



# ENTRY FORM

## 2023 LOSKOP MARATHON SERIES

### SATURDAY 6 MAY 2023

LOSKOP MARATHON SERIES | Race Office Cell: 061 919 1003 | loskop@peaktiming.co.za

PROUDLY SUPPORTED BY:



culture, sport & recreation  
MPUMALANGA PROVINCE  
REPUBLIC OF SOUTH AFRICA

DISTANCE ENTERED FOR: 50km  (limited to 4 000) 21,1km  (limited to 2 000)  
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 Race Office for a voucher number required during entry process.

#### PLEASE NOTE the following:

- Strictly Pre-entry!
- STRICT RULE: closing date for entries: 17 March 2023
- Whichever comes first: entry limits reached at: - 4 000 50km / 2 000 (21km) OR closing date 17 March 2023
- 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:  S  M  L  XL  XXL  XXXL

PROVINCE: \_\_\_\_\_ 2023 LICENSE No. (eg 2091 CGA):

CLUB NAME (IN FULL): \_\_\_\_\_

MEDICAL INFORMATION: (Please provide full information)

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.  
21,1KM: 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 FUN RUN will be provided from the Main Road exit of Loskopdam, A Forever Resort. The Fun Run start next to the N11, Damwal complex.

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

I will collect my race number from:

- NASHUA HEAD OFFICE: Woodmead North Office Park, Maxwell Dr. Woodmead, Johannesburg, 2191 (21 km & 50km) Sat: 22 Apr. 10:00-18:00 / Sun 23 Apr. 10:00-14:00
- 50km Ultra Loskop: Fri: 12:00-20:00 / Sat: 04:30 - Steve Tshwete Municipality, Middelburg
- 21km Wild Challenge: Fri: 12:00-20:00 / Sat: 04:30 - Damwal Complex (Past Loskopdam)

#### 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 Athletic Mpumalanga Levy)		
50km Race fee: (60Yrs+ @ 50% fee = R190)	R560	
21,1km Race fee: (60Yrs+ @ 50% fee = R115)	R380	
TEMPORARY LICENCE	R40	
BUS TICKET (One per athlete)	R130	
CHARITY DONATION - Loskop Nature Reserve "Save the Pangolin Project"	Donation	R
	TOTAL	

#### 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.

IMPORTANT: REFERENCE: NAME, SURNAME & ID 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:

Middelburg Marathon Club, Nedbank, Acc No.: 146 8028 847  
Branch: 146 805

#### RELEASE & WAIVER:

In consideration of acceptance of my entry, I for myself, my executors, heirs, administrators and assigns, do hereby release and discharge The NASHUA Loskop Marathon 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 past activities. I am physically fit and sufficiently trained to participate in the Ultra/21,1km event and accept 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 of logos contrary to the rules of ASA or IAAF. Also, I grant permission to the NASHUA Loskop Marathon Series and its authorised agents to use my name, photographs, video tapes, broadcast and telecast for advertising promotion or other account fee of charge.

#### SIGNATURE

#### DATE

## 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.