



The Natal Carbineers is South Africa's Senior Regiment. The Regiment was founded at a meeting of the Citizens of Pietermaritzburg, held in the Old Raadsaal (which stood roughly where the City Hall clock tower now stands) on 15 January 1855.

Since its inception, members of the Regiment have served the Colony of Natal, the Union of South Africa, the Republic of South Africa and continue to serve the new South Africa.

We are formed entirely of volunteers and are all members of the Reserve Forces. The Regiment embarked on a community outreach programme in 1991.

We have adopted sport as a vehicle to involve ourselves in the Pietermaritzburg community.

The Regiment boasts a strong Shooting Team as well as a fine Regimental Band and Pipe Band.

Members of the Regiment are, again, involved in peace keeping duties in Africa.

The Regiment is the proud owner of 34 Battle Honours, the greatest number on any Regimental Colour in South Africa.

Our Motto is PRO PATRIA meaning '**FOR THE FATHERLAND**'.

This is truly a Regiment formed

**BY THE PEOPLE
FROM THE PEOPLE
FOR THE PEOPLE
AND LOOKING TO THE FUTURE
WITH THE PEOPLE IN MIND**

Once a Carb, always a Carb!



K&S PMB

NATAL CARBINEERS ATHLETIC CLUB

in association with

www.aghall.co.za

Established 1902

Simply the Best

Proudly Presents the

ULTIMATE MIDLANDS 100 MILER ULTRA MARATHON

WINTERTON TO PIETERMARTITZBURG

27th August 2010

This road race of 100 miles is held through the picturesque KwaZulu-Natal Midlands, the traditional recruiting grounds for the Natal Carbineers.

The Natal Carbineers Regiment was involved in the important battles through this area during the Anglo-Boer War. The race starts in the delightful town of Winterton at 19h00 on Friday night the 27th August 2010 at the Winterton Country Club, and after a short loop, continues along the Old Main Johannesburg to Durban Road to finish at the Natal Carbineers Drill Hall in Geere Street, Pietermaritzburg.

Once a Carb, always a Carb!



Rules of Entry

- Eligibility to participate:** You must be an amateur as defined under the Athletics South Africa rules and be 20 years or older on the day of the race. You must also be in possession of a valid 2010 licence number.
- Rules:** The race will be run under the rules of IAAF, ASA and KZNA and foreign athletes must comply with IAAF Rules 4, Paragraph 2 and 142.
- Qualification:** You must have run a qualifying race of 42.2km or more within the 12 months preceding the race. A maximum time of 5 hours for the standard marathon is required. Completion of any ultra marathon within the stipulated time of the organisers shall also serve as a qualifying time.
- Reflective Material:** Night belts or adequate luminous material must be worn during time of darkness. Reflective material must be supplied by the runner. TWO RACE NUMBERS WILL BE ISSUED, ONE OF WHICH MUST BE WORN ON THE FRONT OF THE VEST AT ALL TIMES DURING THE RACE WITH THE 2010 LICENSE NUMBER ON THE BACK OF THE VEST. Failure to comply with the above may result in disqualification.
- Closing Date** for entries is the 13th August 2010. Faxed entries to 086 616 7500 will be accepted if accompanied by deposit slip crediting Natal Carbineers Athletic Club, First National Bank – Hayfields, Pietermaritzburg. Account Number 50930126054, branch code 221-425. ENTRIES WILL BE LIMITED TO 200. IF THIS NUMBER IS ACHIEVED BEFORE THE CLOSING DATE, ENTRIES WILL BE CLOSED THEN.
- Entries:** Please ensure that:
(a) Your entry fee accompanies your entry form.
(b) Your entry form has been signed by your club secretary and also by yourself.
- Split times** will be given at 25 miles (40 km), 50 miles (80 km), 75 miles (120 km) and at the finish.
- Spot checks** will be set at various points during the race at the discretion of the committee and the race referee.

General Information

- Triple Challenge:** This event is the final leg of Triple Challenge 2010 comprising the Comrades Marathon, the Longest Day and the Midlands 100 Miler. See separate entry forms for Triple Challenge 2010. It is the athletes responsibility to ensure that each of the three events and the triple challenge are entered individually, timeously and separately.
- Seconding:** It is a condition of entry that entrants will provide their own seconds and seconding vehicles and at least 3 seconds are recommended.
- Training:** The general consensus of opinion is that your normal Comrades training is the most important preparation and the Comrades itself is a vital training run for a 100 Miler. Whether further long runs can be fitted in between Comrades and the Midlands 100 Miler depends on the dates of the runs and on the individual.
- Preparation for the run itself:** On the grounds of weather conditions for the Midlands 100 Miler you should include protective gear such as cold weather clothing, waterproofs, goggles, gloves, balaclava, lip-ice, etc., and bring several towels and fresh T-shirts to change into. A source of warm drinks is also advisable.
- Pre race briefing:** All runners and seconds to report to the start at 18h00 on Friday 27 August 2010 for the pre-race briefing. Numbers will be issued from 16h30 onwards.
- Distance and time limit:** The course is measured and is exactly 100 miles. The finish is at the Natal Carbineers Club and all competitors must finish by 21h00 on Saturday 28th August 2010 (26 hour limit).
- Insurance:** Licenced athletes are covered by insurance. Refer to KZNA on 031 – 312 9374 for further details.
- Prize Giving:** At the Natal Carbineers Club at 10h00 sharp on Sunday 29th August 2010. Bar facilities are available and food will be on sale.
- Results:** Copies of results will be available at the prize giving.
- Prizes:** All finishers will receive the following:
(a) A beautiful handmade individual Midlands 100 Miler trophy.
(b) In addition, all novices will receive a handsome Midlands 100 Miler tracksuit top.
(c) Permanent numbers will be awarded for completion of five journeys or three overall victories together with a Midlands 100 Miler tracksuit top.
- Enquiries:** Brian Jarmey-Swan Cell : 083 496 5980 or fax 086 616 7500
John Hall Cell: 082 491 7679 or e-mail: office@aghall.co.za



Midlands 100 Miler

Entry Form

ENTRY FEE : Novice R350.00 Previous Finishers R300.00

SURNAME : MALE FEMALE

FORENAMES IN FULL:

AGE ON 27/08/2010 SA CITIZEN YES NO

ID NUMBER: PASSPORT NUMBER:

ADDRESS:

..... POSTAL CODE:

TELEPHONE NO: () FAX NO: ()

CELL NO:

E-MAIL:

CLUB:

PROVINCE: LICENCE NO.:

BEST STANDARD MARATHON TIME THIS YEAR:

HOW MANY ULTRA MARATHONS HAVE YOU COMPLETED THIS YEAR?

HOW MANY MIDLANDS 100 MILERS HAVE YOU COMPLETED?

TRACKSUIT TOP SIZE (Novices and prospective permanent numbers only):

POST TO: Natal Carbineers Athletic Club, P O Box 860, Pietermaritzburg, 3200.

INDEMNITY: The Natal Carbineers Athletic Club is indemnified from any claim which might arise from any injuries whatsoever to any person or persons as a result of competing in this race. I will supply the names of my seconding team and cell phone contact number to the officials at registration.

SIGNATURE OF ENTRANT:

FOR CLUB SECRETARY: I declare that all the above mentioned details i.r.o. qualifying time are true, and that the above entrant is a paid-up member of our club, which is affiliated to the A.S.A. The entrant understands that he/she must supply his/her own seconding team.

SIGNATURE OF SECRETARY:

NOTE: We will accept faxed entries to 086 616 7500 if accompanied by a deposit slip for the required amount, crediting Natal Carbineers Athletic Club, First National Bank - Hayfields, Pietermaritzburg, Account Number 50930126054, branch code 221-425.