



Infantry School Cango Marathon 2012



DATE: 26 February 2011 **TIME: 06:00**

RACES START AT:
 Marathon - Cango Caves
 Half Marathon/Walk - Old Route (Ou Tol)

PRIZE MONEY INCENTIVES

	42,2KM		21,1KM		21,1 KM WALK	
	MEN	LADIES	MEN	LADIES	MEN	LADIES
Open: 1st	R1500	R1500	R800	R800	R300	R300
2nd	R1000	R1000	R600	R600		
3rd	R500	R500	R400	R400		
40-49: 1st	R800	R800	R500	R500	R200	R200
50-59: 1st	R800	R800	R500	R500	R200	R200
60+: 1st	R800	R800	R500	R500	R200	R200
Jnr: 1st	-	-	R300	R300	R100	R100

All participants that complete the marathon in the following times, qualify for cash incentives which are as follows:

	MEN	LADIES
42,2 km	Sub 2:07:00 R1000	Sub 2:45:00 R1000
	Sub 2:15:00 R500	Sub 2:50:00 R500

Incentives will only be paid out to a maximum total of R5000,00.

Vrydag, 24 Februarie

Pretloop en Prethardloop 5KM
Ete en Drink

Saterdag, 25 Februarie

Kango Marathon en Halfmarathon 2012
Big Screen Rugby
SANW Uitstalling
Stalletjies
Hope Kinder Vermaak
Ete en Drink

PRET VIR DIE HELE GESIN
Moet Dit Nie Misloop Nie

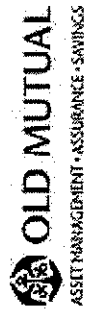
NAVRAE: 044 203 4268
082 563 4573



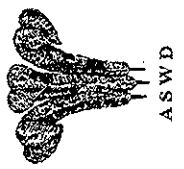
MEDALS

Gold: Category winners.
 Silver: Marathon—Sub 3 hours
 Half Marathon—Sub 84 minutes.
 Bronze: All athletes finishing before cut-off time.

Records:
 Men: 42,2 km - D.P. Wright 02:17:25 (1998)
 Women: 42,2 km - T.S. Du Toit 02:38:03 (2004)
 Men: 21,1 km - B. Beukes 01:04:17 (1992)
 Women: 21,1 km - Z. Xiniwe 01:16:07 (2011)



The race is run in accordance with the rules of ASA and ASWD.



ENTRY FORM

Race NR

Surname: _____ Initials: _____
 Date of Birth: _____ Age on 26 February 2012: _____
 ID Number : _____

Age Categories: Jnr: _____ Open: _____ 40 - 49 : _____ 50 - 59: _____ 60+ : _____

Sex: M F Race: 21,1km 42,2km

Number of Cango **Full** Marathons completed: _____

T-Shirts: _____ XXL XL L M S

Club: _____ 2012 Licence No: _____

Address: _____

Province: _____ Tel No: _____

Do you need a temporary number? YES NO

Entry Fees: 21,1 km/21,1 km walk = R45,00 (All Logistical Fees Included)
 42,2 km = R70,00 (All Logistical Fees Included)
 Temporary number = R25,00

Entry Fee	42,2 km	21,1 km/21,1 km walk
Temporary Number		
Total amount enclosed		

I declare that I am an amateur and that I will participate at own risk and that I exempt the organisers and sponsors of this marathon from any claim, which may result from my Participation and movement to the starting points.

SIGNATURE _____ Date _____ Parent / Guardian (if under 18 years) _____

INFORMATION

1. **Foreigners:** All foreign athletes must comply with IAAF rule 142 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day.

Entries and Checks/postal orders to:	Banking details: (Please attach deposits slip to entry form)
The Organiser Cango Marathon Postnet suite # 70 Private Bag X680 Oudtshoorn 6620	Bank Name: ABSA Bank Account Nr: 1120410144 Account Name: Infantry School Regimental Fund Oudtshoorn Type of Account: Cheque Account Bank Code: 334314

Internet online entries at : www.kangomarathon.co.za

- Closing date for pre-entries:** Wednesday, 16 February 2012.
- NO Late entries** will be accepted.
- All participants must collect their race numbers at the Military Base Oudtshoorn Sport ground on Friday, 24 February 2012 between 15:00 and 23:00 or on Saturday 25 February 2012 at the different starting point's between 04:45 and 05:50.
- 5km Fun Run/Walk on Friday, 24 February 2012 at 18:00, from Military Base Oudtshoorn Sport ground. Lots of lucky draws!!
- Transport for the marathon to the Cango Caves and half marathon to Ou Tol will leave from Infantry School Parade ground at 04:30 till 05:00.
- OLD ROUTE:** The 21,1 km walk and the 21,1 km starts at 06:00 from the Ou Tol house. The 42,2 km starts at 06:00 from the Cango Caves. All races will end at the Military Base Oudtshoorn sport ground.
- Every kilometer the route will be marked.
- Refreshments every 3 km, last 10 km—every 2nd km.
- 42,2 km cut-off time 11:00 * 21,1 km cut off time 09:00 * 21,1 km walk cut off time 10:00
- Price giving at 11:30 at Mil Base Oudtshoorn sport ground.
- T-shirts to the first 100 pre-entries on the Full Marathon, the first 50 on the Half Marathon and the first 50 on the Walk.
- No advertising on clothes. No cyclist or private vehicles will be allowed to follow athletes on the route. No seconding will be allowed, accept for 1m on either side of water stations. All athletes must stay on the right hand side of the road.
- ID Tag Rule (An athlete is not eligible for a prize in more than one category, i.e. an athlete is only eligible for a prize in the age category applicable to him / her or the younger category chosen by him / her provided he / she is wearing the relevant age category ID tag.
- Grand Masters doesn't pay an entry fee, but must pay for temporary license.
- Safety Rule (No animals or prams or earphones)
- First Aid (Available at start points and along route by Military ambulances.
- Minimum Age (21.1km = 16 years & 42.2km = 20 years)
- Athletes must participate in their correct club colours and display the ASA 2011 OR Temporary license number on the BACK of the vest. The race number must be on the FRONT of the vest.

The Race Organiser:

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