

MIDRAND
STRIDERS

21
MAY 2023

6:40 AM

5KM FUN RUN

21.1KM & 10KM

6:30 AM



SCENIC COUNTRYSIDE EXPERIENCE



CENTRAL GAUTENG
ATHLETICS

OFFICIAL CGA EVENT

**SOMETHING
FOR EVERYONE**



Morning
Coffee



Food stalls



Medals for 1st
1500 finishers



Competition
prizes



Secure
Parking

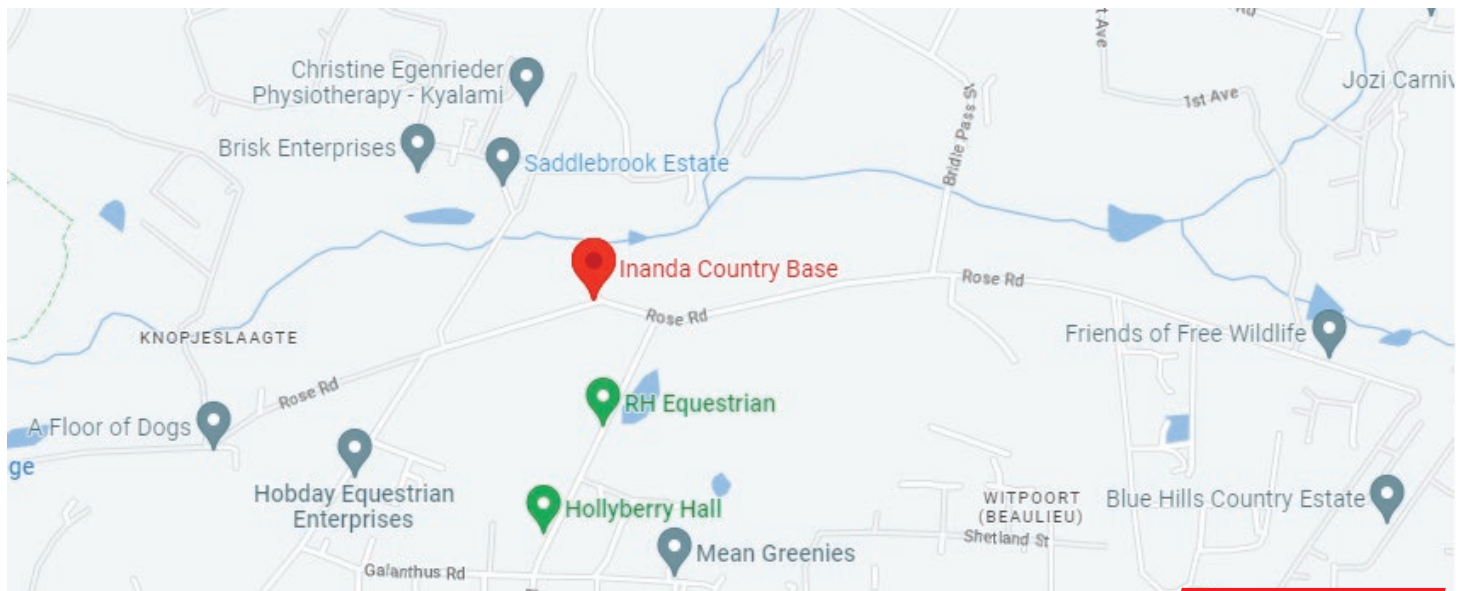
**INANDA COUNTRY
BASE KYALAMI**

Rose Rd & Maple Rd
Knopjeslaagte
Midrand, 1684



VENUE

Inanda country base Kyalami



RULES:

1. The event is held under the rules of ASA and CGA.
2. Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
2. All athletes participate at their own risk. Athletes acknowledge by entering the event that they are medically fit to participate. All athletes must supply the name and contact number of their next of kin on both the race number and entry form.
3. Licensed athletes must wear club colours and their 2023 license number back and front, on the upper body of the garment and the issued race number worn on the front of vest without concealing the sponsors names. Licensed athletes who do not wear their 2023 license numbers must purchase a temporary license on the day or face disqualification.
4. Temporary licensed athletes to wear plain clothing with the issued temporary license on the back of their vest.
5. Athletes competing for category prizes must wear clearly visible age tags of the appropriate size, on the back and front of their running vest.
7. No seconding allowed.
8. International Athletes must provide a clearance letter (from their country of origin) to the organizers and chief referee prior to the start of the event. Prizes will be withheld if this rule is not adhered to.
9. Walkers competing for Walkers prizes (if any) must wear Walker tags on the front and back of their running vest and adhere to IAAF rule 230.
10. No blades, cyclist or mechanically operated devices allowed in the race
11. No 2, 3 or 4 wheel carts/prams which are mechanically or manually operated by participants, or wheelchairs athletes will be permitted to participate without special permission has been granted from the race organiser. All such participants MUST start at the back of the field.
13. No animals/pets are allowed to participate.
14. Only South African athletes are eligible for team prizes. The domicile rule applies.
15. All instructions from traffic and race officials must be obeyed at all times.
16. Proof of age for prize winners is required and must be presented to the referees before prize giving. Prizes will be withheld until all the necessary details of the winners are confirmed.
17. Only those who have completed all the information required in the race entry/number are eligible for prizes.
18. No refunds.
19. No earphones, iPods and the like allowed and contravention of IAAF rule 144.2b, may lead to disqualification.
20. Athletes may not run with another athlete's race number unless by prior arrangement with the race organizer.
21. The race organizer retains the right to refuse entry and eject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying for admission.
22. Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge. Habitual offenders (those who regularly participate without purchasing a race entry) will be called to a CGA disciplinary.
23. Licenced athletes not wearing club colours may face disqualification.
24. Littering is not allowed. Athletes are to dispose of any litter in appropriate bins. Athletes can be disqualified if they litter.
25. Objections/disputes must be lodged within 30 minutes before and after prize giving in writing to the chief referee accompanied by R500.00 which is refundable if the appeal is upheld.
26. No athletes should be denied his prize money if he/she has entered a race, and allowed to start without an electronic chip, providing that the referees have spotted him/her at each and every check point. This implies that the athlete has ran the entire race and won fairly.
27. Foreign athletes are not allowed to run with a ASA Provincial license and are required to purchase a temporary license or face disqualification. (Refer to IAAF rule 4.)
28. Foreign athletes are not allowed to run in club colours unless such club exist in their country of origin or they are in possession of a refugee status permit or are naturalized citizens of RSA.

ENTRIES



ONLINE PRE-ENTRIES VIA ENTRYTICKET

WEB: <https://entrytickets.net/midrandstriders>

FROM: 08 March 2023 to 18 May 2023.

ONLINE ENTRIES CLOSE ON 18 MAY 2023

Late entries at venue: Inanda country base Kyalami

20 May 2023 from 10:00 am - 15:00

21 May 2023 from 5:00 am - 6:15 am

ENTRY FEES:

21.1KM	R220
10KM	R150
5KM	R80

TEMPORARY LICENCE FEE:

10KM	R60
21.1KM	R70

FREE BRANDED SOCKS FOR FIRST 250 ENTRIES



GENERAL INFORMATION



- » Medals to the first 1500 finishers
- » Refreshment tables approximately every 3km
- » Food and Refreshments on sale at the finish
- » Tog bag area
- » Mobii Elite timing system for 10km and 21.1 km

**RESULTS: [HTTPS://MOBIELITE.COM/RESULTS/](https://mobielite.com/results/)
CUT OFF: 4 HOURS**

PRIZE MONEY

» Prize giving at 9:30 am on 21 May 2023

» Runners 10 km & 21.1km

	OPEN	VETERAN	MASTERS	GRAND MASTER	JUNIOR
10 KM	1 ST R1000	1 ST R 300	1 ST R 200	1 ST R 200	1 ST R 200
21.1 KM	1 ST R1000	1 ST R 300	1 ST R 200	1 ST R 200	1 ST R 200

RACE/DISTANCE

- » 5km: Minimum age is 5 years.
- » 21.1 & 10km: Minimum age is 16 years.

RACE NUMBERS

- » Can be collected at the race venue
Inanda country base Kyalami
20 MAY 2023 10:00 am - 15:00
21MAY 2023 05:00 am - 06:00 am

RACE ENQUIRIES: HUSSAIN RAMJAN

0632567435 | HUSSAINRAMJAN@ICLOUD.COM | HOURS: 17:00 - 19:00

