

RULES

- 1 RACE HELD UNDER RULES OF ATHLETICS (ASA) AND EASTERN PROVINCE ATHLETICS (EPA). ATHLETES INDEMNIFY THE NATIONAL, PROVINCIAL AND REGIONAL BODIES, SPONSORS AND THEIR ORGANISERS OF ALL AND ANY ACTIONS OF WHATEVER NATURE.
- 2 RACE WILL START AT 6H30 (15KM), 6H40 (5KM), 7H30 (VCS MINI DASH).
- 3 THE RACE COMMITTEE RESERVES TO ACCEPT/REJECT ANY ENTRY.
- 4 CLUB COLOURS TO BE WORN AND 2023 LICENSE NUMBER ON BACK AND FRONT OF VEST WITH THE OFFICIAL RACE NUMBER ON THE FRONT OF THE VEST/T-SHIRT.
- 5 AGE CATEGORY TAGS MUST BE WORN ON FRONT AND BACK OF VEST/T-SHIRT TO QUALIFY FOR AGE CATEGORY PRIZES.
- 6 JUNIORS TO PRODUCE PROOF OF AGE, IF REQUESTED WHEN AWARDING PRIZES.
- 7 ATHLETES WHO ARE NOT LICENSED MEMBERS OF A CLUB AFFILIATED TO ASA MUST PURCHASE A TEMPORARY LICENSE TO BE WORN ON THE BACK OF THE VEST/RACE T-SHIRT OR PLAIN COLOURED T-SHIRT, WITH THE OFFICIAL RACE NUMBER ON THE FRONT OF THE VEST/T-SHIRT
- 8 ATHLETES USING TEMPORARY LICENSES MAY BE REQUIRED TO PRODUCE PROOF OF AGE ON RACE DAY TO QUALIFY FOR CATEGORY PRIZES.
- 9 WALKERS ID TO BE DISPLAYED.
- 10 MINIMUM AGE ON RACE DAY IS 15 YEARS OLD.
- 11 ALL TRAFFIC OFFICERS AND MARSHALLS MUST BE OBEYED.
- 12 TROPHEES WILL BE AWARDED TO THE FIRST MALE AND FEMALE. MEDALS TO ALL FINISHERS WITHIN THE CUT-OFF TIME.
- 13 OFFICIAL CUT-OFF TIMES: 15KM – 2.5 HOURS, 5KM – 90 MINUTES.
- 14 PRE-ENTRIES TAKEN PLACE AT VICTORY CHRISTIAN SCHOOL, JEFFREYSBAY.
- 15 CLOSING DATE FOR PRE-ENTRIES IS TUESDAY 24 OCTOBER 2023.
- 16 ENTER ONLINE AT: <https://backoffice.entryninja.com/entries/events/79526>
- 17 RACE NUMBERS/GOODIE BAG COLLECTIONS AND LATE ENTRIES MAY BE DONE AT VICTORY CHRISTIAN SCHOOL ON FRIDAY 27 OCTOBER 2023 16:00 TO 19:00 AND ON RACE DAY BETWEEN 04:30 AND 06:00.
- 18 PRIZE GIVING: 10H00.
- 19 LUCKY DRAW PRIZES: WINNERS TO BE PRESENT AT THE DRAW.
- 20 WATER POINTS AT EVERY 3KM – NO PERSONAL SECONDING ALLOWED. PLEASE SUPPORT THE ANTI-LITTERING CAMPAIGN. REFUSE BINS WILL BE PROVIDED ALONG THE ROUTE. PLEASE DISCARD USED WATER SACHETS INTO OR NEAR TO THESE BINS. LITTERING IS AN OFFENCE AND MAY LEAD TO DISQUALIFICATION.
- 21 THE WEARING OF EARPHONES IS PROHIBITED AND WILL LEAD TO DISQUALIFICATION.
- 22 ALL PAVEMENTS ARE OUT OF BOUNDS.
- 23 TOILET FACILITIES AVAILABLE.
- 24 RACE VENUE IS AN ALCOHOL-FREE ZONE.
- 25 A TOG BAG STORAGE FACILITY WILL BE AVAILABLE.
- 26 FULL RESULTS WILL BE AVAILABLE ON WWW.EPATHLETICS.CO.ZA.

FOR RACE ENQUIRIES CONTACT:

NELIA JACOBS 082 320 2511
EL-MARI DE BRUYN 082 728 8918

VCS FIRST CHOICE CLASSIC
28 OCTOBER 2023
15km Road Run
5km FUN RUN

Cash Prizes
Lucky Draws

EDGE FITNESS CLUBS
ENTER ONLINE AT WWW.ENTRYNINJA.COM

6:30 15KM ROAD RUN R110 (LICENSED ATHLETES)
R150 (UNLICENSED ATHLETES)
R60 (65+ YEARS)

6:40 5KM FUN RUN R60
7:30 VCS MINI DASH R40

GOODIE BAGS FOR THE
FIRST 400 ENTRIES

RACE HELD UNDER RULES OF ASA & EPA

Entry Form

CLOSING DATE FOR ENTRIES: 24 OCTOBER 2023

RACE NO: _____ LICENSE NO: _____

TEMP NO: _____

SURNAME: _____

FIRST NAME: _____

ID NUMBER: _____

AGE ON RACE DAY: _____ DATE OF BIRTH: _____

CLUB IN FULL: _____

CELL NO: _____

EMERGENCY PERSON NAME: _____

EMERGENCY PERSON CONTACT DETAILS: _____

<input type="checkbox"/>	15km
<input type="checkbox"/>	5km
<input type="checkbox"/>	Male
<input type="checkbox"/>	Female
<input type="checkbox"/>	Mini Dash

Entry Fees

15KM – LICENSED ATHLETES R110

15KM – UNLICENSED ATHLETES R150

- INCLUDES TEMPORARY LICENSE AND RACE FEE

EP REGISTERED ATHLETES 65YRS+ R60

5KM ATHLETES R60

80M VCS MINI DASH R40

Release/Waiver

BY ENTERING THE EVENT I UNDERTAKE TO BE BOUND BY THE RULES AND REGULATIONS OF THE EVENT INCLUDING THOSE OF WORLD ATHLETICS 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): 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/GUARDIAN OF MINOR) DATE: _____

RACE PRIZE CATEGORIES – 15KM MALE & FEMALE

	OPEN	35-39	40-49	50-59	60-69	70+
1 st	R500	R300	R300	R300	R300	R300
2 nd	R300	R200	R200	R200	R200	R200
3 rd	R200	R100	R100	R100	R100	R100

RACE PRIZE CATEGORIES – 5KM MALE & FEMALE

	OPEN	JUNIOR
1 st	Hamper	Hamper
2 nd	Hamper	Hamper
3 rd	Hamper	Hamper

WALKERS 1ST & 2ND PRIZE

FIRST CHOICE HAMPERS TO FIRST TWO MALE AND FEMALE PARTICIPANTS

