

AUTUMN NITE RACE

WEDNESDAY

3 MAY

@KEES TALJAARD STADIUM

ENTRIES START AT: 16H30

RACE START AT: 18H00

ENTRY FEES:

4.9km - R 40-00

10km - R 80-00

Temp Lic. - R 40-00



**Medals for all
finishers**

**Wear head lamp and or
Reflective strips**

Race Organizers:

Elani Keulder – 079 696 8656

Martin Platt – 084 651 7622

Prize Money

(10km)

Ladies and Men

1st	R300
2nd	R200
3rd	R100
40+	R100
50+	R100
60+	R100
70+	R100
J	R100
W	R100

PROUDLY HOSTED BY



MIDACK ATHLETIC CLUB

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. The race will be run according to the rules of *WA, ASA and AMPU House rules.*
3. Proof of age (ID) to be produced upon request on day of race.
4. 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.
5. Marshals and traffic officials must be obeyed at all times. Failure to comply with their instructions may lead to immediate disqualification
6. 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
7. Registered athletes must wear full official club colours.
8. Both 2023 license numbers must be worn *one at the front and one at the back of the vest.*
9. Temporary license must be worn at the front on the vest.
10. 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.
11. Do not cover ASA Logo & province logo at the top of the license number with any paper race numbers /race bib.
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
12. **NO SECONDING OR VEHICLES ON THE ROUTE WILL BE ALLOWED. NO PACING OF ANY KIND.** Sufficient refreshment stations will be provided
13. 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."**
14. The race committee reserves the right to accept any entry. The judge's decision is final.
15. Participants must keep to the designated route as indicated
16. All entry fees are non-refundable
17. **Minimum age on race day:**
18. **Athletes participating in a 10km must be 14 years or older on the day of the race.**
19. **Athletes participating in a 4,9km / Fun Run – No restriction**
20. 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
21. No littering, please make use of waste boxes on the route – **RUN CLEAN**
22. Prize giving will commence at approximately 20H30
23. **No Midack athlete will compete in this event without the consent off the club chairperson**
24. **Cut off time 10km – 1H50 race time.**
25. **NO EARPHONES, IPODS AND SIMILAR DEVICES ARE ALLOWED, IT WILL LEAD TO DISQUALIFICATION.**

Race Organizer: Elani Keulder
Martin Platt

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084 651 7622