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| KENTON ON SEA ( COB BAY ) RACE FOR SURVIVAL  |
| Welcome and THANK YOU for entering the RACE FOR SURVIVAL. We trust that you will bring the family along, and enjoy a fun-filled ADVENTURE WEEKEND with us.PLEASE NOTE THE FOLLOWING:-1. The CYCLE EVENTS will take place on SAT 04 JUNE 2016, starting at 12h00 from CHARL GROVE ( approximately 15km from Kenton on Sea - See map attached )2. The RUN/WALK EVENTS will take place at COB BAY on SUNDAY 05 JUNE, starting at 10H00 (  approximately 5.5km from Kenton on Sea - See map attached )3. We encourage dual participation in both the run and cycle events.4. Participants only taking part in the RUN/WALK EVENT/S are welcome to camp over on 04 June, as are participants taking part in only the CYCLE EVENT/S. 5. Camping accommodation for Sat night ( 04 June ) is available at COB BAY. Communal male/female  showers & ablutions are available. Campsites are NOT supplied with electrical points. 6. B&B accommodation at Woodlands Cottages/Backpackers ( Contact 082 808 5976/046 648 2867 ) NB - Camping spots are on a FIRST COME-FIRST SERVED basis. PLEASE BRING OWN TENTS/TORCH,BLANKETS/DRINKING WATER/EATING UTENSILS/CHAIRS ETC. **WE HIGHLY RECOMMEND THAT THOSE BOOKING CAMPING SPOTS, ERECT TENTS ETC BEFORE 11H00 ON 04 JUNE**, SO AS TO ELEVIATE ANY POTENTIAL PROBLEMS LATER IN THE DAY. ( Cycle participants can then proceed to the Charl Grove starting point ).BUSH BAR ( & soft drinks etc )/ COMMUNAL BRAAI FACILITIES ARE AVAILABLE AT COB BAY CAMPING**FREE T-SHIRTS TO FIRST 100 CYCLISTS/RUN & WALKERS ( FINISHERS/CATEGORY )** |
| COST:- |   |   |   |
|   | AMOUNT | No. of Persons | TOTAL |
| 20km/42km Cycle ( Please mark X on relevant event ) | R 120/person |   | R |
| 7.5km/15km Run/Walk ( Please mark X on relevant event ) | R80 (15km Run ) -R 60 ( 7.5km ) |   | R |
| Camping Fee - ( one tent ) - KIDS TENTS FREE! | R 150/site |   | R |
| Additional BRAAI PACKS/SALADS @ R 75/ea | R 75/person |   | R  |
|   |   |   |   |
|   |   | **GRAND TOTAL**  | R |
| BANKING DETAILS **( LAST DAY FOR BANKING/EFT - 30 May 2016 ):-**PAWS - First National BankBranch No. 211021 (Vincent Park)Acc No. 62345127949 |
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| **NB - PLEASE BRING COPIES OF REGISTRATION/INDEMNITY FORMS, THIS FORM AND PROOF OF PAYMENT TO THE EVENT IN ORDER TO OBTAIN RACE STICKERS/TOKENS ETC. PLEASE ARRIVE AT LEAST 1 HOUR PRIOR TO START OF EVENT/S. NO FORMS = NO ENTRY** |
| Registrations also open at events ( 09h00-11h00 ) on 04 June & 08h00 - 09h30 on 05 June |
| **CONTACT : 0768016888 - Gavin or email : paws4africa@gmail.com with any queries.** |
| ***PLEASE SEND A COPY OF COMPLETED FORM TO:*paws4africa@gmail.com *- FOR CATERING PURPOSES*** |