



**20**  
**October**  
**2018**

# 21KM HALF MARATHON

## 5KM FUN RUN

NSRI, BEACH ROAD, MELKBOSSTRAND

21.1KM @ 6:00am R90 (licensed) / R145 (unlicensed)

Fun Run @ 6:30am R35

PRE-ENTRIES ONLINE AND ON THE DAY FROM 4.45AM

Entries: [www.entryninja.co.za](http://www.entryninja.co.za)

10% Admin Fee  
added to Online Entries.

Enquiries: [racerep@westcoastac.co.za](mailto:racerep@westcoastac.co.za) / 076 123 3421



This is a WPA Incentive Race



## RULES OF ENTRY

1. Race to be run under the rules of the ASA and WPA.
2. Licensed athletes must run in full club colours and 2018 licenses must be worn on the front and the back of the vest. No race numbers will be issued.
3. Temporary licenses are available at R55.00 each. Temporary license holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete. Unregistered participants must purchase a Temporary License which must be worn on the front of the vest.
4. Juniors born 1999 or later wearing a junior or senior license must display age tags 'J' to qualify for age group prizes.
5. 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 & back of their club best. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
6. All participants must obey traffic officers, race marshals & officials at all times.
7. No personal seconding permitted, except at official refreshment stations.
8. Entry cards must be in the athletes' possession during the race and handed in at the results board at the Finish.
9. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
10. Time limit for half marathon: 3h15 (finish 09h15).
11. Participants participate at their own risk. The organizers, sponsors, and WPA will not be held responsible for any accident or injuries resulting from the athlete's participation or loss of any belongings.
12. Prize giving will start at approximately 09:00
13. Results will be emailed directly to all clubs.
14. Tog bag facilities will be provided at participants own risk.
15. Participants must be 16 years or older on the day of the race.
16. The use of headphones is not allowed and may result in disqualification. This is for your own safety and for those around you!
17. Fun Run: Children under 9 years must be accompanied by a parent or guardian, **all finishers will receive medals.**
18. Do not litter. Dispose sachets and cups responsibly by using the boxes provided or carrying them to the Finish. Report offenders to the referees. #RunClean
19. 10% surcharge for all online entries.
20. Medals to the first 1500 finishers of the half marathon
21. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.

Wheelchair athletes must please contact the organizers timeously to discuss arrangements for their participation.

Detailed rules are available on <http://www.wpa.org.za/> or on request from the organizers or the WPA office.

**PRIZE MONEY** (Male & Female prizes are equal):

	Junior	Open	40 - 49	50 - 59	60 - 69	70+
First	R200	R1000	R400	R400	R400	R400
Second		R800	R300	R300	R300	R300
Third		R400	R250	R250	R250	R250