



## **RUN 2019 50 km**

### **Organization**

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

### **Start times on Saturday September 14th 2019**

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 14th of September 2019 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 14th 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 50 Km race are: Men, M35, M40, M45, M50, M55, M60 and M65+. Women, W35, W40, W45, W50 and W55+.

### **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 chip.

### **Time-keeping 50 km**

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 18th August 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 50 km**

The minimum age to compete for the 50 km is 18 years (age on 14th of September 2019).

### **Entry-fees**

#### **50 km**

€ 35,00 (incl. a Rental Chip)

### **Collect your startnumber**

On Friday 13th September between 14:00-20:00 hrs and Saturday 14th 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 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 and 50 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 winners 1-3 of RUN 2019 there will be cups and money prizes. For the winners 1-3 in the combined categories M (M, M35), M40 (M40, M45), M50 (M50, M55), M60+ (M60, M65+), W (W, W35), W40 (W40, W45) and W50+ (W50, W55+) there will be cups. All athletes who finished the 50 km can download or print a certificate from our website after the results have been published.

### **Money Prizes**

Men/Women

Nr. 1 € 250

Nr. 2 € 150

Nr. 3 € 50

### **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 50 km)**

For participants in the 50 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.runwischoten.nl>

Questions about all different races: [racedirector@runwischoten.nl](mailto:racedirector@runwischoten.nl)

General information by e-mail: [info@runwischoten.nl](mailto:info@runwischoten.nl).

### **RUN-winners**

#### **Winner Overall 50 km Men Winner Overall 50 km 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