

Distance	Start Time	Entry Fee	Online Entry	Temp Licence
21.1km	06:00am	R120	R131	R30
10km	06:30am	R90	R100	R20
5km	07:00am	R50 Adults, R30 Less than 15years	R57 Adults, R35 Less than 15years	

### Race Information:

Date: Saturday, 14 April 2018  
 Distances: 21.1km@ 06:00am,  
 10km@ 06:30am and  
 5km@ 07:00am  
 Start & Finish: Hamilton Sport Club  
 (Clevedon Rd, Selborne, East London)

### Pre Entries

5km, 10km and 21.1km

- ONLINE ENTRIES: <https://entrytickets.net/omac> available from 01 March 2018 until 06 April 2018 at 14:00pm
- SPORTS OUTLETS ENTRIES: Sportsman's Warehouse Beacon Bay, Total Sports Vincent, Total Sports Oxford and Total Sports Mdantsane from 01 March 2018 until 06 April 2018 at 16:00pm

### Late Entries

- Cambridge Sports Club on 11 April 2018 from 5:00pm to 7:00pm
- Hamilton Sport Club on 12 & 13 April 2018 from 5:00pm to 7:00pm
- 5km entries only on race day, **NO LATE ENTRIES ON RACE DAY FOR 10KM AND 21.1KM**

### Registration/Collection

10km and 21.1km race numbers, temporary licence and t-shirts collection (**T-shirts only for the first 500 entries received per event**)

- Cambridge Sports Club on 11 April 2018 from 5:00pm to 7:00pm
- Hamilton Sport Club on 12 & 13 April 2018 from 5:00pm to 7:00pm or on the morning of the race between 5:00am and 5:45am.

5km wrist bands and goodie bag collection (**goodie bag for the first 500 entries received**)

- Cambridge Sports Club on 11 April 2018 from 5:00pm to 7:00pm
- Hamilton Sport Club on 12 to 13 April 2018 from 5:00pm to 7:00pm or on the morning of the race between 5:00am and 6:45am.

### Medals

10km and 21km Category podium finishers will receive Gold, Silver and Bronze medals. The first 500 finishers per event will receive a race medal.

### Route Information

- No animals are allowed on the course
- No earphones allowed (offenders will be disqualified)
- Refreshment tables are provided every 3km along the routes
- Prams are allowed in the 5km fun run only

### Prize Money

Category	21km Male and Female			10km Male and Female		
	1	2	3	1	2	3
Overall	R 3 000	R 2 000	R 1 000	R 1 500	R 1 000	R 500
Junior	R 1 000	R 800	R 500	R 500	R 400	R 250
35+	R 1 000	R 800	R 500	R 500	R 400	R 250
40+	R 1 000	R 800	R 500	R 500	R 400	R 250
50+	R 1 000	R 800	R 500	R 500	R 400	R 250

### Rules

- The race is run in strict accordance with the rules of the IAAF, Athletics South Africa and Border Athletics federations.
- All foreign athletes must comply with IAAF rule 4.2 and ASA rule 4.5.
- All 21.1km participants must be 16 years or older and 14 years or older for 10km.
- Age category tags must be worn on front and back to qualify for category prizes.

### Enquiries

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 Thembela Makaula **081 397 4235**  
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 Website: <http://omac65.wixsite.com/running>  
 Facebook: <https://www.facebook.com/OldMutualAthleticsClubEastLondon>

### Race Sponsors



Race Number	
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## OMAC – EL 5km, 10km and 21.1km Race

PLEASE PRINT LEGIBLY

Full Names \_\_\_\_\_

ID No \_\_\_\_\_ Sex \_\_\_\_ Age \_\_\_\_

Club: \_\_\_\_\_

2018 License No: \_\_\_\_\_ Temp No Required: \_\_\_\_\_

Distance	21km	10km	5km	
Entry Fee	R120	R90	R50 Adults	R30 - 15years
Temp Licence	R30	R20		

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Next of Kin \_\_\_\_\_

Phone \_\_\_\_\_

The race will be run under the Rules of IAAF, ASA and Border Athletics federations. I hereby declare I shall participate in the race at my own risk and indemnify the organizers and sponsors of this race against any claim which may result in my participation.

I give the race organizer permission to share my information with their sponsors for marketing and reporting purposes.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian if under 18 \_\_\_\_\_

No refunds or substitution will be issued for any reason