



ENTRY FORM

Tick the appropriate block

10km Race starts at 07h00 5km Fun Run starts at 07h05

Surname

First Name

Address

Postal Code

Phone

Cellular

E-Mail

Club Name

Licence No

Identity No

School Name (for 5km)

I declare that I will abide by the rules of ASA and EPA, and that I participate at my own risk. I will not hold the organisers or sponsors responsible for any loss, injury or death during the event.

Signature of competitor _____

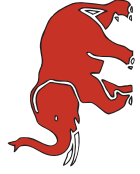
Signature of parent/guardian (if under 18) _____

	ENTRY FEE
10km	R 30.00
5km	R 20.00
TEMPORARY LICENCE	R 25.00
EP ATHLETES 65+ (10km Only)	R 15.00

TOTAL _____

RULES AND GENERAL INFORMATION

- Race held under the Rules of ASA and EPA. All athletes indemnify the National, Provincial and Regional Bodies, the Sponsors and the Organisers against all and any actions of whatsoever nature.
- Races will start at 07h00 (10km) and at 07h05 (5km) respectively on 27 July 2013.
- 10km Event:
 - Official 2013 Licence Number on back of vest. Official Race Number on front of vest. Non-registered runners will receive one temporary Licence Number, to be worn on back of vest/shirt, and the Official race number on the front of vest/shirt.
 - Age category tags to be worn to qualify for age category prizes. Runners using a temporary licence shall produce proof of age on race day to qualify for prizes.
 - All pavements are out of bounds.
 - Gold medals will be awarded to the first 10 Male and first 10 Female finishers, Silver to the next 250 finishers and Bronze medals to the rest.
 - Entrants MUST be at least 15 years or older on the day of the race to participate.
 - Athletes who are not members of a club affiliated to ASA must purchase a Temporary Licence for R25.
 - The entry fee is R30.
 - Walker ID's to be displayed.
- 5km Event:
 - Official Race Number to be worn on front of vest/shirt. (No temporary licence needed).
 - The entry fee is R20.
 - Gold medals will be awarded to the first 10 Male and first 10 Female finishers, Silver to the next 250 finishers and Bronze medals to the rest.
 - Entrants MUST be at least 9 years or older on the day of the race to participate.
 - School with the most bulk entries will receive R1 500.
 - MUST BE BULK ENTRIES TO QUALIFY.**
- No personal seconding allowed. There will be sufficient refreshment tables along the route.
- The wearing of headphones/earphones is considered a safety concern, and may lead to your disqualification.
- All Traffic Officials and Marshals must be obeyed.
- The official cut-off time is 100 minutes
- The Race Committee reserves the right to accept or reject any entry.
- The closing date for pre-entries is Wednesday, 24 July 2013 at 17h00.
- Entries can be handed in at the EPA Offices, Brian Bands Sports, Action Sports, The Footballer, Action Sports, Sportman's Warehouse and Brocketts Sports (Uitenhage), or posted to CLOVER MILK RUN, P.O. Box 5393, Walmer, 6065.
- The Prize Giving and Lucky Draw will take place at 09h00 at Kings Beach. Remember to bring your banking details along as NO cash will be handed out on the day.
- Secure Baggage Area will be available.
- Pre-race Registration and Late Entries:
 - Pre-race Registration, for the collection of your Race Numbers, and Late Entries will take place at Kings Beach (Marquee Tent) between 17h00 and 19h00 on Friday 27 July, as well as between 05h30 and 07h00 on the day of the race. No extra charge.
- Bulk club entries will not be accepted on Saturday morning.
- For any further information, please contact Helouise at 074 182 1713, Elmarie at 082 964 0751 or Sheena Cassidy (083 650 0576)
- If you are interested in joining the PORT ELIZABETH AMATEUR ATHLETIC CLUB, contact Helouise at 074 182 1713
- PORT ELIZABETH AMATEUR ATHLETIC CLUB was founded in 1880, and is the oldest athletic club in South Africa.



ORGANISED BY PORT ELIZABETH AMATEUR ATHLETIC CLUB - Est. 1880

