

Washie 100 General Info

Last Updated Thursday, 06 May 2010

The Washie 100 is the oldest "100 Mile Race" in South africa.

The Washie 100 is the ultimate 100 mile Race in South africa and is recognised by the International Centurion Club. (Where a runner must complete 100 miles in under 24 hours).

The race takes place on the first full moon in July every year.

This event has achieved national recognition and has enjoyed dedicated TV coverage in respect of:

- 1) Old Mutual World of Endurance (two programmes to date).
- 2) Patricia Glynn - Point blank programmes (video tape available).

This Race have attracted well known running personalities including the 1998 Comrades Ladies winner.

Runners from all provinces participate who invariably bring family and friends to enjoy the hospitality of the event and the Eastern Cape.

In the order of 60 - 100 runners participate with up to five seconds each.

Sponsorship is ploughed back into the event by way of wearing apparel, medical facilities, soup kitchen, goody bags for runners, traffic control, signage and control/refreshment points $\frac{1}{4}$, $\frac{1}{2}$ and $\frac{3}{4}$ way.

Not yet pursued by sponsors, is the fact that incredible coverage prevails at the control/refreshment points which are situated adjacent to the N2 between Port alfred and East London. Eposure at some points would be in excess of 24 hours to all passing traffic.

The prizegining is a fantastic event which is very emotional for some and attended by several hundred people.

Rules and Information

- Eligibility to participate: You must be an amateur as defined under the Athletics South Africa rules and be 18 years or over 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 AT ALL TIMES DURING THE RACE. Failure to comply with the above may result in disqualification by a race committee member, referee or traffic official.

- Closing date for entries is the 20th July 2010.

Faxed entries to 043 726 3427 will only be accepted if accompanied by deposit slip crediting:

Buffalo Road Runners, Nedbank, East London. Account Number 1210379864, Branch Code 121021.

- Entries: For ONLINE entries, [Click here](#).

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 a 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 Race Referee.

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.

- 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 August 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:

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.

- Results:

Copies

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

- Prizes:

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- Enquiries:

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- Additional information: To view the Washie Course Info [Click here](#) .

To view some Medical Advice, [Click here](#).