



## About Us / Club Rules:



### **1. Name:**

The name of the club is **RUNZONE 100** - A Recognition / Rewards, Memorabilia & Motivation platform.

### **2. The aims of the Club are:**

- 2.1** To provide a platform where recognition is obtained for those runner's who have achieved 100 ultra's / marathons or more and to share and encourage others.
- 2.2** To allow marathon / ultra runners, especially in South Africa, who have completed 1 or more marathons or longer and have an aspiration to run 100, a recognition club for like-minded people.
- 2.3** A club where the novice / newbie / wannabee can all exist together with the already experienced or legend.
- 2.4** To maintain a database of ultra / marathon statistics relating to members achievements.
- 2.5** To promote various ultra / marathon challenges for members.
- 2.6** To assist members to enter races of marathon distance and longer, individually and collectively.
- 2.7** To promote ultra / marathons.
- 2.8** To share knowledge and experience and encourage newcomers to the sport of ultra / marathon running.
- 2.9** To offer memorabilia to the Full member at a cost.
- 2.10** Online coaching - private fee charged



### **3. Membership:**

**3.1** There are **3 categories** within the structures of membership: **Partial / Associative & Full.**

**3.2** The **Partial** category is for the runner who has run 1 – 49 ultra's / marathons.

**3.3** The **Associative** category is for the runner who has completed 50 - 99 ultra's / marathons.

**3.4** The **Full** category is for those people who have completed 100 ultra's / marathons or more.

**3.5** Membership of the club is open to all runners, with particular emphasis on the marathon runner, of good standing.

**3.6** Only full members who have completed 100 ultra's /marathons and belong to the RUNZONE 100 Club may wear the RUNZONE 100 Kit with the 100 Marathon Club logo on it.

### **4. Committee:**

**4.1** The club for the moment will be managed by its co-founders until a decision is taken to appoint additional staff / committee.

### **5. Application to join the Club:**

**5.1** Applications will be received and accepted by the co-founders.

**5.2** This application will include authorisation for the Club founders to hold personal data on computer media.

### **6. Membership Fees:**

**6.1** Members will pay a joining fee on election and thereafter a subscription fee annually on the 1<sup>st</sup> January, if it should develop into a running club at a later stage. Joining fee and subscription charges will be determined at meetings held by the founders.

**6.2** Reminders will not be issued and any lapse for a member whose subscription is still outstanding will be assumed to have left the club.



## **7. Withdrawing from the Club:**

**7.1** A member that intends to withdraw from the club shall give notice in writing to the founder members and membership terminates on the date of that notice. Any liability to the Club must however first be resolved before the resignation is accepted.

## **8. Application procedures:**

**8.1** The founder members shall have the discretionary power to vet applications for membership and to expel members who are deemed to have acted or behaved in a manner so as to bring the Club or sport into disrepute. Disqualification from or being removed from the results of a race shall be deemed to have brought the Club into disrepute and will automatically result in expulsion from the Club.

**8.2** The application form which will have all the names of the recorded successfully completed ultra's or marathons must be signed off by a running club chairman who will act as guarantee that the runner has indeed completed the required number of ultra's / marathons to join the RUNZONE 100 Club.

## **9. General Meetings:**

**9.1** The Annual General Meeting (AGM) of the Club will be held once a year. Members will be notified as to the date and venue.

## **10. Definition of races to count towards RUNZONE 100 Club membership or further awards:**

**10.1** Only official races that have been completed in the required cut-off times will be accepted.

**10.2** Any official multi stage day events where a marathon is completed in any of the stages as a full marathon in one run and not accumulated over the days will be counted as only 1 marathon.

**10.3** Any official 100miler/ultra distance race where the mileage covered is a few marathons will again only be counted as 1 marathon.

**10.4** Unfortunately a DNF in the required event cut-off times even though completing the distance will not be accepted.



10.5 Only races should be included, not training runs.

10.6 If there is a dispute as to whether an event should be counted towards Club membership and statistics the founder members of the Club will arbitrate. The decision taken will be final.

**Membership is now open** to all those wishing to join the RUNZONE 100 Club.

Fill in the application and registration forms provided.

The registration form is a spreadsheet with “Marathon / Ultra Name”, “Number completed”, if possible: Date, Finish Time, Club and Race Number, but that is not essential, especially for runner’s that have been running for a few decades. This spreadsheet however needs to be stamped and signed from the chairman of your current running club.

Once your application is accepted you will be informed by email and then payment is due before you become a full member.

Any memorabilia purchased will be an additional cost according to the price of the item advertised and Postage is not included and will thus be an extra cost.

**Benefits of joining:**

- Being part of a new exciting venture of the first 100 Ultra / Marathon Recognition Club in S.A.
- Being able to belong to the club while aspiring to full membership
- Sharing ultra / marathon experience
- Share knowledge of training / travel tips
- Authorised to wear the RUNZONE 100 Club logo on only after obtaining full membership
- Online coaching - additional private fee charged



## **Welcome to the RUNZONE 100 Club**

Running an ultra / marathon is an awesome experience and an amazing achievement. We runners have a lot in common as we are on the same journey even though at sometimes different levels and therefore sharing and encouraging each other to reach our destinations only to find another road calling is what it is all about.

RUNZONE 100 Club was formed to encourage all aspects of running with particular emphasis on the ultra / marathon distances by two friends of over 45 years : Gavin Opperman and Mike Morgan, who have shared many special memories over the years from early childhood through to their running achievements over the years.

There hasn't been a recognition club which caters for the 100 Ultra / Marathon achiever in S.A.

Ultimately we are a group of like - minded individuals who compete in various running events for a sense of achievement and mostly in a quest to compete in the ultimate tests of human endurance through ultra / marathon events. Every one is a blessing and never taken for granted. We have over the years learnt so much about life through the struggles of running that it is worth putting this all together in a caring recognition club environment. You can join the club at any stage of your running journeys.

The prestigious 100 Ultra/Marathon medal is awarded to members on their approved completion. These can be purchased from the club.  
All postage is not included in the price.

Permanent numbers for full members will be allocated on a first come serve basis or requested number if not taken and will be on registration.

See [www.runzone100.co.za](http://www.runzone100.co.za)



Yours in Running  
Gavin Opperman & Mike Morgan



**RunZone 100 ULTRA / Marathon Club Membership**  
**/ Renewal Form**

**Please fill out the following in BLOCK CAPITALS**

First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Gender: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Contact Number: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Country: \_\_\_\_\_

Post Code: \_\_\_\_\_

Email Address: \_\_\_\_\_

Number of Ultra's / Marathons to Date: \_\_\_\_\_

Current Athletic Club: \_\_\_\_\_



**Cost of Membership:**

**Partial** = R150.00 (certificate, badge and licence disc sticker is included)

**Associative** = R150.00 (certificate, badge and licence disc sticker is included)

**Full** = R300.00 (certificate, badge, licence disc & bumper sticker and medal included) **plus a free beanie for the first 10 full memberships**

(POSTAGE IS NOT INCLUDED THOUGH AND WILL INCUR ADDITIONAL COSTS)

Please send completed form with confirmation of payment to: [morgans@mweb.co.za](mailto:morgans@mweb.co.za).

Club Rules and Regulations can be viewed on our website: [www.runzone100.co.za](http://www.runzone100.co.za) or check us out on facebook @ RUNZONE 100 CLUB – closed group

([https://www.facebook.com/groups/467238276994321/?ref=aymt\\_homepage\\_panel](https://www.facebook.com/groups/467238276994321/?ref=aymt_homepage_panel))

**WELCOME TO THE CLUB 😊**

