

MMC 5 IN 1 RACE

29/01/2022



STARTING TIMES:

- 06:00 - 42.2 & 32km
- 06:10 - 21.1, 15, 10km
- 06:20 - 4.9km

Online entries: 22/12/2021

Online: www.championship.co.za

(online entries do not apply to the 4.9km)

Close 24/01/2022

Late Entries on the Day

Timing is done by Ultimatelive

VENUE:

Kees Taljaard Stadium
Middelburg

Enquiries:

Middelburg Marathon Club

072 593 7346

Charmaine: 083 292 9207

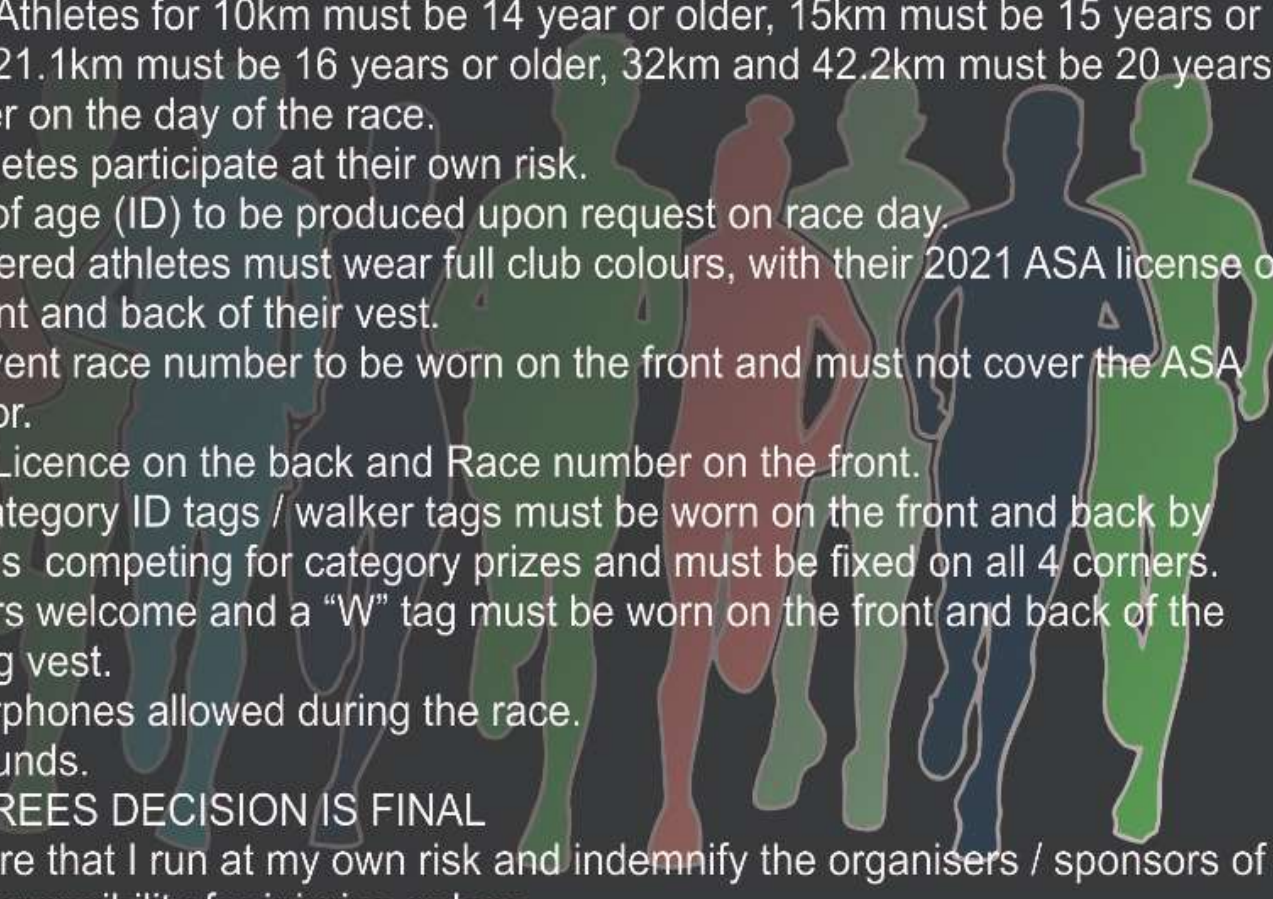
mmkinfo01@gmail.com



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Race Rules:

1. The race will be run according to the rules of the AMPU and ASA.
 2. Obey all Traffic Officials and Race Marshals.
 3. No seconding will be allowed.
 4. Ages: Athletes for 10km must be 14 year or older, 15km must be 15 years or older, 21.1km must be 16 years or older, 32km and 42.2km must be 20 years or older on the day of the race.
 5. All athletes participate at their own risk.
 6. Proof of age (ID) to be produced upon request on race day.
 7. Registered athletes must wear full club colours, with their 2021 ASA license on the front and back of their vest.
 8. The event race number to be worn on the front and must not cover the ASA sponsor.
 9. Temp Licence on the back and Race number on the front.
 10. Age category ID tags / walker tags must be worn on the front and back by athletes competing for category prizes and must be fixed on all 4 corners.
 11. Walkers welcome and a "W" tag must be worn on the front and back of the running vest.
 12. No earphones allowed during the race.
 13. No refunds.
 14. REFEREES DECISION IS FINAL
 15. I declare that I run at my own risk and indemnify the organisers / sponsors of any responsibility for injuries or loss.
 16. Athletes entering for this race, who make use of medication to treat an illness or condition which fall under the PROHIBITED LIST, should complete a THERAPEUTIC USE EXEMPTION (TUE) form before entering the race and must obtain authorisation from SAIDS to take the needed medicine or method.
 17. All Covid 19 Protocols need to be adhered to.
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Entry Fees: Online

| | |
|-------------------|--------|
| 4.9km | - |
| 10km | - R60 |
| 15km | - R80 |
| 21.1km | - R120 |
| 32km | - R140 |
| 42.2km | - R160 |
| 60+ | - Free |
| Temporary Licence | - R30 |

On The Day

| |
|------|
| R30 |
| R80 |
| R100 |
| R140 |
| R160 |
| R180 |

Prize Money:

| |
|--------------------------|
| 42.2, 32, 21.1, 15, 10km |
| Men & Ladies |
| 1st - R300 |
| 2nd - R200 |
| 3rd - R100 |
| 4.9km |
| Men & Ladies |
| 1st - Hamper |

Medals to all Finishers

Food Stalls Available!