



10KM = R50
FUN RUN = R30
TEMP. LIC.: = R30

CATEGORY PRIZE MONEY 10 KM RACE (MEN AND LADIES)			
CATEGORY	1st	2nd	3rd
OPEN RUN	R 300	R 200	R 100
OPEN WALK	R 100		
40-49	R 100		
50-59	R 100		
60+	R 100		
70+	R 100		
JUNIOR	R 100		

FERROCHROME MIDDELBURG 10KM & FUN RUN

Kees Taaljaard: A Field

24 Jan. 2018 at 19:00

RULES & INFORMATION:

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.

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

NO SECONDING WILL BE ALLOWED. Sufficient refreshment stations will be provided.

Registered athletes must wear official club colours 2018 license numbers on the back and front of the vest. Temp license at the front.

Athletes for 10km must be 14 years or older on the day of the race.

Proof of age (ID) to be produced upon request on day of race, this is essential for athletes competing for a category prize.

All athletes will participate at their own risk.

Remember to fill in the Temporary license tear off slip and give back to organizer.

Athletes competing for a category prize must wear ID tags and "W" for walkers (front and back of running vest and fixed at all 4 corners).

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

The race committee reserves the right to accept or reject any entry.

Participants must keep to the designated route as indicated

Entry fees will be collected at the start from 17:30. The entry fee is non refundable

Prize giving will commence at 20:45

No Midack athlete is eligible for any category prize money or lucky draw prizes.

Twelve percent levy of entry fee must be paid over to Athletics Mpumalanga by race organizer.

No i-Pods allowed during the race.

Referees DECISION IS FINAL.

Race organiser: James Faber 082 443 4193

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