



EAST LONDON 100-MILER
SAT 11 JULY 2020, 4am
www.EL100miler.co.za



NAME & SURNAME _____ **YOUR TOWN/CITY?** _____

CELL _____ **EMERGENCY CELL** _____

SHIRT SIZE

S	M	L	XL	2XL	3XL
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PLEASE NOTE: No shirts or finisher medals for entries received after Friday 5th June 2020.

OPTION 1

Enter & pay cash at OUT THE GREEN BOX, Pearce Str, Berea, East London

OPTION 2

Do an EFT and email p.o.p & completed entry form to funtrax@mweb.co.za

(Entries sent without proof of payment will not be captured)

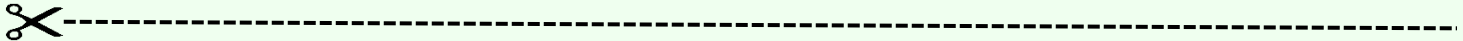
FUNTRAX STANDARD BANK EAST LONDON CODE 053721 CHEQUE ACC : 241 633 931 REF : Your name

ENTRY FEE R450

LIMITED TO 200 SOLO ENTRIES

INDEMNITY: *I am fully aware that mountain-biking is a dangerous sport and I agree that I am participating at my own risk. I hereby confirm that I will have no claim against the organisers, sponsors, officials, or land-owners in respect of any injury or damage to persons or property arising out of any incident related in any way to the EL 100-Miler I also hereby confirm that I have read and understood the EVENT INFO PAGE below.*

SIGNATURE _____ **DATE** _____



EVENT INFO PAGE (Please keep this section of the entry form)

REGISTRATION

Wednesday 8th July, 6pm-8pm @ Table 58. Riders will receive their personalised race-boards and ride-bangles. Write emergency contact and medical aid details on your ride-bangle. Alternatively, collect your race-board and ride-bangle on the morning of the event at 3-30am at the start.

THE EVENT

Meet at Floradale Nursery @ 3-30am on Saturday 11th July. Race starts @ 4am sharp. Race ends on the deck at Table 58. Riders will receive their shirts at the finish line.

PRIZE GIVING

Table 58 @ 6pm. First 3 men * First 3 ladies * First 3 riders over 100kg * Lucky-draw prizes too.

ROUTE

The route will NOT be marked. Ensure you get a sticker at the km 120 checkpoint. Download the route, and get all the event info from the website www.EL100miler.co.za

SELF-SUFFICIENCY

Ensure you carry enough food and hydration to get to the brunch-stop at km 80 (Macleantown). Only refreshments available at km 120. **NB: Ensure you get a sticker at the km 120 checkpoint.** Ensure you carry a spare tube, etc. There is no mechanical back-up on route.

SWEEPER VEHICLE

Sweeper will follow behind last rider. Should you not be able to continue, please wait patiently until the sweeper vehicle gets to you.

IMPORTANT

Helmets compulsory. Front & rear lights compulsory. No marshalls, obey the rules of the road. No refund if you cannot participate. Substitutions R50. **EVENT ENQUIRIES: MARK 082 440 8840**