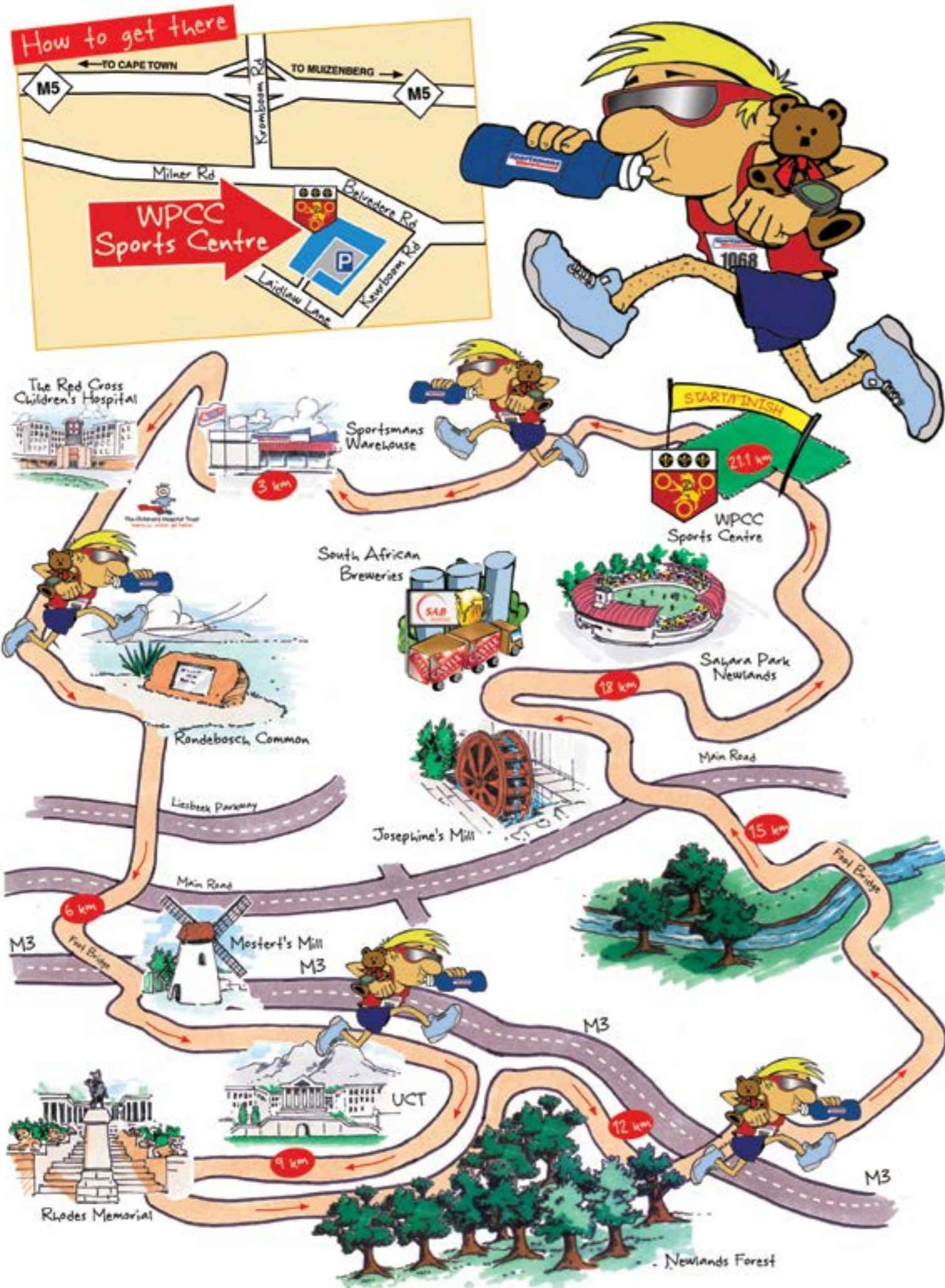


The Landmarks Route



'Think Twice!
Take the Step! Don't Litter!'



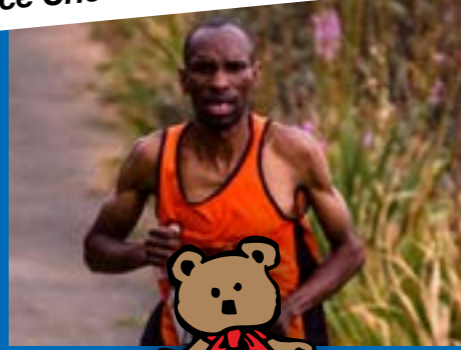
Sunday 3RD
November 2019

The Landmarks Half Marathon & 6 km Fun Run



**18TH
YEAR**

in Proud Association with SANParks
Western Province Cricket Club Running Section
in accordance with the rules of ASA & WPA
Venue: Western Province Cricket Club, Ave De Mist, Rondebosch



RUNNING WITH TEDDIES

Bring a soft toy on race day and drop it off en route at the Red Cross Children's Hospital, the event's official charity

Lots of lucky draw prizes • New 21 km medal • Permanent numbers
Online entries: www.topevents.co.za



SA's LEADING SPECIALIST SPORTS STORE
Shop online: www.sportsmanswarehouse.co.za

winning starts here





ENTRY FORM

THE LANDMARKS
CAPE TOWN'S MOST SCENIC
21,1 km



Proline.
Proline.



Event	Half Marathon	6km Fun Run	Please indicate at which pre-entry point you will be collecting your race number?	Sportsmans Warehouse Canal Walk	Sportsmans Warehouse Rondebosch	Sportsmans Warehouse Tokia	Sportsmans Warehouse Tyger Vally	Pre-entry Table on race day				
Name:												
Last Name:												
ID No.:				Date of birth:	D	D	M	M	Y	Y	Y	Y
Gender:	M	F	Your age on race day:	Number of Landmarks Half Marathons you have officially completed since 2002:		Your permanent race number:						
Address:				Home No.:								
				Work No.:								
				Cell No.:								
Email Address												
Emergency Contact:	Name:				Nationality:							
	No.:											
Medical Aid:	Name:				Club Name:							
	No.:				Licence No.:							

Release and Waiver

I shall participate in this race at my own risk and indemnify the organizers, Western Province Athletics and sponsors of this race against any claims which result from my participation.

Signature: _____ Parents/Guardian (if under 18 years)

ENTRY FEES

	Manual	Online
Half Marathon licensed runner	R100,00	R111,25
Half Marathon unlicensed runner <small>(includes temporary licence of R60,00)</small>	R160,00	R171,25
6 km Fun Run	R 30,00	R 34
Voluntary donation to Red Cross Children's Hospital	R	R
TOTAL	R	R



MEDAL CATEGORIES

Half Marathon	MEN:	Gold 1-3	Silver 4-40	Medals to the first 2 500 Runners
	WOMEN:	Gold 1-3	Silver 4-40	
6 km Fun Run	MEN:	Gold 1-3	Silver 4-40	Medals to the first 2 500 Fun Runners
	WOMEN:	Gold 1-3	Silver 4-40	

HALF MARATHON PRIZE MONEY - MEN & WOMEN

Age Category	1 ST	2 ND	3 RD	4 TH	5 TH
Open	R 2 900	R 1 600	R 1 100	R 700	R 600
40-49	R 1 400	R 1 000	R 600	King and Queen of the mountain will receive a special medal and a voucher from Sportsmans Warehouse	
50-59	R 1 100	R 800	R 500		
60-69	R 900	R 600	R 300		
70+	R 800	R 500	R 300		

NEW RACE RECORD:
MEN: R5 000 | WOMEN: R5 000
(on the existing course)

RACE RECORDS

★ Men: 1:06:11 - Lindikhaya Mthangayi ★ Women: 1:17:49 - Zintle Xiniwe

RACE INFORMATION

Race	Start time	Cut-off time	Manual Entry Fee <small>for licensed runners</small>	Manual Entry Fee <small>for unlicensed runners</small>	Online Entry Fee <small>for licensed runners</small>	Online Entry Fee <small>for unlicensed runners</small>
Half Marathon	06h00	09h15	R100	R160*	R111,25	R171,25 *
6 km Fun Run	06h45	09h00	R 30	R 30	R 34	R 34

*Includes R60 temp license fee

ENTRIES AND PAYMENT

- Online entries are available at www.topevents.co.za from 1 August 2019 and will close on 25 October 2019.
- Cash entries will be accepted at the following Sportsmans Warehouse branches from 1 August 2019: Rondebosch, Tyger Valley, Canal Walk and Tokai. Acceptance will close on Sunday 20 October 2019.
- Race day entries will be accepted at Western Province Cricket Club (WPCC) Sports Centre from 05h00 onwards.
- Pre-entry race number collection:
 - Saturday 2 November 2019 from 10h00 to 16h00 at the following Sportsmans Warehouse branches: Rondebosch, Tyger Valley, Canal Walk and Tokai.
 - Or on race day from 05h00 onwards at the pre-entry table at WPCC Sports Centre.
- For cash race entry enquiries, please email the WPCC ted@landmarks21.co.za. For general race enquiries contact ted@landmarks21.co.za. For online entry enquiries phone Top Events on (021) 511 7130.

GENERAL

- To reach the start, follow boards from the Kromboom Road off-ramp from the M5. (See map)
- Tog bag facilities will be available at own risk.
- Refreshments will be on sale at the event.
- Although there is no separate 'Walkers' category, social walkers are welcome for both the Half Marathon and the Fun Run.
- The Half Marathon route passes 25 famous Cape Town landmarks.
- Prize-giving will start at 09h15.
- There will be numerous spot prizes for the 6 km Fun Run, which will be given out at random at the finish.
- There will be numerous Half Marathon lucky draw prizes. Winners must be present at the prize-giving ceremony to be able to claim their prizes.
- Results will be distributed to WPA Clubs and will be available on www.wpa.org.za
- A voluntary donation in aid of the Red Cross Children's Hospital Trust would be appreciated.
- For further information, please contact: Website: www.landmarks21.co.za | Plus you can become a fan on Facebook | ted@landmarks21.co.za
- Wheelchair competitors must please contact the organisers timeously to discuss arrangements for their participation.
- Age category tags must be worn (front & back) and visible for the entire race to be eligible for any category prize. Age category tags will be available for purchase at registration.
- Refreshment stations will be provided at approximately 3 km intervals.
- WPCC Running supports the #Run Clean campaign and no littering during the race will be tolerated. Dispose of sachets and cups responsibly by using the boxes supplied or by carrying them to the Finish. Report offenders to the referees.
- Please remember to bring a soft toy for the Red Cross Children's Hospital. The hospital will also welcome donations of colouring-in books and blow bubbles for the children.
- Temporary licence holders must complete and hand in TEAR OFF strip on Temp licence in order to be Eligible to Compete

RULES

- Age limit: Half Marathon: 16 years or older on the day. 6 km Fun Run: 9 years or older on the day.
- 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.
- Entry cards must be in the athlete's possession during the race and handed in at the results board at the Finish.
- In addition to overall (open) prizes, participants will automatically be entered in the category according to their chronological age. If they wish to run in a younger category they should contact the race organizers. Prizes are in 10-year age categories and appropriate age tags must be worn to qualify for prizes. In the event of disparity between the age category entered and the age tag worn, the age tag will take precedence.
- Participants with temporary licences are eligible for age category prizes, provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
- Juniors (born 2000 or later) must display age tags "J" to qualify for age group prizes. Proof of age must be presented on request.
- All marshals and traffic officials must be obeyed. Failure to comply will lead to disqualification.
- No personal seconding will be permitted except at official refreshment stations.
- Temporary licenced athletes must run in clothing without advertising.
- The use of music players with headphones is not allowed and may result in disqualification.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

We thank all our sponsors, including the contributors to our refreshment stations

