

PROUDLY HOSTED BY:
MIDACK ATHLETIC CLUB

KUTTING MPUMALANGA NIGHT RACE 2017

FUN FOR INDIVIDUAL RUNNERS,
SCHOOLS, WALKERS & FAMILIES

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.

- 1. The race will be run according to the rules of the IAAF and ASA.
- 2. Marshals and traffic officials must be obeyed at all times. Failure to comply with their instructions may lead to immediate disqualification
- 3. NO SECONDING WILL BE ALLOWED. Sufficient refreshment stations will be provided.
- 4. Registered athletes must wear official club colours 2017 license numbers on the back and front of the vest. Temp license at the front.
- 5. Athletes for 10km must be 14 years or older on the day of the race.
- 6. Proof of age (ID) to be produced upon request on day of race, this is essential for athletes competing for a category prize.
- 7. All athletes will participate at their own risk.
- 8. Remember to fill in the Temporary license tear off slip and give back to organizer.
- 9. 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).
- 10. 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
- 11. The race committee reserves the right to accept or reject any entry.
- 12. Participants must keep to the designated route as indicated
- 13. Entry fees will be collected at the start from 17:30. The entry fee is non refundable
- 14. Prize giving will commence at 20:45
- 15. 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

30th AUGUST, 2017 [Wed.]
KEES TALJAARD
STADIUM @ 19:00 pm

HEALTHY BODY | HEALTHY MIND



Men & Ladies		Price money	Entry fee
Open Run	R250	10km:	R40
Open Walker	R100	4.9km:	R30
Junior	R100	Temp. Licenses: R30	
40 - 49	R100		
50 - 59	R100		
60+	R100		Lucky Prizes
70+	R100		