



RUN • CYCLE • WALK

RACE START & FINISH:
KOMGA SHOWGROUNDS, KOMGA, EC, RSA

SATURDAY
10
MARCH 2018

START & FINISH
KOMGA SHOWGROUNDS,
KOMGA, EC, RSA

- FOOD & CRAFT MARKET
- KIDDIES FUN
- LIVE ENTERTAINMENT
- FREE SHOWERS
- CAMPING AVAILABLE

30TH BIRTHDAY CELEBRATION

PRE ENTER AT
entrytickets.net OR SPORTSMANSWAREHOUSE
PRIOR TO EVENT, BY 5PM 7 MARCH 2018

LATE ENTRIES
ON RACE DAY @ KOMGA SHOWGROUNDS FROM 11AM

For more info find us on



**KAT LEISURE
HOTEL GROUP**



***Pre Entered Please** collect race tee, bangle, timing number & board at Oxford Striders, Beach Rd, East London on Thursday 8 March from 4pm to 7pm OR on race day at Komga Showgrounds from 11am to 20 minutes prior to event entered start time.

***All Entrants** in 15km Run, 15km Walk, 20km & 40km MTB Cycle will be electronically timed by Mobi Timing.

***Special 30th Birthday** Moisture Management tees will be available to the first registered 700 entrants in the 15km Run, 15km Walk, 20km & 40km MTB Cycle events, and additionally the first registered 300 entrants in the 5km Run/Walk.

EVENT OPTIONS:
13h30 40KM MTB CYCLE • 14h15 20KM MTB CYCLE
14h30 15KM WALK • 15h00 15KM RUN • 15h10 5KM RUN/WALK

**CABBAGE TO FIRST
600 FINISHERS**



FOR FURTHER INFORMATION CONTACT
CONTACT: 072 610 9428 or cabbagepatchrun@gmail.com

ENTRY FORM

Fill in your details on the Entry form and mark with crosses (X) where applicable.

EVENT OPTIONS:
13h30 40KM MTB CYCLE • 14h15 20KM MTB CYCLE
14h30 15KM WALK • 15h00 15KM RUN • 15h10 5KM RUN/WALK

REGISTRATION DETAILS

FIRST NAME																				
SURNAME																				
ID NUMBER																				
GENDER																				
MOBILE NO.																				
E-MAIL ADDRESS																				
EMERGENCY CONTACT NAME																				
EMERGENCY CONTACT MOBILE NO.																				
ASA/CSA 2017 NO																				

WAIVER OF LIABILITY

I hereby indemnify the organisers and sponsors from any claim arising from my participation.

Date _____ Signature _____ (Guardian if under 18)

EVENT (MARK WITH X)	X	X
40km MTB Cycle R120	<input type="checkbox"/>	<input checked="" type="checkbox"/> Temp Lic R40
20KM MTB Cycle R120	<input type="checkbox"/>	
15KM Walk R100	<input type="checkbox"/>	<input checked="" type="checkbox"/> Temp Lic R20
15KM Run R100	<input type="checkbox"/>	<input checked="" type="checkbox"/> Temp Lic R20
5KM Run/Walk R60	<input type="checkbox"/>	
Late Entry R20	<input type="checkbox"/>	

GRAND TOTAL **R**

All events are done so in accordance with Cycling South Africa & Athletics South Africa rules where applicable.