

MIDACK ATHLETIC CLUB PROUDLY PRESENTS THE



SAFETY TRAINING SOLUTIONS

NIGHT 'GLOW RUN'

10km ROAD RACE & 4,9km FUN RUN

DATE	:	23 September 2015
VENUE	:	Midack Athletic Clubhouse
START TIME	:	19:00
		FUN RUN - 19:05
ENTRY FEES	:	10 km - R 40,00
		Fun Run - R 20,00
TEMPORARY LICENCES	:	R 25.00 (For 10 km only)



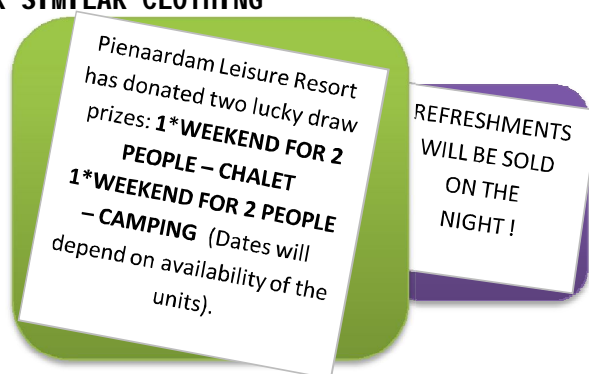
200 MEDALS TO 10KM & 500 MEDALS TO FUN RUN

SEPARATE MEDAL TO FUN RUNNERS ON THE NIGHT

*** PLEASE NOTE: AS THIS IS A NIGHT RACE, PLEASE IF POSSIBLE WEAR A REFLECTIVE BELT OR SIMILAR CLOTHING**

CATEGORY PRIZE MONEY 10 KM RACE (MEN AND LADIES)

CATEGORY	1st	2nd	3rd
OPEN RUN	R 300	R 200	R 100
OPEN WALK	R 150		
40-49	R 100		
60+	R 100		
JUNIOR	R 100		



RULES & INFORMATION:

INDEMNITY: Athletes enter at their own risk, according to the rules laid down, and they indemnify the Sponsor, Race Organisers and Marshals against any claim that may result from their participation in this race.

The race will be run according to the rules of the IAAF and ASA

- 1) Proof of age must be presented on request at the race. This is essential for athletes competing for a category prize.
- 2) Marshals and traffic officials must be obeyed at all times. Failure to comply with their instructions may lead to immediate disqualification.
- 3) Registered athletes must wear official club colours. 2015 license numbers on the back and front of the vest. Temp license at the front.
- 4) Athletes competing for a category prizery must wear ID tags and "W" for walkers (front and back of running vest and fixed at al 4 corners).
- 5) NO SECONDING OR VEHICLES ON ROUTE WILL BE ALLOWED. Sufficient refreshment stations will be provided.
- 6) Athletes for 10km must be 15 years or older on the day of the race.
- 7) It is the responsibility of each athlete to ensure that he or she is medically fit and healthy to participate in any of the events.
- 8) The race committee reserves the right to accept or reject any entry. The judges decision is final.
- 9) Participants must keep to the designated route as indicated.
- 10) Entry fees will be collected at the start from 17:30. The entry fee is non refundable.
- 11) Prize giving will commence at +/- 20:45
- 12) No Midack athlete is eligible for any category prize money or lucky draw prizes.

FOR ENQUIRIES AND FURTHER INFORMATION

BURNETTE SMOOK 084 880 3608 or JAMES FABER 082 443 4193