



Voted consistently amongst top 5 ultra marathons in South Africa. The ultimate Comrades trainer and qualifier.

### ENTRY FORM

Surname                      Initials     Male (M)  Female (F)

First name

Date of birth                      Age on race day

ID number

Mobile

Telephone

E-mail

Postal address

Code

2010 Licence no.                      Club                      Province

Permanent number (56 km)                      Nr of Longtom Marathon official finishes

Enter race  56 km  21.1 km  21.1 km Walkers  5 km Fun Run/Walk  Temporary licence required  Yes  No

Category  Junior  Senior  Veteran  Master  Grand Master  G Grand Master  
(Only 21.1 km/Fun Run) 20-39 yrs 40-49 yrs 50-59 yrs 60-69 yrs 70+ yrs

T-Shirt  Extra Small  Small  Medium  Large  Extra Large  XX Large

Bus Transport  Lydenburg to 56 km Start  Lydenburg to 21.1 km Start  Sabie to 21.1 km Start  Return Lydenburg to Sabie after race

**CLOSING DATE: PRE-ENTRIES**  
**13 MARCH 2010**

**RACE NUMBER: TEMPORARY LICENCE:**  
 (For office use only)

**Proof of payment and entry form to be faxed to 086 606 3014 / 012 346 7725**

ENTRY FEE: PAYMENTS				
Event	Pre	Late	Temp Lic	Paid
56 km	R120	R150	R20	R
21.1 km	R80	R100	R20	R
Walkers	R80	R100	R20	R
5 km Fun Run/Walk	R10	R10	R0	R
			<b>Total</b>	<b>R</b>

BANKING DETAILS		
Bank	ABSA	
Branch	Witbank	
Branch Code	632005	
Account Holder	Longtom Marathon Steering Committee	
Account Number	406 730 8718	
Payment	<input type="checkbox"/> Cash	<input type="checkbox"/> Electronic transfer <input type="checkbox"/> Bank deposit

**ENQUIRIES: admin@longtominfo.co.za 082 557 9604 076 790 9791 071 605 1507**

- RULES:**
- Races are run under the rules of ASA, IAAF and AMPU
  - Registered athletes must be members of a club affiliated to ASA
  - Running in club colours is optional and not compulsory
  - Race number must be displayed on front of vest
  - Official / temporary licence numbers must be displayed on back of vest
  - No licence required for 5km Fun Run/Walk
  - Age restriction: 56km = 20 years/older on race day  
21km = 16 years/older on race day  
5km Fun Run/Walk = No age restriction
  - Proof of identity and age may be requested
  - Category tags must be displayed on front and back of vest
  - Entries only registered upon proof of payment
  - No seconding allowed. All athletes participate at own risk
  - No wheelchairs / bicycles allowed on 56km / 21.1km route
  - Bus services compulsory for athletes participating in the 21.1km race
  - No vehicles except permit holders / traffic authorities allowed on route during race
  - Failure to obey rules/marshals/traffic authorities may result in disqualification

- INFORMATION:**
- No refunds on entry fees or licences paid
  - Walkers** welcome in the 21.1km & Fun Run
  - Distance boards displayed at each kilometer
  - Waterpoints/refreshment stations spaced every 2-3 km along route
  - Toilets at 56km Start, Finish, 21.1km Start and several waterpoints along route
- FOR ATHLETES:**
- T-shirts & Longtom Kits available to all athletes completing the 56km and 21.1km
  - (NOTE: Only pre entries)**
  - Medals** for all athletes finishing within official cut-off times  
Gold: First 10 men & 10 women. All category winners 56km and 21.1km races  
Silver: Next 50 finishers  
Bronze: All athletes who complete the respective races within cut-off times
  - Prizes for all category winners
  - Free entry for Grand Masters and older
  - Occasionally sponsors/organisers may use the info in this entry form to communicate info that may be of value/interest to you. If you agree to have this info made available, please tick the box provided

**Release and waiver:** In consideration of the acceptance of my entry, I for myself, my executors, heirs, administrators and assigns, do hereby release and discharge Longtom Marathon, the event organisers, any and all sponsors, any and all volunteer groups, all medical personnel, and all authorities for all claims for any injuries or loss of life, damage or property loss I may suffer caused by the negligence of any of them and arising out of my participation in this event, including pre and post race activities. I am physically fit and sufficiently trained to participate in this endurance event 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. I undertake not to exhibit or wear any advertising material or logo's contrary to the rules of ASA or IAAF. Furthermore, I grant my permission to the Longtom Marathon organisers and its authorised agents to use my name, photographs, videotapes, broadcasts, telecasts, advertising promotions or other accounts of this event free of charge.

Event managed by



Signature of entrant/parent/guardian

Date



admin@longtominfo.co.za fax 012 346 7725 / 086 606 3014

Born to Run?... Here mother nature watches over you!

Consistently voted amongst the top 5 ultra marathons for the past five years.

www.longtominfo.co.za

**Ultra 56 km: 8 hour cut-off time**

Start: **06:00 Sybrand Van Niekerk High School**  
**Main Street, Sabie**

Finish: Lydenburg High School, Eeufees Rd

**Fast 21.1 km: 4 hour cut-off time**

Start: **07:00 Mauchsberg (Longtom Pass)**

Finish: Lydenburg High School, Eeufees Road

**Fun Run/Walk: 1 hour cut-off time**

Start: **08:00 Lydenburg High School, Eeufees Road**

Finish: Lydenburg High School, Eeufees Road

**Race Number Collection:**

**56 km** 26 March 2010 14:00 - 21:00  
**21.1 km** Lydenburg High School

**56 km** 27 March 2010 05:00 - 06:00 (Start of 56km)  
Sybrand Van Niekerk High School

**21.1 km** 27 March 2010 06:00 - 07:00 (Start of 21.1km)  
Mauchsberg (Longtom Pass)

**Prize Giving:** Starts at 13:00  
**Prizes:** Info available upon request

**Race Results:** www.raceresults.co.za

**Timekeeping:** Chamberlain's Timekeeping

**Accommodation:** See website www.longtominfo.co.za or call enquiry numbers below.

**Entries:**

Postal: PO Box 95855 Waterkloof Pretoria 0145

Fax: 086 606 3014 / 012 346 7725

Online: www.longtominfo.co.za / www.enteronline.co.za

**Pre Entries:** 56 km, 21.1 km & 5 km

**Closing date: 13 March 2010**

**Late Entries:** 56 km, 21.1 km & 5 km

26 March 2010 14:00 - 21:00 at Lydenburg High School

27 March 2010 **ONLY FUN RUN ENTRIES** 07:00 - 07:30

**Race day: No late entries taken at start of 56 km & 21 km races**

**Transport: NB: Bus service compulsory!!!**  
(Please indicate required transport on entry form)

Free bus services available to 56 km and 21.1 km starting points

- 56 km: Departure **04:30** from Lydenburg High School
- 21.1 km: Departure **05:30** from Lydenburg High School
- 21.1 km: Departure **05:30** from Sybrand Van Niekerk High School (Sabie)
- Return from Lydenburg to Sabie after prize giving. Approx. 14:00

ENTRY FEES		56 km	21.1 km	Walkers	Run Run/Walk	
		Pre-Entries	R120	R80	R80	R10
		Late Entries	R150	R100	R100	R10
		Temp Licence	R20	R20	R20	R0

• Great category prize monies • Spot Prizes • Medals • T-shirts • Longtom Kits • Lucky draws • Food stalls • Music & Entertainment

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