GENERAL INFORMATION

1. Entry forms and entries in **Port Elizabeth** at the Footballer and Brian Bands and **East London** at Sportsmans Warehouse.
   (until Monday 21 September)

2. Faxed entries with deposit slip to 0862388888 until Monday 21 September.
   Direct Deposits to **Kowie Striders** in ABSA acc. No. 9047888371 Port Alfred. **NO CASH <u>ONLY</u> EFT**

3. Entries and collection of race envelopes at the **Port Alfred Country Club** on **Friday 25 September from 17h00 – 21h00 AND**
   On race day from 05h00 – 06h00

4. Cut-off times: **27km** – 11:00am (4hrs)
   Walkers 11:30 (4hrs 30mins). **10km** – 10:00 (2 hours)

5. **Medals**: **Gold** to first male and female. **Silver** to runners under 2hrs for the 27km. **Bronze** to the next 250 finishers.

6. Food and bar facilities available on race day.

7. TRANSPORT 27Kms. At a cost of R20.
   Limited transport available to the start – **leaving at 5:30am SHARP** from Port Alfred Country Club.

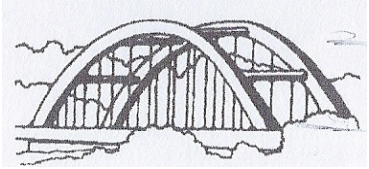
   FIRST COME, FIRST SERVE.

8. **<u>TEMPORARY LICENSED PARTICIPANTS</u>**
   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 Phone 041 374 2818**.

KOWIE STRIDERS

27km & 10km RACE

PORT ALFRED



SATURDAY, 26 September 2015

Starting Times: 27Km:	Runners	7:30am
	Walkers	7:00am

From the Big Pineapple in Bathurst
And Finish P.A Country Club
Scenic 27Km Course on mainly gravel Country Roads

10Km:	Walkers & Runners	8:00

Start & Finish at P.A. Country Club.
10Km course through town.

PARTICIPATION LEAGUE EVENT
ORGANISED BY KOWIE STRIDERS IN ACCORDANCE WITH THE RULES OF ASA AND EPA