

ENTRY FORM



PLEASE SELECT: ☐ 42.2KM OR ☐ 21.1KM OR ☐ 10KM

I have completed ☐ Weskus Marathons (42.2km) since 2002.

ID #

RACETEC CHIP #

SURNAME:

POSTAL ADDRESS:

EMAIL ADDRESS:

TEL (H):

FAX:

CLUB:

DATE OF BIRTH:

MEDICAL AID:

NATIONALITY:

AGE ON RACE DAY:

MEMBERSHIP #

PAYMENT

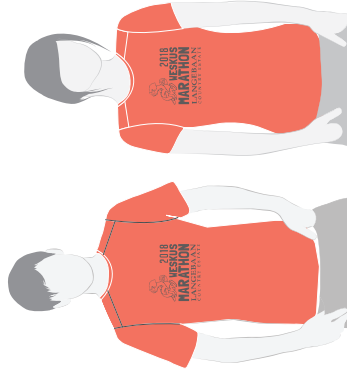
MARATHON (Licensed. Includes R20 bus fee): R 170.00
MARATHON (Unlicensed. Includes R20 bus fee): R 235.00
1/2 MARATHON (Licensed): R 90.00
1/2 MARATHON (Unlicensed): R 145.00
10km (Licensed): R 50.00
10km (Unlicensed): R 85.00
10km (Licensed junior): R 30.00
10km (Unlicensed junior): R 50.00
5km FUN RUN: Only Entries at Langebaan Registration R 25.00
RaceTec Chip (42.2km, 21.1km & 10km): R 100.00
Donation: West Coast National Park: R
DRI FIT T-SHIRT R 200.00

TOTAL R

SIZE: XS S M L XL XXL XXXL

STANDARD CUT: ☐ LADIES CUT: ☐

Size dimensions available at www.weskusmarathon.co.za



Weskus Marathon, PO Box 529, Langebaan, 7357 | Fax: 086 595 2450 | queries@racetec.co.za
BANK DETAILS: Weskus Marathon | ABSA Bank | Vredenburg Branch 521911 | Acc. No. 911 086 3402

I WILL REGISTER AT: ☐ Sportsman's Warehouse Tygervalley: ☐ Langebaan Country Estate: ☐

INDEMNITY

In case of Emergency contact: Name: Contact No:

I agree that I shall participate in this race at my own risk, indemnify the organisers and sponsors of this race and WPA against any claims that may result from my participation and agree to abide by the rules of the race. I take note that the buses are the only transport and the last bus to the 42.2km start leaves at 06:00 from the registration area.

Signature: Guardian (if under 18 years):



WESKUS MARATHON



SAT 21 APRIL 2018



42km
marathon

21.1km
half marathon
Social Walkers welcome

10km
run
Social Walkers welcome

5km
fun run/walk



QUALIFIER

An Unforgettable Run in the West Coast National Park
hosted at the stunning venue

LANGEBAAN COUNTRY ESTATE

Organised by Langebaan Stridlopers in association with West Coast Honorary Rangers

No Late Entries for the 42.2km, 21.2km, & 10km Accepted at Registration

RUN IN ACCORDANCE WITH ASA and WPA RULES

ENTRIES CLOSE ON 16 APRIL 2018

(MARATHON FIELD LIMITED TO 1200 ENTRIES)

10km race is a West Coast Athletics Championship Race



This is a RaceTec
Chip Timed Event



FOLLOW US #WeskusMarathon

ONLINE ENTRIES 10% ADMIN FEE

www.weskusmarathon.co.za



ENTRIES

CLOSING DATE:

Marathon: Monday 16 April 2018. No late entries.
1200 entry limit
Half Marathon: Monday 16 April 2018. No late entries.
10km: Monday 16 April 2018. No late entries.
5km Fun Run: Entries only at Langebaan Registration

HOW TO ENTER:

Post entries to: Weskus Marathon
PO Box 529, Langebaan, 7357
Web entries at: www.weskusmarathon.co.za
Fax entries to: 086 595 2450 (include bank deposit slip)

PAYMENTS:

Acc Name: Weskus Marathon
Acc No.: 911 086 3402
Bank & Branch: ABSA Bank, 521911

ENTRY CONFIRMATION:

www.weskusmarathon.co.za

TEMPORARY LICENCE:

For all non-affiliated entrants:
R65 for Marathon, R35 for Half Marathon,
R35 (seniors) & R20 (juniors) for 10km



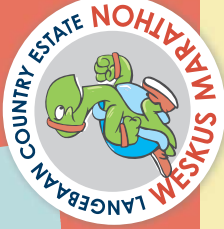
FOOD & STALLS

WHEN : Friday from 16:00 - 20:00

Saturday from 07:00 - 14:00

WHERE : Fri: LCE Clubhouse

Sat: LCE Driving Range



RACE INFORMATION

START: MARATHON: 07:15 HALF MARATHON: 07:15 10KM: 07:30 5KM FUN RUN/WALK: 08:15

BUSES TO MARATHON START:

- Buses will transport runners from registration point at LCE to start inside Park.

- Last bus will depart from registration point at 06:00 (50km drive at 50km/h)

ROUTE:

- Marathon starts at Tzarsbank near Postberg on Western side of Park (sea-side).

- Half Marathon, 10km & Fun Run start at Langebaan Country Estate.

- All four races finish at Langebaan Country Estate.

- Routes mainly through West Coast National Park, with Half Marathon 30% off-road.

- Refreshment stations every 3 km and every 2km for last 10km of the Marathon and Half Marathon.

- Cut-off time for Marathon is 12:45, for Half Marathon is 11:15, and for 10km is 10:00.

RULES:

- One race number (bib) will be issued. Licensed athletes must wear their ASA license on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA license, so that the ASA license sponsor remains visible. Temporary licensed runners must wear the race number on the front of their vest and the temporary license on the back.
- Participants must complete and hand in the tear-off strip from the number in order to be eligible to compete.
- This is a Race Tec timing chip event for the marathon, half marathon and 10km. Except for juniors, all other athletes must wear a Race Tec timing chip. Chips can be bought for a large discount at only R100.
- Athletes must be 20 years and older for the marathon, 16 years and older for the half marathon and 14 years and older for the 10km.
- In addition to Overall (Open) prizes, licensed athletes will only be eligible for an age category prize in the age category they enter. Corresponding numerical age tags must be worn on the front and back of their club vests. Licensed athletes may enter the age category corresponding to their chronological age or any younger category down to senior.
- Temporary licensed participants are eligible for individual age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
- The use of music players with headphones is not allowed and may result in disqualification.
- Juniors (born 1999 or later) wearing a junior license or senior license must display age category "J" tags, to qualify for age group prizes. Juniors will count towards Open team prizes.
- Juniors do not have to wear a Race Tec timing chip and can win a prize without wearing a timing chip.
- Club colours and permanent licenses must be worn.
- No personal recording will be permitted, except at official refreshment stations.
- No cars allowed inside Park during race.
- Do not litter. Dispose of sachets and cups responsibly by using litter boxes near water stations and at every km board, or carry them to the finish. Report offenders to the referees.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

REGISTRATION

WHEN & WHERE:

Friday 20 April 2018: 12:00 - 18:00
at Sportsman's Warehouse Tyger Valley
16:00 - 20:00

Saturday 21 April 2018:

at Langebaan Country Estate (LCE)
Marathon: 04:30 - 05:45 at LCE
Half Marathon & 10km: 05:00 to 30 minutes before races at LCE

Finish:

LCE Driving Range.

TEMPORARY LICENCE:

Temporary number will be supplied with race number.

Temporary licences will be available at registration.

TOG BAGS:

Tog bag facility available at start points. While the organisers will take reasonable care of the bags, no responsibility whatsoever is accepted for loss or damage.



MEDALS

42.2km Gold: First 5 Men & 5 Women Silver: 6th to 50th Bronze: Sub 5h30

21.1km Gold: First 5 Men & 5 Women Silver: 6th to 50th Bronze: Sub 4h00

10km Gold: First 5 Men & 5 Women Silver: 6th to 50th Bronze: Sub 2h30

Fun Run Bronze to First 700 Finishers

PRIZES TOTAL PRIZE MONEY R50 000

42.2km	Open Men & Women	40-49 Men & Women	50-59 Men & Women	60-69 Men & Women	70+ Men & Women	Open Team (Calc. on time)
First	R4000	R900	R500	R500	R300	Men: 4 x R200
Second	R2000	R400	R300	R250	R150	Women: 4 x R200
Third	R1000	R200	R200			
Fourth	R600	R100				
Fifth	R300					

No late entries for
42.2km, 21.1km & 10km
accepted at registration



PRIZE GIVING:

5 km & 10km: 10:15; Half Marathon: 11:30; Marathon: 12:45. Tens of thousands of Rand's worth of lucky draw prizes.

RESULTS:

Results will be available on www.weskusmarathon.co.za, www.wpa.org.za, www.racetec.co.za & on the Race Tec App.

COMRADES:

The marathon is an ideal training run for Comrades.

RECORD HOLDERS:

Marathon Men: Siywe Nkomo: 2h25:12
½ Marathon Men: Bernard Rukadza: 1h06:53
10km Men: Danzell Paulse: 31:16

Marathon Women: Farwa Mentor: 2h58:49
½ Marathon Women: Alae Brand: 1h22:05
10km Women: Yvonne Steenkamp: 39:12

WESKUS MARATHON PROFILE



RACE & ENTRY QUERIES

www.weskusmarathon.co.za

EVENT INFO - Tel: 074 233 8865 | Email: weskusmarathon@gmail.com

RACETEC & ENTRY INFO - Tel: 087 820 7223 | Fax: 086 595 2450 | Email: queries@racetec.co.za

TOURISM INFO - www.visitwestcoast.co.za

For Accommodation Contact Langebaan Country Estate
022 772 2112 | RESERVATIONS@LCE.CO.ZA | WWW.LCE.CO.ZA

THIS IS A #RUNCLEAN EVENT

ENJOY THE HOSPITALITY OF THE WEST COAST