Harrismith in the Free State.

Again, it was due to Delmar's painstaking research that this obscure fact was unearthed. He loves that technology now enables him to write stories for both readers and listeners, and that the app can continuously evolve.

Says Delmar: "We update the stories and the features on the app all the time and the variety is amazing. You can hear brilliant location-relevant stories about vanished civilizations, Anglo-Boer War battles, incredible animals and their fight for survival, heroes and villains, and a few place names that will surprise you and even put a smile on your face.

"And the best thing is, they start playing, as if by magic, in exactly the right spot."

Ashley Hayden can be booked for events at ashley@featureperfect.co.za.



N3 Radio

Highwayapps
Location-based audio stories



 N3RadioApp

 @N3RadioApp

How N3 Radio Works:

-  **Download** in your App Store
-  **Be safe**, passengers operate; drivers listen
-  **Turn on** Bluetooth and Wifi on your device
-  **Connect** your device to your car radio via Bluetooth
-  Ensure the **lock icon** is locked
-  **Select** a radio station or listen to your own music
-  To change your radio station, select the **music icon**
-  **Select** Stories, travel and traffic news
-  The app will give you **live traffic updates** and notify you if there are problems up ahead
-  The app will give you location-based **audio stories** or notify you of **promotions** along the route
-  Use **Where to Eat / Where to Stay / Where to Play** for the best that N3 Route has to offer
-  View points of interest, including photos, after the audio stops playing
-  On the map **green** means clear, **red** means gridlock
-  **ENJOY**

[THE DRAKIES]



**DRAKENSBERG
BOYS CHOIR
SCHOOL:
A farm village
raising a
musical family**

Worldwide there are many schools with choirs, but the Drakensberg Boys Choir School (DBCS), or fondly known as the “Drakies”, is one of only a few of its kind globally: a boarding school that uses choral music as a significant vehicle for holistic education. Put simply, it is a choir with a school rather than the other way around.

The school caters for 120 boys from grades 4-9 and aims to prepare them for life and leadership through excellence in music (not that academics and sports are neglected). Its fame extends well beyond the borders of South Africa, and the boys have become known throughout the world as the country's singing ambassadors.

DBCS is situated near Winterton in the majestic uKhahlamba Drakensberg Park in KwaZulu-Natal, a world heritage site. The N3 Toll Route is the main access to the area, whether from Gauteng, the Free State or the KwaZulu-Natal coast, and N3TC has had strong links with the school for almost a decade now.

Because it is a private school, people assume it is for rich kids, but the school fees are actually modest compared with those of other independent schools. Nevertheless, DBCS cannot function without the support of alumni, the public and corporate funders such as N3TC.

N3TC is honoured to support six boys to attend the school, and receives regular updates on their milestones and achievements. Since DBCS draws many visitors to the area through its various concerts and events, it is a win-win relationship for the company, the school and the wider region.

Join the Drakies on Wednesdays

Each Wednesday at 3:30pm, the school hosts a live performance as part of its Wednesday Concert Series. It takes place at the Ken McKenzie Auditorium on the premises, and if you arrive a bit earlier, at 2:50pm, you can join a tour of the school before the concert starts. The



THE DRAKIES

dress code is comfortable since many members of the audience are on holiday, and refreshments are served at interval.

Their repertoire ranges from choral and classical to rock and indigenous South African music, and the boys are known for the youthful spirit that infuses their high-energy performances.

Tickets cost R155 for children, R180 for pensioners and R205 for adults. They are available from www.webtickets.co.za or at the school. Dial (036) 468 1012 for more information.



Get outdoors in the Drakensberg

On Saturday 10 August, the school will also stage its Battle of the Track, an outdoor event for walkers, runners and mountain bikers who want to experience the beauty of the Drakensberg mountains on foot or bicycle.

Individuals, schools and families are invited to join DBCS for 5km laps on single and Jeep tracks, with the number of laps that must be completed determined by each age category.

Participants can arrive from 6:30am. Tickets cost R130 per person and can be bought at the school on the day.

There are lots of prizes to be won, so come and join the school for an exhilarating race in one of the most beautiful parts of South Africa.

Choral extravaganza at Durban City Hall

On Saturday 7 September, the Drakensberg Boys and Kearsney College choirs will share the stage at the Durban City Hall for a night of blissful music. This choral extravaganza starts at 7pm and tickets cost between R120 and R150 per person. They are available at www.webtickets.co.za.

The Drakensberg Boys Choir can also be booked for any special occasion at events@dbchoir.co.za, or on (036) 468 1012.



[N3 GATEWAY]



WHAT'S IN A NAME?



Discovering the origin of town and village names is always a fascinating journey back into history. From the quirky to the purely descriptive, every name tells a story. So what's behind some of the names of places along the N3 Gateway corridor?

Himeville, situated at the entrance to Sani Pass, was named after Sir Albert Henry Hime, a road engineer who was elected prime minister of Natal in 1899. The town came about when the Border Mounted Rifles were sent to police the area after a spate of gun-running and cattle rustling. It became a small magisterial and trading centre.

Ever wonder who the "lady" was in **Ladysmith**? She was Juana Maria de los Dolores de Leon Smith, who, at the tender age of 14, was married to Brigade-Major Harry Smith. They had only met a few days earlier. She accompanied him to South Africa, where he served as governor of the Cape Colony from 1847 to 1852 (the Free State town of **Harrismith** is named after him). With a name like hers, we are quite grateful the town is simply known as Ladysmith. The story of the couple is told in Georgette Heyer's novel *The Spanish Bride*.



The story about how the beautiful town of **Clarens**, laid out in 1912 on two farms, Leliehoek and Naauwpoort in the Free State, got its name is steeped in Second Boer War history. Paul Kruger, president of the South African Republic (essentially Transvaal) left for Europe in 1900 as the war turned against the Boers. He would never return and eventually ended up in Clarens, Switzerland, where he died in 1904 at the age of 78.

German settlers arrived on our shores in 1848, and as a result several towns in the Midlands Amble region share their names with towns in Germany. They include **New Hanover**, **Wartburg**, **Hermannsburg**, **Harburg**, **Muden** and **Luneberg**.



[COMING UP IN SEPTEMBER]



Meals on Wheels CYCLE CHALLENGE

N3TC is proud to be associated with the Meals on Wheels Cycle Race, which takes place near Heidelberg in Gauteng, on Sunday, September 29.

The event aims to raise funds for Meals on Wheels, a nonprofit organisation that has been supplying meals to the elderly and the vulnerable in our communities since 1964.

From small beginnings in East London, Meals on Wheels has grown to a nationwide charity that supplies more than 29-million meals a year.

Participants must be ready to start racing at 8am at Sedaven High School in Heidelberg. They can choose between a 90km or 35km race, while a 3km fun race will also take place. The latter is free, while the other two cost R250 and R200 respectively.

Each cyclist who is fully paid up by September 12 will receive a free neon jacket, and every participant also gets a trophy.

For more information, visit www.cycleevents.co.za





TRAIL RUN



29 SEPTEMBER 2019

START & FINISH
SEDAVEN HEIDELBERG

Event Date: 29 September 2019

Venue: Start & Finish: Sedaven Heidelberg

Online entries: www.wildtrail.co.za

Distances & Entry Fees

15KM: *(Challenging route)*
 Online Entry Fee: R140
 Late Entry Fee: R160

8KM: *(Average route)*
 Online Entry Fee: R70
 Late Entry Fee: R90

Extra's:
 Trophies to all finishers!!!
 Free coffee at registration
 Waterpoints on route
 Chill zone
 Safe Parking

Midlands Literary Festival



SAVE THE DATE!

31 August & 1 September 2019
 Fern Hill Hotel, Howick, KZN

info@midlandsliteraryfestival.org.za



BOOK WITH QUICKET!

31 August & 1 September 2019
 Fern Hill Hotel, Howick, KZN

www.quicket.co.za/events/70705-10th-midlands-literary-festival/

Stay in touch

24-Hour N3TC Helpline
0800 63 4357



@N3Route



N3Route



N3Route



www.n3tc.co.za

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