

# RULES

## ATHLETICS:

- 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 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:**  
2024 LICENSE HOLDERS ARE ALLOWED TO ENTER.  
CLUB COLOURS TO BE WORN AND 2024/2025 LICENSE NUMBER ON BACK AND FRONT OF VEST WITH THE OFFICIAL RACE NUMBER ON THE FRONT OF THE VEST, T-SHIRT.  
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 PRIZES.  
**TEMPORARY PARTICIPANTS:**  
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.  
ATHLETES USING TEMPORARY LICENSES MAY BE REQUIRED TO 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 OLD.  
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 ENTRY FORMS ARE AVAILABLE FOR COLLECTION IN-STORE:  
PRE-ENTRIES TO BE TAKEN TO SPORTSMANS WAREHOUSE PE.  
MILK & BREAD: (JEFFREYS BAY, GQEBERHA, HUMANSDORP, AND ST FRANCIS BAY)  
GQEBERHA: BRIAN BANDS SPORTS PE, THE FOOTBALLER PE AND SPORTSMANS WAREHOUSE PE;  
JEFFREYS BAY: COMPU-CAMM JEFFREYS BAY OR **ONLINE AT: [WWW.ENTRYTIME.COM](http://WWW.ENTRYTIME.COM)**
- 9 CLOSING DATE FOR PRE-ENTRIES IS TUESDAY, 31 DECEMBER 2024. ENTER ONLINE AT [WWW.ENTRYTIME.COM](http://WWW.ENTRYTIME.COM)  
**LATE ENTRY FEE OF R30 WILL BE CHARGED.**
- 10 RACE NUMBER, GOODIE BAG COLLECTIONS AND LATE ENTRIES MAY BE DONE AT VICTORY CHRISTIAN SCHOOL ON FRIDAY, 3 JANUARY 2025 BETWEEN 16H00-19H00 AND ON RACE DAY BETWEEN 05H15 AND 06H15.
- 11 PRIZE GIVING: 09H30. PRIZE WINNERS MUST BE DRESSED IN THEIR CLUB COLOURS DURING THE AWARD PRESENTATION.
- 12 LUCKY DRAW PRIZES: WINNERS TO BE PRESENT AT DRAW.
- 13 TOILET FACILITIES AVAILABLE.
- 14 RACE VENUE IS AN ALCOHOL-FREE ZONE.
- 15 A TOG BAG STORAGE FACILITY WILL BE AVAILABLE.  
FULL RESULTS WILL BE AVAILABLE ON [WWW.EPATHLETICS.CO.ZA](http://WWW.EPATHLETICS.CO.ZA) AND PHOTOS ON FACEBOOK:  
[@FIRSTCHOICESA](https://www.facebook.com/FIRSTCHOICESA)

## FOR RACE ENQUIRIES CONTACT:

MORNÉ OWEN - 082 419 2478

TANYA VAN DER WESTHUIZEN - 072 591 8725

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 RACE



DATE OF RACE

# 4 JANUARY 2025

ENTER ONLINE AT [WWW.ENTRYTIME.COM](http://WWW.ENTRYTIME.COM)



RACE ENTRIES & STARTING TIMES

LOCATION



15KM - 06H30

MAIN RACE

5KM - 06H40

FUN RUN

600M - 08H45

MILKI MOO DASH

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



# ENTRY FORM

CLOSING DATE FOR ENTRIES: 31 DECEMBER 2024

RACE NUMBER: \_\_\_\_\_ LICENSE NO: \_\_\_\_\_

TEMP NUMBER: \_\_\_\_\_

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

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

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

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

CLUB IN FULL: \_\_\_\_\_ CELL NO: \_\_\_\_\_

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

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

15 KM

5 KM

MALE

FEMALE

MILKI MOO DASH

# ENTRY FEE

- 15KM - LICENSED ATHLETES ..... R140
- 15KM - UNLICENSED ATHLETES ..... R190
- INCLUDES TEMPORARY LICENSE AND RACE FEE
- EP REGISTERED ATHLETES 65YRS + ..... R60
- AGE CATEGORY TAGS PURCHASE TO BE ELIGIBLE FOR AGE CATEGORY PRIZES ..... R15
- 5KM ATHLETES ..... R70
- 600M MILKI MOO DASH ..... R30
- LATE ENTRY PENALTY FEE FEES APPLY AFTER THE CLOSING DATE FOR ONLINE ENTRIES ..... R30

# 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 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. I AGREE NOT TO LITTER DURING THE RACE AND ACCEPT DISQUALIFICATION IF REPORTED FOR DOING SO. 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	2ND	3RD
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

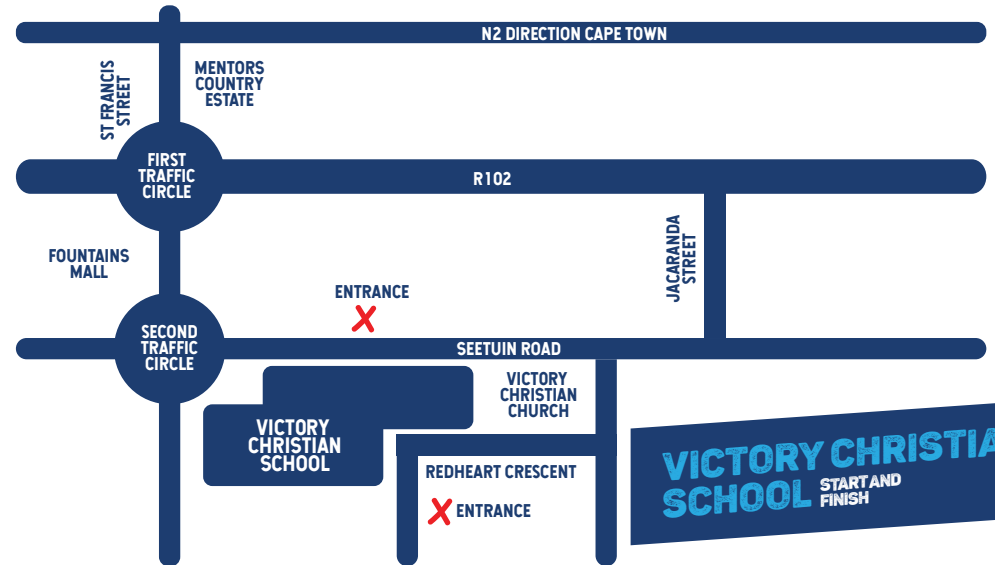
## WALKERS 1ST & 2ND PRIZE

FIRST CHOICE HAMPERS TO FIRST TWO MALE AND FEMALE PARTICIPANTS

## 5KM FUN RUN PRIZES & MILKI MOO DASH

FIRST THREE MALE AND FEMALE PARTICIPANTS

1ST FIRST CHOICE HAMPER	2ND FIRST CHOICE HAMPER	3RD FIRST CHOICE HAMPER
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**VICTORY CHRISTIAN SCHOOL** START AND FINISH