



SPARTATHLON

Historical Ultra Distance Race
246 Km. Athens Sparta

2500

490 B.C. - 2010 A.D.

YEARS FROM THE DEED OF PHEIDIPPIDES
TO THE 28th SPARTATHLON

September 24- 25, 2010

ENTRY FORM

For Official use only

<u>Photo</u>	Received on _____ Race No _____
	Approved _____ Fees _____

I. PERSONAL ADDRESS

Name _____ Surname _____

Full Address _____

City Code _____ City _____ Country _____

Date of birth _____ Sex _____ Vest size _____ Weight _____

Occupation _____ Nationality _____

Tel.: _____ Fax: _____ E-mail : _____

II. NEXT OF KIN ADDRESS

Name: Mr/Mrs _____

Relationship: _____ Phone _____ Fax or e-mail _____

III. PREVIOUS PERFORMANCE RECORDS (100 km and greater)

Please attach details of all main long/Ultra – distance events in which you have participated in during the last three years(2008, 2009 & 2010), including official documented results.

IV. ENTRY FEE - (Runners' accommodation is provided by the I.S.A. – details below)

Entry fee EURO €250.- payable to the International Spartathlon Association, by deposit to our account with ALPHA BANK – Greece. IBAN : GR56 0140 1200 1200 0200 2010 931 BIC: CRBAGRAA, the latest June 10, 2010, amount which will not be refundable in case of cancellation or non- participation.

WAIVER CLAUSE : By signing this Entry Form, I accept to conduct myself correctly during my participation in the Race, as laid out in the Race Rules of the SPARTATHLON. I also accept full responsibility, in case of injury or any loss or damage to my personal property, as a result of my participation in the race.

CLOSING DATE : This Entry Form must be sent to the International Spartathlon Association Headquarters, 7 Codrou Str. P.O. Box : 30125 TK : 100 33 Athens Greece, by May 31, 2010, with two passport-size photographs, for your Race I.D. Card. Acceptance of participation will be confirmed by July 15, 2010.

Date: _____ **Signature:** _____

AMATEUR ATHLETICS ASSOCIATION RECOGNITION FORM

The Amateur Runner Mr/Mrs _____ is recognized as an Ultra Distance Runner in this country and is considered to be healthy, fit and competent to compete in the SPARTATHLON 246 km. Race.

Name of A.A.A. or Club Association: _____

Name of Official: _____

Date and place: _____

Signature and Seal

MEDICAL CERTIFICATE

The Amateur Runner Mr/Mrs _____ has been examined by the undersigned and has been found in a good physical condition, which allows his/her participation in the SPARTATHLON Race (Athens – Sparta, 246-km 36 hours duration).

Name of M.D.: _____

Medical Specializaton: _____

Signature and Seal

CAUTION: It is most imperative that the runner must surrender above document upon his/her final registration in Greece, otherwise the I.S.A., regrets but the runner will not be permitted to participate in the race.

ADVICE TO RUNNERS

The SPARTATHLON Race will follow the route originally run by the military courier Pheidippides, in 490 BC from Athens to Sparta.

Date: Friday, September 24, 2010

Start: 07.00 The Acropolis in Athens

Saturday, September 25, 2010

Finish: 19.00 The Statue of King Leonidas in Sparta

Hours: 36 hours are allowed for the Race with six Central Stations and sixty-nine Check Points, which should vacated within specific time limits. -

Central Stations and Check Points where Supporters can assist their Athletes:

CHECK POINT NO.	KILOMETERS	NAME
22	81	HELLAS CAN
26	93,4	ANCIENT CORINTH
29	102,5	ZEVGOLATIO
32	113,1	HALKION "EKO" GAS STATION
35	124	ANCIENT NEMEA
40	140,2	MALANDRENI
43	148,5	LYRKIA
47	159,3	BASE OF MOUNTAIN
52	172	NESTAN I
57	186	ZEVGOLATIO ARCADIA
60	195	TEGEA - ALLEA
65	211	MICRO MAGAZI SMALL SHOP
68	222,5	HERO'S MONUMENT
72	236,2	VOUTIANI "SHELL" GAS STATION
75	245,3	FINISH AT SPARTA

Registration: Please register immediately with I.S.A. Secretariat upon arrival in Athens.

Weather Conditions: Statistically the weather for the last weekend of September is mild, with temperatures ranging between 27° C, at midday and 5° C at midnight, especially at the mountain area. Spells of rain and mist are possible. -

Medical Assistance: There will be nine Doctors, eight ambulances and twenty physiotherapists on duty to cover the needs of the Athletes, during the Race.-

Check Points: Seventy-five refreshment points will provide water, drinks and necessary food for the athletes along the Race route. These points are situated between 3 and 5 km. distance of each other. Personal drinks and other items may be handed in for delivery to specific points prior to the race briefing on Thursday. -

Accommodation and Meals for runners: All runners have free accommodation as of Wednesday September 22 and up to Monday September 27,2010 . Meals are provided for the same period.

Accompanying Persons : Special provisions have been made for accommodation and assistance. Please apply for details.

Follow-up Buses: Buses will be provided to collect any athlete who abandon the Race and carry them on to their accommodation in Sparta.

Media Coverage: Press and TV crews, following athletes or reporting on the race, have to register with the I.S.A. Press Office, in order to obtain their race pass and identification signs. For TV coverage of the race or TV productions, the consent of the I.S.A. is absolutely necessary and a minimum fee of a minimum €1.000.- is payable towards Association rights.

SPARTATHLON Shop: SPARTATHLON 2010 souvenirs and other items will be available at the runners' accommodation in Athens and the SPARTA INN Hotel at Sparta.

For any other information, such as additional accommodations, transportation, car and mini bus hire, organized tours, one-day cruises etc., please apply to the Association Secretariat.-

THE FIRST THREE FINISHERS OF SPARTATHLON RACES

In:1983			1991		
<i>Yannis KOUROS</i>	GREECE	21.53'	<i>Janos BOGAR</i>	HUNGARY	24.15.31'
<i>Dusan MRAVLJE</i>	YUGOSLAVIA	24.39'	<i>Rab Alo ZAREI</i>	IRAN	26.48.50'
<i>Alan FAIRBROTHER</i>	ENGLAND	27.39'	<i>Gyula HARI</i>	HUNGARY	29.12.55'
1984			1992		
<i>Yannis KOUROS</i>	GREECE	20.25'	<i>Rusko KANTIEF</i>	BULGARIA	24.08.13'
<i>Dusan MRAVLJE</i>	YUGOSLAVIA	24.41'	<i>Paul BECKERS</i>	BELGIUM	25.05.48'
<i>Patrik MACKE</i>	ENGLAND	27.15'	<i>Zeppo LEINONNEN</i>	FINLAND	27.56.32'
			<i>Roy PIRRUNG</i>	U.S.A.	27.56.32'
1985			1993		
<i>Patrik MACKE</i>	ENGLAND	23.18'	<i>Rune LARSSON</i>	SWEDEN	26.57.12'
<i>Dusan MRAVLJE</i>	YUGOSLAVIA	23.44'	<i>Marcel FOUCAT</i>	FRANCE	27.46.37'
<i>Jean-Dominique CALBERA</i>	FRANCE	24.42'	<i>Milian FOURIN</i>	SLOVAKIA	28.51.37'
1986			1994		
<i>Yannis KOUROS</i>	GREECE	21.57'	<i>James ZAREI</i>	ENGLAND	26.15'
<i>E. KIS-KIRALY</i>	HUNGARY	26.07'	<i>Ronald TEUNISSE</i>	HOLLAND	28.22'
<i>Peter MANN</i>	W.GERMANY	26.47'	<i>Sladanko DRAGOJEVIC</i>	CROATIA	28.46'
1987			1995		
<i>Rune LARSSON</i>	SWEDEN	24.41'	<i>James ZAREI</i>	ENGLAND	25.59.42'
<i>Patrik MACKE</i>	ENGLAND	26.41'	<i>Basil CHALKIAS</i>	GREECE	27.49.46'
<i>Rab Ali ZAREI</i>	IRAN	26.51'	<i>Bryan SMITH</i>	AUSTRALIA	28.12.24'
1988			1996		
<i>Rune LARSSON</i>	SWEDEN	24.42'	<i>Ronald VUILLEMENOT</i>	FRANCE	26.21'
<i>Ronald TEUNISSE</i>	HOLLAND	25.49'	<i>Nobuaki KOYAGO</i>	JAPAN	27.41'
<i>Patrik MACKE</i>	ENGLAND	26.51'	<i>Dusan MRAVLJE</i>	SLOVENIE	27.55'
1989			1997		
<i>Patrik MACKE</i>	ENGLAND	24.32'	<i>Kostas REPPAS</i>	GREECE	23.37'
<i>Rune LARSSON</i>	SWEDEN	25.28'	<i>Kenzi OKIYAMA</i>	JAPAN	25.55'
<i>Seiiche MORIKAWA</i>	JAPAN	26.08'	<i>Rune LARSSON</i>	SWEDEN	28.11'
1990			1998		
<i>Yannis KOUROS</i>	GREECE	20.29'	<i>Kostas REPPAS</i>	GREECE	25.11.41'
<i>Patrik MACKE</i>	U.K.	23.08'	<i>Kenzi OKIYAMA</i>	JAPAN	26.13.13'
<i>Janos BOGAR</i>	HUNGARY	24.49'	<i>James ZAREI</i>	ENGLAND	26.44.04'
1999			2000		
<i>Jens LUKAS</i>	GERMANY	25.38'	<i>Masayuki OHTAKI</i>	JAPAN	24:01:10
<i>Jean Pierre GUYOMARC'H</i>	FRANCE	27.08	<i>Jens LUKAS</i>	GERMANY	24:59:54
<i>Jun ONOKI</i>	JAPAN	27.16	<i>Cees VERHAGEN</i>	HOLLAND	25:35:50
2001			2002		
<i>Valmir NUNES</i>	BRASIL	23.18'	<i>Ryoichi SEKIYA</i>	JAPAN	23 :47 :54
<i>Jens LUKAS</i>	GERMANY	24.46'	<i>Marcus THALMAN</i>	AUSTRIA	25 :16 :56
<i>Ryoichi SEKIYA</i>	JAPAN	25.27'	<i>Jeffry OONK</i>	HOLLAND	26 :58 :55
2003			2004		
<i>Markus THALMANN</i>	AUSTRIA	23.28'24	<i>Jens LUKAS</i>	GERMANY	25 :49 :56
<i>Valmir NUNES</i>	BRASIL	25.30'35	<i>Markus THALMANN</i>	AUSTRIA	26 :20 :02
<i>Jean-Jacques MOROS</i>	FRANCE	26.26'16	<i>Martin JURI</i>	AUSTRIA	27 :19 :15
			<i>Janne KANKAANSYRJA</i>	FINLAND	27 :19 :15
2005			2006		
<i>Jens LUKAS</i>	GERMANY	24 :20 :39	<i>Scott JUREK</i>	USA	22 :52 :18
<i>Jean-Jacques MOROS</i>	FRANCE	25 :03 :30	<i>Ryoichi SEKIYA</i>	JAPAN	24 :14 :11
<i>Marcus THALMAN</i>	AUSTRIA	26 :34 :42	<i>Masayuki OHTAKI</i>	JAPAN	25 :19 :12
2007			2008		
<i>Scott JUREK</i>	USA	23 :12 :14	<i>Scott JUREK</i>	USA	22 :20 :01
<i>Piotr KURYLO</i>	POLAND	24 :29 :41	<i>Markus THALMANN</i>	AUSTRIA	24 :52 :09
<i>Valmir NUNES</i>	BRASIL	25 :37 :40	<i>Lars Skytte CHRISTOFFERSEN</i>	DANMARK	25 :29 :41
2009			2010		
<i>Ryoichi SEKIYA</i>	JAPAN	23 :48 :24			
<i>Lars-Skytte CHRISTOFFERSEN</i>	DANMARK	24 :31 :45			
<i>Jon-Harald BERGE</i>	NORWAY	25 :09 :38			

Head Office: INTERNATIONAL SPARTATHLON ASSOCIATION, Mr. P. Tsiakiris (Chairman)

7, Kodrou Str. P.O.Box 30125 T.K. 100 33 - Athens, Greece Tel: 210-32 23 642*Fax: 210-32 27 485 E-mail: info@spartathlon.gr

SPARTATHLON CLUB OF THE BRITISH ISLES, Mr. John Foden (President),

B 141 Davies Road, West Bridgford, Nottingham, NG2 5HZ, ENGLAND Tel/Fax:0115-981 6892 E-mail john.foden@btinternet.com

DUV-SPARTATHLON-BURO, Wolfgang Olbrich-Beilig, DUV – Director of Sports

Berliner Str. 949, D-51 069 Köln, Germany - Mobil : +49(0)179-5941064 E-mail: wolfgang.olbrich@d-u-v.org, www.ultra-marathon.org

RUNNER'S WELLNESS, Mr: Yuji Sakamoto (President),

438 Kokufuhonngo, Oiso-cho, Naka-gun, Kanagawa-ken: 259-0111, JAPAN Tel: 0463-61 7209, Fax: 0463-61 7210 E – mail: welleyuji@aol.com

