

# MIDVAAL MADMAC

## IT'S TIME

6 OCTOBER 24



MEDALS  
TO ALL  
FINISHERS



FOOD AND CASH BAR WILL BE AVAILABLE COFFEE SHOP AT VENUE

## Prize Money Totals R86 800

Single Lap Comrades and  
Two Oceans Qualifier



## Event Starts at 6h00



FIRST 400 ENTRIES ON  
15KM & 42.2KM RECEIVE  
FREE T-SHIRT



Venue: Cafe Du Cirque, Plot 116,  
Springbok Rd, Daleside, Randvaal

Cutoff Times: 42,2km - 6h30 | 15km - 4h00 | 5km - 2h00

RESULTS WILL BE AVAILABLE ON: <https://results.finishtime.co.za/>

Early bird entries (Before 31 August 2024)

42,2km - R300

15km - R220

5km - R100

1km/ Pram Race - R50 (No official timing)

Great Grand Master and Grand Master 50% off on  
all entry fees.

Late entries ( 1 September 2024 onwards)

42,2km - R350

15km - R250

5km - R150

1km/Pram Race - R80 (No official timing)

Great Grand Master and Grand Master 50% off on  
all entry fees.



FURTHER SPONSORS TO BE CONFIRMED.  
PLEASE CONTACT FOR MORE INFORMATION.

RACE QUERIES: Race Director - Elzana Swanepoel: 083 642 6186 | Race Organiser - Buks van Heerden: 064 908 6579

Email: [midvaalmadmac@gmail.com](mailto:midvaalmadmac@gmail.com) | [www.facebook.com/midvaalmadmac](http://www.facebook.com/midvaalmadmac)

ONLINE REGISTRATION AT: [www.events.myactive.co.za](http://www.events.myactive.co.za)



# MIDVAAL MADMAC



6 OCTOBER 2024

Start time: 6h00

REGISTER ONLINE:

[www.events.myactive.co.za](http://www.events.myactive.co.za)

# Prize Money Totals R86 800

# PRIZES: MALE AND FEMALE

MADMAC 2024				MADMAC 2024					
	42	15	5		42	15	5		
OPEN	1	R10 000	R5000	R500	VETERAN +40	1	R3000	R1500	R300
	2	R5000	R2500	R300		2	R1500	R800	R250
	3	R2500	R500	R200		3	R500	R500	---
	4	R1000	---	---			---	---	---
	5	R500	---	---			---	---	---
MASTER +50	1	R1000	R500	R250	GMASTER +60	1	R750	R350	R200
	2	R750	R250	R200		2	R500	R250	---
	3	---	---	---			---	---	---
JUNIOR	1	---	R250	R250	AVT 1ST	1	R600	---	---
	2	---	R200	R200			---	---	---

**ALL PRIZE MONEY WILL BE PAID VIA EFT**

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**Email: [midvaalmadmac@gmail.com](mailto:midvaalmadmac@gmail.com) | [www.facebook.com/midvaalmadmac](http://www.facebook.com/midvaalmadmac)**

### Race rules and regulations:

- The race is run in accordance with the rules of ASA and AVT.
- Registered athletes must be a member of a club affiliated to ASA, wear official club colours and two ASA 2024 license numbers on the front and back of your vest.
- If you do not belong to an ASA affiliated club, you need to procure a temporary license at an additional cost of R100 and run in neutral/white colours.
- All race numbers must be worn on the front of your vest. The ASA logo on the front of your vest must not be covered by the race number.
- If you have a temporary license, your race number must be on the front and the temporary license on the back of your plain clothing.
- No temporary licenses needed for the 5km, 5km no club kit or ASA numbers or temporary numbers required.
- Athletes running with a temporary license will not be eligible to qualify for Comrades or Two Oceans.
- Proof of age or ID document must be produced on request at the Prize giving.
- Athletes competing for age categories must wear their age tags on the front and back of their vests.
- No seconding will be permitted on any part of the route.
- Distance boards every 1km.
- Waterpoints every 3km.
- All traffic officials and marshals on the route must be obeyed. Failure to do so might lead to disqualification.
- Should an athlete wish to appeal against any ruling he/she must fill in an appeal form and pay R500. If the appeal is successful, he/she will be re-funded.
- All athletes compete at their own risk. Athletes indemnify the National, Provincial, Regional bodies as well as sponsors and the organizers of the race against any or all actions of any nature whatsoever, that may arise due to participation in this event. No dogs/pets are allowed in any of the events.
- The following minimum age restrictions apply to road races in South Africa and the age shall be as at the date of competition.
  - 17. 5km - Must be 9 years or older
  - 15km - Minimum age of 15 years
  - 42,2km - 20 years or older
- No headphones are allowed as per ASA rules.
- Should the event be cancelled for any unforeseen circumstances or Act of God, athletes will be 80% refunded.



**Venue: Cafe Du Cirque, Plot 116, Springbok Rd, Daleside, Randvaal**

**Number Collection Information to follow soon.**

