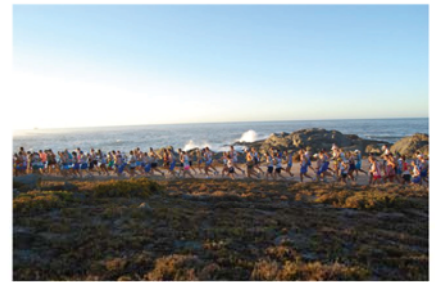


Benguela Weskus Marathon



Langebaan
SPAR 



42.2km, 21.1km and 5km Fun Run/Walk An Unforgettable Run in the Park

Organised by Langebaan Strandlopers

In association with:

West Coast Honorary Rangers
Run in accordance with ASA and WPA rules

Saturday 17 March 2012

Social Walkers welcome for:

Half Marathon and Fun Run/Walk

**ENTRIES CLOSE ON 8 MARCH 2012
(MARATHON FIELD LIMITED TO 1 200 ENTRIES)**

No late entries allowed for 42.2km
Due to pre-booking of buses
No goody bags for late entries for 21.1km

**EXPO @
Langebaan
Registration
with food
stalls.**

**Last bus
departs from
registration
area to 42km
starting point
inside park
at 05:20**



**South African
NATIONAL PARKS**

Online entries: www.entrytime.com
Electronic Entry Forms: www.strandlopers.co.za

t +27 (0)22 772 1866 f +27 (0)22 772 1026
146 Oostewal Street, Langebaan, 7357


BENGUELA
GROUP

Entries

- **Closing date for entries:**
 - Marathon: Thursday 8 March 2012 or when 1200 are reached
 - Half Marathon: Thursday 8 March 2012
 - Fun Run/Walk: Entries in Langebaan only 16 March: 16:00 to 20:00;
17 March 04:45 to 07:00
- **How to enter:**
 - Post entries to: Weskus Marathon, P O Box 529, Langebaan, 7357
 - Web entries at: www.entrytime.com
 - Fax entries to: 086 562 9554 (including bank deposit slip)
- **Payment options:**
 - Acc Name: Weskus Marathon,
 - Acc No.: 911 086 3402, ABSA Bank, Branch code: 521911,
 - Cheques made out to: Weskus Marathon.
- **Entry confirmation:** At www.strandlopers.co.za.
- **Temporary licence:** R 30 for Marathon and R 25 for Half Marathon for all non-affiliated entrants.
- **T-shirts** Special high quality Dri-Fit Weskus Marathon 2012 T-shirt available for R130.

Registration

- **When and where:**
 - Friday 16 March:** From 12:00 until 18:00 at Sportsman's Warehouse Tyger Valley, from 16:00 to 20:00 at NG Church hall, next to Park Offices.
 - Saturday 17 March:** From 04:15 until 05:15 for marathon at NG Church hall, from 04:45 to 30 minutes before race for Half Marathon and Fun Run. (Drive straight through Langebaan along Oostewal Street until you reach the NG Church)
- **Temporary licence:** Temporary number will be supplied with race number.
- **Tog bags:** Tog bag facility available at start points. While the organisers will take reasonable care with the bags, no responsibility whatsoever is accepted for loss or damage.

Race

- **Start:**
 - Marathon: 06:30
 - Half Marathon: 07:00
 - Fun Run/Walk: 07:30
- **Buses to Marathon start**
 - **Buses will transport runners from registration point to start inside Park.**
 - **Last bus will depart from registration point at 05:20 (40km drive at 50km/h)**
- **Route:**
 - Marathon starts at Tzaarsbank near Postberg on western side of West Coast National Park (sea-side).
 - Half Marathon and Fun Run start at West Coast National Park Offices, Langebaan.
 - All three races finish at West Coast National Park Offices, Langebaan.
 - Route mainly through West Coast National Park.
 - Refreshment stations every 3 km and every 2 km for last 10km of both races.
 - Cut-off time for marathon is 12:00 and for half marathon is 11:00.
- **Rules:**
 - Licensed athletes must wear club colours and 2012 licence numbers, or a temporary licence number on the back of their vests for both the marathon and half marathon. Weskus Race Number must be worn on front of vest. Athletes must be 20 years and older for the marathon and 16 years and older for the half marathon.
 - In addition to Overall (Open) prizes, licensed athletes will only be eligible for an age category prize in the age category they enter in. Corresponding numerical age tags must be worn on the front and back of their club vests. Licensed athletes may enter the age category corresponding to their chronological age or any younger category up to senior. 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. Juniors (born 1993 or later) wearing a junior licence or senior licence must display age category "J" tags, to qualify for age group prizes. Juniors will count towards Open team prizes. Club colours must be worn to qualify for team prizes. No personal seconding will be permitted. No cars allowed in the Park during race.
 - No littering on route, use litter boxes near water stations and at every km board.
- **Prize giving:**
 - Half Marathon: 11:00, Marathon: 12:00. Lucky draw prizes worth thousands of Rands.
- **Results:**
 - Results will be posted to all clubs and be available on www.strandlopers.co.za
- **Qualifying race:**
 - The marathon is a qualifying race for **Comrades**.
- **Record Holders:**
 - Marathon Men: Zolani Bhitane: 2h30:20; Marathon Women: Farwa Mentoor: 2h58:49
 - ½ Marathon Men: Bernard Rukadza: 1h06:53; ½ Marathon Women: Alae Brand: 1h22:05



Medals

42.2km: Gold : first 5 men and 5 women
 21.1km: Gold : first 5 men and 5 women
 Fun Run: Bronze to first 700 finishers

Silver : 6th to 50th
 Silver : 6th to 50th

Bronze : sub 5h30
 Bronze : sub 4h00



Prizes

Category	Cash	Category	Cash
42.2km Open Men & Women		21.1km Open Men & Women	
First	R2000	First	R1100
Second	R1000	Second	R550
Third	R500	Third	R300
Fourth	R250	Fourth	R200
Fifth	R100	Fifth	R100
42.2km 40-49 Men & Women		21.1km 40-49 Men & Women	
First	R300	First	R200
Second	R200	Second	R150
Third	R100	Third	R100
Fourth	R50	Fourth	R50
42.2km 50-59 Men & Women		21.1km 50-59 Men & Women	
First	R200	First	R150
Second	R100	Second	R100
Third	R50	Third	R50
42.2km 60+ Men & Women		21.1km 60+ Men & Women	
First	R150	First	R100
Second	R50	Second	R50
42.2km Team Prize (Calc. on time)		21.1km Team Prize (Calc on time)	
Open men	4 x R75	Open men	4 x R75
Open women	4 x R75	Open women	4 x R75
		21.1km Men & Women (16-19yrs)	
		First	R100
		Second	R50

Many lucky draw prizes on the day: 10 pairs of Saucony running shoes, many expensive hampers, Restaurant and B&B vouchers etc.

For Information

Race and Entry queries: Call Weskus Marathon cell phone on 074 233 8865
 E-mail: weskusmarathon@strandlopers.co.za or fax Weskus Marathon on 086 562 9554
 Website: www.strandlopers.co.za

For accommodation call Benguela Group 08611 733 333
 Tourism info: www.langebaaninfo.com or www.langebaaninfo.co.za



Enjoy the Hospitality of the West Coast

LANGEBAAAN IS ONLY 125KM FROM CAPE TOWN



Entry Form

SELECT:

 42.2 km

 21.1 km

I have completed [_____] Weskus Marathons and [_____] Weskus Half Marathons since 2002.

ID NUMBER:

--	--	--	--	--	--	--	--	--	--	--	--	--	--

SURNAME: _____

FIRST NAME: _____

POSTAL ADDRESS: _____

POSTAL CODE: _____

E-MAIL ADDRESS: _____

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

FAX: _____ CELL: _____

CLUB: _____ LICENCE NO: _____

AGE ON RACE DAY: _____ DATE OF BIRTH (dd/mm/yy): _____ SEX (F/M): _____

Payment

MARATHON (Licensed athletes): **R 80.00** _____

MARATHON (Unlicensed athletes): **R 110.00** _____

½ MARATHON (Licensed athletes): **R 50.00** _____

½ MARATHON (Unlicensed athletes): **R 75.00** _____

5km FUN RUN **R 20.00** *Only entries at Langebaan Registration*

DONATION TO WEST COAST NATIONAL PARK _____

DRI FIT T-SHIRT **R 130.00** _____

Size: XS S M L XL XXL, XXXL (Standard/Ladies) Standard cut:(_____) Ladies cut:(_____) Weskus Marathon

Size dimensions available on www.strandlopers.co.za

TOTAL: _____ PO Box 529

I WILL REGISTER AT: Sportsman's Warehouse Tyger Valley:

NG Church Hall, Langebaan:

In case of Emergency: Contact Name: _____ Contact No: _____ Langebaan
7357

Fax: 0865629554

Weskus Marathon
ABSA Bank
Branch: Vredenburg
Branch Code: 521911
Acc. No: 9110863402



Indemnity

I agree that I shall participate in this race at my own risk, indemnify the organisers and sponsors of this race against any claims that may result from my participation and agree to abide by the rules of the race. **I take note that the buses are the only transport and the last bus to the 42.2km start leaves at 05:20 from the registration area.**

Signature: _____ Guardian: _____ (if under 18)

