

Ladysmith AC

# 57TH ARTHUR CRESSWELL MARATHON

05 April 2025

ALL RACES FINISH AT  
SETTLERS PARK

DISTANCE	ENTRY FEE	START
10KM	PRE : R180 LATE : R220	SETTLERS PARK 6:00 AM
21KM	PRE : R250 LATE : R300	SETTLERS PARK 6:00 AM
53KM	PRE : R350 LATE : R400	BERGVILLE STADIUM 5:30 AM

ONLINE ENTRIES ON [WWW.EVENTTIMING.CO.ZA](http://WWW.EVENTTIMING.CO.ZA)

COLLECTION AND LATE ENTRIES : FRIDAY 4 APRIL 15:00 - 20H00

#### Temporary licences

53km	N/A
21.1km	R90
11km	R60

Arthur Cresswell Memorial Ultra  
Arthur Cresswell Memorial Ultra  
Marathon



52km- 6h25min



#### CONTACTS

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LADYSMITH  
ATHLETIC CLUB



IZULU-NATAL ATHLE



PRIZE MONEY				PRIZE MONEY				PRIZE MONEY			
		MALE	FEMALE			MALE	FEMALE			MALE	FEMALE
53 KM	1	R5,000.00	R5,000.00	21 KM	1	R1000.00	R1000.00	10 KM	1	R800.00	R800.00
	2	R3,000.00	R3,000.00		2	R800.00	R800.00		2	R500.00	R500.00
	3	R2,000.00	R2,000.00		3	R500.00	R500.00		3	R300.00	R300.00
AGE CATEGOR Y	70	R300.00	R300.00	AGE CATEGOR Y	70	R200.00	R200.00	AGE CATEGOR Y	70	R150.00	R150.00
	60	R300.00	R300.00		60	R200.00	R200.00		60	R150.00	R150.00
	50	R300.00	R300.00		50	R200.00	R200.00		50	R150.00	R150.00
	40	R200.00	R200.00		40	R200.00	R200.00		40	R100.00	R100.00
	35	R200.00	R200.00		35	R200.00	R200.00		35	R100.00	R100.00
TEAM PRIZE		R300.00	R300.00			R200.00	R200.00	JUNIOR		R100.00	R100.00

- ENTRIES CLOSE MIDNIGHT ON WEDNESDAY 2 APRIL 2025. THERE ARE NO LATE ENTRIES. NO SUBSTITUTION WILL BE PERMITTED.
- RACE NUMBERS CAN BE COLLECTED AT REGISTRATION AT SETTLERS PARK ON FRIDAY 04 APRIL 2025 FROM 15H00 TO 20H00.
- ALL ATHLETES MUST BE LICENCED. LICENCED RUNNERS MUST WEAR THEIR CLUB COLOURS TOGETHER WITH THEIR 2025 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. UNLICENCED 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 CHAPTER 4.1 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 MARSHALLS AND SAFETY OFFICERS AT ALL TIMES. • NO PERSONAL 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 R100. INDEMNITY I AGREE TO ABIDE BY THE RULES AND REGULATIONS OF THE EVENT AND/OR ANY OTHER RELATED ACTIVITIES TO BE HELD ON SATURDAY 05 APRIL 2025. 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.