

Seeff Weskus Marathon

Runner's World Race Ranking: 2nd Best Marathon in SA in 2008.



**42.2km, 21.1km and 5km
Fun Run/Walk**
Organised by
Langebaan Strandlopers

In association with
West Coast Honorary Rangers.

Run in accordance with ASA and WPA rules.

Saturday 14 March 2009



Ideal
Training
run for the
Two
Oceans



Last bus
departs from
registration
area to 42km
starting point
inside park
at 06:00.

Walkers welcome for
Half Marathon and Fun Run/Walk

ENTRIES CLOSE ON 5 March 2009

Online entries: www.enteronline.co.za

WEST COAST 08611 SEEFF (73333)

www.seeff.com

Seeff
PROPERTIES

Langebaan is only 125km from Cape Town



Total
prize
money
R15 000

The course is undulated and enjoyable, run around the Langebaan Lagoon inside the West Coast National Park.

NO CARS ARE ALLOWED INSIDE THE PARK DURING THE RACE.

Entry Forms and Online Entries:

– available from December 2008

Pre-entries only for 42.2km and 21.1km

Entries close 5 March 2009

Many
food
stalls &
showers



Many lucky draw
prizes on the day:
Overnight stay
vouchers, W/Cape
Parks Wild Cards,
Restaurant
vouchers,
etc, etc.

Goody
bags to
first 1000
entrants of
42.2/21.1km

MARATHON START – 07:00 (Last bus to transport runners from registration point to start inside park departs at 06:00)

HALF MARATHON START – 07:30

FUN RUN/WALK START – 08:00

FOR MORE INFORMATION:

Call Garth on 083 283 3493 or
e-mail: ghansen@iafrica.com

Enjoy the Hospitality of the West Coast

