



ENTRY FORM

2019 LOSKOP MARATHON SERIES

SATURDAY 13 APRIL 2019



PROUDLY SUPPORTED BY:



culture, sport & recreation
MPUMALANGA PROVINCE
REPUBLIC OF SOUTH AFRICA

LOSKOP MARATHON SERIES

Cell: xxx xxx xxxx

loskopmarathon@foreversa.co.za /

loskop@peaktiming.co.za

Championchip: 0861 100 963

DISTANCE ENTERED FOR: 50km ☐ (Limited to 3 500) 21,1km ☐ (Limited to 1 500)

Mark with an X

Male: ☐ **Female:** ☐ **Runner:** ☐ **Walker:** ☐

CATEGORY: Junior ☐ Senior ☐ Veteran ☐ Master ☐ Gr Master ☐

Mark with an X

(Only 21,1km)

(20-39yrs)

(40-49yrs)

(50-59yrs)

(60+/70+yrs)

50% discount

NUMBER OF PREVIOUS LOSKOP RACES COMPLETED: 50km ☐ 21,1km ☐

Loskop Permanent no.:

* 20+ Loskop Marathons @ 50% discount/25+ Loskop Marathons @ free entry. Please contact Championchip for a voucher number required during entry process.

PLEASE NOTE the following:

- Strictly Pre-entry!
- STRICT RULE: closing date for entries: 3 March 2018
- Whichever comes first: entry limits reached at 3500 (50km) / 1500 (21km) OR closing date 3 March 2018
- NO CONFIRMATION via email/sms received = NO ENTRY!
- NO changes (No swapping)
- Retain your race number as per confirmation sms/email
- ID/Passport number compulsory
- NO SUBSTITUTION of PERMANENT NUMBERS
- NO REFUNDS

PERSONAL INFORMATION: (ID/Passport Number MUST be provided in full)

FIRST NAME: _____ **SURNAME:** _____

ID/PASSPORT NUMBER: **DATE OF BIRTH:**

CELLPHONE: _____ You will receive your confirmation via SMS. Please contact the office immediately, if your info is incorrect!

E-MAIL: _____ **T-SHIRT SIZE:**

PROVINCE: _____ **2019 LICENSE NO (EG 2091 CGA):**

CLUB NAME (IN FULL): _____ **CHAMPIONCHIP NUMBER:**

MEDICAL INFORMATION: (Please provide fully)

EMERGENCY CONTACT: _____ **RELATIONSHIP:** _____ **CELLPHONE:** _____

PREFERRED DOCTOR: _____ **CONTACT NUMBER:** _____

MEDICAL AID NAME: _____ **MEDICAL AID NUMBER:** _____

ANY ALLERGIES: ☐ **Y** ☐ **N** **IF YES: SPECIFY:** _____

BUS TICKETS & SHUTTLE INFORMATION: BUS SERVICE: ONLY FROM LOSKOP TO MIDDELBURG!

BUS TICKETS (50KM ONLY): Before Race: ☐ After Race: ☐ MUST BE BOOKED AND PAID WITH ENTRY. Forward proof of payment with entry form.

21,1 KM: PLEASE NOTE that the race starts just past the bridge on route to the nature reserve, 55km from Middelburg. YOU HAVE TO ARRANGE YOUR OWN TRANSPORT to the resort/start. **REMEMBER:** The road from Middelburg closes at 05:00 - 13:00 on race day. **A FREE** shuttle service to the start of the 21,1km and **FUN RUN** will be provided from the Main Road exit of Loskopdam, A Forever Resort. The Fun Run starts next to the N11, dam wall complex.

RACE NUMBER COLLECTION: WITH PROOF OF PAYMENT - FRIDAY COLLECTION ONLY UNTIL 20:00!

I will collect my race number from: Middelburg ☐ Loskopdam ☐ Damwal (only 21km) ☐

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

Forever resorts Centurion Hotel ☐ **Monday 8 April or Wednesday 10 April 10:00 - 18:00**

PLEASE NOTE:

The Silver Gate at Loskopdam opens at 03:00 for parking inside the Resort. STRICTLY NO EXIT before 13:00 on Race Day. Early departures to park on N11 - ONLY to progress via Groblersdal/N11!

PAYMENT DETAILS: Please submit proof of payment of ENTRY, Bus ticket and other payments with your entry form.

DESCRIPTION	COST	PAYMENT
ENTRY FEE: (Including Athletics Mpumalanga Levy)		
50km Race fee R230 + Race T-shirt* R120	R350	
21,1km Race fee R90 + Race T-shirt* R120	R210	
TEMPORARY LICENCE	R35	
BUS TICKET (One per athlete):	R100	
CHARITY DONATION - Loskop Nature Reserve Save the Rhino Project		
CHAMPIONCHIP - Purchase:	R150	
CHAMPIONCHIP - Rental:	R50	
EXCLUSIVE PARKING OPTION	R350	
EXTRA PASSANGER (PER PERSON)	R80	
TOTAL		

* Race T-Shirt is subsidized and compulsory with your entry.

PAYMENT DETAILS:

- Pay when you enter.
- Please submit proof of payment with entry form.
- If bus transport (50km only) is needed, please ensure you book it and include it in your payment.
- Exclusive Parking option only provide bus transport for the 50km.

IMPORTANT: REFERENCE: NAME & SURNAME OF ATHLETE.

When collecting your race number, please bring proof of payment AND the race number allocated to you via SMS with you.

BANK DETAILS:

Loskop Marathon • Absa, Middelburg: 632005 • Current Acc No: 4061108124

RELEASE & WAIVER:

In consideration of acceptance of my entry, I for myself, my executors, heirs, administrators and assigns, do hereby release and discharge The Forever Resorts Loskop Series, any and all sponsors, any and all volunteer groups, all medical personnel, and all local authorities from all claims for injuries, damage or property loss that I may suffer caused by negligence of any of them and arising out of my participation in this event, including pre- and post activities. I am physically fit and sufficiently trained to participate in the Ultra or 21,1km event and assume all risk for such participation. I accept all rules, conditions and regulation, which include the terms of payment of the entry fee and will comply with them. I undertake not to exhibit or wear any advertising material or logos contrary to the rules of ASA or IAAF. Also, I grant permission to the Forever Resorts Loskop Series and its authorised agents to use my name, photographs, video tapes, broadcast and telecast for advertising promotion or other account free of charge.

SIGNATURE

DATE

RACE INFORMATION

DATE: SATURDAY 13 APRIL 2019

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

MARATHON ADMINISTRATION OFFICE

Middelburg Marathon Club

Cel: xxx xxx xxx

Email: loskopmarathon@foreversa.co.za / loskop@peaktiming.co.za

ENTRIES

1. Entry Fees: 50km Ultra Marathon: R350
21,1km Wild Challenge: R210
(Including Athletics Mpumalanga levy)
2. Entries are limited as follows: 50km Ultra Marathon: 4 000 participants
21,1km Wild Challenge: 2 000 participants

3. Closing Date: 4 March 2019 @ 17:00

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 regret no wheelchairs are allowed.

TEMPORARY LICENSES

Available from the Race Administration Office @R35 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

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 follows:

- Men: 02:44:03 R 15 000
- Women: 03:14:37 R 15 000
- Veteran Men: 02:47:34 R 5 000
- Veteran Women: 03:27:03 R 5 000

COMRADES QUALIFIER & SEEDING (SUB 5:50 TO QUALIFY)

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
- Free coffee from 04:30 on race day at both START venues
- Pasta buffet@ R90 per person at the Loskopdam Restaurant

THE FINISH

- 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.

PRIZE GIVING

- 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

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: loskopmarathon@foreversa.co.za

RACE RULES

1. 2019 License numbers must be worn. Race number on the front of your vest.
2. Official Championship timing chip MUST be attached to the shoe or as per instruction.
3. NO CHIP NO RESULT.
4. Licensed runners must wear club colours; other runners should be neatly dressed in accordance with accepted athletic norms.
5. To prevent disqualification, obey all marshals and traffic officers/officials
6. Only athletes as defined by ASA rules:
 - 21, 1 km - the minimum age is 16 years of age on race day; and
 - 50 km Ultra - 20 years of age on race dayIdentification and proof of age must be provided on request on race day.
7. 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.
8. 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: - 25km: 3:45; - 36km: 5:15; - 42km: 6:00
9. The judges' decision is final.
10. Submitting of medical information is compulsory and entrant's responsibility.

11. Run under the rules of ASA and Athletics Mpumalanga
12. Walkers may participate with no additional time allowed. Cut-off times as above will apply.
13. No race numbers will be posted.
14. 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.
15. 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 your own benefit and safety.
16. 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.
17. Random drug testing, under the auspices of Drug Free Sport and ASA will be conducted.
18. Time incentives will be paid into the recipient's bank account only once full doping results are received by the organisers.
19. Substitution will be allowed at R200-00 only until 4 March 2019 - the substitute will get the race t-shirt as ordered by the original entry.
20. International athletes: no permanent number can be substituted

CHAMPIONCHIP® TIMING

This event is being timed with the ChampionChip® system and therefore you are required to own a ChampionChip® to participate in the event. To ensure that you are accurately recorded in the Race Results it is important that you are in possession of your ChampionChip® that is correctly registered in your name. If you do not currently have a ChampionChip® or want to verify that it is correctly registered, this can be done on the Internet at www.championchip.co.za or by contacting ChampionChip® Africa on 0861 100 963. Your ChampionChip® code must be entered on this entry form. Your ChampionChip® MUST be correctly attached to your ankle using a suitable Velcro strap. For correct attachment instructions please visit www.championchip.co.za. No corrections or manual updates will be done due to incorrect use of the ChampionChip® or not abiding by the race rules.