



MAMRE HALF MARATHON

(INCORPORATING THE
WPA 21.1KM CHAMPIONSHIPS)



21KM WPA CHAMPIONSHIP

SATURDAY 22nd JUNE 2024

MAMRE PRIMARY SCHOOL

21.1km: 08h00 am // 10km:08h10am // 5km: 08h20am //

The first 10 men & women will receive gold medals in the 21.1km and 10km races,
11 -100 will receive silver medals, 101-1000 will receive bronze medals.

**THIS EVENT IS HELD UNDER THE RULES AND REGULATIONS OF, ASA AND WESTERN PROVINCE
ATHLETICS & ORGANISED BY MAMRE ATHLETICS CLUB**



ENTRY FORM

Race distance 21.1km 10km 5km

Age category U14 14-16 16-19 20-39 40-49 50-59 60-69 70+

ID Number

Date of birth D D M M Y Y Y Y **AGE** **MALE** **FEMALE**

Surname

First Name

Tel. (w) **Cell**

Email

Do you belong to a running club? YES NO

Club **2024 Licence Number**

Province

Emergency Contact **Contact Number**

Medical Aid Name **Medical Aid Nr.**

EVENT	ENTRY FEE
21km Licensed Athlete	R170.00
21km Unlicensed Athlete	R240.00
10km Licenced Athlete	R90.00
10km Unlicensed Athlete	R140.00

EVENT	ENTRY FEE
10km Junior Athlete	R60.00
10km Junior Unlicensed Athlete	R90.00
5km Fun Run/Walk	R50.00
Masters 70 + Free for licenced runners	R75 Temp runners

Indemnity and Waiver:

I agree not to hold the Mamre Athletics Club, ASA, WPA, sponsors, or any persons assisting in the organizing of the race liable for any injury or illness, which I may suffer directly or indirectly as a result of participating in the race. I confirm that this Special Agreement is entered into for the benefit of the Mamre Athletics Club event, the sponsors and the persons assisting in the organizing of the event.

Signed: Date

(Signature of parent or guardian if under the age of 18.)

HOW TO ENTER

ONLINE

Online entries at www.topevents.co.za closing at 23h55 19June. Entries will be taken on the day of the event from 05h30 in the morning. Should you have any enquiries about entering online, please contact **Top Events on email info@topevents.co.za**.

RACE DAY

Entries will be taken on race day from 05h00 at the Mamre Primary School in the hall. A 10% service fee will be charged when entering online.

CONFIRMATION OF ENTRY

When entering online please be sure to add in your email address to receive your confirmation email. This email needs to go with you to number collection on 22nd June 2024.

NUMBER COLLECTION

Number collection for online entries will be on 22nd June 2024 at the Mamre Primary School from 05h00.

START TIMES	CUT OFF TIMES	PRIZE GIVING
21km: 08h00am	3 Hours 30 Minutes: 11:30	11:30
10km: 08h10am	10km - 2 hours: 10:10	10:15
5km: 08h20am	5km - 1 Hour: 09:20	09:25

PRIZE MONEY: (Men and Women)

21km			
CATEGORY	1ST	2ND	3RD
OPEN	R1200	R800	R700
40-49	R550	R450	R350
50-59	R550	R450	R350
60-69	R550	R450	R350
70+	R550	R450	R350
TEAMS MEN (open)	R200 (X4)		
TEAMS WOMEN (open)	R200 (X4)		

10km			
CATEGORY	1ST	2ND	3RD
OPEN	R700	R550	R400
40-49	R400	R300	R200
50-59	R350	R300	R200
60-69	R350	R300	R200
70+	R350	R300	R200
JNR	R350	R300	R200
TEAMS MEN (open)	R150 (X4)		
TEAMS WOMEN (open)	R150 (X4)		

Spot prizes at prize giving at 11h30 in the Mamre Primary School Hall.

WPA CHAMPIONSHIP MEDALS AND PRIZES

Medals to first 3 in Age Categories (Open, 40-49, 50-59, 60-69 & 70+). All permanently licenced members of WPA clubs are eligible for the WPA championships medals and prizes.

PRIZE MONEY AS FOLLOW FOR CHAMPIONSHIP RACE PER CATEGORY					
1st Place	2nd Place	3rd Place	4th Place	5th Place	6th Place
R1000	R750	R500			

RACE RULES

- The Mamre 21.1km and 10km are open all licenced and non-licenced runners of 16 years and old for the 21.1km and 14 years and old for the 10km.
- 2024 Licence numbers must be worn on the front and the back of the vest.
- Temporary licences will be available at registration. R70 for the 21.1km, R50.00 for 10km Senior and R30 for 10km Junior.
- 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.
- Unlicensed runners must wear plain clothes (no advertising permitted) and the temporary licence on the front of the vest.
- No personal seconding will be permitted except at official refreshments stations.
- Race numbers will be handed out to the 10km runners/walkers only.
- 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.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or WPA office.
- For safety reasons the use of personal music players with headphones is not allowed. Use of such a device may result in disqualification.
- Ensure that your club name and licence number are filled in on your entry card.
- 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 (40, 50, 60.etc.) 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.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- Athletes competing for a category prize must wear age category tags (on the front and the back).
- Licenced runners must wear club colours to qualify for team prizes.
- No swapping of WPA licence numbers is allowed this will result in your disqualification and possible disciplinary action.
- Juniors must provide proof of age to qualify for prize money.
- Juniors (born in 2005 or later) wearing a junior or senior licence must display "J" age category tags to qualify for age group prizes.
- Entry race cards must be in athletes possession at all times during the race.
- All traffic officers and marshals must be obeyed.
- Proof of age is required for category prizes.
- The race organisers reserve the right to accept

- or reject any entry.
- Kilometre markers will be placed at each kilometre mark
- Refreshments stations will be situated approximately every 3km.
- The first 10 men & women will receive gold medals in the 21.1km and 10km races, 11 -100 men & women will receive silver medals 101-1000 will receive bronze medals.
- There will be a tog bag facility available. Organisers and Mamre Athletic Club members will not be held responsible for loss or damages. Do not leave valuables or cash in your bag.
- Toilets will be available.
- Parking is available on the school grounds.

5km Fun Run/Walk Children:

- Children under 10 years must be accompanied by an adult. Prams allowed, but no pets.
- Medals to all Finishers of the Fun Run.
- License not required for Fun Run.
- The fun run will finish at 09h15 and spot prizes available.

DIRECTIONS TO MAMRE VIA N7 AND R27 ROUTE A (via N7)

1. Follow N7 until Philadelphia/ Stellenbosch/ Atlantis turn-off (intersection) about 1km passed the ENGEN SWARTLAND 1-STOP.
2. Turn LEFT and continue until T-junction (Tree Lane- R304)(Atlantis)
3. Turn RIGHT, continue until STOP (+/- 6.5km), go over to the next STOP (+/- 200m further) NB!! Landmark: Saxonwold Supermarket and road connection to/from Malmesbury on right hand side of the stop.
4. Continue with tree lane over a third stop (Witsand informal Settlement) and continue over 2 traffic circles to the first 4way stop.
5. At 4way stop turn RIGHT and continue through Atlantis over four 4way stops.
NB!! LANDMARK:
KFC right hand side of 1st 4way stop.
6. Follow 21km road signs past Silverstream road and LEFT into Main road to Mamre.
7. Follow marshals instructions into entry area.

ROUTE B (via WEST COAST ROAD/R27)

1. Follow R27 past the Melkbos traffic lights until Atlantis/Mamre turn-off 7km/14km sign.
2. Turn RIGHT and continue with road past Atlantis (on your Right) until T-junction and STOP sign.
3. Turn LEFT at T-junction, follow nrs 6 and 7 above.

EVENT CONTACT DETAILS:

Lesley Daniels (0791116489)
Tania Bartes (0747077555)

THANKS TO OUR SPONSORS

