

ENTRY FORM



WESKUS MARATHON

PLEASE SELECT: 42.2KM OR 21.1KM OR 10KM

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

ID # RACETEC CHIP #

SURNAME: NAME:

POSTAL ADDRESS:

CODE:

EMAIL ADDRESS:

TEL (H): TEL (W):

FAX: CELL:

CLUB: LICENSE #

DATE OF BIRTH: AGE ON RACE DAY: SEX:

MEDICAL AID: MEMBERSHIP #

NATIONALITY:

PAYMENT

- MARATHON (Licensed. Includes R20 bus fee): R 190.00
- MARATHON (Unlicensed. Includes R20 bus fee): R 260.00
- ½ MARATHON (Licensed): R 110.00
- ½ MARATHON (Unlicensed): R 170.00
- 10km (Licensed): R 70.00
- 10km (Unlicensed): R 110.00
- 10km (Licensed junior): R 40.00
- 10km (Unlicensed junior): R 65.00
- 5km FUN RUN: Only Entries at Langebaan Registration R 30.00
- RaceTec Chip (42.2km, 21.1km & 10km): R 120.00
- Donation: West Coast National Park: R
- DRI FIT T-SHIRT R 220.00



SIZE: XS S M L XL XXL XXXL

STANDARD CUT: LADIES CUT:

Size dimensions available at www.weskusmarathon.co.za

TOTAL R

Weskus Marathon, PO Box 529, Langebaan, 7357 | Fax: 086 618 3591 | info@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:

DISCLAIMER: Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletics bodies and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event. I take note that the buses are the only transport and the last bus to the 42.2km start leaves at 05:30 from the registration area.

Signature: Guardian (if under 18 years):



WESKUS MARATHON

Saturday, 23 March 2019



42.2km marathon start 06h45	21.1km half marathon Social walkers welcome start 06h45	10km run Social walkers welcome start 07h00	5km fun run/walk start 08h00
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An Unforgettable Run in the West Coast National Park

hosted at the stunning venue

LANGEBAAN COUNTRY ESTATE

Organised by Langebaan Strandlopers in association with West Coast Honorary Rangers

No Late Entries for the 42.2km, 21.1km & 10km

RUN IN ACCORDANCE WITH ASA and WPA RULES

ENTRIES CLOSE ON 18 MARCH 2019

(MARATHON FIELD LIMITED TO 1200 ENTRIES)

42.2km 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 18 March 2019. No late entries. 1200 entry limit
 Half Marathon: Monday 18 March 2019. No late entries.
 10km: Monday 18 March 2019. 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: 086 618 3591 (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:
 R70 for Marathon, R60 for Half Marathon,
 R40 (seniors) & R25 (juniors) for 10km

REGISTRATION

WHEN & WHERE:

Friday 22 March 2019: 12:00 - 18:00
 at Sportsman's Warehouse Tyger Valley
 16:00 - 20:00
 at Langebaan Country Estate (LCE)
 Saturday 23 March 2019: Marathon: 04:00 - 05:15 at LCE
 Half Marathon & 10km: 04:30 to 30 minutes
 before races at LCE
 LCE Driving Range

Finish:

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.

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: 06:45 HALF MARATHON: 06:45 10KM: 07:00 5KM FUN RUN/WALK: 08:00

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 05:30 (50km drive at 50km/h)

ROUTE:

- Marathon starts at Tzaarsbank 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 12:15, for Half Marathon is 10:45, and for 10km is 09:30.

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 licence on the back.
- Temporary licenses will be available at registration. When registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete.
- This is a RaceTec timing chip event for the marathon, half marathon and 10km. Except for juniors in the 10km race, all other athletes must wear a RaceTec timing chip. Chips can be bought for a large discount at only R120.
- 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, 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. Athletes may enter the age category corresponding to their chronological age or any younger category down to senior.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize including Juniors and temporary licensed participants, who must provide proof of age on request.
- The use of music players with headphones is not allowed and may result in disqualification.
- Juniors (born 2000 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 in the 10km race do not have to wear a RaceTec timing chip and can win a prize without wearing a timing chip, but might not get an official time.
- Licensed athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licensed athletes must run in clothing without advertising.
- No personal seconding 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. #RunClean
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.



Langebaan is only 125km from Cape Town

LOADS OF LUCKY DRAWS
 RUNNING SHOES,
 RUNNING GEAR,
 RESTAURANT VOUCHERS,
 EXCLUSIVE HAMPERS,
 B&B VOUCHERS,
 & MORE!

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 800 Finishers

PRIZES TOTAL PRIZE MONEY R60 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	R4500	R1000	R500	R500	R500	Men: 4 x R250
Second	R2250	R500	R250	R250	R250	Women: 4 x R250
Third	R1250	R250	R200			
Fourth	R750	R200				
Fifth	R400					

No late entries for 42.2km, 21.1km & 10km

21.1km	Open Men & Women	40-49 Men & Women	50-59 Men & Women	60-69 Men & Women	70+ Men & Women	Open Team (Calc. on time)
First	R3000	R600	R400	R400	R400	Men: 4 x R150
Second	R1500	R300	R250	R250	R250	Women: 4 x R150
Third	R750	R200	R150	R150	R150	
Fourth	R400	R150				
Fifth	R250					

10km	Open Men & Women	40-49 Men & Women	50-59 Men & Women	60-69 Men & Women	70+ Men & Women	14-19 Men & Women
First	R900	R300	R250	R250	R250	R300
Second	R450	R160	R150	R150	R150	R250
Third	R250	R110	R100	R100	R100	R200
Fourth	R200					R150
Fifth	R150					R130
Sixth						R100



Leaders in sports photography
 Jetline will be present on the day for all official photos

PRIZE GIVING:

5 km & 10km: 09:45; Half Marathon: 11:00; Marathon: 12:15. 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 RaceTec App.

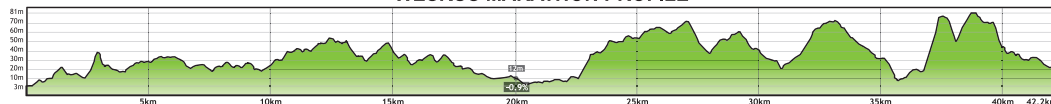
COMRADES:

The marathon is a Comrades qualifier and ideal training run for Two Oceans

RECORD HOLDERS:

Marathon Men: Siviwe Nkombi: 2h25:12
 Marathon Women: Farwa Mentoor: 2h58:49
 ½ Marathon Men: Bernard Rukadza: 1h06:53
 ½ Marathon Women: Alae Brand: 1h22:05
 10km Men: Danzil Paulse: 31:16
 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: 086 618 3591 | Email: info@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