



Run Winschoten NK 100km and 100km Open Race!

Organization:

Ultraloop Winschoten Foundation, under the auspices of the Athletics Union.

Starting point:

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

Date:	Saturday 13 September 2025	
Start time:	09:00 hrs	
Closing finish:	21:00 hrs	
Time limit:	<u>12 hours</u>	
Minimum age participation:	<u>21 years</u>	On Saturday 13 September 2025
Pre-registration costs:	€75,00 (incl. chip rental)	1 March to 31 July 2025
Costs for late registration:	€90,00 (incl. chip rental)	1 augustus t/m 31 augustus 2025
<i>Only when registering until August 24, your first name will be printed on the bib number!</i>		
Cancellation fees:	€10.00	until August 10, 2025 (no refund thereafter)
Costs of loan chip if not returned:	€ 25,00	

Pick up bib number:

Sports hall:

Mr D.U. Stikkerlaan 6	Friday 12 September 2025	4:00 p.m. to 8:00 p.m.
9671 BZ Winschoten	Saturday 13 September 2025	06:45 a.m. to 08:30 a.m.

Information desk:

Entrance sports hall:

Mr D.U. Stikkerlaan 6	Friday 12 September 2025	4:00 p.m. to 8:00 p.m.
9671 BZ Winschoten	Saturday 13 September 2025	06:45 a.m. to 09:00 p.m.

Finish and limit:

The finish of the 100 km closed at 21:00. The limit is 12 hours.

End of the race 21.00 hrs.

After 7:50 p.m., athletes are no longer allowed to start the last round.

Route:

The course is a 10-kilometre flat and traffic-free course through Winschoten and Heiligerlee. The course has been officially measured with the Jones Counter and meets all the conditions for Dutch, European and World records. The course is not suitable for wheelers and they cannot register. Accompanying cyclists are not allowed. There is a map of the course on the website.

RUN 100 km Open race:

(Free) individual registration You can register for the RUN. If there are enough participants, there are the following categories: M-overall, M-Sen, M40, M50, M60, W-overall, W-Sen, W40, W50, W60.

Dutch Championship 50km: (Under conditions) individual registration The Dutch Championship 100 km is connected to the RUN. To participate in this championship, one must have the Dutch nationality, be a member of the Athletics Union and have a valid competition license. In addition, one is required to follow the E-learning program, see link <https://elearning.dopingautoriteit.nl/> (it concerns the **silver and bronze**



status). If the above conditions are not met, participation in the NK 100km is not possible. Club clothing is not mandatory, but is appreciated.

The championship is open to the following categories: Men and Women. In order for the championship to take place, at least 5 athletes per category must have registered at the closing of the registration. On the day of the competition, at least 3 athletes must start per category for the championship to take place.

When picking up the bib number, you must be able to identify yourself with a valid passport or ID card.

Please note: *a driver's license is not considered a valid means of identification for participation in the NK 100km!*

Aid stations, water stations and own refreshments:

There are 2 refreshment zones (aid stations) along the course at 0.3 km and 5 km and 2 water stations at 2.5 km and 7.5 km. Refreshments are allowed in the 2 refreshment zones; Outside of that, grooming and accepting your own refreshments is not allowed.

All participants in the NK100km and 100km Open Race **must** hand in their own refreshments on Saturday morning between 6.30 am - 7.45 am at the meeting point at the back of the Sports Hall on the D. U. Stikkerlaan in Winschoten. This is located opposite the start/finish area. The refreshments (Bottles/Bottles/Gels) must be clearly provided with name, start number (you will receive this in the last email in the week prior to the RUN) and the aid station (5-10 km) where the refreshments must be taken.

Refreshments brought by yourself are taken by a recognized official of the Athletics Union. The organization ensures that the refreshments they bring to the relevant aid station. The refreshments are placed in boxes on the designated tables in the refreshment area. No refreshments are taken out of boxes.

Please note! Care and the provision of refreshments may only take place within a refreshment zone, the beginning and end of which are clearly indicated. **Own** equipped aid station(s) are **not** allowed. Coaches are not allowed to enter the course, nor to run with the athlete or hinder them.

Telephone, music and/or sound carrier:

It is not allowed to walk with a telephone and/or music/sound carrier, this will be checked. This applies to both participants in the NK and the Open Race. Hearing aids are allowed.

Time tracking:

Each participant receives a rental chip from the MyLaps organization, which also registers the 10 km split times. You will receive this rental chip when you pick up your bib number. The chip must be returned afterwards. Please note: Your time will only be recorded if you use the rental chip, you must not use your own chip. If you do not return the rental chip, you will receive an invoice of € 25.00. The amount will only be collected if the loaned chip is not returned.

Registration NK 50km & 50km Open Race:

The minimum age for the 100 km is 21 years, reference date is the day of the race!

Registration fee general Registration via the MyLaps website. You pay when you register with Ideal (NED), Sofort (AUT, BEL, ESP, FRA, GER, ITA, NED, POL, SUI) or credit card. Paying with Ideal or Sofort does not result in any additional costs. When paying by credit card, an amount of 3% of the registration fee must unfortunately be charged. So pay with Ideal or Sofort! When an invoice is desired, we have to charge € 5.00 administration costs. You will receive an automatic confirmation email of your registration. You will receive a password with which you can make changes to the data you entered during registration (such as address, email address, tel.nr., and recent PRs). If the participation in the RUN is canceled, the registration fee will be refunded, but € 10 administration costs will be charged. From August 11, 2025, no registration fee will be refunded.

Information desk:



At the entrance of the Sports Hall there is an information desk where you can get all the information you want. The opening hours are:

Friday **12 September from 16:00-20:00.**
Saturday **September 13 from 6.30-21.00 hrs.**

Park:

From the A7 take exit 47, over the bridge Winschoterdiep, turn right at the 1st roundabout, turn left at the 2nd roundabout exit Papierbaan or at the 3rd roundabout turn left exit Transportbaan. There is sufficient parking space on the business park. At Doc-Direct at Transportbaan 12, a parking lot of 180 spaces is available at 400 meters walk from the start-finish.

Changing facilities, medical service and first aid:

In the Sports Hall at the start/finish there is changing facilities for men and women. The changing rooms are not guarded. Medical and Massage After the RUN, the 50km participants can be massaged on presentation of their bib number. Shower first. The RUN has its own medical service in the Sports Hall. There are first aid staff on the course.

Results:

On the day of the Run, the intermediate results per lap of 10 km will be published on the website. After the RUN, the official results will be posted on the website <http://www.runwinschoten.nl>.

Reminder/prices:

Everyone receives a nice memory of the RUN. For the numbers 1, 2, 3 overall there are medals and cash prizes. For the Dutch Championship, championship medals are available for the numbers 1, 2 and 3. In the combined categories M-sen, M40, M50, M60, W-sen, W40 and W50, the numbers 1, 2 and 3 will receive a diploma, these will be sent to the address at registration after the Run. Half an hour after the finish of the number three in the overall category, the award ceremony is held on the podium car.

Prize money men/women:

No. 1 € 350,-
No. 2 € 250,-
No. 3 € 150,-

Oldambtprijs:

With the 50 km, we as a RUN organization would like to see as many participants from our own region as possible at the start. In Winschoten and the surrounding area there are already many people who have run one or more marathons. A 50 km is then a logical next step. To encourage participants from the region to participate in the 50 km, there is a separate prize for the best man and woman from the municipality of Oldambt, the Oldambt Challenge Cup

Any questions?

A lot of information can be found at: <http://www.runwinschoten.nl>

Questions about the matches: racedirector@runwinschoten.nl

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