

Rules

1. Race held under rules of Athletics 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 whatsoever nature.
2. Races will start at 06h30 (15km), 07h00 (6km), 08h45 (Milki Moo Dash).
3. The race committee reserves to accept/reject any entry.
4. **15km Race:**
 - 2018 Licence holders are allowed to enter.
 - Club colours to be worn and 2018/2019 licence 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 for awarding prizes.

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 prizes.
 - Walkers ID to be displayed.
 - Minimum age on race day is 15 years.
 - Gold medals awarded to the first male and female, silver 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; 6km: 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 or headsets is prohibited and will lead to disqualification.
 7. All pavements are out of bounds.
 8. Pre-entries taken in Port Elizabeth at Brian Bands, The Footballer and Sportsmans Warehouse. Jeffreys Bay at Compu-Camm Signs.
 9. Race vests available at registration at R80 each.
 10. **Race vests to the first 200 ONLINE PRE-ENTRIES in the 15km race.**
Closing date for pre-entries is Saturday, 29 December 2018.
Enter online at www.entrytime.com. A 14% admin fee will be charged by Entrytime.
 11. **Race number and goodie bag collections and late entries may be done at Victory Christian School on Friday, 4 January 2019 between 17h00-19h00 and on race day between 05h15 and 06h15.**
 12. Prize giving: 09h00.
 13. Lucky draw prizes: Winners to be present.
 14. Toilet facilities available.
 15. Race venue is an alcohol-free zone.
 16. A tog bag storage facility will be available.
 17. Full results will be available on www.whereinpe.co.za and photos available on Facebook: [@woodlandsdairySA](https://www.facebook.com/woodlandsdairySA).



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For race enquiries
contact



First
Choice®



Get your body moooving
& join the 18th annual First Choice Race!

Entries for the 15km, 6km Fun Run,
& 600m Milki Moo Dash for kids (9 yrs old and younger)
are now open.

Goody bags available for the first 1000 entrants!

Date: Saturday, 5th January 2019
Venue: Victory Christian School, Jeffreys Bay
(Please note this is a new venue)

Starting Times:
06h30 – 15km Race
07h00 – 6km Fun Run
08h45 – 600m Milki Moo Dash

Race held under rules of ASA & EPA.
This is a participation League Event.



POWERADE

E-VOG
EASTERN CAPE VOYAGE GROUP

Prizes

15km Race

First three male and female participants

Category	1st	2nd	3rd
Open	R2 500	R1 500	R1000
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+	First Choice Hamper	First Choice Hamper	

Walkers 1st & 2nd Prize

First Choice Hampers to first two male and female participants

6km Fun Run Prizes & Milki Moo Dash

First three male and female participants

1st	2nd	3rd
First Choice Hamper	First Choice Hamper	First Choice Hamper

Entry Form

Tick the appropriate box:

15km	<input type="checkbox"/>	Male	<input type="checkbox"/>	Milki Moo	<input type="checkbox"/>
6km	<input type="checkbox"/>	Female	<input type="checkbox"/>	Dash	<input type="checkbox"/>

Race Number: _____ Licence No: _____

Temp No: _____

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: _____

Entry Fee

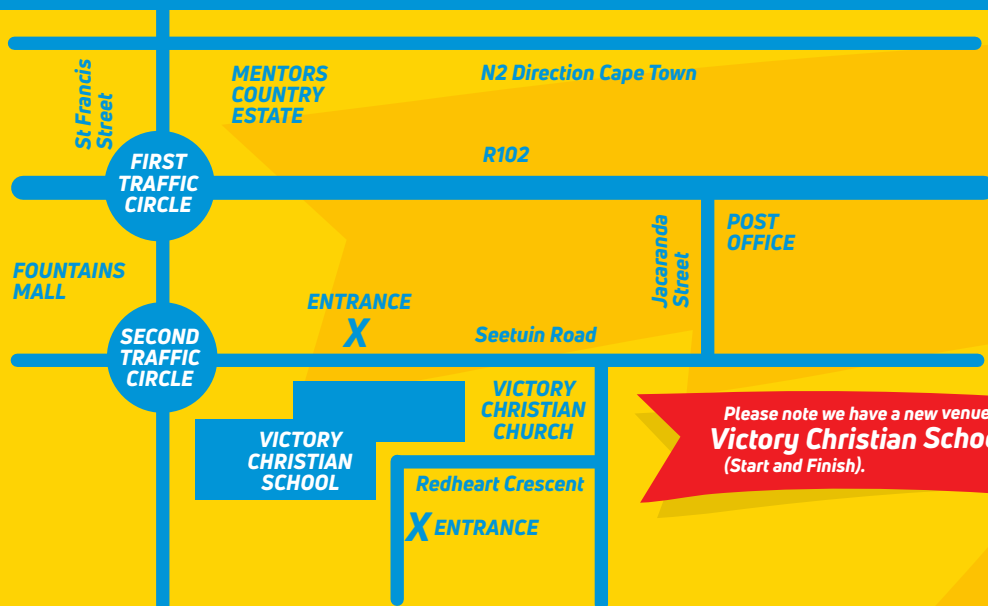
15km – Licenced Athletes	R60
15km Open – Unlicenced Athletes – Includes Temporary Licence and Race Fee	R100
Age category tags to be purchased, to be eligible for age category prizes	R15
EP Registered Athletes 65yrs +	R30
6km Athletes	R40
600m Milki Moo Dash	R10
Total	

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 the 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 18 years 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.

I declare that I have read and agree with rules pertaining to Indemnity/Waiver.

Signature: _____ (Parent/Guardian if minor) Date Entered: _____



Please note we have a new venue
Victory Christian School
(Start and Finish).