

MIDDELBURG FERROCHROME NIGHT RACE & FUN RUN

PROUDLY HOSTED BY MIDACK

23 January 2019 / 19H00 / KEES TALJAARDT STADIUM

CATAGORIE PRIZES

OPEN	1 R300	2 R200	3 R100
OPEN WALKER	R100		
40+	R100		
50+	R100		
60+	R100		
70+	R100		
JUNIOR	R100		

ENTRY PRICE

10 KM	R50
4,9 KM	R30
TEMP. LIC.	R40

RACE ORGANISER :

JOHNATHAN HAARHOFF 071 473 0908

RULES & INFORMATION

INDEMINITY: ATHLETE ENTER AT THEIR OWN RISK. ACCORDING TO THE RULES LAID DOWN, AND THE 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 **AMPU, ASA and the IAAF**
2. Proof of age (**ID**) must be presented on request at the race. It is essential for athletes competing for category prize. Remember to complete the **Temporary License tear off slip immediately** and hand it back to the organizer
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 colours, license, age category ID tags and "W" for walkers (front and back of vest) and must be fixed on 4 corners
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. All athletes will participate at their own risk. Athletes, entering this event, and use medication to treat an illness or condition which fall under the prohibited list, should complete a Therapeutic Use exemption (TUE) form before entering for the event and obtain authorization from SAIDS to take the needed medicine or method"
7. The race committee reserves the right to accept any entry. The judge's 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 non-refundable
10. **Minimum age on race day: 10km – 14 years 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 AS WELL AS NO PETS ALLOWED ON THIS RACE**

Proudly Hosted By Midack Athletics Club

Medals for the first 500 athletes