

LANGEBAAAN COUNTRY ESTATE HALF MARATHON

ENTRY FORM



PLEASE SELECT: 21.1KM OR 10KM OR 5KM

ID #

RACETEC CHIP #

SURNAME: _____

NAME: _____

POSTAL ADDRESS: _____

CODE: _____

EMAIL ADDRESS: _____

TEL (H): _____ TEL (W): _____

FAX: _____ CELL: _____

CLUB: _____ LICENSE # _____

DATE OF BIRTH: _____ AGE ON RACE DAY: _____ SEX: _____

MEDICAL AID: _____ MEMBERSHIP # _____

NATIONALITY: _____ SCHOOL / CLUB: _____

PAYMENT

Half Marathon (Licensed): R 110.00 _____
 Half Marathon (Unlicensed): R 150.00 _____
 10km (Licensed): R 70.00 _____
 10km (Unlicensed): R 110.00 _____
 5km: R 30.00 _____
 RaceTec Chip (21.1km & 10km): R 120.00 _____

TOTAL R



Fax completed entry form with proof of payment to 086 618 3591 or email to info@racetec.co.za
BANK DETAILS: Langebaan Athletics Club | Standard Bank | Vredenburg Branch 050511 | Acc. No. 082 410 313

INDEMNITY

In case of Emergency contact: Name: _____ Contact No: _____

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.

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

www.langebaanathletics.org.za | 073 232 0046 | chrodgers1@gmail.com



LANGEBAAAN COUNTRY ESTATE HALF MARATHON

SATURDAY 26 OCTOBER 2019

21.1KM | 10KM | 5KM

The school with the most entries will receive R2 000 and a trophy for their school!

Organised by Langebaan Athletics Club
in association with Langebaan Country Estate

R20 000 prize money!

Run in accordance with ASA and Boland Athletics Rules



MEDALS FOR ALL EVENTS LOADS OF LUCKY DRAWS

www.langebaanathletics.org.za



Keith Linderoth
Photography



EVENT QUERIES: 073 232 0046 | chrodgers1@gmail.com



LANGEBAAAN COUNTRY ESTATE

www.LCE.co.za

LANGEBAAAN COUNTRY ESTATE HALF MARATHON

RACE INFO

GENERAL

Saturday, 26 October 2019 at Langebaan Country Estate.

Start times: Half Marathon: 06h45 | 10km: 07h15 | 5km: 08h00

Route: All events start and finish at Langebaan Country Estate. Refreshment stations every 3km.

Prizegiving: 5km & 10km: 09h45 | Half Marathon: 11h00

Food & stalls: Will be available at the finish area (LCE Driving Range) on Saturday.

ENTRIES

Entries: Online at www.racetec.co.za. Fax completed entry form with proof of payment to 086 618 3591 or email to info@racetec.co.za.

REGISTRATION / NUMBER COLLECTION / LATE ENTRIES

At Langebaan Country Estate:

- Friday, 25 October 2019: 16h00-20h00
- Saturday, 26 October 2019: From 05h00 to 30 minutes before races start

TEMPORARY NUMBERS / LICENCES

Temporary number will be supplied with race number.
Temporary licences will be available at registration.

TOGBAGS

Togbag facility will be available at start point. While the organisers will take reasonable care of the bags, no responsibility whatsoever is accepted for loss of damage.

RULES

- One race number (bib) will be issued. Licensed athletes must wear their ASA license 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 licence on the back.
- Temporary licenses will be available at registration. When registering, participants must complete and hand in the tear-off strip from the number in order to be eligible to compete.
- This is a RaceTec timing chip event for the half marathon and 10km. Except for juniors in the 10km race, all other athletes must wear a RaceTec timing chip. Chips can be bought for a large discount at only R120.
- Athletes must be 16 years and older for the half marathon and 14 years and older for the 10km.
- In addition to Overall (Open) prizes, athletes will only be eligible for an age category prize in the age category they enter. Corresponding numerical age tags must be worn on the front and back of their club vests. Athletes may enter the age category corresponding to their chronological age or any younger category down to senior.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize including Juniors and temporary licensed participants, who must provide proof of age on request.
- The use of music players with headphones is not allowed and may result in disqualification.
- Juniors (born 2000 or later) wearing a junior license or senior license must display age category "J" tags, to qualify for age group prizes.
- Juniors in the 10km race do not have to wear a RaceTec timing chip and can win a prize without wearing a timing chip, but might not get an official time.
- Licensed athletes should wear club colours. Temporary licensed athletes must run in clothing without advertising.
- No personal seconding will be permitted, except at official refreshment stations.
- Do not litter. Dispose of sachets and cups responsibly by using litter boxes near water stations and at every km board, or carry them to the finish. Report offenders to the referees. #RunClean
- Detailed rules are available on the Boland Athletics website or on request from the organisers.

This is a #runclean event



HALF MARATHON

PRIZE MONEY

21.1km	Open Men & Women	40-49 Men & Women	50-59 Men & Women	60-69 Men & Women	70+ Men & Women	Junior Men & Women
1st	R1 500	R600	R400	R400	R400	R400
2nd	R1 000	R300	R250	R250	R250	R250
3rd	R500	R200	R150	R150	R150	R150

10km	Open Men & Women	40-49 Men & Women	50-59 Men & Women	60-69 Men & Women	70+ Men & Women	Junior Men & Women
1st	R500	R300	R250	R250	R250	R250
2nd	R350	R150	R150	R150	R150	R150
3rd	R200	R100	R100	R100	R100	R100

5km	Open Men & Women
1st	R150
2nd	R100
3rd	R50

The school with the most entries will receive R2 000 and a trophy for their school!

Medals for all events

Loads of lucky draw prizes

Prize giving: 5km & 10km: 09h45 | Half Marathon: 11h00

Results: Results will be available on www.langebaanathletics.org.za, www.racetec.co.za and the Boland Athletics website.

QUERIES

www.langebaanathletics.org.za

Event info: Chris Rogers (LAC Chairperson):
073 232 0046 | chrodgers1@gmail.com

Entry & RaceTec info: 087 820 7223 | info@racetec.co.za

Tourism info: www.visitwestcoast.co.za

ACCOMMODATION

Contact Langebaan Country Estate

022 772 2112 | reservations@LCE.co.za | www.LCE.co.za