

# LANGEBAAAN COUNTRY ESTATE HALF MARATHON

## ENTRY FORM



PLEASE SELECT:  21.1KM OR  10KM OR  5KM

ID #

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 130.00 \_\_\_\_\_  
Half Marathon (Unlicensed): R 170.00 \_\_\_\_\_  
10km (Licensed): R 90.00 \_\_\_\_\_  
10km (Unlicensed): R 130.00 \_\_\_\_\_  
5km: R 30.00 \_\_\_\_\_  
Temporary Licence: R 40.00 \_\_\_\_\_

TOTAL R

**LOADS OF LUCKY DRAWS**  
restaurant vouchers,  
B&B vouchers,  
and many more!

Email completed entry form with proof of payment as an attachment to [info@topevents.co.za](mailto:info@topevents.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.langebaanathleticclub.co.za](http://www.langebaanathleticclub.co.za) | 073 232 0046 | [chrodgers1@gmail.com](mailto:chrodgers1@gmail.com)



# LANGEBAAAN COUNTRY ESTATE HALF MARATHON

SATURDAY 22 OCTOBER 2022

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

R30 000 prize money!

Run in accordance with ASA and Boland Athletics Rules

**MEDALS FOR ALL EVENTS**  
**LOADS OF LUCKY DRAWS**

[www.langebaanathleticclub.co.za](http://www.langebaanathleticclub.co.za)



EVENT QUERIES: 073 232 0046 | [chrodgers1@gmail.com](mailto:chrodgers1@gmail.com)



**LANGEBAAAN**  
COUNTRY ESTATE

[www.LCE.co.za](http://www.LCE.co.za)

# LANGEBAAAN COUNTRY ESTATE HALF MARATHON

## RACE INFO

### GENERAL

Saturday, 22 October 2022 at Langebaan Country Estate.

**Start times:** Half Marathon: 07h30 | 10km: 08h00 | 5km: 08h15

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

**Prizegiving:** 11h00

**Food stalls:** Available @ R200

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

### ENTRIES

**Entries:** Online at [www.topevents.co.za](http://www.topevents.co.za). Email completed entry form with proof of payment to [info@topevents.co.za](mailto:info@topevents.co.za).

### REGISTRATION / NUMBER COLLECTION / LATE ENTRIES

At Langebaan Country Estate:

- Friday, 21 October 2022: 16h00-20h00 at LCE
- Saturday, 22 October 2022: From 05h00 at Driving Range (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.
- 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

*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	R 450	R 450	R 450	R 450	R 450
2nd	R1 000	R 300	R 300	R 300	R 300	R 300
3rd	R 800	R 200	R 200	R 200	R 200	R 200

10km	Open Men & Women	40-49 Men & Women	50-59 Men & Women	60-69 Men & Women	70+ Men & Women	Junior Men & Women
1st	R1000	R 400	R 400	R 400	R 400	R 400
2nd	R 800	R 250	R 250	R 250	R 250	R 250
3rd	R 600	R 150	R 150	R 150	R 150	R 150

5km	Open Men & Women
1st	R 200
2nd	R 150
3rd	R 100

*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:** 11h00

**Results:** Results will be available on [www.langebaanathleticclub.co.za](http://www.langebaanathleticclub.co.za), [www.topevents.co.za](http://www.topevents.co.za) and the Boland Athletics website.

## QUERIES

[www.langebaanathletics.org.za](http://www.langebaanathletics.org.za)

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

**Entry & Top Events info:** [info@topevents.co.za](mailto:info@topevents.co.za) | [www.topevents.co.za](http://www.topevents.co.za)

**Tourism info:** [www.visitwestcoast.co.za](http://www.visitwestcoast.co.za)

## ACCOMMODATION

**Contact Langebaan Country Estate**

022 772 2112 | [reservations@LCE.co.za](mailto:reservations@LCE.co.za) | [www.LCE.co.za](http://www.LCE.co.za)