

RACE INFORMATION

DATE: Saturday 17 April 2010

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

MARATHON ADMINISTRATION OFFICE

Middelburg Marathon Club
Tel: (013) 243-2683
Fax: (013) 243-3391
e-mail: loskopmarathon@foreversa.co.za

ENTRIES

- Entry Fees: 50km Ultra Marathon: R150-00
21,1km Wild Challenge: R100-00
(Regret no wheelchairs allowed)
- Entries are limited as follows:
50km Ultra Marathon: 3 500 participants
21,1km Wild Challenge: 1 500 participants
- Closing Date: Thursday 1 April @ 17:00
Only entries received before this date will be confirmed by sms/e-mail
Official Race T-shirts will also be issued to only these entrants.

GENERAL INFORMATION

RACE NUMBER COLLECTION

- 50km Ultra:**
- Friday: 12:00 - 21:00 & Saturday from 04:30 - Municipal Offices, Middelburg
 - Friday: 12:00 - 22:00 - Reception area at Loskopdam
- 21,1km Wild Challenge:** - Friday: 12:00 - 21:00; Saturday 04:30 - Damwal Complex

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

- 50km Ultra: Municipal Offices, Wanderers Ave, Middelburg: **Strictly 06:00**
- 21,1km Wild Challenge: Loskop Nature Reserve, Damwal Complex: **Strictly 06:30**
- Secure Parking & Free Coffee from 04:30 on race day at both START venues
- Pasta @ R35 per person at the 50km START from 17:00 on Friday 16 April
- Pasta buffet @ R65 per person at Forever Resorts Loskopdam Restaurant
- Beer Garden also available at both venues.
- Only Official vehicles/bicycles/motorbikes will be allowed on both routes.

THE FINISH

Both the 50km Ultra and the 21,1km Wild Challenge will finish at Forever Resorts Loskopdam.
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

Trophies, gold medals and other prizes will be awarded after the races. Prize-giving will take place at the Old Swimming Pool next to the finish line.
Prize-giving times:
21,1km: 11:30 50km: 13:00

TOG BAGS

Transport for Tog bags will be available from both venues to the finish at Forever Resorts Loskopdam, free of charge. (At owners' own risk)

ACCOMMODATION

FOREVER RESORTS LOSKOP DAM

Contact us at:
Forever Resorts Loskopdam
Tel: (013) 262-3075
E-mail: loskopres@foreversa.co.za
Bookings for accommodation will open strictly at 07:00 on 10 February 2010.

ALTERNATIVE ACCOMMODATION

Alternative Accommodation can be reserved at:
Middelburg Info Centre - Central Reservations
Tel: (013) 243-2253/4 Website: www.midinfo.co.za
or Contact the Loskop Marathon Admin Office
Tel: (013) 243-2683

RACE RULES

- 2010 License number must be worn on the back of your vest and race number on the front of your vest.
- Official Timing Chip **MUST** be attached behind Official Race Number.
- NO CHIP NO RESULT.**
- Licensed runners must wear club colours; other runners should be neatly dressed in accordance with 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
⊗ 50 km Ultra - 20 years of age on race day
Identification 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. They must complete the race before 11:30.
- Time limits will apply as follows:
 - 21,1 km - Limit of 4 hours 00 minutes
 - 50 km Ultra - Time limit of 6 hours 30 minutes
 - 50 Km Cut-off times:
 - ⚖ 25 km - 3:25
 - ⚖ 36 km - 4:52
 - ⚖ 42 km - 5:40
- NO SECONDS ALLOWED**
- The judge's 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.

TEMPORARY LICENSES

Available from the Race Administration Office @ R20-00 each. Book & pay with entry.

WATER POINTS & REFRESHMENTS STATIONS

Refreshments 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
⚗ 21,1 Wild Challenge: every 3km

COURSE RECORDS

⚗ Existing Course Records for 50km Ultra:
⚗ Men: 02:44:03 Josiah Thugwane (2005)
⚗ Women: 03:17:31 Paulina Phaho (2004)
⚗ Veteran Men: 02:50:09 Isaac Tshabalala (2002)
⚗ Veteran Women: 03:35:57 Grace de Oliveira (2003)

COMRADES QUALIFIER & SEEDING

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

PHOTOS

Runner's photos will be taken on request. For more detail visit the Official Marathon website: www.loskopmarathon.co.za.

BUS TRANSPORT 50 Km ONLY (Pre-booked and Pre-Paid only)

Bus Transport will be provided to the 50km START in Middelburg on 17 April 2010 from Loskop Dam. Buses 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.
Buses will also return to Middelburg after the Prize-giving.
Bus tickets must be booked with entry at a cost of R35-00 per ticket. NO TICKETS WILL BE SOLD ON RACE DAY.

FREE SHUTTLE SERVICE: 21,1 Km (Athletes only)

A free shuttle service for the 21,1km will be provided from the Resort Entrance to the start of the 21,1km Wild Challenge at the Loskop Nature Reserve - before and during the race.

GOODIE BAGS & T-SHIRTS

Goodie Bags and Race T-shirts will be made available to participating Athletes at the finish line of both races. The goodie bags will include the traditional stainless steel tossing coin and other exciting items.
Finishing Athletes will also receive oranges with compliments of Schoeman Boerdery.


FOREVER RESORTS LOSKOP-SERIES CHARITY

The 21,1km Wild Challenge will be run through the Loskop Dam Nature Reserve, the beneficiary of the charitable contributions from the athletes and anchor sponsor, Forever Resorts SA.
The sponsors of the Loskop Marathon supports Friends of Loskop. We appeal to participants, spectators and sponsors to make a contribution to this deserving course, a non-profit organisation, assists the Mpumalanga Tourism & Parks Agency to preserve the Loskop Nature Reserve for the benefit of future generations.

FOREVER RESORTS FUN RUN

The annual Forever Resorts Fun Run will take place on Friday 16 April 2010. The Fun Run will start at the Middelburg Municipality at 18:30. Hosted by Middelburg/Cycad Rotary.

PRIZES - PRIZES - PRIZES

21, 1 Km WILD CHALLENGE		50 Km LOSKOP ULTRA MARATHON	
MEN	WOMEN	MEN	WOMEN
1. R 3 000-00	1. R 3 000-00	1. R 6 000-00	1. R6 000-00
2. R 1 500-00	2. R 1 500-00	2. R 3500-00	2. R 3 500-00
3. R 1 000-00	3. R 1 000-00	3. R 2 500-00	3. R 2 500-00
4. R 750-00	4. R 750-00	4. R 1 750-00	4. R 1 750-00
5. R 500-00	5. R 500-00	5. R 1 200-00	5. R 1 200-00
JUNIOR MEN	JUNIOR WOMEN	MEN 40-49	WOMEN 40-49
1. R 500-00	1. R 500-00	1. R 1 500-00	1. R 1 500-00
2. R 300-00	2. R 300-00	2. R 1 000-00	2. R 1 000-00
3. R 200-00	3. R 200-00	3. R 500-00	3. R 500-00
MEN 40 - 49	WOMEN 40 - 49	MEN 50 - 59	WOMEN 50 - 59
1. R 500-00	1. R 500-00	1. R 750-00	1. R 750-00
2. R 300-00	2. R 300-00	2. R 500-00	2. R 500-00
3. R 200-00	3. R 200-00	3. R 250-00	3. R 250-00
MEN 50 - 59	WOMEN 50 - 59	MEN 60+	WOMEN 60+
1. R 500-00	1. R 500-00	1. R 500-00	1. R 500-00
2. R 300-00	2. R 300-00	2. R 300-00	2. R 300-00
3. R 200-00	3. R 200-00	<div style="text-align: center;">  <p>The perfect route to better your Comrades Seeding!!!</p> </div>	
MEN 60+	WOMEN 60+		
1. R 500-00	1. R500-00		
2. R 300-00	2. R 300-00		
21,1 km WILD CHALLENGE - WALKERS		50 Km LOSKOP ULTRA MARATHON - WALKERS	
MEN	WOMEN	MEN	WOMEN
1. R 1 000-00	1. R 1 000-00	1. R1 500-00	1. R 1 500-00
2. R 750-00	2. R 750-00	2. R 1 000-00	2. R 1 000-00
3. R 500-00	3. R 500-00	3. R 750-00	3. R 750-00

INCENTIVE PRIZES - 50 Km Ultra: SETTING A NEW COURSE RECORD:

Men: R20 000 (02:44:03) Women: R20 000 (02:17:31)
Veteran Men: R5 000 (02:50:09) Veteran Women: R5 000 (03:35:57)

TROPHIES: ALL CATEGORY WINNERS RECEIVE A FLOATING TROPHY (awarded with a collectable miniature trophy)

MEDALS:

21,1 Km LOSKOP WILD CHALLENGE			50 Km LOSKOP ULTRA MARATHON		
GOLD	SILVER	BRONZE	GOLD	SILVER	BRONZE
First 3 Men & Women All Category Winners	Men: Sub 1:30	Balance up to 1500 finishers	First 5 Men & Women All Category Winners	Senior Men: Under 3:45 Veteran Men: Under 3:50 Master Men: Under 4:20 Grand Master Men: Under 4:45	Balance up to 3 500 finishers
	Women: Sub 1:40			Senior Women: Under 4:05 Veteran Women: Under 4:25 Master Women: Under 5:05 Grand Master Women: Under 5:50	