



PRIZES

• Men & ladies Prize money

1 st Open	R300
1 st Junior	R300
1 st 40+	R300
1 st 50+	R300
1 st 60+	R300
1 st 70+	R300
2 nd (above categories)	R200

• Primary school with the most entries - R1 000 * Minimum 30 entries

4.9km & 10km

MIDDIES NIGHT RACE

Date: 9 Oktober 2019 • Time: 19:00 • Venue: Middelburg Hoërskool

Entry fee: 10km - R60 • 4.9km - R30

• Temporary licences - R40

Medals for the FIRST 1000
www.middies.co.za



For more information
contact Paul Bester
at 082 966 7767



RULES AND REGULATIONS: 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. • Proof of age (ID) to be produced upon request on day of race. • All athletes will participate at their own risk. • Registered athletes must wear full club colours. • 2019 license numbers on the front and back of the vest. • Temporary license at the front on the vest. • Remember to complete the Temporary license tear off slip immediately and hand it back to the organizer. • Age category ID tags must be worn (back and front) by athletes competing for a category prize AND must be fixed on the vest (all 4 corners). • Walkers must have a fixed "W" on the vest to qualify for any prizes. • 12% levy of entry fee must be paid over to Athletics Mpumalanga by race organizer. • No I-pods allowed during the race.