



Regent Gravel Crusher 21km 2020 – Entry Form

When and Where

Date: Sunday 9 February 2020
 Time: 21.1km - 6 a.m. | 5km 6:15 a.m.
 Distance: 21.1km & 5km
 Where: Farm19 Gulu
 Directions: From the East London Airport, travel on the R72 towards Port Alfred. Just before the Gulu Bridge, turn **right** onto the Fort Pato gravel road. Follow the gravel road for 2km until you reach the entrance to the farm on your right hand side.
 Entrance fee: 21.1km – R120 | R5km – R50
 Online Entries: EFT entry option link on our Facebook page
 Registration: Manual entries and race number collection at Beacon Bay Country Club 22 and 29 January. 5 February between 17:30 and 19:00; (Please bring proof of payment to registration)
 Late entries: On race day from 5:00 – 5:40 (extra R50 entry fee), CASH ONLY.

Race Rules

- This race is run in accordance with ASA and BA rules.
- The 5km fun run will NOT be timed.
- ASA licences to be worn on the front and back of vests (If you do not have a permanent ASA licence, then you MUST purchase a temporary licence at registration).
- Race number to be worn on the front of the vest, visible at all times during the race.
- All personal information is to be completed on the race number (collect at reg).
- No transport is provided to the race, please make your own arrangements.
- The course runs through an environmentally friendly area, do not litter.
- All marshals and traffic officials must be obeyed.
- We regret, NO dogs allowed.
- Minimum age for participants is 16 years of age on race day.
- Food and beverages will be on sale at the venue, please bring cash only.

Prize Categories

Position	Open	35 - 39	40 - 49	50 - 59	60 - 69	70+
1	1000	200	200	200	200	200
2	500					
3	250					

- Age flashes are to be worn on the FRONT and BACK of the vest.
- No age flash, no prize for category placements!
- Prize giving will start at 11.00 am.
- Lucky draw prizes to all participants present at the draw.
- Finisher gifts to all finishers

Enquiries: 078 091 7200 (Nadia: WhatsApp only) | nedbankrcel@gmail.com

Runner Details

Name:	Surname:
ID No:	Gender: Male <input type="checkbox"/> Female <input type="checkbox"/>
Cell No:	ASA Licence :
21.1km <input type="checkbox"/> 5km <input type="checkbox"/>	No licence needed for 5km
Age on Race Day:	Need Temp: Yes <input type="checkbox"/> No <input type="checkbox"/>
Nationality:	
Running Club:	
Emergency Contact No:	
Email:	

This race is run under Border Athletics rules

Indemnity

I hereby declare that I shall partake in this event at my own risk and that I indemnify the organizers, sponsors and property owners against any claim that may result from my participation.

Signature of entrant:

Guardian to sign if under 18 on race day

Office use only:

Race Number:	Temp Licence:
Paid: <input type="checkbox"/>	Captured: <input type="checkbox"/>

