RULES

1 RACE HELD UNDER RULES OF ATHLETIC SA (ASA) AND EASTERN PROVINCE ATHLETICS (EPA). ATHLETES INDEMNIFY THE NATIONAL, PROVINCIAL AND REGIONAL BODIES, SPONSORS AND THEIR ORGANISERS AGAINST ALL AND ANY ACTIONS OF WHATEVER NATURE.

2 RACE WILL START AT 06H30 (15KM), 06H40 (5KM), 08H45 (MILKI MOO DASH)

3 THE RACE COMMITTEE RESERVES TO ACCEPT/REJECT ANY ENTRY.

4 **15KM RACE:**

2022 LICENSE HOLDERS ARE ALLOWED TO ENTER
CLUB COLOURS TO BE WORN AND 2022/2023 LICENSE NUMBER ON BACK AND FRONT OF VEST
AGE CATEGORY TAGS TO BE WORN ON FRONT AND BACK OF T-SHIRT/VEST TO QUALIFY FOR AGE CATEGORY PRIZES
JUNIORS TO PRODUCE PROOF OF AGE IF REQUESTED AWARDING PRICES

TEMPORARY LICENCE PARTICIPANTS:

ATHLETES WHO ARE NOT LICENCED MEMBERS OF A CLUB AFFILIATED TO ASA MUST PURCHASE A TEMPORARY LICENCE TO BE WORN ON THE BACK OF VEST, RACE T-SHIRT OR PLAIN COLOURED T-SHIRT, WITH THE OFFICIAL RACE NUMBER ON THE FRONT OF THE VEST/T-SHIRT
ATHLETES USING TEMPORARY LICENCES SHALL PRODUCE PROOF OF AGE ON RACE DAY TO QUALIFY FOR CATEGORY PRICES.
WALKERS ID TO BE DISPLAYED
MINIMUM AGE ON RACE DAY IS 15 YEARS
GOLD MEDALS AWARDED TO THE FIRST MALE AND FEMALE, SILVER TO BE AWARDED TO THE SECOND MALE AND FEMALE AND BRONZE MEDALS TO ALL FINISHERS WITHIN THE CUT-OFF TIME
OFFICIAL CUT-OFF TIMES: 15KM: 2.5 HOURS; 5KM: 90 MINUTES
WATER POINTS AT EVERY 3KM – NO PRIVATE SECONDING ALLOWED

5 ALL TRAFFIC OFFICERS AND MARSHALS MUST BE OBEYED

6 THE WEARING OF EARPHONES IS PROHIBITED AND WILL LEAD TO DISQUALIFICATION

7 ALL PAVEMENTS ARE OUT OF BOUNDS

8 PRE-ENTRIES TAKEN IN PORT ELIZABETH AT BRAIN BANDS, THE FOOTBALLER AND SPORTSMANS WAREHOUSE JEFFREYS BAY AT COMMPU-CAMM SIGNS
CLOSING DATE FOR PRE-ENTRIES IS FRIDAY, 30 DECEMBER 2022.
ENTER ONLINE AT WWW.ENTRYTIME.COM A 14% ADMIN FEE WILL BE CHARGED BY ENTRYTIME.

9 RACE NUMBER AND GOODIE BAG COLLECTIONS AND LATE ENTRIES MAY BE DONE AT VICTORY CHRISTIAN SCHOOL ON FRIDAY, 6 JANUARY 2023 BETWEEN 17H00-19H00 AND ON RACE DAY BETWEEN 05H15 AND 06H15.

10 PRIZE GIVING: 09H30

11 LUCKY DRAW PRIZES: WINNERS TO BE PRESENT

12 TOILET FACILITATES AVAILABLE

13 RACE VENUE IS AN ALCOHOL-FREE ZONE

14 A TOG BAG STORAGE FACILITY WILL BE AVAILABLE

15 FULL RESULTS WILL BE AVAILABLE ON WWW.EPATHLETICS.CO.ZA AND PHOTOS AVAILABLE ON FACEBOOK: @WOODLANDSDAIRYSA

FOR RACE ENQUIRIES CONTACT:
MORNÉ OWEN - 082 419 2478
NELIA JACOBS - 082 320 2511

REFUSE BINS ARE AVAILABLE ON THE ROUTE. LITTERING MAY LEAD TO DISQUALIFICATION. DISCARD USED WATER SACHETS INTO OR NEAR TO THE BINS PROVIDED AND NOT BEYOND DESIGNATED POINTS.

First Choice

FIRST CHOICE RACE

DATE OF RACE

7 JANUARY 2023

ENTRIES ARE NOW OPEN

ENTER ONLINE AT WWW.ENTRYTIME.COM



RACE ENTRIES & STARTING TIMES

15KM - 06H30
MAIN RACE

5KM - 06H40
FUN RUN

600M - 08H45
MILKI MOO DASH

LOCATION

RACE VENUE
VICTORY CHRISTIAN SCHOOL J-BAY

GOODIE BAGS FOR THE FIRST 1000 ENTRANTS

TS & CS APPLY

RACE HELD UNDER RULES OF ASA & EPA THIS IS A PARTICIPATION LEAGUE EVENT

WOODLANDS DAIRY · First Choice · FUELED BY HIGH PROTEIN RECOVERY · Jeffreys Bay

ENTRY FORM

CLOSING DATE FOR ENTRIES: 30 DECEMBER 2022

RACE NUMBER: _____ LICENCE NO: _____

TEMP NUMBER: _____

SURNAME: _____ FIRST NAME: _____

ID NUMBER: _____ DATE OF BIRTH _____

AGE ON RACE DAY: _____

CLUB IN FULL: _____ CELL NO: _____

EMERGENCY PERSON NAME: _____

RELATIONSHIP WITH EMERGENCY PERSON: _____

EMERGENCY PERSON HOME AND CELL NO: _____

15 KM	☐
5 KM	☐
MALE	☐
FEMALE	☐
MILKI MOO DASH	☐

ENTRY FEE

15KM - LICENCED ATHLETES R80

15KM OPEN R120

- UNLICENSED ATHLETES

- INCLUDES TEMPORARY LICENCE AND RACE FEE

AGE CATEGORY TAGS TO BE PURCHASED TO BE ELIGIBLE FOR AGE CATEGORY PRIZES R15

EP REGISTERED ATHLETES 65YRS + ... R60

5KM ATHLETES R60

600 MILKI MOO DASH R30

RELEASE/WAIVER

BY ENTERING THE EVENT I UNDERTAKE TO BE BOUND BY THE RULES AND REGULATIONS OF THE EVENT INCLUDING THOSE OF IAAF AND ASA. I WARRANT THAT I AM IN GOOD HEALTH AND AWARE OF THE RISKS AND DANGERS OF PHYSICAL NATURE OF THIS SPORTING EVENT AND DO NOT CLAIM IGNORANCE OF THESE RISKS AND DANGERS. I HEREBY ACCEPT THAT I PARTICIPATE IN THE EVENT ENTIRELY AT MY OWN RISK AND I RELEASE AND DISCHARGE, TO THE FULLEST EXTENT ALLOWED IN LAW, THE ORGANISERS OF THE EVENT, ALL SPONSORS, PERSONS AND ORGANISATIONS ASSISTING IN THE STAGING OF THE EVENT, PROVINCIAL AND NATIONAL ATHLETICS BODIES AND ALL LOCAL AUTHORITIES FROM ANY RESPONSIBILITY, LIABILITY OR COSTS RELATING TO ANY INJURY, LOSS OR DAMAGE OF WHATEVER NATURE, HOWEVER CAUSED, ARISING DIRECTLY OR INDIRECTLY FROM MY PARTICIPATION IN THE EVENT INCLUDING PRE-AND POST-RACE ACTIVITIES. I FURTHER AGREE AND WARRANT THAT IF AT ANY TIME I BELIEVE CONDITIONS TO BE UNSAFE, I WILL IMMEDIATELY DISCONTINUE FURTHER PARTICIPATION IN THE ACTIVITY;

MINOR RELEASE (UNDER 18YEARS OLD): AND I, THE MINOR'S PARENT AND/LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ATHLETIC ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY AND I ENTER INTO THIS INDEMNITY/WAIVER ON BEHALF OF THE MINOR. PHOTOS: I AGREE THAT PHOTOGRAPHS OR VIDEO FOOTAGE TAKEN OF ME OR THE MINOR AT THE EVENT MAY BE USED FOR MARKETING PURPOSES IN THE MEDIA. BY ENTERING THIS RACE, I DECLARE THAT I HAVE READ AND AGREE WITH RULES PERTAINING TO INDEMNITY/WAIVER.

SIGNATURE: _____ (PARENT OR GUARDIAN IF MINOR) DATE ENTERED: _____

PRIZES

CATEGORY	1ST	2 ND	3 RD
OPEN	R2 500	R1 500	R1 000
JUNIOR (AGE 15-19)	R700	R400	R300
40-49	R600	R300	FIRST CHOICE HAMPER
50-59	R600	R300	FIRST CHOICE HAMPER
60-69	R600	R300	
70+	R300	R200	

WALKERS 1ST & 2ND PRIZE

FIRST CHOICE HAMPERS TO FIRST TWO MALE AND FEMALE PARTICIPANTS

5KM FUN RUN PRIZES & MILKI MOO DASH

FIRST THREE MALE AND FEMALE PARTICIPANTS

1ST	2ND	3RD
FIRST CHOICE HAMPER	FIRST CHOICE HAMPER	FIRST CHOICE HAMPER

