7TH EDITION
ORIGINAL MAMBAS AC
FREEDOM TO RUN

RACE INFO:

Date: 25 April 2026
Distances: 21.1km@ 06:15am, 10km@ 06:00am and 5km@ 6:05am.
Start and Finish: Beacon Bay Country Club
(Beaconhurst Dr, Beacon Bay, East London).

REGISTRATION FORM

ONLINE ENTRIES:
Online entry http://entrytickets.net/omac from 20 February 2026 until 18 April 2026.

REGISTRATION AND COLLECTIONS
24 April 2026 from 14h00 - 19h00 at Beacon Bay Country Club.

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 will be provided every 3km along the routes
4.Prams are allowed in the 5km fun run only

TEMP LICENSES

Distance	Manual & Online Entry Fee	Temp License
21.1km	R250	R60
10km	R190	R50
5km	R90	

PRIZES

	21km Male and Female			10km Male and Female		
Cat	1	2	3	1	2	3
Open	R4000	R2500	R1500	R2000	R1500	R1000
Junior	R1000	R800	R500	R500	R 400	R300
35+	R1000	R800	R500	R500	R 400	R300
40+	R1000	R800	R500	R500	R 400	R300
50+	R1000	R800	R500	R500	R 400	R300
60+	R1000	R800	R500	R500	R 400	R300

ENQUIRIES
Maduna 083 752 6794
Zizi 083 761 5935

Email: omacrace51021@gmail.com
Facebook: https://www.facebook.com/OMACGreenMambas

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.
8. Substitutions & Downgrades: Allowed until 16 April 2026 at no charge. After this date, a R50 administration fee will apply.
9. Upgrades: Not permitted.

SCAN QR CODE TO ENTER

PERSONAL INFORMATION

Full Name :

Surname

Date of Birth :

ID Number:

Email :

Phone:

Gender :

Age:

2026 License No.

Temp No. Required: **YES** **NO**

Next of Kin:

Phone:

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 Gauardian if Under 18

No Refunds