



# LOSKOP MARATHON SERIES 2023

**SATURDAY 6 MAY 2023**

THE 34<sup>TH</sup> RUN OF THE ULTRA (50KM) MARATHON  
THE 14<sup>TH</sup> RUN OF THE WILD CHALLENGE (21,1KM)



# NASHUA



## PRE-ENTRIES ONLY / ONLINE!

Entries close on 17 March 2023.  
Limited fields on both races!

[www.loskopmarathon.co.za](http://www.loskopmarathon.co.za) | [loskop@peaktiming.co.za](mailto:loskop@peaktiming.co.za)

## RACE INFORMATION

**DATE: SATURDAY 6 MAY 2023**  
50km Ultra Marathon & 21 km Wild Challenge

**MARATHON RACE OFFICE**  
Cell: 061 919 1003  
Email: loskop@peaktiming.co.za

### ENTRIES

1. Entry Fees:  
50km Ultra Marathon: R560  
21 km Wild Challenge: R380  
(Including Athletics Mpumalanga levy)
2. Entries are limited as follows: 50km Ultra Marathon: 4 000 participants  
21 km Wild Challenge: 2 000 participants
3. **Closing Date:** 17 March 2023 @ 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 @R40 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 km 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 follow:

- Men: 02:44:03 R 10 000
- Women: 03:14:37 R 10 000
- Veteran Men: 02:47:34 R 2 000
- Veteran Women: 03:27:03 R 2 000

### COMRADES QUALIFIER & SEEDING

See Comrades website: [www.comrades.co.za](http://www.comrades.co.za) for qualifying or seeding details.

### GPS COORDINATES (STARTING POINT)

**50km:** (S 25°46'38", E 29°27'32") - **21 km:** (S 25°24'15.5", E 29°22'03.4")

## GENERAL INFORMATION

**NUMBER COLLECTION NUMERICAL** (IMPORTANCE: Please provide proof of payment and your allocated race number as sent per sms/email to collect your race number/package) **22/23 April 2023**

• **NASHUA HEAD OFFICE:** Woodmead North Office Park, Maxwell Dr. Woodmead, Johannesburg, 2191 (21 km & 50km)  
**5/6 May 2023**

- 50km Ultra - Steve Tshwete Municipal Offices, Middelburg
- 21 km Wild Challenge -Damwal Complex (Loskopdam)

### Collecting times for both events:

- Friday - 5 May 2023: from 12:00-20:00
- Saturday - 6 May 2023: from 04:30- 06:00

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

- **50km Ultra:** Steve Tshwete Municipal Offices, John Magagula Street, Middelburg: Strictly 06:00
- **21 km Wild Challenge:** Loskop Nature Reserve, Damwal Complex: Strictly 06:30
- Secure Parking at Middelburg Primary School @ R50
- Coffee from 04:30 on race day at both START venues @ R20
- Pasta buffet @ R135 per person at the Loskopdam Restaurant

### THE FINISH

- Both the 50km Ultra and the 21km 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 km - 11:30 & 50km - 12:00

### TOG BAGS

Transport of tog bags 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 details visit the official websites: [www.loskopmarathon.co.za](http://www.loskopmarathon.co.za) / [www.jetlineactionphoto.com](http://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](mailto: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](http://www.midinfo.co.za) • or **Contact the Loskop Marathon Admin Office**  
• Tel: 073 424 5984 • Email: [loskop@peaktiming.co.za](mailto:loskop@peaktiming.co.za)

## RACE RULES

1. 2023 License numbers must be worn. Race number on the front of your vest.
2. Official chip is attached to your race number.
3. **NO CHIP= NO RESULT= NO RACE HISTORY**
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 day.Identification 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.
  - 50 km Cut-off times: 25 km - 3:45; 36 km - 5:15; 42 km - 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 R250 until Friday 5 May 2023. Substitutions will only be done at the Race Number collection venues. NO substitution will be done on Saturday morning 6 May at neither venue. Race t-shirt for the substitute is the shirt (size) originally ordered by the substituted athlete.
20. No permanent number can be substituted.
21. International Athletes - ensure that you are in possession of a clearance letter from your National Body as per IAAF Rule.

## ★ PRIZES

21KM WILD CHALLENGE		50KM LOSKOP ULTRA MARATHON	
MEN	WOMEN	MEN	WOMEN
1. R3 000-00	1. R3 000-00	1. R10 000-00	1. R10 000-00
2. R1 500-00	2. R1 500-00	2. R8 000-00	2. R8 000-00
3. R1 000-00	3. R1 000-00	3. R6 000-00	3. R6 000-00
4. R750-00	4. R750-00	4. R4 000-00	4. R4 000-00
5. R500-00	5. R500-00	5. R2 000-00	5. R2 000-00
JUNIOR MEN	JUNIOR WOMEN	MEN 40 - 49	WOMEN 40 - 49
1. R500-00	1. R500-00	1. R2 500-00	1. R2 500-00
2. R300-00	2. R300-00	2. R2 000-00	2. R2 000-00
3. R200-00	3. R200-00	3. R1 500-00	3. R1 500-00
MEN 40 - 49	WOMEN 40 - 49	MEN 50 - 59	WOMEN 50 - 59
1. R500-00	1. R500-00	1. R1 000-00	1. R1 000-00
2. R300-00	2. R300-00	2. R750-00	2. R750-00
3. R200-00	3. R200-00	3. R500-00	3. R500-00
MEN 50 - 59	WOMEN 50 - 59	MEN 60 - 69	WOMEN 60 - 69
1. R500-00	1. R500-00	1. R1 000-00	1. R1 000-00
2. R300-00	2. R300-00	2. R500-00	2. R500-00
3. R200-00	3. R200-00		
MEN 60 - 69	WOMEN 60 - 69	MEN 70+	WOMEN 70+
1. R500-00	1. R500-00	1. R1 000-00	1. R1 000-00
2. R300-00	2. R300-00	2. R500-00	2. R500-00
MEN 70+	WOMEN 70+	<b>THE PERFECT ROUTE FOR YOUR FINAL COMRADES PREPARATION</b> 	
1. R500-00	1. R500-00		
2. R300-00	2. R300-00		
21KM WILD CHALLENGE - WALKERS		50KM LOSKOP ULTRA MARATHON - WALKERS	
MEN	WOMEN	MEN	WOMEN
1. R500-00	1. R500-00	1. R1 000-00	1. R1 000-00
2. R300-00	2. R300-00	2. R500-00	2. R500-00



## BREAKING THE 50KM RECORD = R10 000



### INCENTIVE PRIZES/BONUS - 50KM ULTRA

A Time Incentive bonus will be paid to the first athlete per category to finish within the set time and are as follow:

<b>Men:</b>	02:44,03	R 10 000	<b>Veteran Men:</b>	02:47,34	R 2 000
<b>Women:</b>	03:14,37	R 10 000	<b>Veteran Women:</b>	03:27,03	R 2 000



### TROPHIES

ALL CATEGORY WINNERS RECEIVE A FLOATING TROPHY (Awarded with a collectable miniature trophy)

21KM WILD CHALLENGE			50KM LOSKOP ULTRA MARATHON		
GOLD	SILVER	BRONZE	GOLD	SILVER	BRONZE
First 5 Men Plus Category Winner	Men: Sub 1:30	Balance up to 1500 finishers	First 5 Men & Women All Category Winners	Sr 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
First 5 Women Plus Category Winners	Women: Sub 1:40			Sr Women: Under 4:05 Veteran Women: Under 4:25 Master Women: Under 5:05 Grand Master Women: Under 5:50	

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# FOR YOUR CONVENIENCE

## THE 4,9KM RHINO FUN RUN

This Family Fun Run takes place on Saturday, 6 May 2023, from the start of the 21 km Wild Challenge (near the Dam wall). This unique run will be towards the Resort along the dam. Entries, only on Race day at the start. R50-00 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.



### PARKING R50 AND COFFEE R20

From 04:30 on race day at both START venues. 50km Start - Secure parking @ R50 at Middelburg Primary next to the Start



### PASTA BUFFET IS AVAILABLE

on Friday night at the Loskopdam, a Forever Resort Restaurant @ R135-00 per person.

### ROUTE PROFILE

View the routes in 3D by visiting [plotaroute.com](http://plotaroute.com) for exact distance, elevations & identify the landmarks and notorious hills/descents

## 21KM - THE ULTIMATE WILD CHALLENGE

S 25° 24' 15.5"  
E 29° 22' 03.4"



## 50KM - ULTRA MARATHON

S 25° 46' 38"  
E 29° 27' 32"



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# NASHUA



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