



ENTRY FORM

2024 LOSKOP MARATHON SERIES

SATURDAY 20 APRIL 2024

LOSKOP MARATHON SERIES | Race Office Cell: 082 437 4413 | loskopmarathonseries@gmail.com
loskop@raceoffice.co.za

PROUDLY SUPPORTED BY:



culture, sport & recreation
MPUMALANGA PROVINCE
REPUBLIC OF SOUTH AFRICA



DISTANCE ENTERED FOR: 50km (limited to 5 000) 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)
Fee discount

NUMBER OF PREVIOUS LOSKOP RACES COMPLETED: 50km: 21,1km:

Loskop Permanent No. 50km: * 20+ Loskop Marathons @ 50% discount

Loskop Permanent No. 21km: 25+ Loskop Marathons @ FREE ENTRY.

Please contact Peak Timing (loskop@raceoffice.co.za) for a voucher number required during entry process - prior to entry to qualify for discount

PLEASE NOTE the following:

- Strictly Pre-entry!
- STRICT RULE: closing date for entries: 2 April 2024
- Whichever comes first: entry limits reached at: - 5 000 50km / 2 000 (21km) OR closing date 2 April 2024
- 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: _____ 2024 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:

Woodmead Retail Park, 1 Waterfall Cres, Woodmead, Johannesburg, 2191 (21 km & 50km) Sat: 13 April 10:00-18:00 / Sun: 14 April 10:00-14:00

50km Ultra Loskop: Fri: 19 April 12:00-20:00 / Sat: 20 April 04:30 - Steve Tshwete Municipality, Middelburg

21km Wild Challenge: Fri: 19 April 12:00-20:00 / Sat: 20 April 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 Athletics Mpumalanga Levy & mandatory Race Shirt @ R130)		
50km Race fee: (60Yrs+ @ Race fee = R430)	R690	
21,1km Race fee: (60Yrs+ @ Race fee = R310)	R495	
TEMPORARY LICENCE	R40	
BUS TICKET (One per athlete)	R150	
CHARITY DONATION - Loskop Nature Reserve Conservation Fund	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:

Nashua Loskop Marathon NPC, FNB, Acc No.: 630 454 814 53
Branch: 210 408

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 free of charge.

SIGNATURE

DATE

RACE INFORMATION

DATE: SATURDAY 20 APRIL 2024
50km Ultra Marathon & 21 km Wild Challenge

MARATHON RACE OFFICE

Cell: 082 437 4413

Email: loskopmarathonseries@gmail.com / loskop@raceoffice.co.za

ENTRIES

1. Entry Fees: 50km Ultra Marathon: R690
21 km Wild Challenge: R495
(Including Athletics Mpumalanga levy & mandatory race shirt @ R130-00)
2. Entries are limited as follows: 50km Ultra Marathon: 5 000 participants
21 km Wild Challenge: 2 000 participants

3. Closing Date: 2 April 2024 @ 17:00

Only entries received before this date will be confirmed by 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
- 40+ Men: 02:47:34 R 2 000
- 40+ Women: 03:27:03 R 2 000

COMRADES QUALIFIER & SEEDING

See Comrades website: 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) 13/14 April 2024 - Weekend prior to race date

• **WOODMEAD RETAIL PARK**, 1 Waterfall Cres, Woodmead, Johannesburg, 2191
(21 km & 50km)

19/20 April 2024 - Race weekend

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

Collecting times for both events:

- **Friday - 19 April 2024:** from 12:00-20:00
- **Saturday - 20 April 2024:** 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 @ R150 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 **BEFORE 15:00**. Winners to present BANK info for EFT payment.
- 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 Action Photo on request. For more details visit the official websites: www.loskopmarathon.co.za / www.actionphotosa.com

ACCOMMODATION

LOSKOPDAM, A FOREVER RESORT

Contact us at: Loskopdam, a Forever Resort

Tel: +27 (0)13 262 3075

Email: 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 • or **Contact the Loskop Marathon Admin Office**
• Tel: 082 437 4413 • Email: loskopmarathonseries@gmail.com

RACE RULES

1. 2024 License numbers must be worn front and back. Race number on the front of your vest.
2. Official timing 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 Referees and traffic officers/officials
6. Only athletes as defined by WAASA 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 Referees decision are final.
10. Submitting of medical information is compulsory and entrant's responsibility.
11. Run under the rules of WAASA 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. 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 19 April 2024. Substitutions will only be done at the Race Number collection venues. NO substitution will be done on Saturday morning 20 April 2024 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 WA Rule.