



correctional services

Department:
Correctional Services
REPUBLIC OF SOUTH AFRICA

HELDERSTROOM ATHLETICS
PROUDLY PRESENTS

OVERBERG BLUE CRANE



HALF MARATHON

5 KM • 10 KM • 21 KM

SATURDAY

09 MARCH 2024

STARTS AT 7AM

5km starts @ 8am

10km starts @ 7am

21km starts @ 07h15

FOR MORE INFORMATION CALL

Zanozuko Hesewu : 065 563 7681

Cymenthia Madelisa: 081 090 2530

Stone Basini : 083 459 0689

REGISTRATION

Online registrations will be closed on 3rd March 2024.

On the day of the race from 5am- 6am

ENTRY FEES

21 KM	10 KM	5 KM
Licensed R130.00	Licensed R90.00	R50.00
Unlicense R190.00	Unlicense R130.00	



ASSUPOL
GENERAL PURPOSE WATER SUPPLY SERVICE



RACE INFORMATION

- Manual entries: Thursday 10h00 - 16h00
Friday 10h00 - 16h00
day of race Saturday 5am - 6am
- Online entries will be closed on 3rd March Monday 2024
- Number collection will be at the venue as from Friday between 10h00 - 16h00 and as Saturday 5am - 6am
- Runners will be taken by buses to the starting point for 21.1 km and 10km
- Start time of 10km - 7h00
21km - 7h15
5km - 8h00.
- The cut off time for the 21 km is 3h30min and for the 10km 2h30min.
- Starting point for 21km R321 (Draaiberg Road) 10km turn off R43 and Helderstroom Road.
- There will be tog bag facilities.
- Free transport will be provided to the start of the 21km and 10km races.
Busses will leave at 6h15 am.

RACE RULES

- Race is run in accordance to the rules of ASA and Boland Athletics and there will be a disclaimer.
- To run the race 21 km & 10 km you need to be 14 years and above.
- Licensed runners should wear club colours. Official 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.
- Unlicensed runners must wear plain clothes. Official event race number to be worn on the front and the temporary license number on the back.
- Foreign athletes must comply with IAAF rule 4.2 and all relevant race and domestic rules. The athletes must be able to produce the letter from his/her federation permitting participation on the race day.
- The entry fee is non-refundable.
- Kilometre markers will be placed at each kilometre mark.
- Refreshment stations will be situated approximately every 3-4 km along the route.
- Medals will be handed to all finishers.
- Toilets will be available at the start and finish.
- 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.

	21 km	10 km	21 km	10 km
1 st	R750.00	R500.00	40-49	R200.00
2 nd	R500.00	R300.00	50-59	R200.00
3 rd	R300.00	R200.00	60-69	R200.00
			70 +	R200.00