



RACE INFORMATION:

Date: 26 April 2025.
Distances: 21.1km@ 06:15am, 10km@ 06:00am and 5km@ 6:30am.
Start and Finish: Beacon Bay Country Club (Beaconhurst Dr, Beacon Bay, East London).

ONLINE ENTRIES:

Online entry <http://entrytickets.net/omac> from 1 March 2025 until 20 April 2025.

REGISTRATION AND COLLECTIONS:

25 April 2025 from 14h00 – 19h00 at Beacon Bay Country Club.

TEMPORARY LICENSES CAN ONLY BE PURCHASED AT BEACON BAY COUNTRY CLUB DURING REGISTRATION AND COLLECTION

RACE DAY LATE ENTRIES:

10km and 21km race day entries will be available with a R50 late entry penalty fee.
 5km race day entries will be available without late entry penalty fee.

HANDOUTS:

T-shirts: T-shirts for the first 200 and 300 entries received respectively for the 10km and 21.1km races.

Medals:

First 100, 450 and 450 finishers in the 5km, 10km and 21.1km respectively will receive race medals.

ROUTE INFORMATION

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

Distance	Manual & Online Entry Fee	Temp License
21.1km	R210	R60
10km	R170	R50
5km	R70	N/A

	21km Male and Female			10km Male and Female		
Cat	1	2	3	1	2	3
Open	R 4 000	R 2 500	R 1 500	R 2 000	R 1 500	R 1 000
Junior	R 1 000	R 800	R 500	R 500	R 400	R 300
35+	R 1 000	R 800	R 500	R 500	R 400	R 300
40+	R 1 000	R 800	R 500	R 500	R 400	R 300
50+	R 1 000	R 800	R 500	R 500	R 400	R 300
60+	R 1 000	R 800	R 500	R 500	R 400	R 300

RULES

1. The race is run in strict accordance with the rules of the IAAF, Athletics South Africa and Border Athletics federations.
2. All foreign athletes must comply with IAAF rule 4.2 and ASA rule 4.5.
3. All 21.1km participants must be 16 years or older and 14 years or older for 10km.
4. Age category tags must be worn on front and back to qualify for category prizes. **NO AGE FLASH NO CATEGORY PRIZE**
5. ASA license should be worn back and front for registered runners with race number in front not obstructing ASA logo
6. Race number to be worn in the front and temporary license at the back.
7. Health and safety regulations and protocols to be strictly adhered to.

ENQUIRIES

Neziswa Dwanya 073 221 1998
Bulela C Sidloyi 083 752 6794
Email: omacrace51021@gmail.com
Website: <https://omac65.wixsite.com/running/omac-race-23>
Facebook: <https://www.facebook.com/OMACGreenMambas>

RACE NUMBER:

OMAC 5KM, 10KM AND 21.1KM RACE

PLEASE PRINT LEGIBLY

NAME: _____

SURNAME: _____

ID NUMBER: _____

SEX _____ AGE _____

CLUB: _____

2025 LICENSE NO: _____ TEMP NO REQUIRED: Yes / No

Distance	21.1km	10km	5km
Entry Fee	R210	R170	R70
Temp License	R60	R50	

T-shirt Size					
XS	S	M	L	XL	2XL

Subject to availability of sizes

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