

RULES AND REGULATIONS

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 reserves the right to accept/reject any entry received.

Club Colours:

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 back of vest. Race numbers provided are to be attached to front of vest over the ASA license number as per ASA Rule 24.2.2 No advertising allowed.

Cut-off time: 80km = 11 ½ hrs (17H30)

Distance markers: Will be placed at every kilometre.

Foreigners:

All foreign athletes must comply with IAAF rule 142 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day.

Proof of Age: Athletes must give proof of their age at the request of the Race Referee. (SA ID/Passport/Drivers License/Refugee Permit/Birth Cert)

Refreshment Tables:

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.

Road: Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals and Traffic Officers.

Safety Rule (ALL DISTANCES):

No Earphones (ASA Rule 30.10.6), Animals (ASA Rule 30.10.1), Racers (ASA Rule 30.10.3), or Wheelchairs (ASA Rule 30.10.4) allowed.

Seconding:

No seconding from cyclists or private vehicles will be allowed on the route. Personal seconding, stand and hand rule will only be permitted within the delineated area at water points. (ASA Rule 30.8)

Age Tags:

Participants will be eligible for prizes in the OPEN category and the age category for which they have entered provided the relevant OFFICIAL ASWD age category tag or junior tags is displayed, visible and above license number, front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. (Red age tag or Orange "W" tag)

Race	Entry Fee	Temp Lic Fee	Minimum Age
80km	R125.00	R35.00	20 years

The 80km is qualifying race for the Comrades

Entry fee is Inclusive of all on-line fees.



**Western Cape
Government**

Cultural Affairs and Sport

LAINGSBURG

ATHLETICS CLUB & MUNICIPALITY

Presents

LAINGSBURG KAROO ULTRA MARATHON

80KM

FOR THE 47TH 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

Pre-Entries: Fax to Laingsburg Municipality No 023-5511019 Online: www.aswd.co.za – Closing dates 22.09.2017					
Registration and IPICO Chips Collection: Friday 29.09.2017 at Flood Museum from 15:00 -20:30. No IPICO Chip collection on Saturday 30.09.2017. Late entries: Will be accepted on Friday 29.09.2017 <u>at R20 Premium to stipulated entry fee.</u>					
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 R75 for a replacement chip.					
Start: JJ Ellis Sport Grounds @ 06h00 / Finish: JJ Ellis Sport Grounds					
Ablution: JJ Ellis Hall					
First Aid: JJ Ellis Hall and on route. Doctor on stand by.					
Accommodation: Tourism Office 023-5511868					
Medals: Medals to all finishers who complete the race within the cut-off time. Gold first 10 men and Ladies and Silver to all other finishers.					
Prize giving: JJ Ellis Hall @ 18h00. Athletes are responsible to collect their own prize money or make an alternative arrangement with the Event Organizer. Failing which prize money is forfeited. (ASA Rule 2.9)					
Prize Money: Prizes will be awarded to all category winners, Equal prize money for male and female athletes.					
80km	OPEN	40-49	50-59	60-69	70+
1	R12.000	R1.000	R1.000	R1.000	R1.000
2	R 6.000	R 750	R 750	R 750	R 750
3	R 3.000	R 500	R 500	R 500	R 500
4	R 1.500				
5	R 1.000				
Men & Ladies					
1 st	Laingsburger	- R1.500	2 nd	Laingsburger	- R1.000
3 rd	Laingsburger	- R 750			
Route: A new route being introduced will take participants into the Karoo country side on quiet good quality country and farm roads. In the form of a figure 8 most of the climbing will be in the first half. No major climbs however.					
Enquiries: Petro Buys and Winnie Miles @ 023-5511019 E-mails: pbuys@laingsburg.gov.za / wmiles@laingsburg.gov.za					

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 personalised 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

										ADMIN USE	
										CHIP NO	
										TEMP NO	
NUMBER OF KAROO ULTRAS COMPLETED											
LAINGSBURG KAROO ULTRA PERMANENT NUMBER											
SURNAME											
FIRST NAME											
PROVINCE						LIC NO 2017					
DATE OF BIRTH		D	d	M	M	YYYY				AGE	
MALE						RUNNER					
FEMALE						WALKER					
CLUB											
ADDRESS											
CELLPHONE NR											
ID / BC / PR NUMBER											
EMAIL ADDRESS											
EMERGENCY Contact / Cell											
PARTICIPATION AGE CATEGORY: OPEN / 40 – 49 / 50 - 59 / 60-69 / 70+											
EFT Payments: Laingsburg Municipality ABSA Laingsburg 334508 / Acc No 2540140874											
Race		Entry Fee				Temp Lic Fee				Total	
80km		R125.00 (+R20 for Late Entries)				R35.00					
T-Shirt		R80				Size:-					
Braai vleis		R80									

INDEMNITY / DISCLAIMER: By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and physical nature of this sporting event. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organizers of the event, all sponsors, persons and organizations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre- and post-race activities.

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Signature

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Date



Elevations:

Start/Finish	649m
Highest Point	942m at 41km
Total Elevation Gain / Loss	772m – 772m
Average Slope	1.7% - 1.6%

Road surfaces:

50% on excellent secondary road surfaces
 30% on acceptable country road surfaces
 20% on fair farm road surfaces.

