

RULES AND REGULATIONS

Held under the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The Race Referee's decision is final. The Race Organizer reserves the right to accept/reject any entry received.

Club Colours: Athletes must participate in their correct club colours and display the ASA 2010 licence numbers on the back of the vest. Race Numbers are provided and must be worn on the front of the vest. All other runners must display temporary licence numbers on the back of the vest. No advertising allowed.

Cut-off time: 16:45

Distance markers: will be placed at every kilometre.

Foreigners: All foreign athletes must comply with IAAF rule 142 and 4.2.

Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day.

Proof of Age: Athletes must give proof of their age at the request of the Race Referee. (Original ID/Birth Certificate/ Permanent Residence Permit)

[Race numbers: As provided by the race organisers must be displayed on the front (and back if two Race Numbers are provided) of the vest.]

Refreshment Tables: Drinking / Sponging stations shall be provided at every 3km intervals (Min 2,5km - Max 3,5 km apart), or more frequently if weather conditions warrant such provision. Water and other suitable refreshments shall be available at the start and finish of all races.

Road: Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.

Safety: No earphones, animals or racers (push-cart / buggy) allowed.

Seconding: No seconding from cyclists or private vehicles will be allowed on the route. (If seconding, athlete will be disqualified).

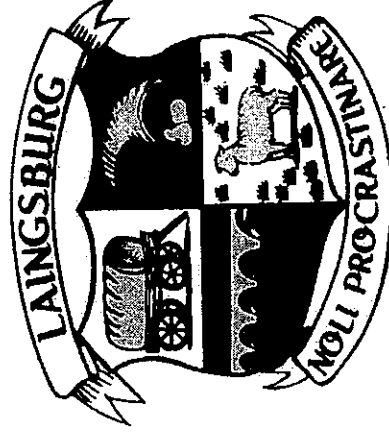
Tags: An athlete is not eligible for a prize in more than one category, i.e. an athlete is only eligible for a prize in the age category applicable to him / her or the younger category chosen by him / her provided he / she is wearing the relevant age category ID tag.

Race	Entry Fee	Temp Lic Fee	Minimum Age
Ultra	R 70,00	R 20,00	20 years

LAINGSBURG MUNICIPALITY

LAINGSBURG RUNNING FESTIVAL

ULTRA - 80KM



FOR THE 40th TIME

THROUGH THE HEART OF THE KAROO

This race is subject to the rules of ASA and ASWD

Start in front of Engen 1-Stop - Voortrekker Street

Finish at JJ Ellis Sportsfield

11 SEPTEMBER 2010
6:00 Engen 1-Stop - 80km

ORGANISED BY LAINGSBURG MUNICIPALITY



INFORMATION

Pre-Entries: Laingsburg Municipality, Private Bag X4, Laingsburg, 6900

Registration and late entries: Huis Karoo Koshuis:

10 September 2010 - 18:00 - 22:00

THE 80KM KAROO MARATHON IS A QUALIFIED RACE FOR THE COMRADES

Entry fee: R 70,00

Start: Engen 1-Stop, Voortrekker Street, Laingsburg @ 6:00

Finish: JJ Ellis Sportground - Meiring Street

Ablution: JJ Ellis Hall

Accommodation: Local Tourism Offices (023) 5511868

Hand-outs: Lucky Prizes

Medals: Medals to all finishers who complete the race within the cut-off time

Gold to first 10 Men and women

Silver:

Bronze: After 15:00 - Cut off time (16:45)

Prize giving: JJ Ellis Hall, 18:30 Athletes are responsible to collect

their own prize money or make an alternative arrangement with the Event Organizer.

PRIZE MONEY - 80KM

Open Men

1. R 10 000,00
2. R 5 000,00
3. R 2 500,00

40-49 Men

1. R 1 500,00
2. R 750,00
3. R 500,00

50-59 Men

1. R 500,00

Men

- 1st Laingsburger R 1 500,00
- 2nd Laingsburger R 1 000,00
- 3rd Laingsburger R 500,00

60+ Women

- R 500,00

Women

- 1st Laingsburger R 1 500,00
- 2nd Laingsburger R 1 000,00
- 3rd Laingsburger R 500,00

Route: Start at Engen 1-Stop down N1 to Matjiesfontein, turn right hand side on Sutherland road up to Dwars-in-die-Weg (gravel road), back on N1 to Finish.

First Aid: JJ Ellis Hall

Enquiries: Miss P Buys/Mrs W Miles @ 023-5511019

KAROO ULTRA MARATHON ENTRY FORM - 2010

FOR OFFICE USE ONLY	
NUMBER	PAYMENT

SURNAME _____
FIRST NAME _____

ID NUMBER _____
 MALE
 FEMALE

ADDRESS _____

 POSTAL CODE _____

TELEPHONE NO _____

CLUB _____
 DATE OF BIRTH _____
 CATEGORY _____
 AGE _____
 NUMBER OF KAROO'S RUN BEFORE _____
 DO YOU REQUIRE A TEMPORARY NUMBER? YES _____ NO _____

2010 LICENCE NO _____
 PROVINCE _____
 RACE **80KM** _____

T-SHIRT SIZE: S ___ M ___ L ___ XL ___ XXL ___ OTHER ___

I ENCLOSE MY PAYMENT: ENTRY FEE	R
TEMPORARY LICENCE	R
TOTAL	R

I declare that I am an amateur and that I shall participate in this race at my own risk and indemnify the organisers and sponsors of this race against any claim which may result from my participation and transport.

.....
Competitor's Signature

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Club Colours: Athletes must participate in their correct club colours and display the ASA 2010 licence numbers on the back of the vest. Race Numbers are provided and must be worn on the front of the vest. All other runners must display temporary licence numbers on the back of the vest. No advertising allowed.

Cut-off time: 21,1km = 10:00 & 10KM = 8:30

Distance markers: will be placed at every kilometre.

Foreigners: All foreign athletes must comply with IAAF rule 142 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day.

Proof of Age: Athletes must give proof of their age at the request of the Race Referee. (Original ID/Birth Certificate/ Permanent Residence Permit)

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Seconding: No seconding from cyclists or private vehicles will be allowed (if seconding, athlete will be disqualified).

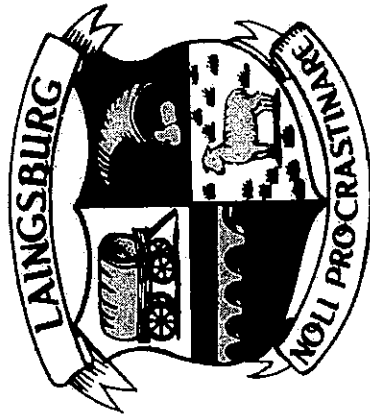
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Race	Entry Fee	Temp Lic Fee	Minimum Age
21,1KM	R 35,00	R 20,00	16 years
10KM	R 25,00	R 20,00	15 years

LAINGSBURG MUNICIPALITY

LAINGSBURG RUNNING FESTIVAL

21,1KM + 10KM



This race is subject to the rules of ASA and ASWD

Start in front of JJ Ellis Sportfield - Meiring Street

Finish at JJ Ellis Sportsfield

11 SEPTEMBER 2010
7:00 JJ Ellis Sportground

ORGANISED BY LAINGSBURG MUNICIPALITY





Posbus 42
Laingsburg
6900

HUIS KAROO

(023) 551-1029
Faks (023) 551-1029

MARATHONVERBLYF: 10 EN 11 SEPTEMBER 2010

Navrae: Mnr I Manuel Tel/Faks 023 5511 029 of e-pos admin@laingsburghs.wcape.school.za

U BESONDERHEDE

Naam en Van	Tel No	
Adres	Sel No	
	Faks No	
	e-pos	

BESPREKING

	Aantal Nagte	Aantal Persone	Bedrag
4-Bed Kamer @ R60,00 per persoon per nag			
6-Bed Kamer @ R60,00 per persoon per nag			
Karavaan / Tent Staanplek @ R50,00 per nag en R5,00 per persoon			
Pasta-ete @ R30,00 per persoon Vrydagaand vanaf 19:00 - 20:00			

LET WEL:

Vir 'n 2-bed kamer @ R80,00 per persoon per nag, moet u met mnr Manuel skakel, aangesien daar net 5 beskikbaar is.

Indien u bv. 'n 4-bed kamer vir 2 persone wil bespreek, moet u dit so aandui en dan die volle bedrag vir die kamer, naamlik R240,00 per nag, betaal.

U moet u EIE beddegoed voorsien

Bankbesonderhede vir elektroniese inbetalings

Rekeningnaam

Bank en tak

Taknommer

Rekeningnommer

Verwysing

ABSA Laingsburg

334508

20 243 706 77 Spiraalplan

U naam en van

Alle tjeks uitgemaak aan HUIS KAROO

Faks asseblief voltooide bespekingsvorm EN bewys van inbetaling aan 023 5511 029

HANDTEKENING

DATUM