

56TH ARTHUR CRESSWELL MARATHON

SUNDAY 7TH APRIL 2024

FINISH & BUS PICK UP (3-4:AM) SETTLERS PARK, 1 MURCHISON ST
LADYSMITH



53 KM RUN **PRE-ENTRY R300**
LATE ENTRY R350
NO TEMPORARY LICENCE
BUS FEE R80

**NO ENTRIES ON
RACE DAY**

10 KM RUN **R150**
LATE ENTRY **R180**
21.1 KM RUN **R200**
LATE ENTRY **R250**
TEMPORARY LICENCE
10 KM **R60**
21.1 KM **R80**

**ENTRIES ACCEPTED
ON RACE DAY**

COLLECTION & LATE ENTRIES: SATURDAY 6 APRIL 15:00 - 20:00

53 KM START:
BERGVILLE SPORTS CENTRE
05:30 AM

10 & 21 KM START:
SETTLERS PARK
06:00 AM

ALL FINISH SETTLERS PARK

Arthur Cresswell Memorial Ultra
Marathon



52km- 6h25min



LADYSMITH
ATHLETIC
CLUB



KWAZULU-NATAL ATHLETICS

**ONLINE ENTRIES ON
WWW.EVENTTIMING.CO.ZA
CLOSE 3 APRIL**

**CONTACT: LINCOLN SIBIYA
082 663 2424**

56TH ARTHUR CRESSWELL MARATHON

PRIZE MONEY				PRIZE MONEY			
		MALE	FEMALE			MALE	FEMALE
53 KM	1	R5,000.00	R5,000.00	10 KM	1	R800.00	R800.00
	2	R3,000.00	R3,000.00		2	R500.00	R500.00
	3	R2,000.00	R2,000.00		3	R300.00	R300.00
AGE CATEGORY	70	R300.00	R300.00	AGE CATEGORY	70	R150.00	R150.00
	60	R300.00	R300.00		60	R150.00	R150.00
	50	R300.00	R300.00		50	R150.00	R150.00
	40	R200.00	R200.00		40	R100.00	R100.00
	35	R200.00	R200.00		35	R100.00	R100.00
TEAM PRIZE		R300.00	R300.00		JUNIOR	R100.00	R100.00
21KM	1	R1,000.00	R1,000.00				
	2	R800.00	R800.00				
	3	R500.00	R500.00				
AGE CATEGORY	70	R200.00	R200.00				
	60	R200.00	R200.00				
	50	R200.00	R200.00				
	40	R200.00	R200.00				
	35	R200.00	R200.00				
TEAM PRIZE		R200.00	R200.00				

- Entries close midnight on Wednesday 3 April 2024. There are no late entries. No substitution will be permitted.
- Race numbers can be collected at Registration at Settlers Park on Saturday 06 April 2024 from 15h00 to 20h00.
- All athletes must be licenced. Licenced runners must wear their club colours together with their 2024 licence numbers on the front and back of their upper outer garment. The race number must be placed over the licence number so that the province, year and ASA sponsor logo is visible.
- Temporary licenced athletes are not covered by a National Insurance Policy. ASA rule 25.6.15. Unlicensed athletes must wear a temporary licence. These athletes must wear plain colour clothing (with no advertising), the temporary licence on the back of their upper outer garment and the race number on the front of their upper outer garment. No licence number to be worn on shorts. Temporary licences will also be sold at Registration. Holders of Temporary Licences will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA rule 25.6.13.
- The event is held under the rules of WA, ASA and KZNA.
- All foreign athletes must comply with WA Rules CR1.7,TR4.1 and 4.2 together with ASA rule 9.
- Entrants must be at least the following ages on the day of the race: 53 km – 20 years, 21 km – 16 years, 10 km – 14 years.
- The ASA/KZNA approved numerical age category tags and walker tags (60mm – 80mm) must be worn on the back and front of athlete's upper outer garment for those competing for category prizes. Junior athletes must be 19 years and younger on the 31 December in the year of the competition. Proof of age must be provided on request before or after the race.
- A secure tog bag area will be available on the day of the race at the Settlers Park.
- Athletes are to obey traffic officials, technical officials, event marshall's and safety officers at all times.
- No person seconding is allowed.
- No blades or wheelchairs or mechanically operated devices are allowed.
- No Ipods or any other form of earphone type device may be used during the race.
- No pets are allowed in the race.
- Entry fees shall not be refunded, cancelled, returned or exchanged on account of weather or unforeseen events occurring beyond the control of the event organisers, the race director, the host club or the sponsors.
- The event supports and promotes the clean running campaign. Please help our event and our sport and throw your coke bottles and water sachets in the bins provided.
- Transport will be available to transport runners from bag drop to the (Ultra marathon) start line, the transport cost will be R80.

INDEMNITY

I agree to abide by the rules and regulations of the event and/or any other related activities to be held on Sunday 07 April 2024. I will participate in the event at my own risk and hereby indemnify and hold harmless the national and provincial bodies, sponsors and organisers of the event against any action or claim of whatever nature which may result from my participation in the event.

HOW TO ENTER: Online at www.eventtiming.co.za **OR**
 Bank transfer : ATM Cash Deposits @ Capitec can be made:-
 Bank : Capitec
 Account Holder: Eventtiming (KH Bradfield)
 Account No: 1543764345 Clearing Code: 470010
 Account type: Savings Branch: Pavillion
**Use your Identity Number as reference and
 whatsapp the deposit slip + entry form
 with reference endorsed on it to 061 505 1416**