

LANGEBAAN COUNTRY ESTATE HALF MARATHON

SATURDAY 21 OCTOBER 2023

21.1KM | 10KM | 5KM

The school with the most entries will receive R2 500 and a trophy for their school!

Organised by Langebaan Athletics Club
in association with Langebaan Country Estate

R35 000 prize money!

Run in accordance with ASA and Boland Athletics Rules

Race Timing: BoutTime (Instant Results)

ENTER ONLINE: BOUTTIME.CO.ZA

LATE ENTRIES:

FRIDAY | 20 OCTOBER 2023 | 16H00-20H00 | LCE CLUBHOUSE

SATURDAY | 21 OCTOBER 2023 | 05H00 | LCE CLUBHOUSE

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

www.langebaanathleticclub.co.za



Keith Linderoth Photography



EVENT QUERIES - CHRISTOPHER RODGERS (RACE DIRECTOR):

073 232 0046 | langebaanac12@gmail.com



**LANGEBAAN
COUNTRY ESTATE**

www.LCE.co.za

LANGEBAAAN COUNTRY ESTATE HALF MARATHON

RACE INFO

GENERAL

Venue: Saturday, 21 October 2023 at Langebaan Country Estate.
Start times: Half Marathon: 07h00 | 10km: 07h30 | 5km: 08h00
Route: All events start and finish at Langebaan Country Estate - Driving Range. 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: Enter online | www.bouttime.co.za | 087 012 5044

REGISTRATION / NUMBER COLLECTION / LATE ENTRIES

At Langebaan Country Estate:

- Friday, 20 October 2023: 16h00-20h00 at LCE Clubhouse
- Saturday, 21 October 2023: From 05h00 at LCE Clubhouse

TEMPORARY NUMBERS / LICENCES

Temporary number will be supplied with race number.
Temporary licences will be available at registration at R40 each.

NO TOGBAG FACILITY AVAILABLE

Thorburn Security will be on duty.

RESULTS TIMING:

BoutTime (Instant Results).

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 licences 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.
- 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 excluding 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.
- No personal assistance will be permitted, except at official refreshment stations.
- Do not litter. Dispose of sachets and cups responsibly by using litter bins 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

21.5km	Open Men & Women	40-49 Men & Women	50-59 Men & Women	60-69 Men & Women	70+ Men & Women	Junior Men & Women
1st	R3 000	R500	R500	R500	R500	R500
2nd	R2 000	R300	R300	R300	R300	R300
3rd	R1 000	R200	R200	R200	R200	R200

10km	Open Men & Women	40-49 Men & Women	50-59 Men & Women	60-69 Men & Women	70+ Men & Women	Junior Men & Women
1st	R1000	R400	R400	R400	R400	R400
2nd	R800	R300	R300	R300	R300	R300
3rd	R600	R200	R200	R200	R200	R200

5km	Open Men & Women
1st	R300
2nd	R200
3rd	R150

The school with the most entries will receive R2 500 and a trophy for their school!

Medals for all events

Loads of lucky draw prizes

Prize giving: 11h00

Results: **Website:** www.langebaanathleticclub.co.za
www.bouttime.co.za

Facebook: Langebaan Athletics Club (Official)
Langebaan Country Estate

QUERIES

www.langebaanathleticclub.co.za

Event info: Christopher Rodgers | Race Director:
073 232 0046 | langebaanac12@gmail.com

Tourism info: www.visitwestcoast.co.za

ACCOMMODATION

Contact Langebaan Country Estate
022 772 2112 | reservations@LCE.co.za | www.LCE.co.za

LANGEBAAAN COUNTRY ESTATE HALF MARATHON

ENTRY FORM

FOR 5KM RACE ONLY:

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

5km: R 40.00 _____

TOTAL R

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

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 | 073 232 0046 | langebaanac12@gmail.com



LANGEBAAAN COUNTRY ESTATE HALF MARATHON

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SURNAME: _____ NAME: _____

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

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CLUB: _____ LICENSE # _____

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

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HALF MARATHON

Frequently Asked Questions

Registration / number collection / Late entries

At Langebaan Country Estate - LCE Clubhouse:

- Friday, 20 October 2023: 16h00-20h00
- Saturday, 21 October 2023: 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 at R40 each.

Where do the 21, 10 & 5km start?

On the far side of the driving range. It takes about 10 minutes to walk to the start from the clubhouse. There are toilets on the range, near the start.

What are the start times?

Half Marathon: 07h00 | 10km: 07h30 | 5km: 08h00

What time does prize-giving start?

Prize-giving: 11h00

Thousands of rand's worth of lucky draw prizes!

What is available at the finish area?

Beer & refreshment tent, food stalls.

NO TOGBAG FACILITY AVAILABLE

Thorburn Security will be on duty.