

# Arthur Cresswell Memorial Marathon

## ENTRY FORM - A

Have you entered this race before? NO  YES

How many have you completed?

I will be participating in: 21km - R60  52km - R120

2013 Licence No.  S.A. Citizen (Tick) Y  N

I.D. No.

Surname:

First name:  M  F

E-mail:

Cell no.:

Permanent number:

Club (in full):  Age:

Province:  Age Category

Postal address:

Tel (h):  Tel (w):

Transport required? Y  N  (no fee payable)

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

R10 from every entry will be donated to the Khanyisile Foundation



The Khanyisile Foundation was established in 2008 by the Road Safety Foundation, Community Medical Services and N3 Toll Concession. The Foundation aims to address the needs of members of rural communities from educational, nutritional, health and road safety perspectives. It is currently supporting twelve schools in the Van Reenen area with regards to monitoring of learners' health and wellbeing as well as educational support and the establishment of Food Gardens at the schools and surrounding communities.



# 48<sup>th</sup> Arthur Cresswell Memorial marathon

BERGVILLE TO LADYSMITH: KWAZULU-NATAL

COMRADES MARATHON QUALIFIER

**SATURDAY 13 APRIL 2013**

**NEW MEDAL DESIGN**

**Ultra Marathon: 52km**

**N3TC Half Marathon: 21km**

**Khanyisile Foundation 5km**

**Fun Run (12 April)**

52km Start - Bergville, Bencor Boerdery (Old Farmers' Hall)

21km Start - Ladysmith Sports Centre

5km - Ladysmith Sports Centre

Facebook: Ladysmith Athletic Club

Website: [www.ladysmithathleticsclub.com](http://www.ladysmithathleticsclub.com)

Twitter: @ArthurCresswell

**GOODIE BAGS TO ALL FINISHERS - 21km, 52km**

Enter at [www.enteronline.co.za](http://www.enteronline.co.za)

Pre-entries close 29 March 2013

Entries for the 21km and 5km accepted on the day

Enquiries: Cell: 076 536 7070 • Fax: 086 636 9321

[lacracesecretary@gmail.com](mailto:lacracesecretary@gmail.com)

Entry fees:

52km - pre-entry before 29 March R120. Late entry fee and on the day R140.

21km - R60 • 5km - R10



## Arthur Cresswell 52km Marathon - R120

- **START** 06h00 - Bergville - Bencor Boerdery (Old Farmers Hall). GPS co-ordinates: S28.724; E29.29.344971
- **FINISH** - Ladysmith Sports Centre. GPS co-ordinates: S28.569668; E29.767035

## N3TC 21km Half Marathon - R60

- **START** 07h00 - Ladysmith Sports Centre. GPS co-ordinates: S28.569668; E29.767035
- **FINISH** - Ladysmith Sports Centre. GPS co-ordinates: S28.569668; E29.767035

## Khanyisile Foundation 5km Fun Run - R10

- **FRIDAY, 12 APRIL - START** 13h00- Ladysmith Sports Centre
- **FINISH** at the Ladysmith Sports Centre

## ENQUIRIES

Facebook: Ladysmith Athletic Club

Website: www.ladysmithathleticsclub.com

Twitter: @ArthurCresswell

The Arthur Cresswell Memorial Marathon Office: Enquiries: Cell: 076 536 7070, Fax: 086 636 9321, lacraceseecretary@gmail.com

Available between 07:30 -14:00 weekdays ONLY

## Pre-Entries only - Enter online at: www.enteronline.co.za.

- Postal entries close on 29 March 2013.
- **Post your entries to:** Ladysmith Athletics Club, P O Box 937, Ladysmith, 3370
- **Drop off points for entries:** • Durban Runner, Durban • Phooie Naidoo, Boshoff St, Pietermaritzburg and • Riga Sports, Queen St, Ladysmith
- For Direct Deposits or EFTs:  
Banking Details:  
Nedbank • Account Number: 1330042581 • Branch Code: 133025  
Account Name: Ladysmith Athletics Club  
Please fax proof of payment to: 086 636 9321
- 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 142.
- Athletes participating in the 52km Marathon:  
**Free Bus transport will be available from Ladysmith to Bergville before the race.**
- Busses depart promptly at **04:00am** from Ladysmith Sports Centre.

## SPECIAL INSTRUCTIONS

- Race numbers must be displayed on the front of the vest and the 2013 licence number on the back of the vest. Age category tags must be displayed on the front and back to qualify for an age category prize. Proof of age must be produced by category winners on race day.
- Race numbers will NOT be posted. Race Numbers are to be collected prior to the race, as follows:  
**52km Marathon**
  - Friday, 11 April 2013 from 14:00 to 18:00 at the Ladysmith Sports Centre; and
  - Saturday, 13 April 2013 at the Bergville Farmer's Hall from 04:30 to 05:30.**N3TC 21km Half Marathon**
  - Friday, 12 April 2013 from 14:00 to 18:00 at the Ladysmith Sports Centre; and

**NO vehicles  
may be left at the  
start in Bergville**



- Saturday, 13 April 2013 from 06:00 to 06:55 at the Ladysmith Sports Centre.  
*Entries for the Khanyisile Foundation 5km Fun Run will be taken on the morning of 12 April 2013 prior to the Start at 13h00.*
- 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.
- Temp. Licence for 21 km and 52 km @ R22.00
- 2013 licence numbers; age; category and walker tags MUST be displayed on the front and back of vests / crop-tops and MUST be clearly visible.
- Temporary Licence number must be displayed on the back. Temp 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

### 52km Marathon

- All runners still on the road at 11h00 at 42km mark will be transported to the finish. No runners will be served refreshments after 12h30 and must leave the road at this time. (Numbers must be surrendered.)

### N3TC 21km Half Marathon

- Three Hours or 10h00.

## PRIZEGIVING

- Prizegiving for the 52km Marathon will be staggered throughout the morning.
- Prizegiving for the N3TC 21km Half Marathon will be staggered throughout the morning.
- **52km Marathon**
  - GOLD MEDALS to the first three (3) finishers and all category winners.
  - SILVER MEDALS to the next 50 runners across the Finish Line.
  - BRONZE MEDALS to all athletes finishing within six hours and 30 minutes.
- Medals will be provided to all finishers of the N3TC Half Marathon and the Khanyisile Foundation Fun Run.

### PRIZE MONEY 52km Marathon

#### Men and Ladies

1<sup>st</sup>. R5 000  
2<sup>nd</sup>. R3 000  
3<sup>rd</sup>. R1 500

#### Age Category Prizes (Men and Ladies)

35-39: 1<sup>st</sup>. R150 • 2<sup>nd</sup>. R100 • 3<sup>rd</sup>. R50  
40-49: 1<sup>st</sup>. R150 • 2<sup>nd</sup>. R100 • 3<sup>rd</sup>. R50  
50-59: 1<sup>st</sup>. R150 • 2<sup>nd</sup>. R100 • 3<sup>rd</sup>. R50  
60+: 1<sup>st</sup>. R150 • 2<sup>nd</sup>. R100 • 3<sup>rd</sup>. R50  
Team: R100 for each member (Teams of three)

### N3TC 21km Half Marathon

#### Men and Ladies

1<sup>st</sup>. R1000  
2<sup>nd</sup>. R 500  
3<sup>rd</sup>. R 300  
Team: R 50 for each member (Teams of three)

## ACCOMMODATION

- Camping area available on the field at Ladysmith Sports Centre
- Drakensberg Experience: www.openafrica.org
- Ladysmith - Ladysmith Museum and Info Centre, Luke Makhubo, Tel: 036 637 2992, E-mail: lsmakhubo@ladysmith.co.za
- Bergville/Winterton - Okhahlamba Drakensberg Tourism Info Centre, Pretty Ngcobo, Tel: 036 448 1244, E-mail: prettyngcb08@gmail.com
- Bergville/Winterton - Central Drakensberg Reservations, René/Magda, Tel: 036 488 1207, E-mail: cdta@futurenet.co.za
- Sandford Park Country Hotel : S28°42'50" East 29°20'03" Tel: 036 4481001/2

# Arthur Cresswell Memorial Marathon

## ENTRY FORM - B

### Course Records:

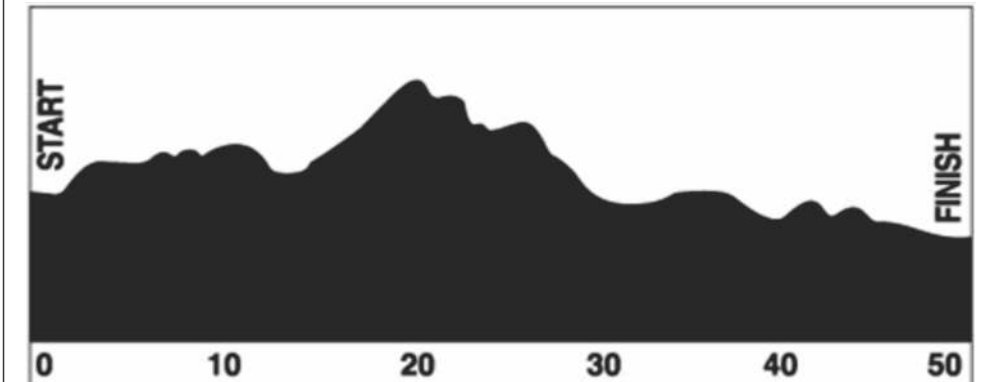
**Men** - Z. Zondo 02:54:29

**Women** - F. vd Merwe 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 Child'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 regulation, 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.*