MIDACK ATHLETIC CLUB PROUDLY PRESENTS THE

RICHKIM / OASIS 3 in 1 RACE

32km / 21.1km / 10km / 4,9 km Fun Run

Enter on RACE DAY at the start from 05:00

DATE	:	02 May 2016
VENUE	:	Midack Club House
		Asalia Street, Kanonkop, Middelburg
		GPS S25° 44.990' E29° 27.835'
START TIME	:	32 & 21.1 KM - 06:30
	:	10 km & FUN RUN - 07:00
ENTRY FEES	:	32 km - R 70
	:	21.1 km - R 60
	:	10 km - R 40
	:	4.9km Fun Run - R 25
TEMPORARY LICENCES	:	R 25.00
MINIMUM AGE ON RACE DAY	:	32km - 19 Yrs, 21km - 16yrs
		10km - 14 yrs, 4.9km - No restriction

450 MEDALS on the day.

CATEGORY PRIZE MONEY 32 KM
(MEN AND LADIES)

CATEGORY	1st
OPEN RUN	R 500
40-49	R 150
50-59	R 150
60+	R 150
70+	R 150

Total Prize money R5800

CATEGORY PRIZE MONEY 10 KM & 21.1KM RACE
(MEN AND LADIES)

CATEGORY	1st
OPEN RUN	R 300
OPEN WALK	R 100
40-49	R 100
50-59	R 100
60+	R 100
70+	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 is held under the rules of ASA and AMPU.

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) & 10:30 (32km)
10) No Midack athlete will be allowed to run on the day of the event.
11) Cut-off time: 32km - 4 hours 30 min, 21.1km – 4 hours, 10km - 3 hours

FOR ENQUIRIES AND FURTHER INFORMATION ~

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