

RUN 2019 100 km

Organization

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

Start times on Saturday 14th September 2019

100 km **10:00 hrs**

Start

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

Finish and limits

The finish of the 100km will close on the 14th of September at 21:00 hrs. There is a 12 hour limit. After 19:50 hrs. athletes are not allowed to start the last lap.

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 10th 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. But only the stuff on the 0,3 km (10 km) Drinking Station will be brought back at around 20:20 hrs to the Sportshall. The Drinking Station is close to the finish

Categories open race

The categories for the open 100 km race are: Men, M35, M40, M45, M50, M55, M60, M65+, Women, W35, W40, W45, W50, W55+.

Dutch Championship 100 km

The race will only be open for Dutch athletes (men and women) with a KNAU membership and competition-licence.

Music

It is **not** allowed to run with music. There is control.

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 cancelled up to August 18th 2019 we will refund the registration fee back minus 10 euros for administrative costs.

Registration

Till 4th of September 2019, 23:59 hrs . by <https://registration.mylaps.com/run-winschoten/>

Registration 100 km

The minimum age to compete for the 100 km is 21 years (on the 14th of September 2019).

Entry-fees

100 km

€ 50,00 (incl. a Rental Chip)

Collect your startnumber

On Friday 13th September between 14:00-20:00 hrs and Saturday 14th September between 6:30-8:00 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 13th of September between 9:00-20:00 hrs. and on Saturday 14th of September between 6:30-21:00 hrs. They can answer almost all your questions.

Sports Hall

In the sports hall at the start / finish there are dressing rooms for men and women. The dressing rooms are not monitored. For solo runners there is the possibility to deliver valuable items. For the 100km runners there is a tent at the start / finish line where bags / clothes can be deposited in a safe place right next to the course. The envelope with start numbers also a garbage bag, labels and sticker. The sports hall can accommodate 400 people. The prize ceremonies will be in the sports hall.

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. There is a biketeam with nurses.

Results

During the race the live results are shown at 10, 20, 30, 40, 50, 60, 70, 80, 90 and 100 km at our website. After the race you can view the final results on the website. <http://www.runwinschoten.nl>

Souvenir / prizes 100 km

Each participant will receive a RUN souvenir. For the overall winners Men/Women 1-3 of RUN 2018 and Men 4-5 there will be cups and money prizes. For the open race there will be cups and a gift for the winners 1-3 in the combined age categories M (M/M35), M40 (M40/M45), M50 (M50/M55), M60+ (M60/M65+), W (W/W35), W40 (W40/W45), W50+ (W50/W55+). For the Dutch Championships there will be medals for the winners 1-3. Every competitor who has run at least 50 km can download or print a certificate from our website after the results have been published.

Money Prizes

Men/Women

Nr. 1 < 7.30/9.00 € 800 or > 7.30/9.00 € 600

Nr. 2 < 7.30/9.00 € 500 or > 7.30/9.00 € 400

Nr. 3 < 7.30/9.00 € 300 or > 7.30/9.00 € 200

Men

Nr. 4 and 5 € 100

Accommodation (general)

On request we can send you a list of accommodations in the region. More information can also be found on the website of the tourist office <https://oldambt.groningen.nl/overnachten-in-oldambt>

Accommodation (for the 100 km)

For participants in the 100 km we have the possibility to stay at host-families for free (please make a note on the entry-form if you want to use this facility). First comes, first served.

Any questions?

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

Questions about all different races: racedirector@runwinschoten.nl

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

RUN-winners

Men Women

1976 Hans van Kasteren (NED) 6.45.48 Anne Marie Hantke (GER) 12.53.15

1977 Kasper Berg (NOR) 6.35.06 Riet Horber (SUI) 9.49.10

1978 Mike Newton (GBR) 6.43.16 Riet Horber (SUI) 8.59.40

1979 Uwe Schüder (GER) 6.46.27 Riet Horber (SUI) 8.54.19

1980 Martin John Daykin (GBR) 6.35.05 Riet Horber (SUI) 8.41.16

1981 Martin John Daykin (GBR) 6.46.03 Waltraut Bayer (GER) 8.57.02

1982 Martin John Daykin, (GBR) 6.39.08 Riet Horber (SUI) 9.27.24

1983 Henk Bronswijk (NED) 6.51.18 Marieke Bestebreuer (NED) 9.30.33

1984 Henk Bronswijk (NED) 6.49.11 Riet Horber (SUI) 8.22.10

1985 Vaclav Kamenik (CZE) 6.38.40 Sandra Kiddy (CAN) 8.05.30

1986 Jan Szumiec (POL) 6.17.59 Riet Horber (SUI) 8.34.40

1987 Bruno Joppen (NED) 6.49.06 Agnes Eberle (SUI) 8.17.36

1988 Wim Akkermans (NED) 6.53.49 Elzbieta Czerniak (POL) 9.54.04

1989 Bruno Joppen (NED) 6.39.35 Riet Horber (SUI) 8.53.10

1990 Jan Szumiec (POL) 6.50.42 Riet Horber (SUI) 8.44.33

1991 Konstantin Santalov (RUS) 6.26.20 Sylvia Watson (GBR) 8.24.05

1992 Jean Paul Praet (BEL) 6.16.41 Hilary Walker (GBR) 7.55.12

1993 Konstantin Santalov (RUS) 6.25.52 Martha Vass (HUN) 7.43.06

1994 Jaroslav Janicki (POL) 6.33.43 Valentina Liakhova (RUS) 7.36.39

1995 Valmir Nunez (BRA) 6.18.11 Ann Trason (USA) 7.00.47

1996 Andrzej Magier (POL) 6.43.09 Martha Vass (HUN) 8.27.52

1997 Sergiy Yanenko (UKR) 6.25.25 Valentina Liakhova (RUS) 7.30.37

1998 Andrzej Magier (POL) 6.59.50 Edit Berces (HUN) 7.45.07

1999 Pascal Fetizon (FRA) 6.39.16 Elvira Kolpakova (RUS) 7.33.39

2000 Pascal Fetizon (FRA) 6.23.15 Edit Berces (HUN) 7.25.21

2001 Vladimir Netreba (RUS) 6.45.43 Ricarda Botzon (GER) 7.31.55

2002 Pascal Fetizon (FRA) 6.34.16 Elvira Kolpakova (RUS) 7.24.52

2003 Andrzej Magier (POL) 6.58.32 Inez Jaquemart (BEL) 9.13.07

2004 Mario Ardemagni (ITA) 6.18.24 Tatiana Zhyrkova (RUS) 7.10.32

2005 Oleg Kharitonov (RUS) 6.30.31 Monica Casiraghi (ITA) 7.53.25

2006 Oliver Leu (GER) 7.31.30 Maria Bak (GER) 7.35.28

2007 Shinichi Watanabe (JPN) 6.23.21 **Norimi Sakurai (JPN) 7.00.27**
2008 Daniël Oralek (CZE) 7.00.20 Birgit Schönherr-Hölscher (GER) 7.57.26
2009 Jaroslav Janicki (POL) 6.53.59 Anne Cécile Fontaine (FRA) 8.20.31
2010 Daniël Oralek (CZE) 7.11.27 Léonie van den Haak (NED) 9.29.52
2011 Giorgio Calcaterra, (ITA) 6.27.32 Marina Bychkova, (RUS) 7.27.19
2012 Daniel Oralek (CZE) 7.07.46 Heidi Janssens (BEL) 9.33.51
2013 Michael Boch (FRA) 6.46.25 Simone Stöppler (GER) 8.30.28
2014 Daniel Oralek (CZE) 7.22.35 Simone Stöppler (GER) 8.45.34
2015 Jonas Buud (SWE) 6.22.44 Camille Herron (USA) 7.08.35
2016 Pascal van Norden (NED) 7.06.30 Sophia Sundberg (SWE) 7.54.59
2017 Wouter Decock (BEL) 6.46.12 Sophia Sundberg (SWE) 7.50.13
2018 Joris Beamon (BEL) 7:18:25 Hinke Schokker (NED) 8:00:34