



KOSTER

MARATHON CLUB

The Inaugural Annual Bill Rowan Three Bridges Ultra Marathon



“First Of The First Race”

In Association With



Race Date:

21 April 2024

From 6h30

Registration fees:

50 km R350-00

10km R150-00

5km R100-00

Temporary License Fees:

10 km R50-00

Starting Times:

50km 06h30

10km 06h45

5km 07h00

Race Number Collections:

T & T Slaghuis Derby

20 April 2024

From 8h00 until 18h00

How to Enter :

www.peaktiming.co.za

083 950 4230/078 488 7757

Closing Date:

Online:

19 April 2024

Onsite:

20 April 2024

(Saturday - One Day Only)





The Inaugural Annual Bill Rowan Three Bridges Ultra Marathon



Prize money equal for men & women

50 km Race

Categories	Open	40 - 49	50 - 59	60 - 69	70+
1st Position:	R40 000	R2 000	R1 500	R1 000	R500
2nd Position:	R20 000	R1 000	R1 000	R750	R300
3rd Position:	R10 000				

10 km Race

Categories	Open	40 - 49	50 - 59	60 - 69	70+	Juniors
1st Position:	R5 000	R1 000	R750	R500	R500	R1 500
2nd Position:	R3 000					
3rd Position:	R1 000					

5 km Race

Categories	Open
1st Position:	R1 000
2nd Position:	R700
3rd Position:	R500

1. The start will be at Derby and Finish in Swartruggens.
2. Refreshments stations shall be provided at every 3km intervals.
3. Distance markers will be placed for every km, 50km, 10km &. 5km
4. First aid will be available at the start and the finish points.
5. The cut-off time for the main race (50km) is 7 hours.
6. Prize giving will start at 12h00.
7. Race number collections at T & T Slaghuis in Derby on 20 April 2024 from 8h00 until 18h00

BANKING DETAILS:

Koster Marathon Club | ABSA Bank | Account No: 93 8355 9402 | Account Type: Club Account | Branch Code: 632005

Sponsors & Partners:



Shell



Designed by: Geordian Printing & Design +27 72 764 7392 | info@geordian.co.za

ENTRY FORM: 50km, 10km & 5km Races

Registration Number

Registration fees:

50 km R350-00

10km R150-00

5km R100-00

Temporary License Fees:

10 km R50-00

(Official use)

PAYABLE TO:

Koster Marathon Club | ABSA Bank | Account No: 93 8355 9402 | Account Type: Club Account | Branch Code: 632005

Surname	
First Name(s)	
ID/Passport Number	
Gender	
Citizenship	
Cellphone Number	
Email	
Club Name	
Province	
2024 License Number	
<i>Indemnity: I agree not to hold the organizers or any persons assisting in the organization or holding of the race liable for any loss, injury or illness, which I may suffer directly or indirectly as a result of participating in the race, or for any damages to my property or loss of my property which I may suffer directly as a result of participating in the race.</i>	
SIGNATURE (Parent/Guardian if under 18 years of age)	
Date	

Emergency Numbers: G. Scheepers - 083 950 4230 | N. Thompson - 078 488 7757 | F. Monareng - 076 0887318

OFFICIAL RACE RULES

1. The event is held under the rules of ASA and ANWN and it is the responsibility of the entrant to familiarize themselves with the rules.
2. Athletes indemnify the national, provincial federation, sponsors and organizers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
3. All athletes participate at their own risk. Athletes acknowledge by entering the event that they are medically fit to participate.
4. Licenced athletes must wear club colours and their 2024 license number back and front. The race number must not cover the logos on the ASA licence number.
5. Temporary licenced athletes to wear plain clothing with the issued temporary licence on the back of their vest.
6. Athletes competing for category prizes must wear clearly visible numerical age tags of the appropriate size, on the back and front of their running vest.
7. No seconding allowed.
8. International Athletes must provide a clearance letter (from their country of origin) to the organizers and chief referee prior to the start of the event. Prizes will be withheld if this rule is not adhered to.
9. No blades, cyclist or mechanically operated devices allowed in the race
10. No 2, 3 or 4 wheel carts/prams which are mechanically or manually operated by participants, or wheelchairs athletes will be permitted to participate without special permission has been granted from the race organiser. All such participants MUST start at the back of the field.
11. No animals/pets are allowed to participate.
12. All instructions from traffic and race officials must be obeyed at all times.
13. Proof of age for prize winners is required and must be presented to the referees before prize giving. Prizes will be withheld until all the necessary details of the winners are confirmed.
14. Only those who have completed all the information required in the race entry/number are eligible for prizes.
15. No refunds.
16. No earphones, iPods and the like allowed and contravention of World Athletics rule 144.2b, may lead to disqualification.
17. Athletes may not run with another athlete's race number unless by prior arrangement with the race organizer.
18. The race organizer retains the right to refuse entry and eject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission.
19. Littering is not allowed. Athletes are to dispose of any litter in appropriate bins. Athletes can be disqualified if they litter.
20. Objections/disputes must be lodged within 30 minutes before and after prize giving in writing to the chief referee accompanied by R500.00 which is refundable if the appeal is upheld.
21. Foreign athletes are not allowed to run with an ASA Provincial licence and are required to purchase a temporary licence or face disqualification. (Refer to World Athletics rule 4.)
22. Foreign athletes are not allowed to run in club colours unless such club exist in their country of origin or they are in possession of a refugee status permit or are naturalized citizens of RSA.