



MAMRE HALF MARATHON

COCA-COLA LEAGUE EVENT



MAMRE ATHLETIC CLUB
WILL BE HOSTING A
21.1KM COCA - COLA LEAGUE EVENT
AND 5KM FUN RUN/WALK
ON SATURDAY 27 JUNE 2026 AT MAMRE PRIMARY SCHOOL
21.1km: 08h00 am // 5km: 08h10am

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 5km **Nationality**

Age category 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

Address

Suburb **CODE**

Tel. (w) **Cell**

Email

Do you belong to a running club? **YES** **NO**

Club **2026 Licence Number**

Province

Shoe Brand **ADIDAS** **ASICS** **BROOKS** **NEW BALANCE** **NIKE**
 PUMA **REEBOK** **SAUCONY** **OTHER**

Emergency Contact **Contact Number**

Medical Aid Name **Medical Aid Nr.**

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 organising of the event.

Signed: Date

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

HOW TO ENTER

ONLINE

Enter online at www.topevents.co.za (should you have any enquiries about entering online, please contact **Top Events on 0661394210 or email info@topevents.co.za**. Online entries attract a 10% admin fee. Closing date for online entries is Thursday 25 June 2026.

RACE DAY

Entries will be taken on race day from 05h00 at the Mamre Primary School in the hall.

CONFIRMATION OF ENTRY

When entering online please be sure to add in your email address to receive your confirmation email. This confirmation email should be brought with you to number collection on 27 June 2026.

NUMBER COLLECTION

Number collection for online entries will be on 27 June 2026 at the Mamre Primary School from 05h00.

EVENT	ENTRY FEE
21km Licensed Athlete	R180.00
21km Unlicensed Athlete	R275.00
5km Fun Run/Walk	R60.00

EVENT	ENTRY FEE
Masters 70 + Free	Free
Unlicensed 70+	R95.00

START TIMES	CUT OFF TIMES	PRIZE GIVING
21km: 08h00am	3 Hours 30 Minutes: 11:30	11:30
5km: 08h10am	1 Hour: 09:10	9:15

PRIZE MONEY: (Men and Women)

21km			
CATEGORY	1ST	2ND	3RD
OPEN	R3000	R2000	R1500
40 - 49	R1000	R900	R800
50-59	R1000	R900	R800
60-69	R1000	R900	R800
70+	R1000	R900	R800
TEAM MEN (Open)	R500 (X4)		
TEAMS WOMEN (Open)	R500 (X4)		

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

RACE RULES

- The Mamre 21km is open to all licenced and non-licenced runners of 16 years and older on Race day.
- 2026 Licence numbers must be worn on the front and the back of the vest.
- Licenced runners must wear club colours, be SA Citizens and participate with a valid ASA 2026 permanent license to qualify for team prizes.
- Temporary licences will be available at registration, R95 for seniors. When registering, participants must complete and hand in the tear off strip from the number in order to be eligible to compete.
- 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.
- Unlicenced runners must wear plain clothes (no advertising permitted) and the temporary licence on the front of the vest.
- Free entry to all Great Grandmasters (70+)- proof of age may be required. Unlicenced 70+ is R95.
- No personal seconding will be permitted except at official refreshments stations.
- No Race numbers will be issued. All registered athletes must wear two valid licence numbers. Unregistered participants must purchase a Temporary Licence which must be worn on the front of the vest.
- 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. #RunGreen #RunClean.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or WPA office.
- The use of music players with headphones is not allowed and 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.
- Children under 10 years in the 5km must be accompanied by an adult. Prams allowed, but no pets.
- Runners must give proof of their age at the request of the Race Referee (Original ID/ Birth Certificate/ Permanent residence Permit for category prizes.
- Entry race cards must be in athletes possession at all times during the race, and handed in at the results board at the Finish.
- 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 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, 11 -100 men & women will receive silver medals 101-1200 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.
- Results will be distributed to clubs and also available on www.wpa.org.za.

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: Lester Daniels 0635684698



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

