



QUEST 2 Day Stage Run & 1 Day Trail Run - 15th & 16th May

It is time to step onto the trails and join us for the 2 Day QUEST Stage Race or the 1 Day QUEST Run. This event takes place only 25min from Durban and gives eager trail runners 2 days of exciting Trail Running along some exciting Trails between Drummond and Shongweni. There is also the a 1 Day option, which offers a 8km and a 14km Trail run option for runners on the Sunday.

QUEST 2-DAY STAGE RUN INCLUDES (33km over 2 days):

15th MAY - 19km Day 1 - Merrivale to Shongweni

16th May - 14km Day 2 - Shongweni to Shongweni

Timed Race / Water Tables / Loaded Goodie Bag / QUEST Dry-Fit Running Top / Quest Buff / Finish Drinks / Finishers Key-ring / Prize Giving

Limited to 200 Runners

QUEST 1-DAY RUN INCLUDES

16th May - 8km or 14km Trail options - Shongweni to Shongweni

Timed Race / Water Tables / Finish Drinks / Finishers Keyring / Prize Giving

Limited to 200 Runners per race.

DATES:

- **2- DAY STAGE RACE:** 15th & 16th May **Saturday:** Start: Merrivale / Finish: Shongweni Club
- **1 DAY RUN:** 16th May **Sunday Venue:** Shongweni Club, Hillcrest, Durban, KZN

TRAIL DISTANCES:

ALPHA: Stage Race (19km & 14km)

BRAVO: 14km Trail Run (1 Day)

CHARLIE: 8km Trail Run (1 Day)

START TIMES:

SATURDAY (19km Stage Race) 6:40am

Sunday: 6:40am (14km) 6:55am (8km)



REGISTRATION:

(2 DAY STAGE RUN) Saturday @ Start in Merrivale: 6am until 6:40am at Start

(1 DAY RUN) Sunday @ Start at Shongweni Club (Paddock Area)

Terrain: Rolling Hills, Single Track, Small Rivers, Sugar Cane Trails, District Road, Jeep Track

QUEST Difficulty rating:

Stage Race: 6/10

1 Day Races: 5/10

Race Includes: Timed routes, Marked trails, Race numbers, 1 water table per distance, Finish drinks, Race goodie to first 250 finishers.

Water Tables: Cup-less, Self Service, 32Gi Endure & Water will be available in Drums (no cups) 32Gi Gels will also be available at each table.

Hydration packs are required for the Stage race.

Limited late entries for the Sunday race, Add R40.00 to the original entry fee amount.

Breakfast and coffee catch up available at the Shongweni Club after the events.

Min Age: 9yrs for Charlie / 15yrs for Bravo / 18yrs for Alpha (stage race)

Entry Fees:

- 2 DAY STAGE RACE - CHARLIE (19km & 14km): R590.00 (Includes UBER COOL Goodie bag!)
 - BRAVO 14km: R190.00
 - CHARLIE 8km: R120.00
-