

Directions (from Cape Town):

1. Exit from N1/N2 to N7. Once on N7, travel ±30 kms, pass Caltex Oil Refinery on left
2. Exit from N7 to M14 WATCH CAREFULLY for Melkbosstrand left turnoff ±5 kms after Caltex
3. Exit from M14 to R27. Turn right towards Velddrif, travel ±86 kms
4. Exit from R27 to Langebaan Turnoff on your left, travel ± 6 kms
5. Exit right towards Saldanha/Club Mykonos, travel ± 2 kms
6. Exit left towards Club Mykonos entrance, travel ± 2 kms

GPS co-ordinates: 33°02'53.19 S 18°02'39.68 E

Prizes, Medals and Give-Aways

		21Km	10Km
Open men & women	1 st	R3000	R500
	2 nd	R1500	R300
	3 rd	R1000	R200
40-49 men & women	1 st	R500	R200
	2 nd	R300	R150
	3 rd	R200	R100
50-59 Men & Women	1 st	R400	R200
	2 nd	R250	R150
	3 rd	R150	R100
60-69 Men & Women	1 st	R300	R200
	2 nd	R200	R150
	3 rd	R100	R100
70+ men & women	1 st	R300	R200
Juniors, Men & Women	1 st	-	R500
	2 nd	-	R300
	3 rd	-	R200
Medals	Gold	Silver	Bronze
21 Km	Winner M&F	2-50	51-400
10 Km			1-300
5 Km			1-300

Team prizes (Open Men & Women – 1st four club members) – R1 000/team (only 21km)

ArcelorMittal South Africa



ArcelorMittal Saldanha Athletics Club presents

Langebaan Half Marathon, 10km & 5km

(West Coast Athletics Federation - 21km Championships)

Saturday, 26 August 2017



Peninsula
Beverages



Weslander

Venue Club Mykonos, Langebaan

Starting Time

21 km – 08:00, 10 km – 08:00, 5 km – 08:10

Online entries: www.entrytime.com

Postal entries: See next page

Late entries: At venue

Social walkers welcome!

Registration from 06:30

Accommodation information

Club Mykonos, Reservations

Tel: 022 707 7000

Special rate for athletes

Race information and enquiries:

Bossie Boshoff: 083 462 4400

Marizelle van Heerden: 083 407 7625

Please like our Facebook page – ArcelorMittal Saldanha Athletics Club
Event photo's will also be available on our Facebook page



Tick applicable block:

Male	<input type="checkbox"/>	Female	<input type="checkbox"/>
21km Marathon Entry fee R70	<input type="checkbox"/>	Temporary licence R40	<input type="checkbox"/>
10 km seniors Entry fee R50	<input type="checkbox"/>	Temporary licence R30	<input type="checkbox"/>
10 km juniors Entry fee R30	<input type="checkbox"/>	Temporary licence R15	<input type="checkbox"/>
5 km Entry fee R20	<input type="checkbox"/>		

***21km + 10km - 70 + category = free entry**

First name: _____

Surname: _____

Age (on race day): _____

2017 License no: _____

Club: _____

ID number: _____

E-mail address: _____

Cell number: _____

Emergency contact name & number: _____

Medical Aid & Medical Aid number for any emergency: _____

Postal address: _____

I shall participate in this race at my own risk, indemnify WP Athletics, the organisers and sponsors of this race against any claims that may result from participation and agree to abide by the rules of the race.

.....
Signature of participant.....
Signature of guardian of person younger than 18

Entries will be taken at Venue from 06:30

Online entries at www.entrytime.com (admin fee payable)

Prize giving at 11:00

Postal entries to Private Bag X11, Saldanha, 7395 (marked "Marathon") to reach the organisers before Friday, 18 August 2017.

Banking details: ArcelorMittal Saldanha Sport Club, Standard Bank, Branch code 050511, Account number 032344961.

Quote reference: 21km/10km and surname.

Entry forms and proof of payment can be faxed to 022 709 4296.

Rules:

- The race is run in accordance with the rules of ASA and WPA.
- One race number (bib) will be issued. Registered athletes must wear their ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
- Minimum age of half marathon competitors on the day of the race 16 years and 14 years for 10km. Proof of age may be requested on race day.
- Temporary licences will be available at registration. When registering, participants must complete and hand in the tear-off slip from the number in order to be eligible to compete.
- No personal seconding allowed, except at official refreshment stations.
- 3.5 hour cut-off for 21 km and 2 hour cut-off for 10km.
- Refreshment stations every 3 km's on the route.
- Proof of age for prize winners may be required and to be presented to referees before prize giving. Prizes will be withheld until age is confirmed.
- In addition to overall (open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and back of their vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
- Juniors (born in 1998 or later) must display category tags "J".
- Runners to obey marshals at all times.
- No blade, cyclist or mechanically operated device allowed in the race.
- No refunds will be entertained.
- Prize winners are requested to stay for the prize giving at 11:00.
- Tog bag facility available at own risk.
- Fun run participants younger than 10 years must be accompanied by an adult.
- For safety reasons the use of personal music players with headphones is not allowed. Use of such a device in contravention of SA rule 30.10.6 may result in disqualification.
- Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees.
- Detailed rules are available on www.wpa.org.za on request from the organisers or the WPA office.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

The following will be available:

- Safe parking
- Food stalls
- Children's entertainment area
- Lucky draws
- Main draw: Weekend for four, including boat cruise and vouchers for wet bike, spa and quad biking