

PRIZE WINNERS

Age category flashes to be worn on front and back of vest to qualify for prize money.

Categories	1st	2nd	3rd	4th	5th
10km Senior Male/Female	R3000	R1500	R750	R400	R350
10km Junior Male/Female	R500	R200	R150		
10km 40-49	R500	R200	R150		
10km 50-59	R500	R200	R150		
10km 60-69	R500	R200	R150		
10km 70+	R500	R200			
5km Male/Female	R400	R300	R250	R200	R100



(5km prizes in vouchers)

5km Prizes in Vouchers and valid for Under 15 years of Age ONLY (Proof of ID maybe required)

TEMPORARY LICENCED RUNNERS/WALKERS

PLEASE NOTE that ONLY registered athletes who belong to an EPA affiliated club are covered by a group personal accident insurance scheme. This cover DOES NOT extend to runners/walkers with temporary licences. Details can be obtained from the EPA offices on 041-374 2818. Temporary licenced runners/walkers are urged to join an affiliated club, so come and join Port Elizabeth Amateur Athletic Club, the oldest club in South Africa. For further information on joining PEAAC, contact Helouise at 074 182 1713.

MYSTERY TIME PRIZES
10KM - R2500 CASH
5KM - R2500 CASH

ATTENDANCE LUCKY DRAW PRIZES

Four participants to each win a R250 Brian Bands Voucher

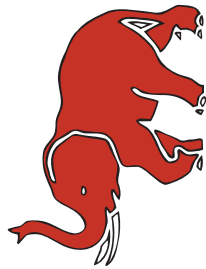
Two participants to each win R500 Cash

Five Participants to each win a pair of running shoes from Brian Bands

PLUS

R500 Draw on Friday Evening at 18h30

REFRESHMENTS ON SALE ON SATURDAY



MILK RUN

10 & 5 KM

Organised by the Port Elizabeth Amateur Athletic Club



"THE CLUB WHERE IT ALL BEGAN"

SATURDAY, 27 JULY 2013

Kings Beach

PORT ELIZABETH

07h00 (10km) & 07h05 (5km)

1 Litre Clover Milk to the first 500 persons collecting their entries on Friday Night

So enter early and get your milk

ONE LITRE OF CLOVER MILK & 500ml AQUARTZ WATER TO ALL FINISHERS

PRIZE TO THE SCHOOL WITH THE MOST ENTRIES IN THE 5km

(Must be Bulk Entry)

GREAT PRIZE MONEY

1st Male and Female will each win R3,000
SEE BACK PAGE FOR FURTHER DETAILS

THIS IS A PARTICIPATION AND PRESTIGE LEAGUE EVENT

WALKERS WELCOME

SECURE TOG BAG AREA

SEE BACK PAGE FOR DETAILS OF OTHER LUCKY DRAW PRIZES

Event held in accordance with the Rules of ASA and EPA