

## RULES AND REGULATIONS

|  |                  |                     |                    |
|--|------------------|---------------------|--------------------|
| <b>Held under the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The Race Referee's decision is final. The Race Organizer reserve the right to accept / reject any entry received.</b>   |                  |                     |                    |
| <b>Club Colours &amp; Numbers:</b> Athletes must participate in their correct club colours and display the ASA 2017 license numbers on the front and back of the vest. All other runners must display temporary number on the front and back of vest. No advertising allowed.  |                  |                     |                    |
| <b>Cut-off time:</b> 80km = 11 ½ hrs (17H30)   |                  |                     |                    |
| <b>Distance markers:</b> Will be placed at every kilometre.  |                  |                     |                    |
| <b>Foreigners:</b> All foreign athletes must comply with IAAF rule 142and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day.  |                  |                     |                    |
| <b>Proof of Age:</b> Athletes must give proof of their age at the request of the Race Referee. (Original ID / Birth Certificate / Permanent Residence Permit)  |                  |                     |                    |
| <b>Refreshment Tables:</b> Drinking / Sponging stations shall be provided at 3km intervals (Min 2.5km – Max 3.5km apart), or more frequently if weather conditions warrant such provision. Water and other suitable refreshments shall be available at the start and finish of all races.  |                  |                     |                    |
| <b>Road:</b> Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.   |                  |                     |                    |
| <b>Safety Rule:(All Distances) No Earphones (IAAF Rule 144.2b), Animals (ASA Rule 21.4.1) or Racers (ASA Rule 21.4.3) allowed.</b>   |                  |                     |                    |
| <b>Seconding:</b> No seconding from cyclists or private vehicles will be allowed on the route. Personal seconding will only be permitted within 1m on either side of a refreshment station.  |                  |                     |                    |
| <b>Age Tags:</b> Participants will be eligible for prizes in the <b>OPEN</b> category and the age category for which they have entered provided the relevant <b>OFFICIAL ASWD</b> age category tag or junior tags is displayed front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to <b>SENIOR. (Red age tag or Orange "W" tag)</b> |                  |                     |                    |
| <b>Race</b>  | <b>Entry Fee</b> | <b>Temp Lic Fee</b> | <b>Minimum Age</b> |
| 80km   | R100             | R35.00              | 20 years           |

\* The 80km is a qualifying race for the Comrades \*

# LAINGSBURG

## ATHLETICS CLUB & MUNICIPALITY

Presents

### LAINGSBURG KAROO ULTRA MARATHON 80KM

FOR THE 47<sup>th</sup> TIME

Through the heart of the Karoo



30 September 2017

JJ Ellis Sport Grounds – Meiring Str

06:00

HELD UNDER THE RULES OF ASA AND ASWD



This event is timed by IPICO electronic chips. NO CHIP NO TIME

# INFORMATION

|   |          |          |
|---|----------|----------|
| <b>Pre-entries:</b> Fax: Laingsburg Municipality Fax 023-5511019<br>Online: <a href="http://www.aswd.co.za">www.aswd.co.za</a><br>Closing dates: 22.09.2017   |          |          |
| <b>Registration &amp; IPICO Chip Collection:</b><br>Friday 29.09.2017 at Flood Museum from 15:00 – 20:30<br>Late entries will be accepted on Friday 29.09.2017 No<br>IPICO Chip collection on Saturday 30.09.2017 |          |          |
| <b>Start:</b> JJ Ellis Sport Grounds – Meiring Street @ 06:00   |          |          |
| <b>Finish:</b> JJ Ellis Sport Grounds   |          |          |
| <b>Ablution:</b> JJ Ellis Hall  |          |          |
| <b>Accommodation:</b> Tourism Office –023-5511868   |          |          |
| <b>Hand-outs:</b> Lucky Draw Prizes   |          |          |
| <b>Medals:</b> Medals to all finishers who complete the race within the cut-off time.<br>Gold = first 10 Men & Ladies/Silver = all athletes within the cut-off time   |          |          |
| <b>Prize giving:</b> JJ Ellis Hall @ 18:00. Athletes are responsible to collect their own<br>prize money or make an alternative arrangement with the Event Organizer.   |          |          |
| <b>Prize Money:</b> Equal prize money for male and female athletes.   |          |          |
| <b>80km</b>   |          |          |
| Open  | 40 - 49  |          |
| 1 R12,000   | 1        | R1,000   |
| 2 R6,000  | 2        | R 750    |
| 3 R3,000  | 3        | R 500    |
| 4 R1,500  |          |          |
| 5 R1,000  |          |          |
| 50 - 59   | 60 - 69  | 70+      |
| 1 R1,000  | 1 R1,000 | 1 R1,000 |
| 2 R 750   | 2 R 750  | 2 R 750  |
| 3 R 500   | 3 R 500  | 3 R 500  |
| Men & Ladies<br>1 <sup>st</sup> Laingsburger – R1500.00<br>2 <sup>nd</sup> Laingsburger – R1000.00<br>3 <sup>rd</sup> Laingsburger – R750.00  |          |          |
| <b>Route:</b> Start in front of JJ Ellis Sport Grounds.   |          |          |
| <b>First Aid:</b> JJ Ellis Hall   |          |          |
| <b>Email:</b> <a href="mailto:pbuys@laingsburg.gov.za">pbuys@laingsburg.gov.za</a> – <a href="mailto:wmiles@laingsburg.gov.za">wmiles@laingsburg.gov.za</a>   |          |          |
| <b>Enquiries:</b> Petro Buys & Winnie Miles @ 023-5511019   |          |          |

ASWD Licensed athlete take note: Forget your IPICO chip – you will have to pay R20 to loan one for the race. Lost your chip – you will have to pay R50 for a replacement chip.

**RACE TIMING:** An IPICO timing chip will be made available, on a loan basis, to all participants apart from ASWD licensed athletes who are to use their current personalized chips. The chip is to be worn on your shoe for the duration of the event. The loan chips are to be handed back at the end of the race in exchange for a medal. Participants will be held responsible for lost or damaged chips or those not handed back as required. It remains your responsibility to return the chip to the race organizer even in the event of not completing the race.



# ENTRY FORM

|  |  |         |   |              |                  |              |     |
|--|--|---------|---|--------------|------------------|--------------|-----|
|  |  |         |   |              | <u>ADMIN USE</u> |              |     |
|  |  |         |   |              | CHIP NO          |              |     |
|  |  |         |   |              | TEMP NO          |              |     |
| KAROOS RUN & COMPLETED   |  |         |   |              |                  |              |     |
| SURNAME  |  |         |   |              |                  |              |     |
| FIRST NAME   |  |         |   |              |                  |              |     |
| PROVINCE   |  |         |   | LIC NO 2017  |                  |              |     |
| DATE OF BIRTH  |  | d       | d | m            | m                | yyyy         | AGE |
| MALE   |  |         |   | RUNNER       |                  |              |     |
| FEMALE   |  |         |   | WALKER       |                  |              |     |
| CLUB   |  |         |   |              |                  |              |     |
| ADDRESS  |  |         |   |              |                  |              |     |
| ID / BC / PR NUMBER  |  |         |   |              |                  |              |     |
| EMAIL ADDRESS  |  |         |   |              |                  |              |     |
| EMERGENCY Contact / Cell   |  |         |   |              |                  |              |     |
| PARTICIPATION AGE CATEGORY:  |  |         |   |              |                  |              |     |
| OPEN / 40 – 49 / 50 - 59 / 60-69 / 70+   |  |         |   |              |                  |              |     |
| EFT Payments: Laingsburg Municipality at ABSA Laingsburg<br>Acc 254014 0874                      Branch Code: 632005 |  |         |   |              |                  |              |     |
| Race   |  | Fee     |   | Temp Lic Fee |                  | T-Shirt Size |     |
| 80km   |  | R100.00 |   | R35.00       |                  |              |     |
| T-Shirt  |  | R80.00  |   |              |                  |              |     |
| Braaivleis   |  | R80.00  |   |              |                  |              |     |
| TOTAL  |  |         |   |              |                  |              |     |

**INDEMNITY** I agree not to hold the Laingsburg AC or any other sponsors, 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 confirm that this special agreement is entered into for the benefit of the Laingsburg AC, the sponsor and the persons assisting in the organizing and holding of the race.

.....  
**Signature**

.....  
**Date**