Directions (From Cape Town)

1. Exit from N1/N2 to N7. Once on N7, travel +/-30 Kms, pass Caltex Oil Refinery on left
2. Exit from N7 to M14 WATCH CAREFULLY for Melkbosstrand left turnoff +/- 5Kms after Caltex
3. Exit from M14 to R27. Turn right towards Velddrif, travel +/- 86kms
4. Exit from R27 to Langebaan Turnoff on your left, travel +/- 6Kms
5. Exit right towards Saldanha/Club Mykonos, travel +/- 2kms
6. Exit Left towards Club Mykonos entrance travel +/- 2kms

GPS co-ordinates: 33° 02'53.19 S 18° 02'39.68 E

Prizes, Medals and Giveaways

		21 km	10 km
Open men & women	1st	R5000	R1000
	2nd	R3000	R750
	3rd	R2000	R500
40-49 men & women	1st	R600	R400
	2nd	R400	R300
	3rd	R300	R200
50-59 Men & Women	1st	R600	R400
	2nd	R400	R300
	3rd	R300	R200
60-69 Men & Women	1st	R600	R400
	2nd	R400	R300
	3rd	R300	R200
70+ Men & Women	1st	R600	R400
Juniors, Men & Women	1st		R500
	2nd		R400
	3rd		R300
Medals	Gold	Silver	Bronze
21 Km	Winner M&F	2-50	51-550
10 Km			1 - 450
5 Km			1 - 400

Team prizes (Open Men & Women - 1st four club members) - R1 200/Team (21 km), R1 000 per team (10 km)

Coca-Cola Peninsula Beverages

#RUN clean

Race flyers and results
www.wpa.org.za
wpa-subscribe@yahoogroups.com
WESTERN PROVINCE ATHLETICS

Weslander

Venue Club Mykonos, Langebaan
Starting Time
21 Km - 08:00, 10 Km - 08:00, 5Km - 08:10

Social Walkers Welcome!
Registration From 06:30

Online Entries: www.entrytime.co.za
Postal Entries: See next Page
Late Entries: At Venue

Accommodation Information
Club Mykonos Reservation
Tel: 022 707 7000
Special rates for Athletes

Race information and enquiries: www.entrytime.co.za
Bossie Boshhoff: 083 462 4400
Marizelle van Heerden: 083 407 7625

CLUB MYKONOS LANGEBAAN

Please like our Facebook page - ArcelorMittal Saldanha Athletics Club
Event Photos will also be available on our Facebook page

Tick applicable block

Male	☐	Female	☐
21 Km Marathon Entry fee R90	☐	Temporary licence R55	☐
10 Km seniors Entry fee R50	☐	Temporary licence R35	☐
10 Km juniors Entry fee R30	☐	Temporary licence R20	☐
5 Km Entry fee R30	☐		

***21 Km + 10 Km - 70 + category = free entry**

First name: _____

Surname: _____

Age (on race day): _____

2018 Licence no: _____

Club: _____

ID number: _____

Nationality: _____

E-mail address: _____

Cell Number: _____

Emergency contact name & number: _____

Medical Aid & Medical Aid Number for any emergency: _____

Postal address: _____

I shall participate in this race at my own risk, indemnify WP Athletics, the organisers and sponsors of this race against any claims that may result from participation and agree to abide by the rules of the race

.....
Signature of participant

.....
Signature of guardian of person younger than 18

Entries will be taken at Venue from 06:30
Online entries at www.entrytime.com (admin fee payable)
prize giving at 11:00

Postal entries to Private Bag x 11, Saldanha, 7395 (marked "Marathon") to reach the organisers before Saturday, 18 August 2018,
Banking details: ArcelorMittal Saldanha Sport Club, Standard Bank,
Branch code 050511, Account number 032344961.
Quote Reference: 21Km/ 10Km and surname.
Entry forms and proof of payment can be faxed to 022 709 4296

Rules:

- The race is run in accordance with the rules of ASA and WPA
- One race number (bib) will be issued. 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 licence, so that 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.
- Minimum age of half marathon competitors on the day of the race 16 years and 14 years for 10km. Proof of age may be requested on the race day.
- Temporary licences will be available at registration. When registering, participants must complete and hand in the tear-off slip from the number in order to be eligible to compete.
- No personal seconding allowed, except at official refreshment stations.
- 3.5 hour cut off for 21 Km and 2 hour cut-off for 10 KM
- Refreshment stations every 3 Km's on the route.
- Proof of age for prize winners may be required and to be presented to referees before prize giving. Prizes will withhold until age is confirmed.
- 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 on the front and back of their vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
- 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.
- Juniors (born in 1999 Or later) must display category tags "J".
- Runners to obey marshals at all times.
- No blade, cyclist or mechanically operated device is allowed in the race.
- No refunds will be entertained.
- Prize winners are requested to stay for the prize giving at 11:00
- Tog bag facility available at own risk.
- Fun run participants younger than 10 years must be accompanied by an adult.
- The use of personal music players with headphones is not allowed and may result in disqualification.
- Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or them to the finish. Report offenders to the referees. #RunClean
- Detailed rules are available on www.wpa.org.za on request from the organisers or the WPA office.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- Licenced Athletes should wear colours. Full club colours must be worn to qualify for team prizes. Temporary licenced athletes must run in clothing without advertising.
- Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
- Entry cards, when issued, must be in the athlete's possession during the race and handed in at the result board at the Finish.

The following will be available:

- **Safe parking**
- **Food stalls**
- **Children's entertainment area**
- **Lucky draws**
- **Main draw: Weekend for four, including boat cruises and vouchers for wet bike, spa and quad biking.**