ANCO Ultra Marathon

Saturday - 14 March 2020

WELKOM
at Welkom Swimming Pool
(Mall across the street)

48km - R180 05:30
32km - R150 05:30
16km - R120 05:30
5km Colour Run @ R60 07:00

The race is run in accordance with the rules of IAAF, ASA and AFS.
Medals to all finishers!!!

Pre-Entries:
Facebook - ANCO ULTRA MARATHON 4 IN 1
E-Mail: heidi@pgnk.net  WhasApp: 082 896 8062
Event Organiser - Philip Mc Laren 082 452 4569
Technical Manager - Hanli v Rooyen 064 684 1355
Inquiry - Heidi Mc Laren 082 896 8062
Safety Officer - Mike Currin 082 620 5956

Bankbesonderhede:
Account Holder: NG Bedelia
Bank: ABSA Bank
Cheque Acc: 405 77 22 831
Reference: Name & Distance
General Information - ANCO ULTRA Marathon 4 in 1

1. Entry fee: Marathon 48km R180  
   Marathon 32km R150  
   16km & Walker R120  
   5km Fun Run R80  
   Included ticked for swimming pool

2. Temporary licenses available at R50 each for 48km, 32km & 16km. Excluded 5km.
3. Start/Finish: Welkom Swimming pool (Disa Road, Welkom - GPS Coordinates: 27.976286,26.730819)
4. Refreshment stations every 3km
5. Shower facilities available
6. Prize giving: 16km - 8:00 / 32km - 10:00 / 48km - 11:00.  
   Cut off time is 7 hours. Qualify time (48km) for Comrades is 6 hours.
7. Medals for all runners
8. Race registration at Welkom Swimming pool - Friday 13 March from 17:00 - 20:00 & Saturday 14 March from 04:00
9. Race start times: Marathon 48km, 32km, 16km at 05:30 & 5km Fun Run & 07:00
10. Pre Entries: facebook: ANCO ULTRA MARATHON 4 IN 1 & E-Mail: heidi@pgnk.net

Rules:
1. All participants must be eligible as defined in the rules of IAAF, ASA and AFS ruling.
2. Minimum age on the day of the race: 48km Marathon - 20 years  
   : 32km - 19 years  
   : 16km - 16 years  
   : 5km Fun Run - 9 Years (kids with parents)
3. All participants for the 48km must be in possession of a valid 2020 license that must be worn on the front and back of the vest.
4. Unlicensed athletes on the 48km, 32km and 16km must purchase a Temporary License no.
   No insurance coverage on the Temporary Licenses. The number to be worn on front. This means it is vital to complete the tear-off slip on the number and this must be handed back at the entry table. The 5km Fun Run does not require a Temporary License No.
5. All participants must produce their official race entry bag with gum label at the finish of their race to qualify for a medal.  
   Failure to do so will result in immediate disqualification.
6. All participants take part in the race at their own risk.
7. Race officials and traffic authorities must be obeyed at all times. Failure to do so can lead to immediate disqualification.
8. Participants ID must be available on request.
9. Approved age category tags need to be worn and be visible in front and at the back. Walkers competing for prize money must have the W tag clearly displayed on the front of their vests to qualify for prize money.
10. Assistance can be given at the different water points without interfering with the sponsors and volunteers of the water point.  
    No other assistance will be permitted on the route from cyclists, private vehicles or spectators.
11. No advertisements may be displayed on running clothing.
12. The decision of the organization will be final and no correspondence will be entered into.
13. Foreign athletes competing, must produce a clearance certificate from their National Federation to compete in SA- (ASA approve participation), handed tot the club organiser before entering.
14. Safety rule- No earphones IAAF Rule 144.2b. Animals ASA Rule 21.4.1 or Racers ASA Rule 21...4.3 Allowed.  
    Excluding hearing aid.
15. Environmentally - (rule28) participants must take responsibility for their actions when disposing litter  
    (which can lead to disqualification)

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<tr>
<th>Verblyf in Welkom</th>
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<tbody>
<tr>
<td>Captain's Cabin Guest House</td>
<td>057 352 5128</td>
<td>262 STATE WAY - BEDELIA</td>
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<tr>
<td>Heimat Guesthouse</td>
<td>057 630 0173</td>
<td>261 STATE WAY JIM FOUCHEPARK</td>
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<td>Giardino</td>
<td>082 417 2755</td>
<td>194 LONGRD BEDELIA</td>
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<td>Little Acorn Guest House</td>
<td>082 965 5193</td>
<td>4 Kiepersol Ave JIM FOUCHEPARK</td>
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<td>Stanville Inn Hotel</td>
<td>057 353 2452</td>
<td>180 TWIST ST DAGBREEK</td>
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<td>Srelitzia Guest house</td>
<td>083 459 0335</td>
<td>4 Lategan Rd St Helena</td>
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<td>Rover's Club</td>
<td>0573527947</td>
<td>58 Twist St, Welkom Central</td>
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ANCO ULTRA Marathon 4 in 1
Inskrywingsvorm / Entry Form
Date: 14 March 2020

Naam & Van
Name & Surname ________________________________

Sel
Cell ________________________________

Nationality -
SA
Foreigner

I.D. Nr./ Birth Certificate/Passport no:
I.D. No. ________________________________

Temp No./ Licence No. ________________________________

Geslag
Sex _______ Age _______ Sel nr: _______

Klub/Skool/Besigheid
Club/School/Business ________________________________

Emergency No. (family/relative) ________________________________

Signature: ________________________________ Walker R100

Wedloop waarvoor ingeskryf word/ Race entered for:

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<tr>
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<th>48km</th>
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<th>5km Fun Run</th>
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Wedloop: R100, 16km

INDEMNITY / WAIVER: By entering this event, I undertake to be bound by the rules and regulations of the event, including those of IAAF, ASA and AFS. I warrant that I am in good health and aware of the risks and dangers of participating in this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and release and discharge, to the fullest extent allowed by law, the organisers 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. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

MINOR RELEASE: and , the minor’s parent or legal guardian, understand the nature of athletic activities and the minor’s experience and capabilities and believe the minor to be qualified in good health and in proper physical condition to participate in such activity and I enter into this indemnity / waiver on behalf of the minor.

Free entrance for runners
Temporary licenses R50

Categories 48km Marathon 32km Marathon 16km Marathon

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Fast flat Route