



# **ENTRY FORM 2017 LOSKOP MARATHON SERIES** SATURDAY 22 APRIL 2017







# **LOSKOP MARATHON SERIES**

Tel: +27 (0)13 243 2683 Cell: +27 (0)64 771 5967 +27 (0)64 772 9183

			loskopmarathon@foreversa.co.za
DISTANCE ENTERED FOR: 50km	(Limited to 3 500) <b>21,1km</b>	(Limited to 1 500)	PLEASE NOTE the following:
Male: Female: Runner:  CATEGORY: Junior Senior (20-39yrs)  NUMBER OF PREVIOUS LOSKOP RACE	Walker:  Veteran Master (40-49yrs) (50-59yrs)  S COMPLETED: 50km	Gr Master (60+yrs) 50% discount 21,1km	Strictly Pre-entry! STRICT RULE: closing date for entries: 4 March 2017 Whichever comes first: entry limits reached at 3500 (50km) / 1500 (21km) OR closing date 4 March 2017 Email and manual entries close: 28 February 2017 NO CONFIRMATION via email/sms received = NO ENTRY! NO changes (No swopping) Retain your race number as per confirmation sms/email ID/Passport number compulsory NO SUBSTITUTION of PERMANIENT NUMBERS WE PROVIDE THE TIMING CHIP NO REFUNDS
PERSONAL INFORMATION: (I	D/Passport Number MUS	T be provided in full	l)
FIRST NAME:		SURNAME:	·
ID/PASSPORT NUMBER:  CELLPHONE:  E-MAIL:	•		the office immediately, if your info is incorrect!  M L XL XXL XXXL
CLUB NAME (IN FULL):		2017 LICENC	E NO (EG 2091 CGA):
PROVINCE:		Temp Li	cense required if you don't have a Provincial License
<b>BUS TICKETS &amp; SHUTTLE INFO</b>	<b>DRMATION:</b> BUS SERV	ICE: ONLY FROM LO	OSKOP TO MIDDELBURG!
RACE NUMBER COLLECTION: 50km Ultra: Friday: 12:00 - 20:00 & Saturd Municipal Offices, Middelburg 21,1km Wild Challenge: Friday: 12:00 - Damwal Complex	day from 04:30 -	PLEASE NO The Silver Gate at Los	
PAYMENT DETAILS: Please subr	nit proof of payment of E	ENTRY and Bus tick	et payment with your entry form.
DESCRIPTION ENTRY FEE: (Including Athletics Mpumalanga Levy) 50km Race fee R190 + Race T-shirt* R100 21km Race fee R85 + Race T-shirt* R100 TEMPORARY LICENCE: BUS TICKET (One per athlete):	R290 R185 R30 R85	If bus transport (50 include it in your point in portant: REFE  When collecting your	r. If of payment with entry form. It of payment with entry form. It was only) is needed, please ensure you book it and ayment. IN THE SURNAME OF ATHLETE. IT was number, please bring proof of payment AND the do you via SMS with you.
CHARITY DONATION - Save the Rhino:		Loskop Marathon • Absa, Middelburg: 632005 • Current Acc N 4061108124	
* Race T-Shirt is subsidized and compulsory wit  RELEASE & WAIVER:  In consideration of acceptance of my entry, I for myself, my e discharge The Forever Resorts Loskop Series, any and all sponse authorities from all claims for injuries, damage or property los out of my participation in this event, including pre- and post of the Ultra or 21,1km event and assume all risk for such particip terms of payment of the entry fee and will comply with them. I contrary to the rules of ASA or IAAF. Also, I grant permission I	executors, heirs, administrators and assign ors, any and all volunteer groups, all medic s that I may suffer caused by negligence o activities. I am physically fit and sufficiently ation. I accept all rules, conditions and reg undertake not to exhibit or wear any adv	s, do hereby release and al personnel, and all local f any of them and arising t trained to participate in ulation, which include the ertising material or logos	SIGNATURE







### **RACE INFORMATION**

### **DATE: SATURDAY 22 APRIL 2017**

50km Ultra Marathon (Seeding for Comrades) & 21,1km Wild Challenge

### MARATHON ADMINISTRATION OFFICE

Middelburg Marathon Club

+27 (0)13 243 2683 Tel·

+27 (0)64 771 5967 / +27 (0)64 772 9183 Cell

Email: loskopmarathon@foreversa.co.za

### **ENTRIES**

1. Entry Fees: 50km Ultra Marathon: R290

21,1km Wild Challenge: R185 (Including Athletics Mpumalanga levy)

2. Entries are limited as follows: 50km Ultra Marathon: 3 500 participants

21,1km Wild Challenge: 1 500 participants

### 4 March 2017 @ 17:00 3. Closina Date:

Only entries received before this date will be confirmed by SMS/email. Official race t-shirts will also be issued only to these entrants.

4. We rearet no wheelchairs are allowed

### **TEMPORARY LICENSES**

Available from the Race Administration Office @R25 each. BOOK AND PAY WITH ENTRY.

### WATER POINTS & REFRESHMENTS STATIONS

- Refreshment stations will provide Coke and purified water sachets.

   50km Ultra: every 3km for the 1st half and every 2,5km for the 2nd half of the route.
- 21,1km Wild Challenge: every 3km

### **COURSE RECORDS**

Due to the extensive road upgrading the route elevation has changed and therefore the "old" route records are not applicable anymore.

But, a time incentive bonus will be used this year and will be paid to the first athlete per category to finish within the set time and are as follow:

02:44:03 Men: • Women: 03:14:37 R 15 000 Veteran Men: 02-47-53 R 5 000 03:27:03 Veteran Women: R 5 000

### **COMRADES QUALIFIER & SEEDING**

See Comrades website: www.comrades.co.za for qualifying or seeding details.

# **GENERAL INFORMATION**

NUMBER COLLECTION NUMERICAL (IMPORTANT: Please provide proof of payment and your allocated race number as sent per sms/email to collect your race number/package) 50km Ultra:

- Friday: 12:00 -20:00 & Saturday from 04:30 Municipal Offices, Middelburg 21,1km Wild Challenge:
  Friday: 12:00 20:00; Saturday 04:30 Damwal Complex

### THE START: ULTRA 06:00 & WILD CHALLENGE: 06:30

- 50km Ultra: Municipal Offices, Wanderers Ave, Middelburg: Strictly 06:00 21,1 km Wild Challenge; Loskop Nature Reserve, Damwal Complex: Strictly 06:30
- Secure FREE Parking
- Coffee@ R10-00 from 04:30 on race day at both START venues
- Pasta buffet@ R90 per person at the Loskopdam Restaurant

- Both the 50km Ultra and the 21,1km Wild Challenge will finish at Loskopdam, a Forever Resort.
- Athletes will receive a maximum of three (3) entry vouchers to the Resort. These vouchers will be attached to your race number. Should you enter the Resort prior to collecting your free entry vouchers, you must pay the normal entry fee. You may then redeem these vouchers, with proof of payment, for a refund at reception.
- Only runners wearing official race numbers clearly visible on the front of their club vests will be allowed to enter the finishing area.

- Winners MUST redeem their prize-vouchers at Loskopdam reception after the prize giving
- · Unclaimed vouchers after race day will be nullified
- Trophies, gold medals and other prizes will be awarded after the races. Prize-giving will take place at the stage area next to the finish line.
- PLEASE NOTE: Official prize-giving times: 21,1 km: 11:30 & 50km: 12:00

### **TOG BAGS**

Transport of tog bags & race t-shirt in string-bag will be available from both venues to the finish at Loskopdam, free of charge (at owners' own risk). Use the numbered tags provided to collect your bag at the finish. PLEASE USE OWN PLASTIC BAG IN CASE IT RAINS as the vehicle used is an open truck!

# **PHOTOS**

Runner's photos will be taken by Jetline Action Photo on request. For more detail visit the official websites: www.loskopmarathon.co.za / www.jetlineactionphoto.com

### BUSS TRANSPORT 50KM ONLY (Pre-booked and pre-paid only)

- Buss transport will be provided to the 50km START in Middelburg from Loskop Dam.
- Busses will depart strictly from 04:00-04:45. Only 750 tickets available, one per athlete.
- Tickets will be allocated on a first-come first served basis and to athletes ONLY. NO TRANSPORT WILL BE AVAILABLE FROM MIDDELBURG. ATHLETES ARE REMINDED THAT THE ROAD TO LOSKOP WILL CLOSE AT 05:00.
- Busses returning to Middelburg leaves from 13:00. Last buss leaves Loskop@ 14:00!
- Buss tickets (50km only) must be pre-booked with race entry at a cost of R85 per ticket.
- NO buss tickets will be sold separately or on race day!

### FREE SHUTTLE SERVICE: 21,1km (Athletes only)

A free shuttle service to drop off athletes at the registration/start of the 21,1km and Fun Run will be provided from the Resort Main Entrance from 05:00!! (Strictly no spectators/ parents/supporters)

# **RACE T-SHIRT IN STRING BAG**

- Only athletes who entered BEFORE the official closing date will qualify for a race t-shirt Sizes will be allocated on availability upon entry RACE T-SHIRT TO BE COLLECTED PRIOR to the race with your race-pack containing
- race number & timing-chip.
- T-shirt in string-bag can be sent to the finish by using the tog-bag truck positioned at the start, if so required.
- Non finishers & possible exchanges ONLY after 13:00 on race day at the tunnel this subject to availability.

# MAKE YOUR CONTRIBUTION TO CONSERVATION!

PLEASE contribute to conservation in the Loskop Nature Reserve:

Make a contribution to Friends of Loskop with your entry or

- ENTER your family in the RHINO FUN RUN

<u>THE 4,9km RHINO FUN RUN</u>
This family Fun Run takes place on Saturday, 22 April 2017, from the start of the 21,1km Wild Challenge (near the Dam wall). This unique run will be towards the Resort along the dam. You may enter on race day at the start from 05:00. R35 per entry and contribute towards the FRIENDS OF LOSKOP CONSERVATION FUND.

No prize-money will be awarded, but all finishers will receive a medal. Walkers are also welcome. The Fun Run starts at 06:45.

# **ACCOMMODATION**

# LOSKOPDAM, A FOREVER RESORT

Contact us at: Loskopdam, a Forever Resort Tel: +27 (0)13 262 3075

Email: loskopres@foreversa.co.za

Bookings for accommodation may be made in advance.

Please speak to Reception

## **ALTERNATIVE ACCOMMODATION**

ALTERNATIVE ACCOMMODATION CAN BE RESERVED AT:

Middelburg Info Centre • Central Reservations • Tel: +27 (0)13 243 2253/4 • Website: www.midinfo.co.za • or Contact the Loskop Marathon Admin Office • Tel: +27 (0)13 243 2683 or Cell: 060 358 8546; • Email:

The judges' decision is final.
 Run under the rules of ASA and Athletics Mpumalanga
 Walkers may participate with no additional time allowed. Cut-off times as above will apply.

No race numbers will be posted.
 No race numbers will be posted.
 Run clean - any athlete accused of irresponsible disposing of litter other than into/at provided refuse bins may be subject to disciplinary action, and if found to be in contravention of any race rules/laws will be disqualified and subject to future bans.
 Voluntary seeding - make use of the voluntary seeding and expected finishing times as displayed at

the start venues. Walkers and slower runners please refrain from starting in the front - this for you

loskopmarathon@foreversa.co.za

# **RACE RULES**

- 2017 License numbers must be worn. Race number on the front of your yest.
- Official timing chip MUST be attached to the shoe or as per instruction.

  NO CHIP NO RESULT. CHIP WILL BE PROVIDED WITH RACE NUMBER.
- Licensed runners must wear club colours; other runners should be neatly dressed in accordance with Licensea runners must wear club colours; omer runners should be nearly accepted athletic norms.

  To prevent disqualification, obey all marshals and traffic officers/officials

- only athletes as defined by ASA rules:

  21, 1 km the minimum age is 16 years of age on race day; and

- - 25km: 3:45 36km: 5:15
  - 42km: 6:00
- 21, 1 km the minimum age is 16 years of age on race day; and
   50 km Ultra 20 years of age on race day ldentification and proof of age must be provided on request on race day.

  Athletes competing for category prizes must wear age category tags on both the front and back of their vests. Category tags MUST be visible. They must complete the race before 11:30. Time limits will apply as follows (NO SECONDS ALLOWED):
   21, 1 km Limit of 4 hours 00 minutes
   50 km Ultra Time limit of 7 hours, Comrades qualifying time is 6 hours.
   50 km Cut-off times:
- the start venues. Walkers and slower runners please retrain from starting in the front in this toryout own benefit and safety.

  15. Runners to check all information on their race pack/envelope BEFORE leaving the registration desk. Report any errors to the administration team at the Info desk.

  16. Random drug testing, under the auspices of Drug Free Sport and ASA will be conducted.
  - es will be paid into the recipient's bank account only once full doping results are
  - received by the organisers.

    18. Substitution will be allowed at R150-00 only until 7 March 2017 the substitute will get the race
  - t-shirt as ordered by the original entry



