

Organization

Foundation Ultraloop Winschoten in co-operation with athletic-club AQUILO, under the Patronage of the Atletiekunie (Royal Dutch Athletic Federation), the IAAF (International Association of Athletics Federations), the EA (European Athletics), the WMA (World Masters Athletics) and the IAU (International Association of Ultrarunners).

Start times on Saturday September 10th

1K Runaway/Little RUN	09.00 hrs
100 km	10.00 hrs
50 km	10.15 hrs
10 x 10 relay	10.30 hrs

Start place

All starts will take place in Winschoten at the Mr. D.U. Stikkerlaan in the close area of the sports hall.

Finish and limits

100 km	The finish will be closed on the 10 th of September at 22.00 hrs. There is a 12 hours limit. After 21.00 hrs. athletes are not allowed to start the last lap.
50 km	The finish will be closed on the 10 th of September at 16.15 hrs. There is a 6 hours limit. When you finish later there will be no ranking.
10 x 10 relay	The finish will be closed on the 10 th of September at 22.00 hrs. After 21.00 hrs. athletes are not allowed to start the last lap.

What's new in 2011

- The age categories for the 1K Runaway (Children's run)
- Some logistic details in the start-finish area
- The rules of the IAAF/IAU will be followed. Also the latest changes regarding the refreshmentzones.
- For the safety of all runners and as written in the official rules, the use of any technical equipment (e.g. radios, MP3, a.s.o.) is forbidden.

Track

The track will be the same as the one of 2010. It remains a 10 km flat and traffic-free track. It leads through a part of the city of Winschoten. The track is officially measured by the Jones Counter and all records will therefore be accepted by the Atletiekunie, EAA, IAU and IAAF.

There is no possibility for wheelers and bikers to enter the race, because the RUN-track is not suitable for these groups. Bikers will be removed from the track.

Categories open race RUN 2011, individual entries.

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

All runners in the International Championships will automatically enter to the open race.

The race-director in conference with the race-referee reserves the rights to change the categories if there are not enough competitors in some of the categories.

Dutch Championship 100 km

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

25th IAU 100 km World Championships and the 20th European Championships 100 km (on invitation)

RUN 2011 is the venue for the European Championships as well as for the IAU 100 km World Championships. For both races athletes can only be entered by their National Athletic Federation. The World Championships and the European Championships are races for men and women.

Within these 100 km races there are also competitions for teams, women and men. Records will be accepted as official records by the IAAF.

WMA World Masters Athletics Championships 100 km

The WMA and the IAU agreed that the IAU World Championships and the World Masters Athletics Championships 100K should be held at the same time and the same place. This race is an individual championship for athletes in 5 year categories from the age of 40. The way to enter this race will be announced as soon as possible on our website www.runwischoten.nl

RUN 50 Km open race

The categories for the 50 K race are: Men, (Masters) M40, M45, M50, M55, M60 and M65+.

Women, (Masters) W40, W45, W50 and W55+.

The race-director in conference with the race-referee may decide to change the categories if there are not enough competitors in some categories.

RUN 10 x 10 Relay

The minimum age to compete is 16 years. A team may consist of a maximum of 10 persons and a minimum of 5 persons. A runner is allowed to run two laps, but there has to be a change of runners every 10 km. It is also allowed to have a mixed team, except for the ladies teams.

You can enter in one of the next categories: athletic clubs (all runners must be member of the same athletic club), sports clubs, ladies, business, services/ government and other teams.

For teams running in the category business it is allowed to ask a maximum of **three** guest-runners who are not employees.

1K Runaway / 2K Little RUN

A race over 1000 m (1K) for children within the age group of 7 till 12 years. And a race over 2000 m (2K) for children within the age group of 13 till 15 years.

Time-keeping (general)

For time-keeping we will use a Mylaps Chip (formerly ChampionChip). This Chip will register all 10 km times. Each competitor has to run with the Chip.

Time-keeping 100 km and 50 km

Each competitor has to run with the Chip. If you do not own a Chip, the organization will let you one. You will receive this LetChip when collecting your race-number. Foreigners without a bank-account in the Netherlands must give a guarantee of € 35,00 for the LetChip, only by cheque. This cheque will only be cashed in case the LetChip has not been returned to the organization in time (more information in the confirmation).

Time-keeping 10 x 10 Relay

Each team must have two Chips. If a team has two Chips (from two team-runners), then you can use these Chips. Fill out the codes of the own Chips on the entry-form. If you do not have two Chips, the organization will let you two LetChips. You will receive these LetChips when collecting your race-numbers. Foreigners without a bank-account in the Netherlands must give a guarantee of € 70,00 for the two LetChips, only by cheque. This cheque will only be cashed in case the LetChips have not been returned to the organization in time (more information in the confirmation).

Time-keeping (Little Run)

When you pick up your start number you also get a Chip. After the finish of the race the chip must be returned to the organization.

Registration (general)

For registration you fill out the entry-form and send it before the 30th of August 2011 to Stichting Ultraloop Winschoten, Postbus 102, 9670 AC Winschoten - The Netherlands. **Entries after the 30th of August 2011 will not be accepted.**

You can also make your registration on the internet. On our website www.runwinschoten.nl you will find a form which you can fill out.

For the 1K Runaway/2K Little RUN the last day to enter is **4th of September 2011.**

Registration 100 km and 50 km

Competitors need to be born in 1991 or earlier.

For the category Men and Women the year of birth depends. For the Masters defines your age at the 10th of September the category you are running in.

Registration 10 x 10 Relay

The minimum age to compete is 16 years (you must be born in 1995 or earlier). A team may consist of a maximum of 10 persons and a minimum of 5 persons. It is allowed, except for the ladies teams, to have a mixed team.

Registration 1K Runaway / 2K Little RUN

The 1K Runaway is an individual 1K race for boys and girls.

Categories (boys and girls):

- 7 years
- 8 years
- 9/10 years
- 11/12 years

The 2K Little RUN is an individual 2K race for boys and girls

Categories (boys and girls):

- 13
- 14/15

Entry-fee (general)

You can only pay at the office when collecting your race-numbers. Please do not send cheques for your entry-fee. As soon as we receive your entry-form we will send you the confirmation by post or by e-mail. At the same time you will receive a complete set of regulations and further information.

Summary entry-fees

<u>Entry fees</u>	100 km	50 km	10 x 10 km	Little RUN
Members Nat. Athletic Federation	€ 34,50	€ 23,00	€ 94,00	€ 4,00 (incl.chip)
Other athletes/teams	€ 46,00	€ 29,00	€ 124,00	€ 4,00 (incl.chip)
LetChip (s)	€ 4,00	€ 4,00	€ 8,00	

Results

After the race you can find the results on the internet. Website: www.runwinschoten.nl

Souvenir / prizes 100 km

Every competitor who will run at least 50 km can download or print a certificate from the internet (www.runwinschoten.nl) after the publishing of the **final** results. You will also get a RUN souvenir. For the winners of RUN 2011 there will be cups and some prize-money.

For the World Championships, the European Championships, the Dutch Championships and the World Masters Championships there will be medals.

Souvenir / Prizes 50 km

Dependent on the number of participants there will be prizes. Each participant will receive a nice souvenir of the RUN. All athletes who finish within six hours can download or print a certificate from the internet (www.runwinschoten.nl) after the publishing of the **final** results.

Souvenir / Prizes 10 x 10 Relay

There will be a cup for the winning team overall. And there will be cups for the first three teams of the following categories: athletic-clubs, ladies, sports-clubs, business, services/government and other teams. Each participant will receive a nice souvenir of the RUN.

Souvenir / Prizes 1K Runaway / 2K Little Run

There will be medals for the first three finishers in the different categories. All runners will receive a nice souvenir of the RUN.

Accommodation (general)

On request we can send you a list of hotels, bungalow parks, and so on. You will find this list also on our website. More information you can also find on the website of the tourist-office www.vvoldambt.nl

Accommodation (only for the 100 km)

Because of the change in safety rules it is not possible to sleep at the sports hall anymore. For participants of the 100 km we have the possibility to stay at host-families (please make a note on the entry-form if you want to use this facility). Participants who first come have first chance.

Any questions?

A lot of information you will find on:

Questions about all different races:

Questions about the Little RUN:

General information by e-mail:

Fax number:

www.runwinschoten.nl

racedirector@runwinschoten.nl

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RUN-winners

Men

1976	Hans van Kasteren (NED)	6.45.48
1977	Kasper Berg (NOR)	6.35.06
1978	Mike Newton (GBR)	6.43.16
1979	Uwe Schüder (GER)	6.46.27
1980	Martin John Daykin (GBR)	6.35.05
1981	Martin John Daykin (GBR)	6.46.03
1982	Martin John Daykin, (GBR)	6.39.08
1983	Henk Bronswijk (NED)	6.51.18
1984	Henk Bronswijk (NED)	6.49.11
1985	Vaclav Kamenik (CZE)	6.38.40
1986	Jan Szumiec (POL)	6.17.59
1987	Bruno Joppen (NED)	6.49.06
1988	Wim Akkermans (NED)	6.53.49
1989	Bruno Joppen (NED)	6.39.35
1990	Jan Szumiec (POL)	6.50.42
1991	Konstantin Santalov (RUS)	6.26.20
1992	Jean Paul Praet (BEL)	6.16.41
1993	Konstantin Santalov (RUS)	6.25.52
1994	Jaroslav Janicki (POL)	6.33.43
1995	Valmir Nunez (BRA)	6.18.11
1996	Andrzej Magier (POL)	6.43.09
1997	Sergiy Yanenko (UKR)	6.25.25
1998	Andrzej Magier (POL)	6.59.50
1999	Pascal Fetizon (FRA)	6.39.16
2000	Pascal Fetizon (FRA)	6.23.15
2001	Vladimir Netreba (RUS)	6.45.43
2002	Pascal Fetizon (FRA)	6.34.16
2003	Andrzej Magier (POL)	6.58.32
2004	Mario Ardemagni (ITA)	6.18.24
2005	Oleg Kharitonov (RUS)	6.30.31
2006	Oliver Leu (GER)	7.31.30
2007	Shinichi Watanabe (JPN)	6.23.21
2008	Daniël Oralek (CZE)	7.00.20
2009	Jaroslav Janicki (POL)	6.53.59
2010	Daniël Oralek (CZE)	7.11.27

Winner Overall Marathon Men

2002	Wim Ogink (NED)	2.45.47
2003	Carel Opten (NED)	2.50.39
2004	Hiromischi Nose (JPN)	2.59.39
2005	Kevin Harris (GBR)	2.49.20

Winner Overall 50 km Men

2006	Dzmitry Bula (BLR)	3.06.52
2007	Ferenc Biri (HUN)	3.07.56
2008	Andrey Ivanov (RUS)	3.06.35
2009	Chris Cauwels (BEL)	3.16.26
2010	Mark Papanikitas (BEL)	3.18.38

Women

Anne Marie Hantke (GER)	12.53.15
Riet Horber (SUI)	9.49.10
Riet Horber (SUI)	8.59.40
Riet Horber (SUI)	8.54.19
Riet Horber (SUI)	8.41.16
Waltraut Bayer (GER)	8.57.02
Riet Horber (SUI)	9.27.24
Marieke Bestebreur (NED)	9.30.33
Riet Horber (SUI)	8.05.30
Sandra Kiddy (CAN)	8.05.30
Riet Horber (SUI)	8.34.40
Agnes Eberle (SUI)	8.17.36
Elzbieta Czerniak (POL)	9.54.04
Riet Horber (SUI)	8.53.10
Riet Horber (SUI)	8.44.33
Sylvia Watson (GBR)	8.24.05
Hilary Walker (GBR)	7.55.12
Martha Vass (HUN)	7.43.06
Valentina Liakhova (RUS)	7.36.39
Ann Trason (USA)	7.00.47
Martha Vass (HUN)	8.27.52
Valentina Liakhova (RUS)	7.30.37
Edit Berces (HUN)	7.45.07
Elvira Kolpakova (RUS)	7.33.39
Edit Berces (HUN)	7.25.21
Ricarda Botzon (GER)	7.31.55
Elvira Kolpakova (RUS)	7.24.52
Inez Jaquemart (BEL)	9.13.07
Tatiana Zhyrkova (RUS)	7.10.32
Monica Casiraghi (ITA)	7.53.25
Maria Bak (GER)	7.35.28
Norimi Sakurai (JPN)	7.00.27
Birgit Schönherr-Hölscher (GER)	7.57.26
Anne Cécile Fontaine (FRA)	8.20.31
Léonie van den Haak (NED)	9.29.52

Winner Overall Marathon Women

Ingrid IJsebaert (NED)	3.19.33
Elzbieta Czerniak (POL)	3.43.47
Ineke Scheffer (NED)	4.20.28
Janneke Nienhuis-Koetje (NED)	4.31.36

Winner Overall 50 km Women

Zelah Morrall (GBR)	3.31.19
Lieskina Brouwer (NED)	4.11.19
Vilma Podmelova (CZE)	4.10.41
Simone Stöppler (GER)	4.06.47
Petra Domhof (NED)	4.20.55

10 x 10 km Relay**Winners Overall Men**

1991	AV 34-1	5.42.40
1992	Runner Hardloop Centrum	5.38.18
1993	Runner Hardloop Centrum	5.35.21
1994	GVAV Rapiditas	5.50.26
1995	Russia Athletic Federation	5.44.59
1996	Partnerschaft Haren/Ems	5.59.43
1997	Russia Athletic Federation	5.47.59
1998	Quicktrans Int. Sneltransport	6.02.20
1999	Quicktrans Int. Sneltransport	5.45.25
2000	Quicktrans Int. Sneltransport	5.39.15
2001	HAC '63	6.07.44
2002	HAC '63	6.01.18
2003	Runner Groningen	5.37.23
2004	Run2Day Groningen/Assen	5.45.36
2005	Run2Day Groningen/Assen	5.50.34
2006	Run2Day Groningen/Assen	5.48.16
2007	Runner Hardloopcentrum	5.39.42
2008	Team Sussex	5.43.06
2009	Runnersworld Groningen	5.40.32
2010	Runnersworld Groningen	5.46.08

Winners Overall Women

Aquilo	8.26.25
Argo 77	7.45.38
GVAV Rapiditas	7.43.30
Lionitas	6.56.10
Ender Lauf Gemeinschaft	8.05.01
Ender Lauf Gemeinschaft	8.08.30
Ender Lauf Gemeinschaft	8.11.31
AV Veluwe	7.54.05
TUS Nordeney	8.12.03
Veendam ATC 75 Comb	7.42.21
EAC de Sperwers Emmen	8.37.20
Nissan Geerts AV Fivelstreek	8.24.22
AV Daventria Dames Deventer	8.02.26
AV Aquilo Winschoten	7.56.04
TV Norden Damen	8.16.06
AV Aquilo Dames	7.52.08
Run2Day	7.09.02
AV Daventria Deventer	7:37:39
AV Daventria I, Deventer	7.26.02
AV Aquilo dames I	8.05.50