

FAST | ACCURATE | RECOGNISED



GREAT PRIZE MONEY,
AMAZING LUCKY DRAWS &
QUALITY RACE SHIRTS

Ronnies Motors

SUNDAY 15 MARCH 2020

10km | Starts 07h00 | R100

Starting point | Oceanway,

5km | Starts 07h15 | R70

Gonubie Hotel

10km | Download entry form | www.born2runac.co.za/east-london-club
5km | Entry only at Registration

Born 2 Run



RULES & INSTRUCTIONS

1. Return completed form with proof of payment to: ocean@born2runac.co.za
2. Entry fees to be EFT'd to: [Born2Run Border, Nedbank 1158388004, Branch: 12-10-21](#)
3. Please bring proof of entry and payment to registration:
 - Ronnies Motors (Bonza Bay Rd.) | 12 Mar 5 – 6.30pm | 13 Mar 5 - 6:30pm | 14 Mar 10am - 12pm
 - Gonubie Hotel | 15 Mar 5:30 – 6:30am | **REGISTRATION ONLY**
4. Monies are non-refundable for non-participation in the event for whatever reason
5. The race is run in strict accordance with the rules of the IAAF, ASA and BORA
6. The following are prohibited on the 10km course: Animals, Earphones & Prams
7. Age category tag must be worn on front and back to qualify for category prizes
8. Race numbers to be worn on front with ASA 2020 licence on the front and back **OR** the temp licence to be worn on the back of shirts with the race number on the front.
9. Prize giving will be at approximately 09h00. Prize winners are requested to be present.
10. There will be lucky draw prizes and participants must have entered the event and be present at the prize giving to claim
11. We urge all athletes to keep the route clean of litter

PRIZES

MEN AND WOMEN	1st	2nd	3rd	4th	5th
Open	R2000	R1000	R750	R500	R250
35 - 39	R500	R400	R300		
40 - 49	R500	R400	R300		
50 - 59	R500	R400	R300		
60 +	R500	R400	R300		
Junior	R500	R400	R300		
Club Team Open ⁽⁴⁾	R1000				
Club Team 40+ ⁽³⁾	R450				

ENTRY FORM (10km Race Only)

5km race entries at registration ONLY

For Office Use Only

Race No. _____

Temp Licence No. _____

Paid _____

First Name _____ Surname _____

ID Number _____

Date of Birth _____ Cell no. _____

Email _____

Gender Male Female Athletic Club _____

Age Category Open 35 - 39 40 - 49 50 - 59 60 + Junior (Min age of 14) Age on race day _____

Province Border Other Please specify _____

Licence No. _____

Next of Kin Relationship _____

Name _____ Cell no. _____

Temp Licence Required (R35) T-shirt Size S M L XL 2XL T-shirts to the first 800 entries
(Size options limited to availability)

ENTRY CLOSING DATES

EMAIL ENTRIES | Tuesday 10 March 2020 | EFT payments only
MANUAL & 5KM ENTRIES | Saturday 14 March 2020 | Cash payments only

I am medically fit to participate and fully understand that I enter this event at my own risk and that the organisers and their sponsors will not be held responsible for any injury during or as a result of the event or any loss or damage to property on the course. This event is run in accordance with the rules of the IAAF, Athletics South Africa and Border Athletics.

SIGNED _____
(by guardian if under 18)

For Race Enquiries

Visit our Facebook Page @Ocean10Race

<https://born2runac.co.za/east-london-club/>

John Lee Sun | 082 642 9591