

KUTTING

MPUMALANGA

KEES
TALJAART
STADIUM

NIGHT
RACE

wednesday

29th
August

Starting time :
19:00 pm

PRIZE MONEY :

OPEN 1	R250
OPEN 2	R150
OPEN 3	R100
JUNIOR	R100
40 +	R100
50 +	R100
60 +	R100
70 +	R100
WALKER	R100


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PROUDLY HOSTED BY:
MIDACK ATHLETIC CLUB
RACE ORGANISER :
JAMES FABER 082 443 4193

ENTRY FEE :
FUN RUN R30
10 KM R60
TEMP. LICENSES
R30

RULES & INFORMATION:

INDEMNITY: ATHLETE ENTERS AT THEIR OWN RISK, ACCORDING TO THE RULES LAID DOWN, AND THEY INDEMNIFY THE SPONSOR, RACE ORGANISERS AGAINST ANY CLAIM THAT MAY RESULT FROM THEIR PARTICIPATION IN THIS RACE.

1. The race is held under the rules of ASA and AMPU
2. Proof of age must be presented on request at the race. It is essential for athletes competing for a category prize
3. Marshals and traffic officials must be obeyed at all times. Failure to comply with their instructions may lead to immediate disqualification
4. Athletes competing for a category prize must wear official club colors, license, age category ID tags and "W" for walkers (Front and Back of vest)
5. NO SECONDING OR VEHICLES ON THE ROUTE WILL BE ALLOWED. Sufficient refreshment stations will be provided
6. It is the responsibility of each athlete to ensure that he/she is medically fit and healthy to participate in any of the events
7. The race committee reserves the right to accept any entry. The judges' decision is final
8. Participants must keep to the designated route as indicated
9. Entry fees will be collected at the start from 17H30. All entry fees are not refundable
10. Minimum age on race day: 10km- 14 yrs and 4.9km- No restriction
11. Prize giving will commence at approximately 20H30
12. No Midack athlete will receive any prizes on an event hosted by Midack
13. Cut off time 10km + 3 Hours race time
14. NO EARPHONES ALLOWED AND NO PETS ALLOWED ON THIS RACE