

**SUNDAY**  
**18 FEBRUARY 2024**

**ENTER AT: [www.peaktiming.co.za](http://www.peaktiming.co.za) / [www.webtickets.co.za](http://www.webtickets.co.za)**

**MANUAL ENTRIES AT WEBTICKETS AT ANY PICK'N PAY STORE**

The Balwin Sports Peninsula Marathon is one of South Africa's iconic races with a rich history going back nearly 60 years. Running from Cape Town to Simons Town, along the spectacular False Bay coastline, this flat, fast route is made for personal best times. The event is an Abbott age group World Rankings qualifier.



**FEES**

RACE	EARLY BIRD BEFORE 15/12/23	AFTER 15/12/23	TEMPORARY LICENCES	BUS TICKETS
42KM	R330*	R360*	R85	R60
21KM	R210	R230	R75	R40

- **\*70+ FREE ENTRY FOR 42KM (EXCLUDES TEMP LIC IF REQUIRED)**
- **ENTRIES CLOSE THURSDAY 8 FEBRUARY 2024**
- **NO ONLINE ENTRY ADMIN FEES ARE CHARGED**

**REGISTRATION**

DATE	TIME	VENUE
FRIDAY 16/02/24	12h00 - 17h00	Sportsmans Warehouse
SATURDAY 17/02/24	10h00 - 17h00	<ul style="list-style-type: none"> <li>• Tokai</li> <li>• Tygervalley</li> <li>• Rondebosch</li> <li>• Somerset West</li> </ul>

**START & FINISH VENUE**

DIST	START TIME	START	FINISH
42KM	05h15	Main Road, Green Point (Opp Cape Town Stadium)	Simon's Town Naval Base
21KM	07h00	Bergvliet Sport's Club, Children's Way, Bergvliet	Simon's Town Naval Base

**BUS SERVICE**

BUS SERVICE	DEPART FROM	DROP OFF	FEE
42KM	Finish- Simon's Town Naval Base	Green Point	R60
21KM	Finish- Simon's Town Naval Base	Bergvliet	R40



**RACE OFFICE**

063 772 3537 | [info@theroc.co.za](mailto:info@theroc.co.za)

RACE DIRECTOR: GLENN MULLER - 082 997 3252

EMAIL: [INFO@CELTICHARRIERS.CO.ZA](mailto:INFO@CELTICHARRIERS.CO.ZA)



## COMPETITION RULES

- Balwin Sport Peninsula Marathon and Half Marathon 42.2km and 21km races are run in accordance with the rules of WA, ASA and WPA.
- Participants in the 21km must be 16 years of age or older on race day, and 20 years or older for the 42.2km.
- One race number (bib) will be issued. Registered athletes must wear their ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence sponsor remains visible.
- Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
- Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
- Licensed athletes should wear club colours.
- Temporary licenced athletes must run in clothing without advertising.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
- Cut-off Times:
  - 42KM Cut-off Times
  - 21KM - 08h15
  - 33KM - 10h00
  - Finish - 11h15
  - 21KM Cut-off Times
  - 10KM - 09h00• Finish - 11h00
- Prize-giving will be at 11:00am for the 42.2KM and the 21KM.
- Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. #RunClean.
- The use of music players with headphones is not allowed and may result in disqualification.
- Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and back of their club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
- Medals will be handed to all finishers.
- Toilets will be available at the start and finish.
- All traffic officers and marshals to be obeyed. Although traffic officers will supervise major road intersections, entrants must be careful of traffic.
- A secure tog bag area will be available on the day of the race. Your bag needs to be handed in at the start of the race and collected at the finish. Use the tog bag facility at your own risk.
- No personal seconding will be permitted.
- There will be distance markers at each kilometre.
- Refreshment Stations will be located at every 3km mark
- Bus Service - Runners can pre-purchase bus tickets via the entry platforms. Runners will not be able to purchase tickets on race day.
- Social walkers are welcome.

**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.

## PRIZE MONEY - MALE & FEMALE

POSITION	42KM				
	OPEN	40-49	50-59	60-69	70+
1	R12000	R3000	R2000	R2000	R2000
2	R8000	R2000	R1500	R1500	R1500
3	R5000	R1000	R800	R800	R800
POSITION	21KM				
	OPEN	40-49	50-59	60-69	70-79
1	R6000	R1500	R1000	R1000	R1000
2	R4000	R1000	R700	R700	R700
3	R2500	R500	R450	R450	R450

## PRIZE GIVING 42KM AND 21KM AT 11H00

## FREE RACE SHIRTS

Free Race Shirts are given to the first 4000 Entries across the 42km and 21km Races.



## EVENT CHARITY: DOUGLAS MURRAY HOME FOR THE AGED

Balwin Sport Peninsula Marathon supports both the Balwin Foundation and the Douglas Murray Home for the Aged (DMH). Based in Retreat, Cape Town, the Home was established in 1969. The DMH appreciates the contribution that the elderly made while they were young. The DMH provides personal care, compassion and support to up to 80 of the elderly allowing them to enjoy their twilight years with pride, comfort and dignity.



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