

**DATE : 3 APRIL 2019**  
**VENUE : KEES TALJAARD STADIUM**  
**MIDDELBURG**  
**TIME : 10 KM STARTS AT 19H00**  
**FUN RUN STARTS AT 19h10**

## 10 Km CATEGORY PRIZES:

OPEN	1 R300
	2 R200
	3 R100
JUNIOR	R100
40-49	R100
50-59	R100
60-69	R100
70-79	R100
WALKER	R100

## ENTRY FEE

**10 KM : R50**

**TEMPORARY LICENSES: R 40**

**FUN RUN : R30**

PROUDLY HOSTED BY  
MIDACK ATHLETIC CLUB

THE FIRST 750  
ATHLETES  
WILL RECEIVE  
MEDALS

THE SCHOOL WITH  
THE MOST ENTRIES  
WILL WIN A DOUBLE  
SHADEPORT FOR  
THEIR SCHOOL

10 km & Fun Run

RICHKIM, JOHN HENRY CONSULTANTS

## RULES & INFORMATION

INDEMNITY: ATHLETES ENTER AT HIS OR HER OWN RISK. PARTICIPATING ACCORDING TO THE RULES LAID DOWN AND INDEMNIFY THE SPONSOR, RACE ORGANISERS AGAINST ANY CLAIM THAT MAY RESULT FROM 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 prizes. 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 witch 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 athletes are allowed to partake in this race without authorization from the chairman. Participating Midack athletes will not qualify for any prizes.
13. Cut off time 10km – 3 Hours race time
14. **NO EARPHONES ALLOWED AS WELL AS NO PETS ALLOWED ON THIS RACE**

**RACE ORGANISER : JOHNATHAN HAARHOFF – 071 473 0908**