

How many have you completed?

Arthur Cresswell Permanent no:

Name & Surname:

ID Number:  Male/Female

Email address:

Cell no:  Alt. no:

Club name:  Licence no:

Emergency contact name:

Emergency contact no:

Medical aid:

Medical Aid No:

EVENT		
10KM	R100	
21.1KM	R150	
52KM	R250	
Temporary licence	R60	
Bus ticket	R50	
Late Entry 10KM	R100	
Late Entry 21.1KM	R150	
Late Entry 10KM	R350	
Total		

#### 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.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**NO VEHICLES LEFT AT THE START (BERGVILLE)!  
NO SECONDING WILL BE ALLOWED!!**

## PRIZE MONEY

52km	21.1km	10km
<b>Male and Female</b>		
1 <sup>st</sup> - R5000	1 <sup>st</sup> - R1000	1 <sup>st</sup> – R500
2 <sup>nd</sup> - R3000	2 <sup>nd</sup> - R500	2 <sup>nd</sup> – R250
3 <sup>rd</sup> - R1000	3 <sup>rd</sup> - R300	3 <sup>rd</sup> – R200
	Junior- R200	Junior- R100

#### Age category

35-39 – R200.00

40-49 – R200.00

50-59 – R200.00

60+ – R200.00

Walker- R200.00

#### Cut-off times:

52km and 21.1km must finish by 13:00.

Comrades qualifier: 6h25m

#### Medals:

52km	21km	10km
Gold- 1 <sup>st</sup> three finishers	Gold- 1 <sup>st</sup> three finishers	Gold- 1 <sup>st</sup> three finishers
Silver- 1 <sup>st</sup> fifty finishers	Medals to all finishers!	
Bronze- to all finishers		

## ALL IAAF, ASA AND KZNA RULES APPLY!

#### Course records:

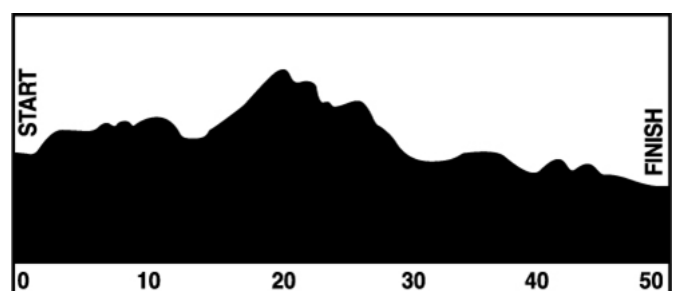
**Men:** Z. Zondo- 1990- 02:54:29

**Females:** E. van der Merwe – 1990 – 03:16:32

**Difficulty:** 2

**Route type:** Point to point

The Arthur Cresswell Memorial race is ran largely in open country. It is relatively easy, but there is Child's Hill between kilometre 12 and 18, which is quite a test of fitness. Once you are over this hill, at about 30km, cross the highway and turn onto a dirt 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.



# 55<sup>th</sup>

## ARTHUR CRESSWELL ULTRA MARATHON

52KM

**Start: 06:00am**

**Pre-entry: R250.00**

**Late entry: R350.00**

**Start: Bergville  
Municipality**

**Bus fee: R50.00**

**Bus pick-up: LAC club  
house at 04:00am**

**No entries on race day**

**Collection: Friday 3  
April 2020 @ 15:00**

21.1KM

**Start: 07:00am**

**Entry: R150.00**

**Start: LAC Club  
house**

**Temp. licence:  
R60.00**

**Race entries  
available on race  
day**

**Collection: 3 April @  
15:00/ 4 April 2020 @  
05:00am**

10KM

**Start: 07:15am**

**Entry: R100.00**

**Start: LAC Club  
house**

**Temp. licence:  
R60.00**

**Race entries  
available on race  
day**

**Collection: 3 April  
@ 15:00/ 4 April  
2020 @ 05:00am**

### ONLINE ENTRIES:

[www.eventtiming.info](http://www.eventtiming.info)

### WEBSITE:

[www.ladysmithathleticclub.co.za](http://www.ladysmithathleticclub.co.za)

### PRE-ENTRIES CLOSE:

**29 MARCH 2020**

# 4<sup>TH</sup> OF APRIL 2020



*Coca-Cola*



**LADYSMITH  
ATHLETIC  
CLUB**



KWAZULU NATAL ATHLETICS



Ladysmith Athletics Club