

**Compulsory: \*Face mask \*Screening \*Sanitize \*Social distance**

**Entry Fees:**

4.9 km - R40-00

10km - R 80-00

Temp License. - R 40-00

**\*Awesome Raffle Prizes\* - R10**

**Medals to all finishers**

**\*\* Hungry? We have you covered\*\***

**\*Food and drinks available\***

# AUTUMN NIGHT RACE

**on 4 May 2022 @ 19:00**

**HTS Middelburg, A Field**

Entries Open at 17:00 on the day  
Pre-Entries Close on 20th April

Whatsapp organizers for link  
Facebook Midack & @mburgevo

Men & Ladies Prize money-10Km

1st Open - R500

2nd Open - R400

3rd Open - R300

1st Junior - R200

1st 50+ - R200

1st 40+ - R200

1st 60+ - R200

1st 70+ - R200

1st Walker - R200

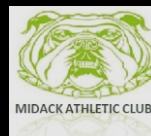
**Spot Prizes**

**Race organisers**

Elani Keulder - 079 696 8658

CVO Middelburg - 082 352 8160 (pre-entries)

083 497 1643 (general)



Remember  
Headlight  
Reflective gear

## RULES & INFORMATION

**INDEMNITY:** By entering this event, all athletes declare that they run at their own risk and indemnify the organizer/sponsor of any responsibility for injuries or losses.

### 1. REFEREES' DECISION IS FINAL

2. Obey all Traffic Officials and Race Marshals.

3. All Covid 19 protocols need to be adhered to. As per COVID Protocols.

4. The race will be run according to the rules of WA, ASA and Ampu House rules.

5. Proof of age (ID) to be produced upon request on day of race.

6. Category winners must be present at the prize giving ceremony or make prior arrangements to collect the award, failing to do so the athlete will forfeit his/her prize money.

7. Marshals and traffic officials must be obeyed at all times. Failure to comply with their instructions may lead to Immediate disqualification

8. By entering this event, all athletes declare that they run at their own risk and indemnify the organizer/sponsor of any responsibility for injuries or losses

9. Registered athletes must wear full official club colours.

10. Both 2022 license numbers must be worn one at the front and one at the back of the vest.

11. Only athletes with a race number and licensed numbers will be allowed into event area.

Race number must be worn on the front of the vest. Next of kin name and contact number must appear on the entry form and race number.

12. Temporary license must be worn at the front on the vest. except when there is a race number where it then can be worn in front or back of the vest.

13. Age category ID tags must be clearly displayed for the duration of the event (back and front) by athletes AND must be fixed on all 4 corners and not be covered by rain jacket or any shirt.

14. Do not cover ASA Logo & province logo at the top of the license number with any paper race numbers /race bib. ASA Licence numbers must not be covered with any paper race numbers. Walkers competing for Walkers prize must have the "W" fixed on the left front and back of the vest, all 4 corners must be fixed

15. NO SECONDING OR VEHICLES ON THE ROUTE WILL BE ALLOWED. NO PACING OF ANY KIND. Sufficient refreshment stations will be provided

16. It is the responsibility of each athlete to ensure that he/she is medically fit and healthy to participate in any of the events Athletes, entering for this event, and use medication to treat an illness or condition which fall under the Prohibited List, should complete a Therapeutic Use Exemption (TUE) form before entering for the event and obtain authorization from SAIDS to take the needed medicine or method."

17. The race committee reserves the right to accept any entry. The judge's decision is final.

18. Participants must keep to the designated route as indicated

19. All entry fees are non-refundable

20. Minimum age on race day:

21. Athletes participating in a 10km must be 14 years or older on the day of the race.

22. Athletes participating in a 4,9km / Fun Run – No restriction

23. Any Foreign athlete must provide a clearance permit from their home federation in order to participate in the event. Such permit must be presented to the organisers

24. No littering, please make use of waste boxes on the route – RUN CLEAN

25. Prize giving will commence at approximately 20H30

26. Cut off time 10km – 1H50 race time.

27. NO EARPHONES, IPODS AND SIMILAR DEVICES ARE ALLOWED, NO PETS ALLOWED ON THIS RACE

Race Organizer: Elani Keulder

079 696 8656

