

MIDACK NIGHT RACE FUN RUN & 10KM 15 January 2025

Venue: KEES TALJAARD STADIUM

Race Starts: 18H00

Entries Open at 16H30

Entry Fee 10km R100

Fun Run R50

Temporary Licenses R40



Men and Ladies Prizes

1st Open	R400
2nd Open	R300
3rd Open	R200
1st Junior	R200
1st 40+	R150
1st 50+	R150
1st 60+	R150
1st 70+	R150
1st W	R150

CUT OFF TIME 1H50

RACE ORGANIZER: MARTIN PLATT – 084 651 7622

RULES & REGULATION

1. REFEREES' DECISION IS FINAL

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

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

5. All athletes participate at their own risk & 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 during the entry process. Athletes entering for this event who require 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.

6. Minimum age on race day:

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

Athletes participating in a 4,9km / Fun Run - No restriction

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

8. Participants must keep to the designated route as indicated

9. No littering on route and anyone found to be littering may be disqualified.

11. Licenced athletes must:

belong to a club affiliated to ASA

wear their club colours

wear their 2024/2025 licence number on the front & back of their vests or purchase a temporary

license

13. Unlicensed athletes must buy a temporary licence at registration

14. Remember to complete the Temporary license tear off slip immediately and hand it back to the organizer.

15. Athletes indemnify national, provincial and regional bodies, sponsors and organisers of the race against all and any actions of whatsoever nature that may occur during the race.

16. No seconding or bicycles are allowed along the route. Ample refreshment stations are provided.

17. All participants must take note that photographs might be taken at the event and placed on social media

18. No refunds

19. Foreign athletes are not allowed to run with an ASA Provincial licence and are required to purchase a temporary licence or face disqualification.

20. Foreign athletes are not allowed to run in club colours unless such club exists in their country of origin or they are in possession of a refugee status permit or are naturalised citizens of RSA.

21. Age category ID tags and "w" for walkers (front and back of vest). 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.

22. No earphones allowed and contravention may lead to disqualification.

23. It's illegal to run with another athlete's licence number and all athletes found to be in contravention of this rule will be reported to AMPU and their respective club.

24. No athlete may participate in our race without buying an official entry and if found in contravention of this rule, will be liable for all late entry penalties with habitual offenders will be reported to AMPU and their respective club.

25. All instructions from traffic & race officials/marshals must be obeyed at all times.

26. The race organiser 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

27. No Midack Athlete is allowed to run this race without consent from the Chairman in advance.