



ANCO Ultra Marathon



4 in 1



Qualifier
for
Comrades
Qualified time
48km @ 6 hours

Temporary
License = R50

Saturday - 14 March 2020

Free
entrance
for
runners



WELKOM

at Welkom Swimming Pool



Free
entrance
for
runners

(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!!!



@ R60  07:00

Pre-Entries:

Facebook - ANCO ULTRA MARATHON 4 IN 1

E-Mail: heidi@pgnk.net WharsApp: 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 082 820 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

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|-----------------------------|------|---|--|
| 1. Entry fee: Marathon 48km | R180 |  | Included
ticked for
swimmingpool |
| Marathon 32km | R150 | | |
| 16km & Walker | R120 | | |
| 5km Fun Run | R60 | | |
2. Temporary licenses available at R50 each for 48km, 32km & 16km. Excluded 5km.
 3. Start/Finish: Welkom Swimming pool (Disa Road, Welkom - GPS Coordinates -27.976266,26.730819)
 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 Licence 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)

Verblyf in Welkom		
Captain's Cabin Guest House	057 352 5128	262 STATE WAY - BEDELIA
Heimat Guesthouse	057 630 0173	261 STATE WAY JIM FOUCHEPARK
Giardino	082 417 2755	194 LONGRD BEDELIA
Little Acorn Guest House	082 965 5193	4 Kiepersol Ave JIM FOUCHEPARK
Stanville Inn Hotel	057 353 2452	180 TWIST ST DAGBREEK
Srelitzia Guest house	083 459 0335	4 Lategan Rd St Helena
Rover's Club	0573527947	58 Twist St, Welkom Central

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Inskrywingsvorm / Entry Form

Date: 14 March 2020

Naam & Van

Name & Surname _____

Sel

Cell _____

Nationality - SA Foreigner

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

Temp No./

I.D. No. _____

Licence No. _____

Geslag

Sex _____ Age _____ Sel nr: _____

Klub/Skool/Besigheid

Club/School/Business _____

Emergency No. (family/relative) _____

Signature: _____

Walker R100
16km

Wedloop waarvoor ingeskryf word/ Race entered for:

R180 48km	R150 32km	R120 16km	R60 5km Fun Run
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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 physical nature of 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 I release and discharge, to the fullest extent allowed in 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 I, the minor's parent and/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 conditions to participate in such activity and I enter into this indemnity /waver on behalf of the minor.

Free entrance for runners



Temporary licenses R50

Categories	48km Marathon		32km Marathon		16km Marathon	
	Men	Ladies	Men	Ladies	Men	Ladies
1st Open	R 500	R 500	R 300	R 300	R 300	R 300
2nd Open	R 300	R 300	R 200	R 200	R 200	R 200
3rd Open	R 200	R 200	R 100	R 100	R 100	R 100
40	R 100	R 100				
50	R 100	R 100				
60+	R 100	R 100				
Walker					R 100	R 100

