

RULES AND GENERAL RACE INFORMATION

- Race held under Rules of ASA and EPA. Athletes indemnify the National, Provincial and Regional Bodies, Sponsors and Organisers against all and any actions of whatsoever nature, arising out of their participation in the race.
- Races will start at 06h30 (15 km) and 07h00 (6 km trail) respectively. 2015 Licence holders are allowed to enter.
- 15 km event:**
 - Club colours to be worn and 2015/2016 licence number on back and front of vest.
 - Age category tags to be worn to qualify for age category prizes.
 - Juniors to produce proof of age if requested for awarding prizes.
 - TEMPORARY LICENSED PARTICIPANTS:**
 - Athletes who are not members of a club affiliated to ASA must purchase and display temporary licences.
 - Registered athletes are covered by a group personal accident insurance scheme. Details may be obtained from your club/province. Temporary licensed athletes have no cover and these participants are urged to join an affiliated club. Details obtainable from EPA; Tel: 041 374 2818.
 - Runners using temporary licenses shall produce proof of age on race day to qualify for prizes.
 - Walkers ID to be displayed.
 - Water points every 3 km – no private seconding allowed.
 - Minimum age on day of race is 16 years.
 - Gold medals to first three men and three women. Silver medals to the next 50 finishers. Bronze medals to all other finishers within the cut-off time.

6 km Trail Run:

- Minimum age on day of race: 10 years unless accompanied by an adult.
- All traffic officers and marshals must be obeyed.
 - All pavements are out of bounds.
 - The official cut-off times are:
 - 15 km: 2,5 hours
 - 6 km Trail: 90 minutes
 - The Race Committee reserves the right to accept or reject any entry.
 - Pre-entries taken at www.enteronline.co.za, Brian Bands (Port Elizabeth); The Footballer (Port Elizabeth); Total Sports (Jeffreys Bay); Brocketts (Uitenhage).
T-shirts to the first 200 ONLINE pre-entries in the 15km race.
(A limited number of T-shirts will be available for sale).
 - The closing date for pre-entries is Monday, 28 December 2015.
 - Race numbers to be collected from Mentors Country Estate from 05h15 - 06h15 on Saturday, 2 January 2016.
 - Late entries from 05h15-06h15 on day of race.
 - Prize giving: 09h30.
 - Lucky draw prizes – Winners to be present.
 - Toilet facilities available.
 - The wearing of earphones or headsets is prohibited and will lead to disqualification.
 - Race enquiries:

- Henry Daniels: (After Hours) 082 566 1258 / kougamultisport@gmail.com
- Kobus Joubert: (After Hours) 082 490 7218 / kougamultisport@gmail.com

ANTI-LITTER CAMPAIGN

Refuse bins will be put up every 3 kilometres. Please discard used water sachets into or near to these bins.

THIS IS A PARTICIPATION LEAGUE EVENT

PRIZES

15 km

Category tags must be worn on front and back to qualify for prizes.

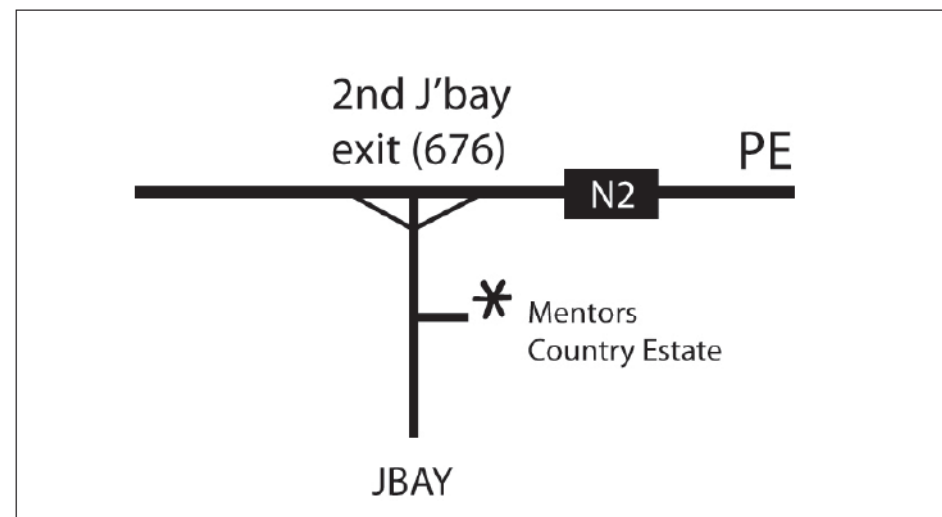
15 km

CATEGORY	1ST	2ND	3RD
Open (M & F)	R 750 - 00	R 500 - 00	R 350 - 00
Junior (M & F)	R 250 - 00	R 200 - 00	R 150 - 00
40 - 49 (M & F)	R 250 - 00	R 150 - 00	Hamper
50 - 59 (M & F)	R 250 - 00	R 150 - 00	Hamper
60+ (M & F)	R 250 - 00	R 150 - 00	Hamper
70+ (M & F)	R 250 - 00	R 150 - 00	
Walkers (M & F)	Hamper	Hamper	

6 km Trail Run

Hampers for 1st 5 Males and Females

Directions to Mentors Country Estate



Race photos available on our Facebook group “Woodlands 15k & 5k Race”