

RUNNER'S WORLD



21km to Stanford Hills

www.coastlinegroup.co.za

HALF MARATHON 25 March 2023

07:00am  **Grotto Beach. Hermanus**
enter now **R250** www.howler.co.za



Rules and Regulations

1. *Registered athletes must wear race numbers provided*
2. *Cut off times for prizes will be at 10:00am.
Prize giving will start at 09:30am at Stanford Hills Estate*
3. *The Race is organized in accordance with the rules and regulations of Athletics South Africa and Boland Athletics*
4. *Athletes must be 16 years and older to participate*
5. *Traffic officials must be obeyed at all times, disregarding the rules will lead to disqualification*
6. *Refreshment tables are stocked with coke and water*
7. *No seconding from moving vehicle*
8. *Results will be posted on Social media platforms*
9. *Athletes enter at own risk, organizers are not responsible for any loss, damage or injury to participant*
10. *Entry fee is non refundable*
11. *Cut off time for race is 3 hours*
12. *Everyone who completes the race will receive a medal*



PRIZES	1st Place	2nd Place	3rd Place
16 - 19 (Mens & Ladies)	R200	R100	R50
OPEN (Men)	R850	R250	R150
OPEN (Ladies)	R850	R250	R150
40 - 49 (Men)	R300	R150	R100
40 - 49 (Ladies)	R300	R150	R100
50 - 59 (Mens)	R200	R100	R50
50 - 59 (Ladies)	R200	R100	R50
60+ (Mens & Ladies)	R200	R100	R50
70+ (Mens & Ladies)	R200	R100	R50
WALKERS (Mens & Ladies)	R300	R150	R100