

FAMILY. FITNESS. FRIENDSHIP

09
AUG 2024



KYALAMI
corner
MIDRAND
STRIDERS

CELEBRATING 44 YEARS OF MIDRAND STRIDERS THIS WOMEN'S DAY

21.1KM | 10KM

6:30 AM

5KM

6:40 AM

ENTRY FEES

21.1km	R240 (late entry fee - R260)	Grandmasters - R120 Great-grandmasters - free
10km	R160 (late entry fee - R180)	Grandmasters - R80 Great-grandmasters - free
5km	R90 (late entry fee - R110)	Grandmasters - R40 Great-grandmasters = free

Temporary License 21km (R70) - 10km (R60)

Pre-entries Close Midnight - 04 August 2024

Online entries available on www.peaktiming.co.za | An additional service fee will be charged by service provider

CGA APPROVED



KYALAMI CORNER
GPS -25,9833'S,28,0755'E

SOMETHING FOR EVERYONE

- MORNING COFFEE
- FOOD STALLS
- MEDALS TO 2500 FINISHERS
- COMPETITION PRIZES
- SAFE PARKING
- TOG BAG AREA



PRIZES

Winners	21km		10km	
	Male	Female	Male	Female
Open				
1 st	R2 500	R2 500	R1 500	R1 500
2 nd	R1 500	R1 500	R 900	R 900
3 rd	R 900	R 900	R 500	R 500
Category winners (position #1 only)				
Junior (up to 19yrs)	R500	R500	R300	R300
Veteran (40 – 49yrs)	R500	R500	R300	R300
Master (50 – 59yrs)	R500	R500	R300	R300
Grandmaster (60yrs+)	R500	R500	R300	R300
Gold medals to all open and category winners				
Spot prizes for 5km				
R 2 500 cash prize for the club with the most female entries.				
4 hour cut off Prize giving starts at 9:45 for all distances.				



5KM FUN RUN

RACE NUMBER COLLECTION AND LATE ENTRIES

Late entries (if available) and race number collection at Kyalami Corner Shopping Center
Wednesday, 07 Aug 2024: 17h00-20h00 | Thursday, 08 Aug 2024: 14h00-20h00 | Friday, 09 Aug 2024: 04h00-06h00

RESULTS

All distances will be timed by Peak Timing with a timing chip attached to your race number and will be gun to mat. Results will be available after the event on www.peaktiming.co.za/results

FOR ENQUIRIES: GABRIEL (082 595 4831) | EMAIL: INFO@MIDRANDSTRIDERS.CO.ZA

RULES

- The event is held under the rules of ASA and CGA.
- Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
- All athletes participate at their own risk. Athletes acknowledge by entering the event that they are medically fit to participate. All athletes must supply the name and contact number of their next of kin on both the race number and entry form.
- Licensed athletes must wear club colours and their 2024 license number back and front, on the upper body of the garment and the issued race number worn on the front of vest without concealing the sponsors names. Licensed athletes who do not wear their 2024 license numbers must purchase a temporary license on the day or face disqualification.
- Temporary licensed athletes to wear plain clothing with the issued temporary license on the back of their vest.
- Athletes competing for category prizes must wear clearly visible age tags of the appropriate size, on the back and front of their running vest.
- No seconding allowed.
- International Athletes must provide a clearance letter (from their country of origin) to the organizers and chief referee prior to the start of the event. Prizes will be withheld if this rule is not adhered to.
- Walkers competing for Walkers prizes (if any) must wear Walker tags on the front and back of their running vest and adhere to IAAF rule 230.
- No blades, cyclist or mechanically operated devices allowed in the race
- No 2, 3 or 4 wheel carts/prams which are mechanically or manually operated by participants, or wheelchairs athletes will be permitted to participate without special permission has been granted from the race organiser. All such participants MUST start at the back of the field.
- No animals/pets are allowed to participate.
- Only South African athletes are eligible for team prizes. The domicile rule applies.
- All instructions from track and race officials must be obeyed at all times.
- Proof of age for prize winners is required and must be presented to the referees before prize giving. Prizes will be withheld until all the necessary details of the winners are confirmed.
- Only those who have completed all the information required in the race entry/number are eligible for prizes.
- No refunds.
- No earphones, iPods and the like allowed and contravention of IAAF rule 144.2b, may lead to disqualification.
- Athletes may not run with another athlete's race number unless by prior arrangement with the race organizer.
- The race organizer retains the right to refuse entry and eject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behavior, vandalism or evade paying for admission.
- Athletes who participate without buying a race entry will be disqualified, will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge. Habitual offenders (those who regularly participate without purchasing a race entry) will be called to a CGA disciplinary.
- Licensed athletes not wearing club colours may face disqualification.
- Littering is not allowed. Athletes are to dispose of any litter in appropriate bins. Athletes can be disqualified if they litter.
- Objections/disputes must be lodged within 30 minutes before and after prize giving in writing to the chief referee accompanied by R500.00 which is refundable if the appeal is upheld.
- No athletes should be denied his prize money if he/she has entered a race, and allowed to start without an electronic chip, providing that the referees have spotted him/her at each and every check point. This implies that the athlete has ran the entire race and won fairly.
- Foreign athletes are not allowed to run with a ASA Provincial license and are required to purchase a temporary license or face disqualification. (Refer to IAAF rule 4.)
- Foreign athletes are not allowed to run in club colours unless such club exist in their country of origin or they are in possession of a refugee status permit or are naturalized citizens of RSA.