



**FIRST  
CHOICE  
RACE**



**HIGH  
PROTEIN™  
RECOVERY**

**FIRST CHOICE RACE**  
**6 January 2024**

**ENTRIES ARE OPEN**

Enter online at [www.entrytime.com](http://www.entrytime.com)

**GOODIE BAGS FOR THE  
FIRST 1000 ENTRIES!**

**RACE ENTRIES & STARTING TIMES**

MAIN RACE- 15km / 06h30

FUN RUN- 5km / 06h40

MILKI MOO DASH - 60m / 08h45

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

SCAN TO ENTER



T's & C's APPLY

**RECOVER  
LIKE A PRO**



# ENTRY FORM

CLOSING DATE FOR ENTRIES: 30 DECEMBER 2023

RACENUMBER: \_\_\_\_\_ LICENCENR. \_\_\_\_\_

TEMPNUMBER: \_\_\_\_\_

SURNAME: \_\_\_\_\_

FIRST NAME: \_\_\_\_\_

ID NUMBER: \_\_\_\_\_

AGE ON RACE DAY: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

CLUB IN FULL: \_\_\_\_\_ CELL NR. \_\_\_\_\_

EMERGENCY PERSON NAME: \_\_\_\_\_

EMERGENCY PERSON HOME AND CELL NO: \_\_\_\_\_

15 km

5 km

MALE

FEMALE

MILKI MOO DASH

## ENTRY FEES

15KM - LICENSED ATHLETES \_\_\_\_\_ R100

15KM - UNLICENSED ATHLETES \_\_\_\_\_ R150

- INCLUDES TEMPORARY LICENSE AND RACE FEE

EP REGISTERED ATHLETES 65YRS + \_\_\_\_\_ R 60

AGE CATEGORY TAGS PURCHASE TO BE ELIGIBLE FOR AGE CATEGORY PRIZES \_\_\_\_\_ R 20

5KM ATHLETES \_\_\_\_\_ R 60

60M MILKI MOO DASH \_\_\_\_\_ R 30

## RELEASE / WAIVER

BY ENTERING THE EVENT I UNDERTAKE TO BE BOUND BY THE RULES AND REGULATIONS OF THE EVENT INCLUDING THOSE OF WA 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 18YEARS 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 OR GUARDIAN IF MINOR) | DATE ENTERED \_\_\_\_\_

# PRIZES

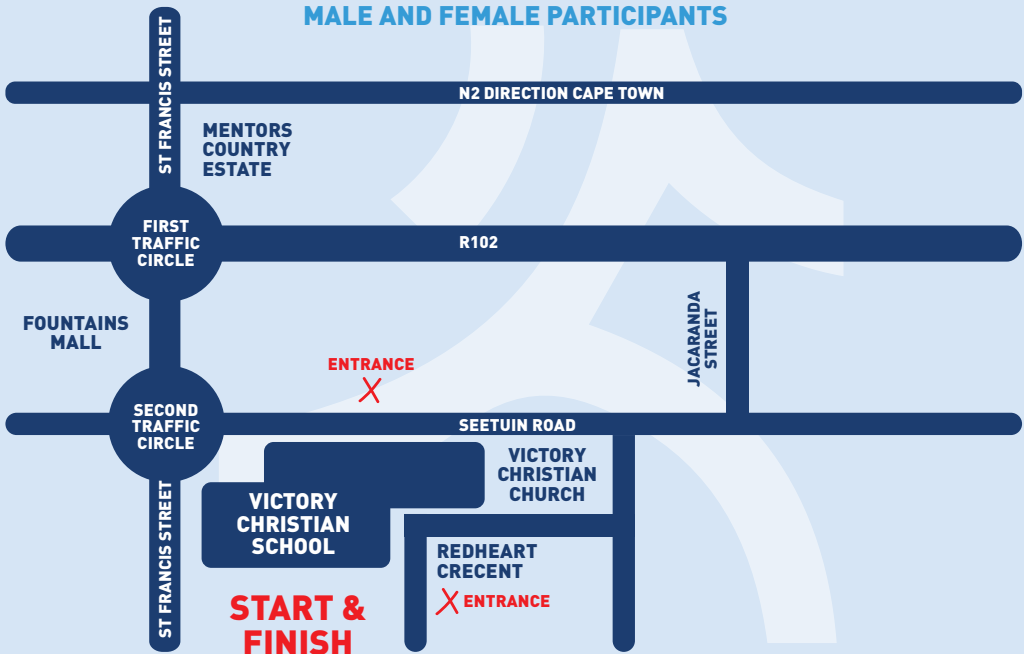
CATEGORY	1ST	2 ND	3 RD
OPEN	R2 500	R1 500	R1 000
JUNIOR (AGE 15-19)	R700	R400	R300
40-49	R600	R300	FIRST CHOICE HAMPER
50-59	R600	R300	FIRST CHOICE HAMPER
60-69	R600	R300	FIRST CHOICE HAMPER
70+	R600	R300	FIRST CHOICE HAMPER

## WALKERS

FIRST CHOICE HAMPERS TO FIRST TWO MALE AND FEMALE PARTICIPANTS

## 5KM FUN RUN PRIZES & MILKI MOO DASH

FIRST CHOICE HAMPERS TO FIRST THREE MALE AND FEMALE PARTICIPANTS



# RULES

1. RACE HELD UNDER RULES OF ATHLETICS SA (ASA) AND EASTERN PROVINCE ATHLETICS (EPA).
2. ATHLETES INDEMNIFY THE NATIONAL, PROVINCIAL AND REGIONAL BODIES, SPONSORS AND THE ORGANISERS OF ALL AND ANY ACTIONS OF WHATEVER NATURE.
3. RACE WILL START AT 06H30 (15KM), 06H40 (5KM), 08H45 (MILKI MOO DASH).
4. THE RACE COMMITTEE RESERVES TO ACCEPT/REJECT ANY ENTRY.
5. MINIMUM AGE ON RACE DAY IS 15 YEARS OLD.
6. AGE CATEGORY TAGS TO BE WORN ON FRONT AND BACK OF T-SHIRT, VEST TO QUALIFY FOR AGE CATEGORY PRIZES.
7. OFFICIAL CUT-OFF TIMES: 15KM: 2.5 HOURS; 5KM: 90 MINUTES.
8. WALKERS ID TO BE DISPLAYED.
9. MINIMUM AGE ON RACE DAY IS 15 YEARS OLD.
10. 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.
11. OFFICIAL CUT-OFF TIMES: 15KM: 2.5 HOURS; 5KM: 90 MINUTES.
12. WATER POINTS AT EVERY 3KM – NO PRIVATE SECONDING ALLOWED.
13. ALL TRAFFIC OFFICERS AND MARSHALS MUST BE OBEYED.
14. THE WEARING OF EARPHONES IS PROHIBITED AND WILL LEAD TO DISQUALIFICATION.
15. ALL PAVEMENTS ARE OUT OF BOUNDS.
16. PRE-ENTRIES TAKEN IN AT OUR MILK & BREAD SHOPS IN PE, ST FRANCIS, HUMANSDORP AND JEFFREYS BAY.
17. CLOSING DATE FOR PRE-ENTRIES IS FRIDAY, 30 DECEMBER 2023.
18. ENTER ONLINE AT [WWW.ENTRYTIME.COM](http://WWW.ENTRYTIME.COM) A 14% ADMIN FEE WILL BE CHARGED BY ENTRY TIME.
19. RACE NUMBER, GOODIE BAG COLLECTIONS AND LATE ENTRIES MAY BE DONE AT VICTORY CHRISTIAN SCHOOL ON FRIDAY, 5 JANUARY 2024 BETWEEN 17H00-19H00 AND ON RACE DAY BETWEEN 05H15 AND 06H15.
20. PRIZE GIVING: 09H30.
21. LUCKY DRAW PRIZES: WINNERS TO BE PRESENT AT DRAW.
22. TOILET FACILITIES AVAILABLE.
23. RACE VENUE IS AN ALCOHOL-FREE ZONE.
24. A TOG BAG STORAGE FACILITY WILL BE AVAILABLE.
25. FULL RESULTS WILL BE AVAILABLE ON [WWW.EPATHLETICS.CO.ZA](http://WWW.EPATHLETICS.CO.ZA) AND PHOTOS ON FACEBOOK: @WOODLANDSDAIRYSA.

## 15 km Race

1. CLUB COLOURS TO BE WORN AND 2023/2024 LICENSE NUMBER ON BACK AND FRONT OF VEST WITH THE OFFICIAL RACE NUMBER ON THE FRONT OF THE VEST, T-SHIRT.
2. JUNIORS (19 YEARS AS AT 31 DECEMBER 2024) TO PRODUCE PROOF OF AGE IF REQUESTED.
3. 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.
4. WALKERS ID TO BE DISPLAYED.
5. WATER POINTS AT EVERY 3KM – NO PRIVATE SECONDING ALL.
6. ATHLETES WHO ARE NOT LICENSED 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.
7. ATHLETES USING TEMPORARY LICENSES MAY BE REQUIRED TO PRODUCE PROOF OF AGE ON RACE DAY TO QUALIFY FOR CATEGORY PRIZES.
8. THE RACE NUMBER CONTAINS A CHIP, PLEASE DO NOT BEND THE NUMBER OR ALTER IT IN ANY WAY.

## 5 km Race

1. BRONZE MEDALS TO ALL FINISHERS WITHIN THE CUT-OFF TIME.
2. AGE RESTRICTION FOR THE 5KM IS 9 YEARS. (UNDER 9'S MAY TAKE PART ON CONDITION THEY ARE ACCOMPANIED BY AN ADULT FOR THE WHOLE RACE).
3. WATER AT THE 2.5KM MARK.

## Temporary Participants:

1. ATHLETES WHO ARE NOT LICENSED 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.
2. ATHLETES USING TEMPORARY LICENSES MAY BE REQUIRED TO PRODUCE PROOF OF AGE ON RACE DAY TO QUALIFY FOR CATEGORY PRIZES.

**NOTE: 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.**

## RACE ENQUIRIES:

Morné Owen - 082 419 2478

Nelia Jacobs - 082 320 2511

