

GENERAL INFORMATION AND RULES

The race is held under the Rules of ASA and EPA. All athletes indemnify the National, Provincial and Regional Bodies, the Sponsors and the Organizers against all and any actions of whatsoever nature and participate at their own risk.

Online entries at www.whereinpe.co.za until 23 March 2018.

Entry forms and entries in Port Elizabeth at the Footballer and Brian Bands and East London at Sportsman's Warehouse until Monday 23 March 2018.

Email entries until 23 March 2017 to marietjie@hmbotha.co.za with entry form and deposit slip. EFT deposits (NO CASH) to Kowie Striders ABSA 632005, Acc.9047888371

Entries and collection of race envelopes at the Royal St. Andrews Hotel on Thursday 29 March 2018 from 17h00 – 19h00 and on race day from 06h00 – 07h00

2018 License Number must be worn on the FRONT AND BACK of vests. Non- registered runners will receive, at a cost of R30, 00, a temporary license numbers to be worn on the BACK of the vests. Temp licensed athletes are covered by the ASA Insurance scheme, applicable for race day only. Details obtainable from EPA Phone 041 374 2818.

Medals to first 3 in each category and T-shirts to the first 100 finishers. Lots of lucky draw prizes.

Prize money to first five male and female runners and first 3 in their age category and first male and female walker.

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

The race committee reserves the right to accept or reject any entry.

	1	2	3	4	5
Open male / female	1000	800	600	400	200
Veteran (40-49) M/F	300	200	100		
Masters (50-59) M/F	300	200	100		
G/Masters 60+ M/F	300	200	100		
70+ Male & Female	300	200	100		
Walkers: 1 st Male	300	medal	medal		
Walkers: 1 st Female	300	medal	medal		

No personal seconding allowed. There will be sufficient refreshments tables along the route.

All traffic officials and marshals must be obeyed.

Prize giving and lucky draws will take place at 09h30.

The wearing of earphones or headsets is prohibited and will lead to disqualifications.

Please use refuse containers provided.

Food and bar facilities available at start and finish at the Royal St, Andrews Hotel

FOR FURTHER INFORMATION CONTACT:-

Marietjie 082 801 5666 or Sticks 046 6244948 or email marietjie@hmbotha.co.za