

RULES

ATHLETICS:

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 ALL AND ANY ACTIONS OF WHATEVER NATURE.

2 RACE WILL START AT 06H30 (15KM), 06H40 (5KM), 08H45 (MILKI MOO DASH).

3 THE RACE COMMITTEE RESERVES TO ACCEPT/REJECT ANY ENTRY.

15KM RACE:

2025 LICENSE HOLDERS ARE ALLOWED TO ENTER.

CLUB COLOURS TO BE WORN AND 2025/2026 LICENSE NUMBER ON FRONT AND BACK OF VEST

WITH THE OFFICIAL RACE NUMBER ON THE FRONT OF THE VEST, T-SHIRT.

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 AWARDED PRIZES.

TEMPORARY PARTICIPANTS:

ATHLETES WHO ARE NOT LICENSED 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 LICENSES MAY BE REQUIRED TO PRODUCE PROOF OF AGE ON RACE DAY TO QUALIFY FOR CATEGORY PRIZES.

WALKER'S ID TO BE DISPLAYED.

MINIMUM AGE ON RACE DAY IS 15 YEARS OLD.

GOLD MEDALS AWARDED TO THE FIRST MALE AND FEMALE, SILVER TO BE AWARDED 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; 5KM: 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 IS PROHIBITED AND WILL LEAD TO DISQUALIFICATION.

7 ALL PAVEMENTS ARE OUT OF BOUNDS.

8 ENTRY FORMS ARE AVAILABLE FOR COLLECTION IN-STORE:

PRE-ENTRIES TO BE TAKEN TO SPORTSMANS WAREHOUSE PE, BRIAN BANDS SPORTS PE, WOODLANDS DAIRY MAIN RECEPTION OR **ONLINE AT: WWW.ENTRYTIME.COM**

9 CLOSING DATE FOR PRE-ENTRIES IS MONDAY, 29 DECEMBER 2025. ENTER ONLINE AT: WWW.ENTRYTIME.COM

LATE ENTRIES FEE OF R30 WILL BE CHARGED

10 RACE NUMBER, GOODIE BAG COLLECTIONS AND LATE ENTRIES MAY BE DONE AT VICTORY CHRISTIAN SCHOOL ON FRIDAY, 2 JANUARY 2026 BETWEEN 16H00-19H00 AND ON RACE DAY BETWEEN 05H15 AND 06H15.

11 PRIZE GIVING: 09H30. PRIZE WINNERS MUST BE DRESSED IN THEIR CLUB COLOURS DURING THE AWARD PRESENTATION.

12 LUCKY DRAW PRIZES: WINNERS TO BE PRESENT AT DRAW.

13 TOILET FACILITIES AVAILABLE.

14 RACE VENUE IS AN ALCOHOL-FREE ZONE.

15 A TOG BAG STORAGE FACILITY WILL BE AVAILABLE.

FULL RESULTS WILL BE AVAILABLE ON WWW.EPATHLETICS.CO.ZA AND PHOTOS ON FACEBOOK:

@FIRSTCHOICESA

FOR RACE ENQUIRIES CONTACT:

MORNÉ OWEN - 082 419 2478

TANYA VAN DER WESTHUIZEN - 072 591 8725

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



FIRST CHOICE RACE

🕒 DATE OF RACE

3 JANUARY 2026

Enter online at www.entrytime.com

🕒 RACE ENTRIES & STARTING TIMES

📍 LOCATION

15KM - 06H30

MAIN RACE

5KM - 06H40

FUN RUN

60M - 08H45

MILKI MOO DASH

RACE VENUE
VICTORY CHRISTIAN
SCHOOL J-BAY



GOODIE BAGS
FOR THE FIRST
1000 ENTRANTS

Ts & Cs APPLY

RACE HELD UNDER RULES OF ASA & EPA
THIS IS A PARTICIPATION LEAGUE EVENT



ENTRY FORM

CLOSING DATE FOR ENTRIES: 29 DECEMBER 2025

LICENSE NO: RACE NUMBER:

TEMP NUMBER:

SURNAME:

FIRST NAME:

ID NUMBER: GENDER:

AGE ON RACE DAY: DATE OF BIRTH:

CLUB IN FULL: CELL NO:

EMERGENCY PERSON NAME:

EMERGENCY PERSON HOME AND CELL NO:

15 KM

5 KM

MALE

FEMALE

MILKI MOO DASH

ENTRY FEE

- 15KM - LICENSED ATHLETES **R150**
- 15KM - UNLICENSED ATHLETES **R200**
- INCLUDES TEMPORARY LICENSE AND RACE FEE
- EP REGISTERED ATHLETES 65YRS + **R70**
- AGE CATEGORY TAGS PURCHASE TO BE ELIGIBLE FOR AGE CATEGORY PRIZES **R20**
- 5KM ATHLETES **R80**
- 60m MILKI MOO DASH **R40**
- LATE ENTRY PENALTY FEE FEES APPLY AFTER THE CLOSING DATE FOR ONLINE ENTRIES **R40**

RELEASE/WAIVER

BY ENTERING THE EVENT I UNDERTAKE TO BE BOUND BY THE RULES AND REGULATIONS OF THE EVENT INCLUDING THOSE OF WA AND ASA. I WARRANT THAT I AM IN GOOD HEALTH AND AWARE OF THE RISKS AND DANGERS OF THE PHYSICAL NATURE OF THIS SPORTING EVENT AND DO NOT CLAIM IGNORANCE OF THESE RISKS AND DANGERS. I HEREBY ACCEPT THAT I PARTICIPATE IN THE EVENT ENTIRELY AT MY OWN RISK AND I RELEASE AND DISCHARGE, TO THE FULLEST EXTENT ALLOWED IN LAW, THE ORGANISERS OF THE EVENT, ALL SPONSORS, PERSONS AND ORGANISATIONS ASSISTING IN THE STAGING OF THE EVENT, PROVINCIAL AND NATIONAL ATHLETICS BODIES AND ALL LOCAL AUTHORITIES FROM ANY RESPONSIBILITY, LIABILITY OR COSTS RELATING TO ANY INJURY, LOSS OR DAMAGE OF WHATEVER NATURE, HOWEVER CAUSED, ARISING DIRECTLY OR INDIRECTLY FROM MY PARTICIPATION IN THE EVENT INCLUDING PRE-AND POST-RACE ACTIVITIES. I FURTHER AGREE AND WARRANT THAT IF AT ANY TIME I BELIEVE CONDITIONS TO BE UNSAFE, I WILL IMMEDIATELY DISCONTINUE FURTHER PARTICIPATION IN THE ACTIVITY.

MINOR RELEASE (UNDER 18YEARS OLD): I, THE MINOR'S PARENT AND/LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ATHLETIC ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY AND I ENTER INTO THIS INDEMNITY/WAIVER ON BEHALF OF THE MINOR. PHOTOS: I AGREE THAT PHOTOGRAPHS OR VIDEO FOOTAGE TAKEN OF ME OR THE MINOR AT THE EVENT MAY BE USED FOR MARKETING PURPOSES IN THE MEDIA. I AGREE NOT TO LITTER DURING THE RACE AND ACCEPT DISQUALIFICATION IF REPORTED FOR DOING SO. BY ENTERING THIS RACE, I DECLARE THAT I HAVE READ AND AGREE WITH RULES PERTAINING TO INDEMNITY/WAIVER.

SIGNATURE: (Parent or guardian if minor) DATE ENTERED:

PRIZES

CATEGORY	1ST	2ND	3RD
OPEN	R3000	R2000	R1500
JUNIOR (AGE 15-19)	R1000	R700	R600
40-49	R1000	R600	FIRST CHOICE HAMPER
50-59	R1000	R600	FIRST CHOICE HAMPER
60-69	R1000	R600	FIRST CHOICE HAMPER
70+	R1000	R600	FIRST CHOICE HAMPER

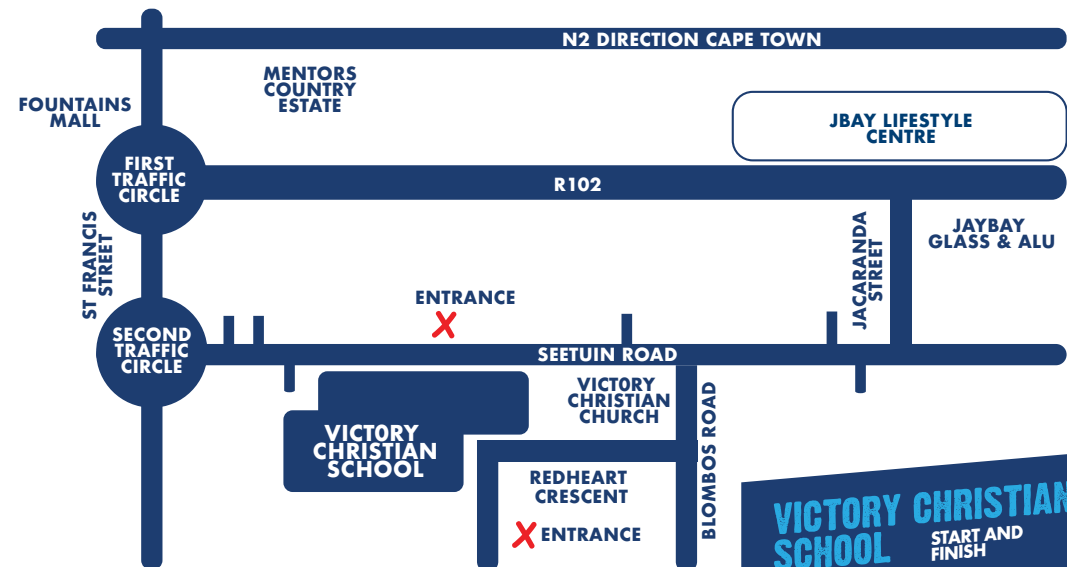
WALKERS 1ST & 2ND PRIZE

FIRST CHOICE HAMPERS TO FIRST TWO MALE AND FEMALE PARTICIPANTS

5KM FUN RUN PRIZES & MILKI MOO DASH

FIRST THREE MALE AND FEMALE PARTICIPANTS

- 1ST FIRST CHOICE HAMPER
- 2ND FIRST CHOICE HAMPER
- 3RD FIRST CHOICE HAMPER



VICTORY CHRISTIAN SCHOOL
START AND FINISH