

# MIDACK NIGHT RACE



**WEDNESDAY: JANUARY 19<sup>TH</sup> at 19H00**

**VENUE: KEES TALJAARDT STADIUM**

## 10 KM & FUN RUN

MEN & LADIES PRIZES

ENTRIES FROM 17H00

1st Open R300  
2nd Open R200  
3rd Open R100  
1st Junior R100  
1st 40+ R100  
1st 50+ R100  
1st 60+ R100

ENTRY FEE 10Km R80

FUN RUN R40

Temp Lisence R40

CUT OFF TIME 1H50

PROUDLY HOSTED BY:  
MIDACK ATHLETIC CLUB

COMPULSARY

Race Orginizer:

Elani Keulder – 079 696 8656

Victor Radebe – 083 460 7706

\*FACE MASK \*SOCIAL DISTANCE

\*SANITIZE



## RULES & INFORMATION

**INDEMNITY: By entering this event, all athletes declare that they run at their own risk and indemnify the organizer/sponsor of any responsibility for injuries or losses.**

1. **REFEREES' DECISION IS FINAL**
2. Obey all Traffic Officials and Race Marshals.
3. All Covid 19 protocols need to be adhered to. As per COVID Protocols.
4. The race will be run according to the rules of **WA, ASA and Ampu House rules.**
5. **Proof of age (ID) to be produced upon request on day of race.**
6. Category winners must be present at the prize giving ceremony or make prior arrangements to collect the award, failing to do so the athlete will forfeit his/her prize money.
7. **Marshals and traffic officials must be obeyed at all times. Failure to comply with their instructions may lead to immediate disqualification**
8. By entering this event, all athletes declare that they run at their own risk and indemnify the organizer/sponsor of any responsibility for injuries or losses
9. Registered athletes must wear full official club colours.
10. Both 2021 license numbers must be worn **one at the front and one at the back of the vest.**
11. **Only athletes with a race number and licensed numbers will be allowed into event area. Race number must be worn on the front of the vest. Next of kin name and contact number must appear on the entry form and race number.**
12. **Temporary license must be worn at the front on the vest.** Temporary license must be fixed on the back of the vest
13. Age category ID tags must be **clearly displayed for the duration of the event (back and front) by athletes AND must be fixed on all 4 corners and not be covered by rain jacket or any shirt.**
14. **Do not cover ASA Logo & province logo at the top of the license number with any paper race numbers /race bib.**  
ASA Licence numbers must not be covered with any paper race numbers. Walkers competing for Walkers prize must have the "W" fixed on the left front and back of the vest, all 4 corners must be fixed
15. **NO SECONDING OR VEHICLES ON THE ROUTE WILL BE ALLOWED. NO PACING OF ANY KIND.** Sufficient refreshment stations will be provided
16. It is the responsibility of each athlete to ensure that he/she is medically fit and healthy to participate in any of the events Athletes, entering for 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."
17. The race committee reserves the right to accept any entry. The judge's decision is final.
18. Participants must keep to the designated route as indicated
19. All entry fees are non-refundable
20. **Minimum age on race day:**
21. **Athletes participating in a 10km must be 14 years or older on the day of the race.**
22. **Athletes participating in a 4.9km / Fun Run – No restriction**
23. Any Foreign athlete will be subject to IAAF Rule 4.2 and must provide a clearance permit from their home federation in order to participate in the event. Such permit must be presented to the organisers
24. No littering, please make use of waste boxes on the route – RUN CLEAN
25. Prize giving will commence at approximately 20H30
26. **No Midack athlete will compete in this event without the consent off the club chairman**
27. **Cut off time 10km – 1H50 race time.**
28. **NO EARPHONES, IPODS AND SIMILAR DEVICES ARE ALLOWED, AS THEY ARE IN CONTRAVENTION OF THE IAAF RULE 144.2B AND WILL LEAD TO DISQUALIFICATION. NO PETS ALLOWED ON THIS RACE**

Race Organizer: Elani Keulder      079 696 8656  
Victor Radebe                      083 460 7706