

Infantry School

Cango

42.2km & 21.1km



Saturday 24th February 2024

Race Starts: 42.2km // Cango Caves // 06 :00
21.1km // Ou Tol // 06 :00
4km: **Friday 23rd February 2024**

Finish Venue: Military Base "Infantry School"

Cut-Off Times: 21.1km = 3.5 hours // 42.2km = 6 hours

Entry Fees:

42.2km: Licensed R300.00 // Unlicensed : R345.00

21.1km: Licensed: R240.00 // Unlicensed: R285.00

4km: R20.00 Per person.

**Friday,
23rd February 2024**
On the day hand entries only.
Fun Walk or Fun Run
4KM (R20).
Eats and drinks.

**Saturday,
24 February 2024**
Cango Marathon and
Half marathon 2024.
Eats and drinks.

This event is held under the rules and regulations of ASWD, ASA and WA. The event is timed by IPICO timing chip. No chip no time. Entries close midnight on the 4th February 2024. No late entries accepted. No upgrades or downgrades allowed.

C A N G O
C A V E S



Infantry School **Cango**

Race Information:

- All participants must collect their chips at the Military Base Oudtshoorn Sport ground on Friday, 23 February 2024 between 15:00 and 22:00 or on Saturday 24 February 2024 at the different starting points between 04:45 and 05:50.
- 4km Fun Run/Walk run Friday, 23 February 2024 at 18:00, from Military Base Oudtshoorn Sport ground. Lots of lucky draws!!!
- Transport for the marathon to the Cango Caves at 04:00 sharp and half marathon to OuTol at 05:00 sharp, will leave from Infantry School Parade ground.
- The 21,1 km walk and the 21,1 km starts at 06:00 from the Ou Tol.
- The 42,2 km starts at 06:00 from the Cango Caves . All races will end at the Military Base Oudtshoorn sport ground.
- 42,2 km cut-off time 12:00 * 21,1 km cut off time 09:30 * 21,1 km walk cut off time 10:00
- Prize giving at 12:30 at Military Base, Oudtshoorn sport ground.
- Ablutions at the different start points and at the end point (military sports fields).

Number Collection:

Number collection will take place on Friday 23rd February 2024 from 14:00 – 22:00 at the Military Base Sports ground, as well as on the morning of the event from 03:30 – 05:00. NO collections will take place at either of the start venues.

Transport timings and only buses:

Transport for the marathon to the Cango Caves at 04:00 sharp and half marathon to OuTol at 05:00 sharp, will leave from Infantry School Parade ground. Please be on time. No individual vehicles will be allowed to transport athletes to the start. This rule will be strictly enforced by Law enforcement. Only organizers and race referees allowed.

ASWD Licensed athlete take note:

DONT forget your IPICO chip – you will have to pay R20 to loan one for the race. Lost your chip – you will have to pay R75 for a replacement chip.

RACE TIMING: An IPICO timing chip will be made available, on a loan basis, to all participants apart from ASWD licensed athletes who are to use their current personalised chips. The chip is to be worn on your shoe for the duration of the event. The loan chips are to be handed back at the end of the race in exchange for a medal. Participants will be held responsible for lost or damaged chips or those not handed back as required. It remains your responsibility to return the chip to the race organiser even in the event of not completing the race.

Prize giving & Incentives:

	42,2KM		21,1KM		21,1 KM WALK	
	MEN	LADIES	MEN	LADIES	MEN	LADIES
Open: 1st	R1500	R1500	R800	R800	R300	R300
2nd	R1000	R1000	R600	R600		
3rd	R500	R500	R400	R400		
40-49: 1st	R600	R600	R300	R300	R300	R300
50-59: 1st	R600	R600	R300	R300	R300	R300
60+: 1st	R600	R600	R300	R300	R300	R300
70+: 1st	R600	R600	R300	R300	R300	R300
80+: 1st	R600	R600	R300	R300	R300	R300
Jnr: 1st	-	-	R300	R300	R300	R300

42,2 km	MEN		LADIES	
	Sub 2:10:00 R1000	Sub 2:15:00 R500	Sub 2:45:00 R1000	Sub 2:50:00 R500

Incentives will only be paid out to a maximum total of R5000,00.

INDEMNITY I agree not to hold the Military Sport Club, or Infantry School, or any other sponsors, or any persons assisting in the organization or holding of the race liable for any loss, injury or illness, which I may suffer directly or indirectly as a result of participating in the race, or for any damages to my property or loss of my property which I may suffer directly as a result of participating in the race. I confirm that this special agreement is entered into for the benefit of the Military Sport Club, the sponsor and the persons assisting in the organizing and holding of the race.

RACE RULES

- The Cango Marathon and Half Marathon is run in accordance with the rules of ASA and ASWD.
- The Cango Marathon and Half Marathon is open to all licenced and non-licenced runners of 16 years and older for the 21.1km and 20 years and older for the 42.2km.
- Licensed runners should wear club colours. Official event race number to be worn on the front. Registered athletes must wear their ASA licenses 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.
- Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
- Unlicensed runners must wear plain clothes (no advertising permitted). Official event race number to be worn on the front and the temporary license number on the back.
- Personal seconding is not permitted except at official refreshment stations. Private vehicles are requested not to follow the athletes on the route.
- 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 up to senior.
- Proof of age is required for category prizes.
- Each race distance has a different race number range and colour with your data captured electronically. Do not transfer between races without notifying the race organisers.
- All traffic officers and marshals must be obeyed.
- The race organisers reserve the right to accept or reject any entry.
- The entry fee is non-refundable.
- Kilometre marker boards will be placed at each kilometre mark.
- Drinking / Sponging stations shall be provided at 3km intervals (Min 2.5km – Max 3.5km apart), or more frequently if weather conditions warrant such provision. Water and other suitable refreshments shall be available at the start and finish of all races.
- Medals will be handed to all finishers who complete the event within the cut off time.
- There will be tog bag facilities. Bags dropped off at runners' own risk. The organiser will be not be held responsible for any loss or damages.
- Toilets will be available at the finish venue.
- The use of music players with headphones is not allowed and may result in disqualification.
- 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.

Race venue & beer garden:

Beer tent and food stalls available on sports field.

Accommodation:

No accommodation at military base.
Oudtshoorn Tourism Tel: 0442792532.

Enquiries: Joan Monakedi: Telephone – 073 732 1740 (office hours)

The Race Organiser: Richard Hughes –

Cell phone: 082 563 4573 (office hours) hughesrichard2014@gmail.com.

POPI act: The Protection of Personal Information Act (or POPI Act) is South Africa's equivalent of the EU GDPR. It sets some conditions for responsible parties (called controllers in other jurisdictions) to lawfully process the personal information of data subjects (both natural and juristic persons).

SIGNATURE

Date

Parent / Guardian (If under 18 years)

