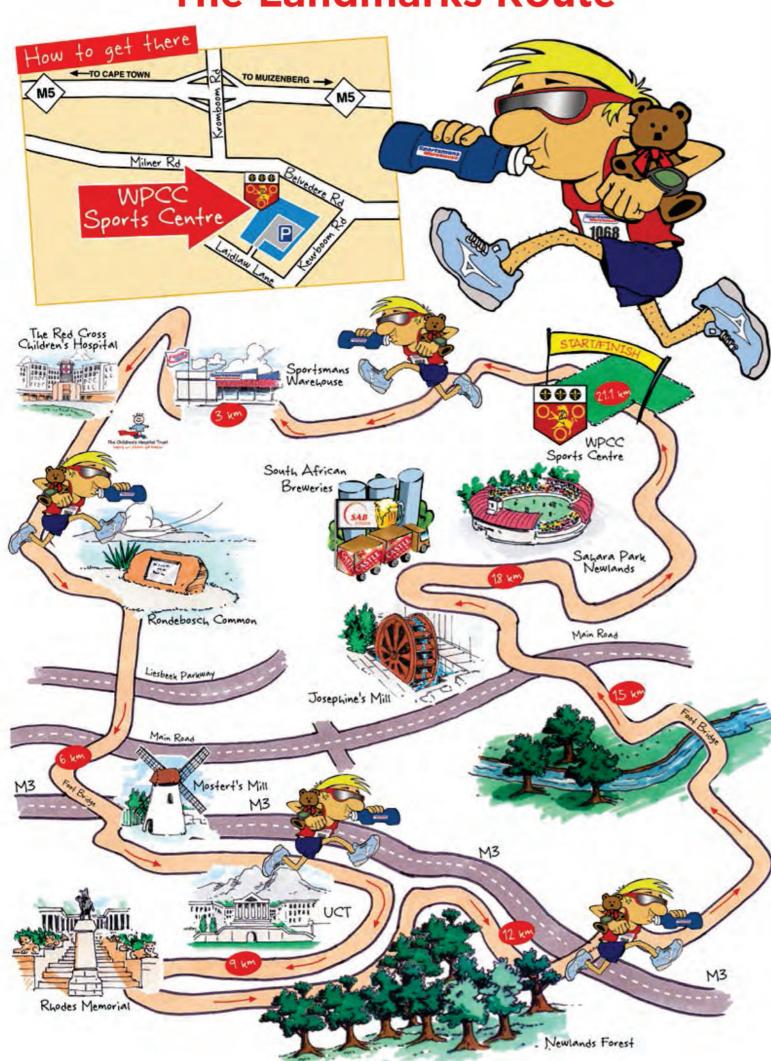
The Landmarks Route











RUNNING WITH TEDDIES AND TEKKIES

Bring a soft toy on race day and drop it off en route at the Red Cross Children's Hospital, the event's official charity

Lots of lucky draw prizes • New 21 km medal • Permanent numbers Online entries: www.topevents.co.za



SA'S LEADING SPECIALIST SPORTS STORE

Shop online: www.sportsmanswarehouse.co.za

winning starts here











THE LANDMARKS CAPE TOWN'S MOST SCENIC 21,1 km











Indulec Electrical CC.



ENTRY FORM

Santal Address	
Postal Address	«».«».«».«».«».«».«».«.
	Postal Code
Tel (H)	Tel (W) Cell
Sex - Male Female 2017 Licen	ce No. Name of club
Age Date of birth	Email
our Permanent Number	
Half Marathon 6 km Fun Run II	D No.
Medical Aid details	
Emergency contact name	Cell
How many Landmarks Half Marathons h	nave you officially completed since 2002?
PRE-ENTRY RACE NUMBER COLLECTION	
At which Sportsmans Warehouse branc	h will you be collecting your race number?
Rondebosch Tyger Valley Cana	al Walk Tokai Pre-entry table on race day
Which brand of shoes do you run in?	
RELEASE AND WAIVER	
shall participate in this race at my own of this race against any claims which re-	risk and indemnify the organizers, Western Province Athletics and sponsor sult from my participation.
Signature	Parent/Guardian (if under 18 years)

ENTRY FEES

	Manual	Online
Half Marathon licensed runner	R 70,00	R 79,80
Half Marathon unlicensed runner (includes temporary licence of R50,00)	R 120,00	R 136,80
6 km Fun Run	R 30,00	R 34,20
Voluntary donation to Red Cross Children's Hospital	R	R
TOTAL	R	R



MEDAL CATEGORIES

Half Marathon	MEN: WOMEN:	Gold 1-3 Gold 1-3	Silver 4-40 Silver 4-40	Bronze to the first 2 500 runners
6 km Fun Run	MEN: WOMEN:	Gold 1-3 Gold 1-3	Silver 4-40 Silver 4-40	Bronze to all finishers within cut-off time

HALF MARATHON PRIZE MONEY - MEN & WOMEN

Age Category	1 ST	2 ND	3 RD	4 TH	5 TH	
Open	R2 000	R1 000	R 600	R 300	R 150	
35-39	R 600	R 400	R 250			
40-44	R 500	R 350	R 200	- NEW PAGE DECORD.		
45-49	R 500	R 350	R 200	NEW RACE RECORD: MEN: R5 000 WOMEN: R5 000 (on the existing course)		
50-54	R 450	R 300	R 150			
55-59	R 450	R 300	R 150			
60-64	R 400	R 250	R 100	CLUB TEAM PRIZES		
65-69	R 400	R 250	R 100	(calculated on total combined times) OPEN MEN: 4 x R500 OPEN WOMEN: 4 x R500 MEN (40+): 3 x R200 WOMEN (40+): 3 x R200		
70+	R 300	R 200	R 100			
16-19	R 300	R 200	R 100			

RACE RECORDS Men: 1:06:11 - Lindikhaya Mthangayi (2011) Women: 1:17:49 - Zintle Xiniwe (2012)

RACE INFORMATION

Race	Start time	Cut-off time	Manual Entry Fee for licensed runners	Manual Entry Fee for unlicensed runners	Online Entry Fee for licensed runners	Online Entry Fee for unlicensed runners
Half Marathon	06h00	09h15	R 70	R 120	R 79,80	R 136,80
6 km Fun Run	06h45	09h00	R 30	R 30	R 34,20	R 34,20

ENTRIES AND PAYMENT

- 1. Online entries are available at www.topevents.co.za from 04 September 2017 and will close on 27 October 2017.
- Cash entries will be accepted at the following Sportsmans Warehouse branches from 10 September 2017.
 Rondebosch, Tyger Valley, Canal Walk and Tokai. Acceptance will close on 22 October 2017.
- 3. Race day entries will be accepted at Western Province Cricket Club (WPCC) Sports Centre from 05h00 onwards.
- 4. Pre-entry race number collection:
 - Saturday 4 November 2017 from 10h00 to 16h00
 at the following Sportsmans Warehouse branches: Rondebosch, Tyger Valley, Canal Walk and Tokai.
 - Or on race day from 05h00 onwards at the pre-entry table at WPCC Sports Centre.
- For cash race entry enquiries, please phone the Western Province Cricket Club Sports Centre on (021) 657 3330.
 For general race enquiries contact Ted@binet.co.za. For online entry enquiries phone Top Events on (021) 511 7130.

GENERAL

- 1. To reach the start, follow boards from the Kromboom Road off-ramp from the M5. (See map)
- 2. Tog bag facilities will be available at own risk.
- 3. Refreshments will be on sale at the event.
- 4. Although there is no separate 'Walkers' category, social walkers are welcome for both the Half Marathon and the Fun Run.
- 5. The Half Marathon route passes 25 famous Cape Town landmarks.
- 6. Prize-giving will start at 09h15.
- 7. There will be numerous spot prizes for the 6 km Fun Run, which will be given out at random at the finish.
- 8. There will be numerous Half Marathon lucky draw prizes. Winners must be present at the prize-giving ceremony to be able to claim their prizes
- 9. Results will be distributed to WPA Clubs by email and will be available on www.wpa.org.za
- 10. A voluntary donation in aid of the Red Cross Children's Hospital Trust would be appreciated.
- 11. For further information, please contact: Website: www.landmarks21.co.za | Plus you can become a fan on Facebook.
- 12. Regrettably the Half Marathon is not suitable for wheelchairs.
- 13. Age category tags will be available for purchase at registration.
- 14. Refreshment stations will be provided at approximately 3 km intervals.
- 15. WPCC Running supports the #Run Clean campaign and no littering during the race will be tolerated. Dispose of sachets and cups responsibly by using the boxes supplied or by carrying them to the Finish. Report offenders to the referees.
- 16. Please remember to bring a soft toy for the Red Cross Children's Hospital. The hospital will also welcome donations of colouring-in books and blow bubbles for the children.
- 17 One race number (bib) will be issued. Registered athletes must wear their ASA licenes on the front and back of the vest. The race licence to be worn on the front partially covering the ASA Licence, so that the ASA licence sponsor remains visible.

RULES

- 1. Age limit: Half Marathon: 16 years or older on the day. 6 km Fun Run: 9 years or older on the day.
- 2. Half Marathon athletes should wear club colours and must display their 2017 licence number on the back and the official race number on the front of their yest.
- Half Marathon athletes with temporary licences MUST wear plain clothing with the race number on the front and the temporary licence number on the back.
- 4. Race numbers must be worn and entry cards carried from start to finish.
- 5. In addition to overall (open) prizes, participants will automatically be entered in the category according to their chronological age. If they wish to run in a younger category they should contact the race organizers. Prizes are in 5-year age categories and appropriate age tags must be worn to qualify for prizes. In the event of disparity between the age category entered and the age tag worn, the age tag will take precedence.
- Participants with temporary licences are eligible for age category prizes, provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
- 7. Juniors (born 1998 or later) must display age tags "J" to qualify for age group prizes. Juniors can count towards open team prizes.
- 8. Proof of age must be presented on request.
- 9. All marshals and traffic officials must be obeyed. Failure to comply will lead to disqualification.
- 10. No personal seconding will be permitted except at official refreshment stations.
- 11. Club colours must be worn to qualify for team prizes.
- 12 Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
- 13 Master age categories are determined by the athlete's age on the day of the race.
- 14 The use of music players with headphones is not allowed and may result in disqualification.

We thank all our sponsors, including the contributors to our refreshment stations















RUNNER'S WORLD

