



GANSBAAI LIONS KLUB / CLUB DANGERPOINT HALF MARATHON

30 DESEMBER / DECEMBER 2023

21,1 Km – Half Marathon, 10 Km & 4.9 Km Fun Run

Starting Times / Wegspring tye

21,1km - 07h00

10km – 07h30

4.9km – 08h00

START / WEGSPRING: LAERSKOOL GANSBAAI / GANSBAAI PRIMARY SCHOOL

ONDER DIE REËLS VAN BOLAND ATLETIEK & ASA/ BOLAND ATHLETICS & ASA RULES APPLY

INSKRYWINGS / ENTRIES

GANSBAAI TOURISM OFFICE

028 384 1439

**Aangebied deur: GANSBAAI LIONS KLUB
In samewerking met BREDASDORP
ATLETIEKKLUB Sel Nr: 072 789 3627 Boats**

DRUKWERK TROTS GEBORG DEUR:

TOSHIBA Boland Tel: 023 342 6606

DANGERPOINT HALF MARATHON

Inskrywingsvorm / Entry Form

Licence no:	2023	<input type="text"/>	Temp No	T	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Official use	Race No	<input type="text"/>			
First Name	<input type="text"/>														
Surname	<input type="text"/>														
Birth Date	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>		<input type="text"/>	<input type="text"/>	Cat code	<input type="text"/>	
		Age	on	30/12/2023		Gender M/F	<input type="text"/>						Team code	<input type="text"/>	
Postal Address	<input type="text"/>														
	<input type="text"/>														
	<input type="text"/>											Code	<input type="text"/>		
e-mail	<input type="text"/>														
Tel (W)	<input type="text"/>	–	<input type="text"/>	Tel (H)	<input type="text"/>	–	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	Club	<input type="text"/>		
Mobile	<input type="text"/>				Fax	<input type="text"/>	–	<input type="text"/>					Prov	<input type="text"/>	
Emergency Contact Person	<input type="text"/>														
Mobile	<input type="text"/>				Tel Home	<input type="text"/>	–	<input type="text"/>							
Med Aid	<input type="text"/>				Tel	<input type="text"/>	–	<input type="text"/>							
Athletic Club	<input type="text"/>														
Province	<input type="text"/>										Province Code	<input type="text"/>			

Please CIRCLE the category you are entering below

	Half Marathon		10 Km Run	
	Women	Men	Women	Men
Cat - Description	Age Yrs	Age Yrs	Age Yrs	Age Yrs
Junior	under 20	under 20	under 20	under 20
Open				
40 +	40 +	40 +	40 +	40 +
50 +	50 +	50 +	50 +	50 +
60 +	60 +	60 +	60 +	60 +
70 +	70 +	70 +	70 +	70 +
	Minimum age of participation Men & Women - 16 yrs and older		Minimum age of participation Men & Women - 15 yrs and older	

INDEMNITY and WAIVER: I declare that I am an amateur and undertake to participate in the above event entirely at my own risk. I agree that I shall have no claim whatsoever against the organisers, officials, marshals, sponsors and any local authority or any landowner or servants or employees of any of the above parties for any loss, damage or injury whatsoever which I may suffer as a result of my participation in this event including my arrival there and departure there from and any ceremonies or functions thereof. In the event of my signing this form as a guardian of a minor, I hereby consent to such minor being bound by the waiver including to the extent to which he/she is not capable of waiving his/her rights as stipulated above.

DANGERPOINT HALF MARATHON

Laaste Half-Marathon van die Jaar

'n Skilderagtige roete langs 'n bewaringskusstrook rondom Danger Point en met 'n uitsig oor die hele Walkerbaai, omring deur die Kaapse berge in die verte. Die roete is uniek en strek soms tot teenaan die hoogwatermerk langs die kus waar die Birkenhead gestrand het – speelplek van die Groot Witdoodhaai & die Noordkapper Walvis

Last Half Marathon of the Year

A unique race through the coastal fynbos in a conservation area around Danger Point. The route has magnificent views over the sea and mountains surrounding Walker Bay – the play and breeding ground of the Great White Shark and the Southern Right Whale.

REËLS RULES

For 21.1 Km and 10 Km / Vir 21.1 Km and 10 Km

1. Deelnemers mag in klubklere draf met 'n geldige lisensienommer vir 2023.
TYDELIKE LISENSIENOMMERS R50.00
Competitors may run in club colours with a valid 2023 licence number displayed.
TEMPORARY LICENCE R50.00
2. INSKRYWINGSFOOI / ENTRY FEE:

21,1 Km = R150.00
10 Km = R80.00
4.9 Km = R40.00
3. Inskrywings vanaf 16h00 - 19h00 op 29/12/2023 te Laerskool Gansbaai
Entries from 16h00 - 19h00 on 29/12/2023 at Gansbaai Primary School
4. Laat inskrywings word aanvaar vanaf 05h00 tot 06h45 op 30 Desember 2023
Late entries are allowed from 05h00 till 06h45 on 30 December 2023.

BEGINTYD / STARTING TIME

21,1 Km - 07h00
10 Km - 07h30
4.9 Km - 08h00

5. Water en Coke word langs die pad verskaf / Water and Coke will be supplied on route
6. Afsnytyd / Cut-off time 10h30
7. Prysuitdeling / Prize giving - 10h00

Prize Money / Prysgeeld

Men & Women

	21.1 km			10km	21.1 Km Mens & Ladies Medals	10km Medals	4.9km Medals
	1st	2nd	3rd	1st	Gold / Goud – 1st 10 Places 1ste 10 Plekke	500	500
OPEN	R500	R300	R250	R150	Silver/ Silwer 11 – 100		
40 +	R250	R150	R100	R100			
50 +	R250	R150	R100	R100	Bronze / Brons 101 – 500		
60 +	R250	R150	R100	R100			
70 +	R250	R150	R100	R100			
Under 20	R100	-	-	R100			

Inligting / Information

1. Wedloop begin en eindig op Laerskool Gansbaai se sportgronde.
Race start and finish at Gansbaai Primary, next to main road.
2. Registrasie en laat inskrywings vanaf 05h00 tot 06h45.
Registration and late entries from 05h00 to 06H45.
3. Posinskrywings tot / Postal entries till – 22 Des / Dec 2023
Stuur aan / Send to:
LIONS CLUB GANSBAAI Half Marathon
PO Box 549
Gansbaai, 7220
4. Die organiseerders neem geen verantwoordelikheid vir verlore inskrywingsvorme nie.
The organisers will not take any responsibility for lost entry forms.
5. Inligting / Information: Boats van Staden 072 789 3627
6. Inligtingskantoor / Information Centre 028 384 1439

Verversings te koop / Refreshments on sale

