

Rules

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 against all and any actions of whatsoever nature.
2. Races will start at 06h30 (15km), 07h00 (6km), 08h45 (Milki Moo Dash).
3. The race committee reserves to accept/reject any entry.
4. **15km Race:**
 - 2019 Licence holders are allowed to enter.
 - Club colours to be worn and 2019/2020 licence number on back and front of vest.
 - 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 for awarding prizes.

TEMPORARY LICENCE PARTICIPANTS:

- Athletes who are not licenced 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 licences shall 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.
 - Gold medals awarded to the first male and female, silver 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; 6km: 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 or headsets is prohibited and will lead to disqualification.
 7. All pavements are out of bounds.
 8. Pre-entries taken in Port Elizabeth at Sportsman's Warehouse and in Jeffreys Bay at Compu-Camm Signs.
 9. Race vests available at registration at R80 each.
 10. **Race vests to the first 200 ONLINE PRE-ENTRIES in the 15km race.**
Closing date for pre-entries is Thursday, 26 December 2019.
Enter online at www.Entrytickets.net
 11. **Race number, goody bag collections and late entries may be done at Victory Christian School on Friday, 3 January 2020 between 17h00-19h00 and on race day between 05h15 and 06h15.**
 12. Prize giving: 09h00 or shortly after.
 13. Lucky draw prizes: Winners to be present.
 14. Toilet facilities available.
 15. Race venue is an alcohol-free zone.
 16. A tog bag storage facility will be available.
 17. Results will be available on www.whereinpe.co.za and www.mobilelite.com/results and photos available on Facebook: @woodlandsdairySA

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.

For race enquiries contact



Corrie Coetzee: 073 905 2231 (after hours)
Celida Trahms: 082 933 6006 (after hours)
kougamultisport@gmail.com



Get your body moooving & join the 19th annual First Choice Race!

**Entries for the 15km, 6km Fun Run,
& 600m Milki Moo Dash for kids (9 yrs old and younger)
are now open.**

Goody bags available for the first 1000 entrants!

Date: Saturday, 4 January 2020
Venue: Victory Christian School, Jeffreys Bay

Starting Times:
06h30 – 15km Race
07h00 – 6km Fun Run
08h45 – 600m Milki Moo Dash

This 15km race will be timed by Mobil Elite Timing.

**Race held under rules of ASA & EPA.
This is a participation on League Event.**



POWERADE

E+M8

