

FOR MORE INFORMATION, PLEASE CONTACT:

Gift Scheepers: 083 950 4230

Ms Nicollett Thompson 078 488 7757

Entry forms will be available at

Billrowan Three Bridges Ultra Marathon

50km, 10km & 5km Races

DETAILS OF THE RACE

Date: 21 April 2024

Venue: Derby/Swartruggens

Distance & Starting Times:

50km – 06:00, 10km – 06:15

5km – 06:30

RULES

1. Race will run according to ANWN and ASA Rules
2. Athletes must stay on the right hand side of the road at all times, unless instructed differently by the marshals or Traffic Officers.
3. Athletes must participate in their correct club colors and display the ASA 2024 license numbers on the FRONT and BACK of the vest. All other runners must wear 2024 ASA temporary numbers at the back of their vest. NO advertising allowed.
4. No seconding from cyclists or private vehicles will be allowed on the route. Personnel seconding will only be permitted within 1m on either side of the refreshment station.
5. 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 this race.
6. No earphones allowed during the race
7. The Race is held under the rules of ASA and IAAF. 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 organizers reserve the right to accept/ reject any entry received.
8. Age category Tags (e.g. from 40, 50, 60 & 70) must be worn on the front and back by athletes competing for the age category prizes.
9. Age category winners must produce acceptable proof of age. Minimum age for 50 km is 18 years or older & 14yrs for 10km & 5km .
10. All athletes participate at their own risks
11. All runners and walkers participate on their own risk.
12. No refunds on entry fee.

GENERAL

1. Start will be at Derby and Finish in Swartruggens .
2. Refreshment stations shall be provided at every 3km intervals or more frequently if weather conditions such provision. Refreshments shall be available for sale at the Start/Finish points.
3. Distance markers will be placed for every kilometer for 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
- 7.



Special
Medals



Online entries will open on the **01st February 2024** & close on the **19 April 2024**

Late entries will pay additional amount compared to the normal entry.

Late entries will be taken on the race day from 04:00 – 5:30

Entry form: 50km, 10km & 5km Races

Entry Fee:

- 50km Licensed athletes : R 300.00
- 50km unlicensed athletes: R 350.00
- 10km Licensed athletes: R 200.00
- 10km unlicensed athletes: R 250.00
- 5km fun run/walk :R 100.00

Registration number:

How to register for the race:

PRIZE MONEY

Position 50km	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN
1 st						
2 nd						
3 rd						
4 th						
5 th						
Position 10km						
1 st						
2 nd						
3 rd						
4 th						
5 th						
Position 5km						
1 st						
2 nd						
3 rd						

Surname	
First Name(s)	
ID Number	
Gender	
Citizenship	
Cell phone No.	
Email	
Club Name	
Province	
2024 License No.	
Indemnity: <i>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:

1. Gift Scheepers: 083 950 4230
2. Ms Nicollett Thompson 078 488 7757: