

MIDACK ATHLETIC CLUB PROUDLY PRESENTS THE

FERROCHROME NIGHT RACE



10km ROAD RACE & 4,9km FuN RuN

DATE	:	27 January 2016 (Wednesday)
VENUE	:	Kees Taljaard Stadium Middelburg
START TIME	:	10km - 19:00 FuN RuN - 19:05
ENTRY FEES	:	10 km - R 40,00 Fun Run - R 30,00
TEMPORARY LICENCES:		R 25.00

230 MEDALS TO FIRST FINISHERS ON THE 10km

400 SEPARATE MEDALS 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		
50-59	R 100		
60+	R 100		
JUNIOR	R 100		

REFRESHMENTS
WILL BE SOLD
ON THE
NIGHT!

Spot
Prizes

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. 2016 license numbers on the back and front of the vest. Temp license at the front.
- 4) 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).
- 5) NO SECONDING OR VEHICLES ON ROUTE WILL BE ALLOWED. Sufficient refreshment stations will be provided.
- 6) Athletes for 10km must be 14 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 luck draw prizes.

FOR ENQUIRIES AND FURTHER INFORMATION :

James Faber : 082 443 4193 or Burnette Smook: 084 880 3608