

Arthur Cresswell Memorial Marathon

ENTRY FORM - A

Have you entered this race before? NO YES How many have you completed?

S.A. Citizen (Tick) Y N

2017 Licence No.

Surname:

First name:

Known as name:

Club:

I.D. No.

Date of Birth (dd/mm/yyyy): M F

Cell no.: Age:

E-mail:

Event: <input type="checkbox"/> 52km <input type="checkbox"/> 21km	Temp Licence required? Y <input type="checkbox"/> N <input type="checkbox"/> R30-00 Permanent number: <input type="text"/>	Age Category OPEN <input type="checkbox"/> 35-39 <input type="checkbox"/> 40-49 <input type="checkbox"/> 50-59 <input type="checkbox"/> 60+ <input type="checkbox"/>
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Province:

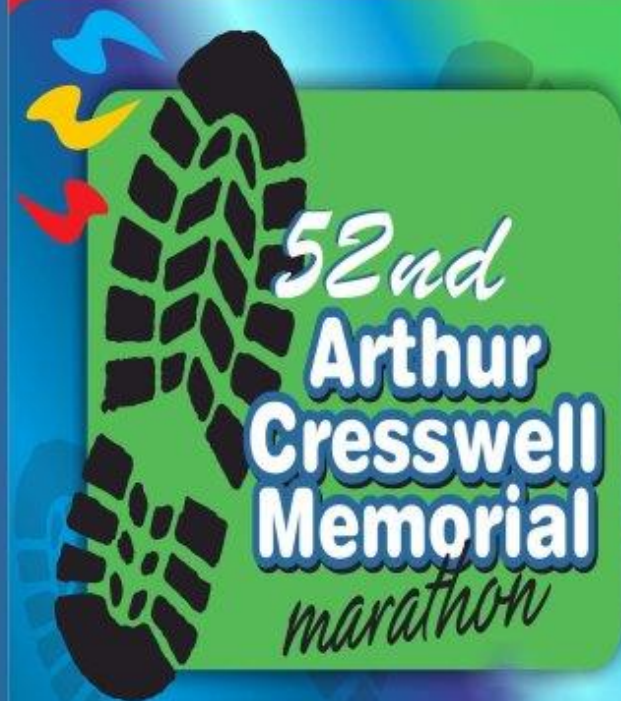
Postal address:

Tel (h): Tel (w):

**PLEASE FILL
IN BOTH SIDES
OF ENTRY FORM**



2017



COMRADES MARATHON QUALIFIER

BERGVILLE TO LADYSMITH: KWAZULU-NATAL

PRE-ENTRY ONLY

SATURDAY 01 APRIL 2017

**ULTRA MARATHON
52 KM 21 KM AND 5KM**

ENTRY FEES: 52km - 230.00 • 21km - 150.00 • 5km - 20.00

Ladysmith Athletic Club @ArthurCresswell www.ladysmithathleticclub.co.za

WITH THANKS TO OUR PARTNERS AND CO-SPONSORS



Arthur Cresswell 52km Marathon

- **START** 06h00 - Bergville Municipality
- **FINISH** - Ladysmith Athletic Club

21km Half Marathon

- **START** 07h00 - Ladysmith Athletic Club
- **FINISH** - Ladysmith Athletic Club

5km Fun Run/Walk

- **START** 07H30 - Ladysmith Athletic Club
- **FINISH** - Ladysmith Athletic Club

ENQUIRIES

Facebook: Ladysmith Athletic Club

Website: www.ladysmithathleticclub.com

Twitter: @ArthurCresswell

LINCOLN SIBIYA 0793610871

AVAILABLE BETWEEN 07:30 - 17:00 WEEKDAYS ONLY

Pre-Entries only - Enter online at www.eventtiming.co.za

- The race is run in accordance with the rules of IAAF, ASA and KZNA.
- The race is open to all licenced athletes as follows:
 - 52km - 20 years and older; and
 - 21km - 16 years and older
- All foreign athletes must abide by I.A.A.F Rules 4.2 and 14.2.
- Athletes participating in the 52km Marathon:
 - Busses depart promptly at 04h00

NO vehicles
may be left at the
start in Bergville

SPECIAL INSTRUCTIONS

- 2017 Licenses must be displayed on the front and back of the vests. Age category tags must be displayed on the top front and back of vest, KZNA approved age and walker tags, not on shorts, to qualify for an age category prize. Proof of age must be produced by category winners on race day.
- Race tags will NOT be posted. Race tags are to be collected prior to the race, as follows:
 - **Arthur Cresswell Memorial 52km Marathon**
 - 31 March at Ladysmith Athletic Club BETWEEN 15:00 - 19:00
 - **21km Half Marathon**
 - 31 March at Ladysmith Athletic Club BETWEEN 15:00 - 19:00

Registration for the 5km will be taken on 01 April 2017 BEFORE the start at 07:30

- Seconding is NOT permitted.
- There will be refreshment stations to take care of requirements of ALL runners (fast and social). In addition all normal (liquid) refreshments will be provided at the end of the race.
- Temporary Licence for 21 km and 52 km can be purchased at R30
- 2017 licence numbers; age; category and walker tags MUST be displayed on top front and back of vests / crop-tops and MUST be clearly visible.
- Temporary Licence number must be displayed on the front. Temporary licence runners to wear plain colour vests with NO advertising.
- Refreshments will be provided and NO Seconding and Pacing Allowed.
- Athletes MUST Obey Race Officials, Marshalls and Traffic Officers.
- All LICENCED runners must wear their Club Kit.

CUT OFF TIMES

Arthur Cresswell Memorial 52km Marathon and 21km Marathon

- No cut off times - must finish by 13h00.
- Comrades Qualifier 6½ hours

PRIZEGIVING

- Prizegiving for the Arthur Cresswell Memorial 52km Marathon will be at 13h00.
- Prizegiving for the 21km Half Marathon will be at 11:30 am
- **Arthur Cresswell Memorial 52km Marathon**
 - GOLD MEDALS to the first three (3) finishers.
 - SILVER MEDALS - first 100 receive silver medals for 2017 only.
 - BRONZE MEDALS - to all finishers.
 - Medals will be provided to all finishers of the Half Marathon and fun walk/run

PRIZE MONEY

Arthur Cresswell Memorial 52km Marathon
Men and Ladies

1 st :	R5 000
2 nd :	R3 000
3 rd :	R1 000
Age Category Prizes (Men and Ladies)	
& 35-39:	1 st : R200
40-49:	1 st : R200
50-59:	1 st : R200
60+:	1 st : R200
Team (x4)	R200 each member

21km Half Marathon

Men and Ladies	
1 st :	R1000
2 nd :	R 500
3 rd :	R 300
Age Category Prizes (Men and Ladies)	
35-39:	1 st : R200
40-49:	1 st : R200
50-59:	1 st : R200
60+:	1 st : R200
Team (x 4)	R200 each member
Walkers	1 st : R200

ACCOMMODATION

- Camping will be available at Ladysmith Athletic club
- Drakensberg Experience: www.drakensbergexperience.com
- Ladysmith - Ladysmith Museum and Info Centre, Luke Makhubo, Tel: 036 637 2992, E-mail: ismakhubo@ladysmith.co.za
- Bergville/Winterton - Okhahlamba Drakensberg Tourism Info Centre, Pretty Ngcobo, Tel: 036 448 8006, E-mail: prettyngc08@gmail.com
- Bergville/Winterton - Central Drakensberg Reservations - Magdie, Tel: 036 488 1207, E-mail: cdta@futurenet.co.za
- Sandford Park Country Hotel - S28°42'50" E29°20'03" - Tel: 036 448 1001/2



Arthur Cresswell Memorial Marathon

ENTRY FORM - B

Course Records:

Men - Z. Zondo - 1990 - 02:54:29

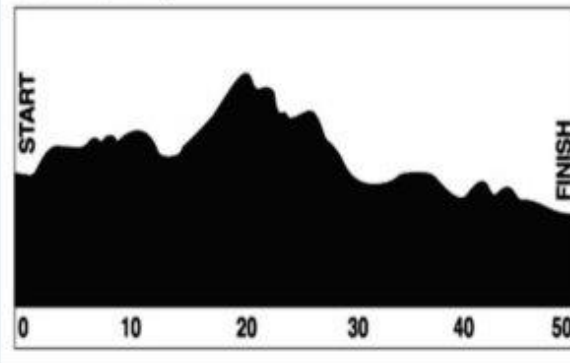
Women - F. vd Merwe - 1990 - 03:16:32

Route Description: Difficulty Rating 2.

Route Type: Point to point

This race is run largely in open country. It is relatively easy but there is Chin's Hill to negotiate between the 12-kilometre and 18-kilometre marks, which is quite a test of fitness. Once you are over this hill, at about 30 kilometres, cross the N3 and turn onto a sand road. This provides a welcome break from the visual monotony as you run through forest and farm areas. After the turn back onto the main Ladysmith Road you will find some testing pulls at about 45 kilometres. Here it is hot and hard, but the end is near. The run into Ladysmith is easy and mainly downhill.

**PLEASE FILL
IN BOTH SIDES
OF ENTRY FORM**



Emergency Contact Name:	Emergency Tel. No.:
Medical Aid:	Medical Aid No.:

INDEMNITY

In consideration of acceptance of my entry, I for myself, my executors, heirs, administrators and assigns, do hereby release and discharge the Arthur Cresswell Memorial Marathon, any and all sponsors, any and all volunteer groups, all medical personnel, and all local authorities from all claims for injuries, damage or property loss that I may suffer arising out of my participation in this event, including pre- and post activities. I am physically fit and sufficiently trained to participate in all the events that make up the Challenge and assume all risk for such participation. I accept all rules, conditions and regulations, which include the terms of payment of the entry fee and will comply with them. Also, I grant permission to the Arthur Cresswell Memorial Marathon and its authorised agents to use my name, photographs, video tapes, broadcast and telecast for advertising promotion or other account free of charge.

Signed _____ Date _____

If an entrant is under 18 years of age, a legal guardian must sign on his/her behalf.