

Midack Athletic Club proudly presents the:

RICHKIM /

JOHN HENRY CONSULTANTS

150 MEDALS ON THE DAY

21.1 | 10km | Fun Run



GPS: S25° 44.990' E29° 27.835'

21.1km - R60.00

10km - R40.00

4.9km Fun Run - R30.00

Temp Licences - R30.00

Enter on RACE DAY

@ 05:00 at start.

DATE: Saturday, 6 MAY 2017

VENUE: Midack Club House (Asalia St)

Time: 21.1km & 10km @ 06:30

Time: Fun Run @ 07:00

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. Athletes competing for a category prize must wear official club colours, licence & age category ID tags and "W" for walkers (front and back of running vest).
4. **NO SECONDING OR VEHICLES ON ROUTE WILL BE ALLOWED.** Sufficient refreshment stations will be provided.
5. 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.
6. The race committee reserves the right to accept or reject any entry. The judges decision is final.
7. Participants must keep to the designated route as indicated.
8. Entry fees will be collected at the start from 5:00. All entry fees are not refundable.
9. Prize giving will commence at 9:30 (10km & 21.1km)
10. No Midack athlete will be allowed to run on the day of the event.
11. Cut-off time: 21.1km - 4 hours, 10km - 3 hours
13. Minimum age on race day: 21km - 18yrs, 10km - 15yrs and 4.9km - No restriction

CATEGORY PRIZES: 10 & 21km

Open Run: R250

Open Walk: R100

40-49: R100

50-59: R100

60+: R100

70+: R100

Junior: R100

Water Supplied by Oasis

For Information

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