

GENERAL INFORMATION

Seconding: It is a condition of entry that entrants will provide their own seconds and seconding vehicles and at least 3 seconds are recommended. It is strongly advised that one or more of the seconds are athletic enough to accompany their runner/walker on the road.

Training: The general consensus of opinion is that your normal Comrades training is the most important preparation and the Comrades itself is a vital training run for a 100 Miler (although not essential).

Preparation for the run itself: On the grounds of weather conditions for the Washie 100 Miler you should include protective gear such as cold weather clothing, waterproofs, goggles, gloves, balaclava, lip-ice, etc., and bring several towels and fresh T-shirts to change into. A source of warm drinks is also advisable.

Pre race registration and briefing: Registration will be at the start (Port Alfred Sports Club) from 15H00 onwards. All runners and seconds are expected to report for the briefing at the start at 16h30 on Friday 23rd July 2010.

Distance and time limit: The course is measured and is 100 miles. The finish is at the Buffs Club and all competitors must finish by 19h00 on Saturday 24th July 2010 (26 hour limit).

Griffin 50 Miler : The 50 miler will be starting near the half way tent at 05H00 on the Saturday morning. These competitors will be wearing different colored numbers

Prize Giving: At the Buffs Club at 10h00 on Sunday 25th July 2010. Bar facilities are available and food will be on sale.

Results: Copies of results will be available at the prize giving and on the Buffs web site <http://www.buffsclub.co.za/running>

Prizes: All finishers will receive the following:

- (a) A beautiful handmade Washie 100 Miler trophy.
- (b) In addition, all novices will receive a handsome Washie 100 Miler tracksuit top.
- (c) Permanent numbers will be awarded for completion of five journeys or three overall victories together with a Washie 100 Miler tracksuit top.

Enquiries: Dave Gower Cell : 078 342 3197 or fax 043 726 3427

or e-mail: gowerd@vodamail.co.za

Additional Information: <http://www.buffsclub.co.za/running> and click on 'Washie 100 Miler' link. Information such as route and medical advice can be found here.

Buffalo   **2010 ENTRY FORM**

Road Runners IN ASSOCIATION WITH **MOTORBAKE**
Auto Body Repairs
and
CAPE CLADDING
Roofing/waterproofing

**Proudly presents
the 34th**

**WASHIE 100
MILER 2010**

**Date: Friday 23rd July
Start: 5pm from the Port Alfred
Sports Club
Finish: Buffalo Club East London
Cut-off time: 26 hours**

**ENTRY FEE:
Novice - R300
Previous Finishers - R200**

Visit our website for more information: www.buffsclub.co.za/running

Surname: **Male/Female:**

Full names: **Age (as at 23rd July)**

ID Number: **2010 Licence No**

Club: **Province:**

Washies completed:

Address:
.....
.....

Postal code: **Phone:** **Cell:**

Email:

Tracksuit top size: (novices & those running for permanent no's only) S M L XL XXL

Signature of entrant:

INDEMNITY: The Buffalo Club is indemnified from any claim which might arise for any loss or injuries whatsoever to any person or persons as a result from participating in this event.

Signature of Club Secretary:.....

FOR CLUB SECRETARY: I declare that the above entrant is a paid-up member of our club, which is affiliated to ASA

* Post form to: **Buffalo Road Runners Club, PO Box 18030, Quigney, 5211.**

* Fax form to: +27(0)43 7263427 with a copy of deposit slip for the exact amount

* Credit bank acc: **1210 379 864, Buffalo Road Runners, Nedbank East London.**

* Enquiries : Dave Gower 078 342 3197

RULES

Eligibility to participate: You must be an amateur as defined under the Athletics South Africa rules and be 18 years or older on the day of the race. You must also be in possession of a valid 2010 licence number.

Rules: The race will be run under the rules of IAAF, ASA and BORA and foreign athletes must comply with IAAF Rules 4, Paragraph 2 and 142.

Reflective Material: Night belts or adequate luminous material must be worn by the runner and seconds during time of darkness. Reflective material must be supplied by the runner.

TWO RACE NUMBERS WILL BE ISSUED, ONE OF WHICH MUST BE WORN ON THE FRONT OF THE VEST AND ONE ON THE BACK AND BE VISIBLE AT ALL TIMES DURING THE RACE.

Closing Date for entries is the 20th July 2010.

Faxed entries to 043 726 3427 will be accepted if accompanied by deposit slip crediting: Buffalo Road Runners, Nedbank, East London. Account Number 1210379864, Branch Code 121021.

Entries:

Please find a link for online entries on our website
<http://www.buffclub.co.za/running>

- Or -

Please ensure that when faxing:

- (a) Your entry fee or proof of payment accompanies your entry form.
- (b) Your entry form has been signed by your club secretary and also by yourself.

Start: The start is at the Port Alfred Sports Club in Port Alfred, approximately half way between East London and Port Elizabeth. The first 15 Km is run as an out and back towards Port Elizabeth. There will be 2 refreshment tables provided. No personal seconds are allowed on this part of the course. Your seconding team needs to wait for you on the East London side of the main arch bridge at the Marina. It is strongly advised to start the run with a headlamp / flashlight as it gets dark before you meet your seconding team. Any runner being seconded along this section will be disqualified.

Split times will be given at 25 miles (40 km), 50 miles (80 km), 75 miles (120 km) and at the finish.

Spot checks will be set at various points during the race at the discretion of the committee and the race referee.