



presents

THE ANNUAL
15 KM RACE &
6 KM TRAIL RUN/WALK

600m Mini Moo Dash for kids 9 yrs and under

**START &
FINISH**

Mentors

COUNTRYESTATE *** JEFFREYSBAY

THIS IS A PARTICIPATION LEAGUE EVENT



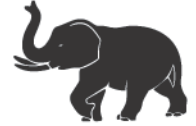
Saturday, 2 January 2016

06h30 (15km) 07h00 (6km)

09h00 (Mini Moo Dash)

Race held under
rules of ASA & EPA

ENTRY FORM



Tick the appropriate block:

15 km Race	<input type="checkbox"/>	Male	<input type="checkbox"/>	Runner	<input type="checkbox"/>	6 km Trail Run/Walk	<input type="checkbox"/>
		Female	<input type="checkbox"/>	Walker	<input type="checkbox"/>		

Race No.: Licence No.: Temp No.:

Surname:

First Name:

Postal Address:

..... Postal Code:

Tel (H): Tel (W): Cell:

E-mail:

Date of Birth: Age on Race Day:

ID Number:

Club in Full:

Entry Fee:	15 km	R 50-00
	EP Registered athletes 65 yrs+	R 25-00
	Temp licence	R 30-00
	6 km (No licence needed for 6 km trail run/walk).	R 30-00
	Kiddies Mini Moo Dash	R 10-00

Total: R _____

Release & Waiver

I declare all information supplied by me is true and correct. I hereby release and discharge the organisers, all sponsors, volunteer groups, medical personnel, and any and local authorities, from any loss or damage, however caused, arising from my participation in the event, including pre-race and post-race activities. This waiver applies to my executors heirs, administrators, assigns and myself. I undertake to comply with the rules and regulations of EPA and ASA which govern this event.

Signature of Competitor: Date:

Parent or Guardian (if u/18yrs)