



**FOREVER YOURS WITH A PARKING SOLUTION!
WANT TO LEAVE EARLY VIA MIDDELBURG?**

**EXCLUSIVE AND LIMITED PARKING-OPTION AVAILABLE
(INCLUDING A: BOAT TRIP & BUS SHUTTLE)**

***SEE WEBSITE FOR MORE DETAILS
WWW.LOSKOPMARATHON.CO.ZA**

LOSKOP MARATHON SERIES 2019



SATURDAY 13 APRIL 2019

**THE 33RD RUN OF THE ULTRA (50KM) MARATHON
THE 13TH RUN OF THE WILD CHALLENGE (21,1KM)**



PROUD PRESENTING SPONSOR



PRE-ENTRIES ONLY!

Entries close on 4 March 2019. Limited fields on both races!

www.loskopmarathon.co.za • loskop@peaktiming.co.za

www.championchip.co.za **CHAMPIONCHIP
AFRICA**

FOR YOUR CONVENIENCE

THE 4,9KM RHINO FUN RUN

This Family Fun Run takes place on Saturday, 13 April 2019, from the start of the 21,1 km Wild Challenge (near the Dam wall). This unique run will be towards the Resort along the dam. Entries, only on Race day at the start. R35-00 per entry and contribute towards the **FRIENDS OF LOSKOP CONSERVATION FUND**. No prize-money will be awarded, but all finishers will receive a medal. Walkers are also welcome. The Fun Run starts at 06:45.



FREE SECURE PARKING AND COFFEE
from 04:30 on race day at both START venues.



PASTA BUFFET IS AVAILABLE
on Friday night at the Forever Resorts Loskopdam Restaurant @ R90-00 per person.

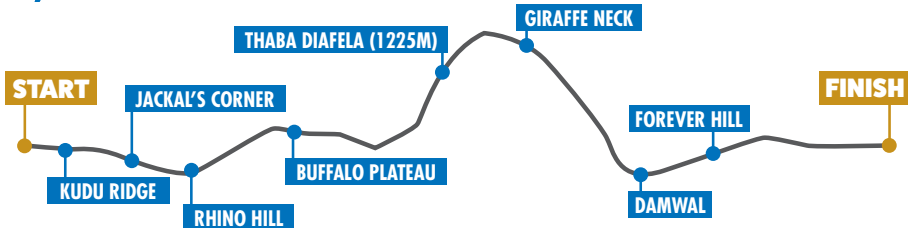
CHAMPIONCHIP® TIMING

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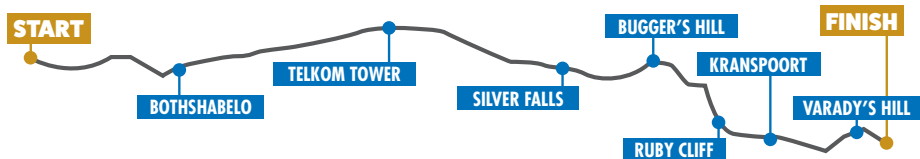
ROUTE PROFILE

View the routes in 3D by visiting plotaroute.com for exact distance, elevations & identify the landmarks and notorious hills/descents

21,1KM - THE ULTIMATE WILD CHALLENGE



50KM - ULTRA MARATHON



WE SALUTE OUR SPONSORS



WITHOUT YOU THIS WOULDN'T BE POSSIBLE!



RACE INFORMATION

DATE: SATURDAY 13 APRIL 2019

50km Ultra Marathon (Seeding for Comrades) & 21,1km Wild Challenge

MARATHON ADMINISTRATION OFFICE

Middelburg Marathon Club

Cell: **xxx xxxx xxxxx**

Email: loskopmarathon@foreversa.co.za / loskop@peaktiming.co.za

ENTRIES

1. Entry Fees: 50km Ultra Marathon: R350
21,1km Wild Challenge: R210
(Including Athletics Mpumalanga levy)
2. Entries are limited as follows: 50km Ultra Marathon: 4 000 participants
21,1km Wild Challenge: 2 000 participants

3. Closing Date: 4 March 2019 @ 17:00

Only entries received before this date will be confirmed by SMS/email.
Official race t-shirts will also be issued only to these entrants.

4. We regret no wheelchairs are allowed.

GENERAL INFORMATION

NUMBER COLLECTION NUMERICAL (IMPORTANT: Please provide proof of payment and your allocated race number as sent per sms/email to collect your race number/package)

50km Ultra:

• Friday: 12:00 -20:00; Saturday from 04:30 - Municipal Offices, Middelburg

21,1km Wild Challenge:

• Friday: 12:00 • 20:00; Saturday 04:30 • Damwal Complex

THE START: ULTRA 06:00 & WILD CHALLENGE: 06:30

- 50km Ultra: Municipal Offices, Wanderers Ave, Middelburg; Strictly 06:00
- 21,1 km Wild Challenge; Loskop Nature Reserve, Damwal Complex: Strictly 06:30
- Secure FREE Parking
- Free coffee from 04:30 on race day at both START venues
- Pasta buffet@ R90 per person at the Loskopdam Restaurant

THE FINISH

- Both the 50km Ultra and the 21,1km 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 or replacement.
- 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
- 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: 21,1 km: 11:30 & 50km: 12:00

TOG BAGS

Support of tog bags & race t-shirt in string-bag 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 Jetline Action Photo on request. For more detail visit the official websites: www.loskopmarathon.co.za / www.jetlineactionphoto.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**

TEMPORARY LICENSES

Available from the Race Administration Office @R35 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.
- 21,1km 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 follows:

- Men: 02:44:03 R 15 000
- Women: 03:14:37 R 15 000
- Veteran Men: 02:47:34 R 5 000
- Veteran Women: 03:27:03 R 5 000

COMRADES QUALIFIER & SEEDING (SUB 5:50 TO QUALIFY)

See Comrades website: www.comrades.co.za for qualifying or seeding details.

BUS TRANSPORT 50KM ONLY

 (Pre-booked and pre-paid only)

- Bus transport will be provided to the 50km START in Middelburg from Loskop Dam.
- Busses will depart strictly from 04:00-04:45. Only 750 tickets available, one per athlete.
- Tickets will be allocated on a first-come first served basis and to athletes ONLY. NO TRANSPORT WILL BE AVAILABLE FROM MIDDELBURG. ATHLETES ARE REMINDED THAT THE ROAD TO LOSKOP WILL CLOSE AT 05:00.
- Busses returning to Middelburg leaves from 13:00. Last bus leaves Loskop@ 14:00!
- Bus tickets (50km only) must be pre-booked with race entry at a cost of R100 per ticket.
- NO bus tickets will be sold separately or on race day!

FREE SHUTTLE SERVICE: 21,1km (Athletes only)

A free shuttle service to drop off athletes at the registration/start of the 21,1km and Fun Run will be provided from the Resort Main Entrance from 05:00!! (Strictly no spectators/parents/supporters)

RACE T-SHIRT IN STRING BAG

- Only athletes who entered BEFORE the official closing date will qualify for a race t-shirt
- Sizes will be allocated on availability upon entry. Distributed in the finish tunnel.
- Non finishers ONLY after 13:00 on race day at the tunnel - subject to availability.

MAKE YOUR CONTRIBUTION TO CONSERVATION!

PLEASE contribute to conservation in the Loskop Nature Reserve:

- Make a contribution to Friends of Loskop with your entry or
- ENTER your family in the RHINO FUN RUN

THE 4,9km RHINO FUN RUN

This family Fun Run takes place on Saturday, 13 April 2019, from the start of the 21,1km Wild Challenge (near the Dam wall). This unique run will be towards the Resort along the dam. You may enter on race day at the start from 05:00. R35 per entry and contribute towards the FRIENDS OF LOSKOP CONSERVATION FUND. No prize-money will be awarded, but all finishers will receive a medal. Walkers are also welcome. The Fun Run starts at 06:45.

Exclusive parking option (New!)

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: +27 (0)13 243 2683 or Cell: 060 358 8546; • Email: loskopmarathon@foreversa.co.za


RACE RULES

1. 2019 License numbers must be worn. Race number on the front of your vest.
2. Official Championship timing chip MUST be attached to the shoe or as per instruction.
3. NO CHIP NO RESULT
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 marshals and traffic officers/officials
6. Only athletes as defined by ASA rules:
 - 21,1 km - the minimum age is 16 years of age on race day; and
 - 50km Ultra - 20 years of age on race dayIdentification 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
 - 50km Ultra - Time limit of 7 hours, Comrades qualifying time is 6 hours.
 - 50 Km Cut-off times: 25km: 3:45; - 36km: 5:15; - 42km: 6:00
9. The judges' decision is final.
10. Submitting of medical information is compulsory and entrant's responsibility.
11. Run under the rules of ASA 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 - make use of the voluntary seeding and expected finishing times as displayed at the start venues. 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 R200-00 only until 4 March 2019 - the substitute will get the race t-shirt as ordered by the original entry.
20. International athletes: no permanent number can be substituted

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★ PRIZES

21,1KM WILD CHALLENGE		50KM LOSKOP ULTRA MARATHON	
MEN	WOMEN	MEN	WOMEN
1. R3 000-00	1. R3 000-00	1. R10 000-00	1. R10 000-00
2. R1 500-00	2. R1 500-00	2. R8 000-00	2. R8 000-00
3. R1 000-00	3. R1 000-00	3. R6 000-00	3. R6 000-00
4. R750-00	4. R750-00	4. R4 000-00	4. R4 000-00
5. R500-00	5. R500-00	5. R2 000-00	5. R2 000-00
JUNIOR MEN	JUNIOR WOMEN	MEN 40 - 49	WOMEN 40 - 49
1. R500-00	1. R500-00	1. R2 500-00	1. R2 500-00
2. R300-00	2. R300-00	2. R2 000-00	2. R2 000-00
3. R200-00	3. R200-00	3. R1 500-00	3. R1 500-00
MEN 40 - 49	WOMEN 40 - 49	MEN 50 - 59	WOMEN 50 - 59
1. R500-00	1. R500-00	1. R1 000-00	1. R1 000-00
2. R300-00	2. R300-00	2. R750-00	2. R750-00
3. R200-00	3. R200-00	3. R500-00	3. R500-00
MEN 50 - 59	WOMEN 50 - 59	MEN 60 - 69	WOMEN 60 - 69
1. R500-00	1. R500-00	1. R1 000-00	1. R1 000-00
2. R300-00	2. R300-00	2. R500-00	2. R500-00
3. R200-00	3. R200-00		
MEN 60 - 69	WOMEN 60 - 69	MEN 70+	WOMEN 70+
1. R500-00	1. R500-00	1. R1 000-00	1. R1 000-00
2. R300-00	2. R300-00	2. R500-00	2. R500-00
MEN 70+	WOMEN 70+	THE PERFECT ROUTE TO BETTER YOUR COMRADES SEEDING! 	
1. R500-00	1. R500-00		
2. R300-00	2. R300-00		
21,1KM WILD CHALLENGE - WALKERS		50KM LOSKOP ULTRA MARATHON - WALKERS	
MEN	WOMEN	MEN	WOMEN
1. R500-00	1. R500-00	1. R1 000-00	1. R1 000-00
2. R300-00	2. R300-00	2. R500-00	2. R500-00

🏆 INCENTIVE PRIZES/BONUS - 50KM ULTRA

A Time Incentive bonus will be paid to the first athlete per category to finish within the set time and are as follow:

Men: 02:44,03 R 15 000

Veteran Men: 02:47,34 R 5 000

Women: 03:14,37 R 15 000

Veteran Women: 03:27,03 R 5 000

🏆 TROPHIES

ALL CATEGORY WINNERS RECEIVE A FLOATING TROPHY (Awarded with a collectable miniature trophy)

21,1KM WILD CHALLENGE			50KM LOSKOP ULTRA MARATHON		
GOLD	SILVER	BRONZE	GOLD	SILVER	BRONZE
First 5 Men Plus Category Winner	Men: Sub 1:30	Balance up to 1500 finishers	First 5 Men & Women All Category Winners	Sr Men: Under 3:45 Veteran Men: Under 3:50 Master Men: Under 4:20 Grand Master Men: Under 4:45	Balance up to 3 500 finishers
First 5 Women Plus Category Winners	Women: Sub 1:40			Sr Women: Under 4:05 Veteran Women: Under 4:25 Master Women: Under 5:05 Grand Master Women: Under 5:50	

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