

ROOIES NIGHT RACE

10km & FUN RUN

DATE : 30 JANUARIE 2019 **TIME:** 19H00
VENUE: HTS MIDDELBURG

MEDALS & PRIZES – 1500 Medals

Men & Ladies Price money

1 st Open	R350
2 nd Open	R300
3 rd Open	R200
1 st Junior	R200
1 st 40+	R200
1 st 50+	R200
1 st 60+	R200
1 st Walker	R200

Entry fee

10km	R60
4.9km	R30
Temporary Licenses (10km only)	R30

Cut off time: NO

Referees DECISION IS FINAL

Obey All Traffic officials and Race marshals. The race will be run according to the rules of the IAAF and ASA. No seconding will be allowed. Ages: Athletes for 10km must be 14 years or older on the day of the race. All athletes will participate at their OWN risk.

Proof of age (ID) to be produced upon request on day of race.

Registered athletes must wear full club colors.

2018 license numbers on the front and back of the vest.

Temp. License at the front on the vest

Age category ID tags must be worn (back and front) by athletes competing for a category prize AND must be fixed on vest all 4 corners

Walkers must have a fixed "W" on the vest to qualify for any prizes

No I-pods and dogs allowed during the race.

Contact THEUNS LUUS- 083 630 8729 for more information