

Club Mykonos Multisport Presents
MYKONOS HALF MARATHON

SATURDAY 7 OCTOBER 2023



INCORPORATING THE BOLAND 10 KM CHAMPIONSHIPS



Venue: Club Mykonos Langebaan

Starting Time: 08:00

Entry Fees

21km Licensed R140 - Unlicensed R200

10km Licensed R100 - Unlicensed R150

(Boland 10km championships)

5km Entry Fee R40

10km & 21km: Online Entries

5km Entries: At Venue

Race Information & Enquiries:

Bossie Boshoff: 083 462 4400

Social Walkers Welcome!

Registration: Athene Conference Centre

Friday: 16h00 - 20h00

Saturday: 06h30 - 07h45

Late Entries at venue - CASH ONLY

Accommodation Information:

Club Mykonos Resort

Tel: 022 707 7000

Special rates for athletes

Online entries: <https://www.entryninja.com/events>

Results: <https://results.finishtime.co.za/>

Receive the 2nd of a SPECIAL Medal series



PRIZES, MEDALS & GIVEAWAYS



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



Rules:

- The race is run in accordance with the rules of ASA and Boland Athletics. **PLEASE NOTE THAT THE 10KM RACE WILL ALSO SERVE AS THE BOLAND ATHLETICS 10KM CHAMPIONSHIPS.**
- One race number 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 the vest and the temporary licence on the back.
- Minimum age of half marathon is 16 years old and 14 years for 10km. Proof of age may be requested on the race day.
- No personal seconding allowed, except at official refreshment stations.
- Cut-off is 3.5 hours for the 21km, and 2 hours for the 10km.
- Six refreshment stations for the 21km, and two for the 10km.
- Proof of age for prize winners may be required and to be presented to the referees upon request. Prizes will be withheld until age is confirmed.
- In addition to open category prizes, runners will only be eligible for an age category prize in the age category they enter. Age category tags must be worn on the front and back of the vest in order to qualify for a prize. Runners 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 2004 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 applicable.
- Prize winners are requested to stay for the prize giving at 11:00.
- Tog bag facility available at own risk.
- Funrun 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.
- Please do not litter. Dispose of sachets and cups responsibly by using the boxes provided, or take them to the finish. Report offenders to the referees. #RunClean
- Licenced athletes should wear Club colours. Temporary athletes must run in clothing without advertising.
- Social walkers welcome.

Entry Fees

21 Km Licensed athlete Entry Fee R140	Unlicensed R200
10 Km Licensed athlete Entry Fee R100	Unlicensed R150
5 Km Entry Fee R40	

The following will be available:

Safe Parking	Mykonos Market
Food Stalls	Restaurants
Children's entertainment area	
Lucky draws	
Main Draw : Weekend away at Club Mykonos	

SECOND OF A SPECIAL MEDAL SERIES!

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 +/- 5 Kms after Caltex.
3. Exit from M14 to R27. Turn right towards Velddrif, travel +/- 86 Kms.
4. Exit from R27 to Langebaan. Turnoff on your left, travel +/- 6 Kms.
5. Exit right towards Saldanha / Club Mykonos, travel +/- 2 Kms.
6. Exit left towards Club Mykonos entrance, travel +/- 2 Kms.

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

Event Photos will also be available on our Facebook Page. (Club Mykonos Resort Langebaan)

RACE INFORMATION AND ENQUIRIES: BOSSIE BOSHOF 083 462 4400

