



RUN 2023 50 km

Organization

Stichting Ultraloop Winschoten in cooperation with athletic-club AQUILO, in association with the Atletiekunie (Dutch Athletic Federation).

Start times on Saturday 9th September 2023

50 km **9:15 hrs**

Start

All starts will take place in Winschoten at the Mr. D.U. Stikkerlaan.

Finish and limits

50 km The finish will close on the 9th of September 2023 at 15:15 hrs. There is a 6 hour limit. Athletes who need more than 6 hours but will not be ranked.

Course

The course is a 10 km flat and traffic-free track which leads through Winschoten and Heiligerlee. The course is officially measured by the Jones Counter and all records will therefore be accepted by the Royal Dutch Athletic Federation, EAA, IAU and IAAF. There is no possibility for wheelers and bikers to enter the race, because the RUN-course is not suitable for these groups. Bikers and wheelers will be removed from the course. Bronze IAU Label.

Drinking and Sponging Stations

There are 2 Drinking Stations with fruit, water, tea, cola and sports drinks and 2 Sponging Stations with water and sponges along the course of 10 km.

If you do have a coach who accompanies you, the coach may hand over your drinks/gels and such in the Refreshment zones at the Drinking Stations. The coach is **not** allowed to come on the course. If you do not have a coach but wish to have your own drinks/gels and such at the Drinking Stations, then you can hand them over at the Information Desk at the entrance of the Sportshall on the Saturday the 9th of September between 6:30-7:45 hrs. Please write your name, start number and Drinking Station (5 or 10 km) clearly on the drinks/gels and such. We will take care that your stuff will be standing at the care Drinking Station. Pay attention: Only the stuff on the 0,3 km (10 km) Drinking Station will be brought back to the Sportshall at around 20:30 hrs. This Drinking Station is close to the finish.

RUN 50 Km open race

The categories for the open 50 Km race are: M-overall, M-sen, M40, M50, M60, W-overall, W40, W50 (all with sufficient participation).

Music/Telephone

It is **not** allowed to run with music/telephone. There is check

Time keeping (general)

For time keeping we will use a Mylaps Chip (formerly ChampionChip). This chip will register all 10 km interval times. Each competitor has to run with the rental chip which will be provided by the organization.

Time-keeping

Each competitor will receive a chip from the organisation (included in the entry fee). You will receive the chip when collecting your race-number. The chip must be returned after the race to the organization. If you do not return the chip we will charge € 25.

Registration (general)

The registration and payment is provided by MyLaps. You will receive an automatic email confirmation of your registration. You pay immediately upon enrollment with Ideal, Sofort or credit

card. Payment with Ideal (NED) and Sofort (AUT, BEL, ESP, FRA, GER, ITA, NED, POL, SUI) is free of additional costs. In case of payment with a credit card 3% of the registration fees will be charged. If canceled up to 10th August 2022 we will refund the registration fee back minus 10 euros for administrative costs.

Registration

Before 30th of August 2023, registrationlink is on www.runwinschoten.nl

Registration 50 km

The minimum age to compete for the 50 km is 18 years (age on 9th of September 2023).

Entry-fees

50 km

€40,00 Before the 1st of August 2023 (incl. a Rental Chip).

€50,00 Between the 1st of August and the of 30th August 2023 (incl. a Rental Chip).

Collect your startnumber

On Friday 8th September between 16:00-20:00 hrs and Saturday 10th September between 7:00-8:45 hrs. you can collect your startnumber in the Sportshall at the Mr. D.U. Stikkerlaan 6 in Winschoten.

Information desk

At the entrance of the Sportshall there will be an Information Desk on Friday 8th of September between 9:00-20:00 hrs. and on Saturday 9th of September between 6:30-21:00 hrs. They can answer almost all your questions.

Parking

Near the track (about 400m from Start/Finish-Area) you will find a parking-place for about 180 cars. Address is: Transportbaan 12, Winschoten.

Sports Hall

In the sports hall at the start / finish there are dressing rooms for men and women. The dressing rooms are not monitored.

Medical and Massage

After completion of the RUN there is the possibility of a massage. But first you have to take a shower. The RUN has its own medical service in the Sports Hall. There will be sufficient volunteers of the First Aid present.

Results

During the race the live results are shown each lap of 10 km at our website. After the race you can view the final results on the website. <http://www.runwinschoten.nl>

Souvenir / Prizes 50 km

Each participant will receive a RUN souvenir. For the overall winners Men/Women 1-3 there will be medals and money prizes. For the open race there will be diplomas, for the winners 1-3 in the categories M-sen, M40, M50, M60, W-sen, W40 and W50 which will be sent to the address upon registration after the RUN. The medal-ceremony will be held 30 minutes after the 3rd athlete in the category overall has finished. The medal-ceremony will be held at the podium-trailer outside of the sportshall. If you cannot be present you can get your medal near the podium-trailer.

Money Prizes

Men/Women

Nr. 1 € 250,-

Nr. 2 € 150,-

Nr. 3 € 50,-

Any questions?

A lot of information you will find on: <http://www.runwischoten.nl>

Questions about all different races: racedirector@runwischoten.nl

General information by e-mail: info@runwischoten.nl.

RUN-winners

Men / Women

1985 Lucien van Lancker (BEL) 3.25.35 Hetty Passchier (NED) 4.45.43

1986 Lucien van Lancker (BEL) 3.22.26 Elzbieta Czerniak (POL) 4.38.12

1987 Ep Winterman (NED) 3.25.04 No women

2006 Dzmitry Bula (BLR) 3.06.52 Zelah Morrall (GBR) 3.31.19

2007 Ferenc Biri (HUN) 3.07.56 Lieskina Brouwer (NED) 4.11.19

2008 Andrey Ivanov (RUS) 3.06.35 Vilma Podmelova (CZE) 4.10.41

2009 Chris Cauwels (BEL) 3.16.26 Simone Stöppler (GER) 4.06.47

2010 Mark Papanikitas (BEL) 3.18.38 Petra Domhof (NED) 4.20.55

2011 Oskar de Kuijer (NED) 3.13.04 Anne-Marie Dupont (BEL) 4.06.15

2012 Wouter Decock (BEL) 3.38.48 Simone Stöppler (GER) 4.13.09

2013 Harm Sengers (NED) 3.02.51 Gabriele Kenkenberg (GER) 3.53.07

2014 Harm Sengers (NED) 3.11.22 Mieke Dupont (BEL) 3.45.15

2015 Harm Sengers (NED) 2.53.48 Anita Spieker (NED) 4.16.00

2016 Gerrit Wegener (GER) 3.09.39 **Petra Pastorova (CZE) 3.30.37**

2017 Asier Cuevas Ettcheto (ESP) 3.00.18 Gemma Carter (GBR) 3.50.34

2018 Ton Verbaandert (NED) 3.16.17 Julia Jezek (GER) 3.50.27

2019 Pierre-Antoine Ruel (FRA) 2.59.05 Adinda Vetsuypens (BEL) 4.02.16

2020 cancelled

2021 Mattia Rombini (ITA) 3.25.25 Christiane Neidiger (GER) 3.38.48

2022 Thijmen van der Loop 3:01:18 (NED) Christiane Neidiger (GER) 3.40:00