

Prize Money

RUNNERS		21.1 km (Pre-entry only)		10 km	
		Male	Female	Male	Female
Open	1st	R2 500.00	R2 500.00	R1 500.00	R1 500.00
	2nd	R1 500.00	R1 500.00	R1 000.00	R1 000.00
	3rd	R750.00	R750.00	R500.00	R500.00
Veterans	1st	R1 500.00	R1 500.00	R1 000.00	R1 000.00
	2nd	R1 000.00	R1 000.00	R625.00	R625.00
	3rd	R500.00	R500.00	R375.00	R375.00
Masters	1st	R750.00	R750.00	R500.00	R500.00
	2nd	R500.00	R500.00	R375.00	R375.00
	3rd	R250.00	R250.00	R250.00	R250.00
Grand Masters	1st	R250.00	R250.00	R150.00	R150.00
Great Grand Masters	1st	R200.00	R200.00	R100.00	R100.00
80+	1st	R200.00	R200.00	R100.00	R100.00
Junior	1st	R500.00	R500.00	R250.00	R250.00
Wheelchair	1st	R750.00	R750.00	R500.00	R500.00
	2nd	R500.00	R500.00	R375.00	R375.00
	3rd	R250.00	R250.00	R250.00	R250.00
WALKERS					
Open	1st	R1 500.00	R1 500.00	R1 000.00	R1 000.00
	2nd	R1 000.00	R1 000.00	R625.00	R625.00
	3rd	R500.00	R500.00	R375.00	R375.00
Veterans	1st	R500.00	R500.00	R500.00	R500.00
Masters	1st	R500.00	R500.00	R375.00	R375.00
Grand Masters	1st	R250.00	R250.00	R150.00	R150.00
Great Grand Masters	1st	R200.00	R200.00	R100.00	R100.00
80+	1st	R200.00	R200.00	R100.00	R100.00
Junior	1st	R500.00	R500.00	R250.00	R250.00
Wheelchair	1st	R750.00	R750.00	R500.00	R500.00

Prize giving is at 08:30 for 10 km and at 09:00 for 21.1 km

Bestmed TuksRace

Run/Walk
1km
5km
10km
21.1km



When: Saturday 18 February 2017

Venue: UP Sports Campus

Finish the race and get a Bestmed T-shirt!



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

bestMed
personally yours

21.1 km	06:00
Wheelchair race	06:20
10 km	06:30
5 km	06:40
1 km	08:00

FOR ANY ENQUIRIES CONTACT:

Prof Vllie Spies: 082 821 6952

Danie Cornelius: 083 417 7377

Jet Moses: 072 259 4282

MEDALS

Gold: All category winners and the Open 1st, 2nd and 3rd places

Silver: The First 200 participants to complete the 21.1 km and the first 100 participants to complete the 10 km

Bronze: Medals to all participants that complete the race.

PRE-ENTRIES

Pre-entries will be at all stores mentioned below until 17 February 2017, as well as at the HPC (Burnett Street entrance to the UP Sports Campus) on the 16th and 17th of February 2017 from 17:00 until 19:00.

- Run-a-way Sports, 302 Freesia Street, Lynnwood Ridge, Tel: (012) 361 3733 until 16 February 2017
- Running Inn, 63 George Storrar Drive, Groenkloof Tel: (012) 362 7322
- The Runners Store, The Tramshed Centre Tel: (012) 320 0055
- The Sweat Shop, Dunkeld, Tel: (011) 325 2567 until 16 February 2017
- The Sweat Shop, Fourways, Tel: (011) 467 5966 until 16 February 2017
- The Sweat Shop, Centurion, Tel: (012) 665 0048 until 16 February 2017
- www.entrytime.com or www.just-events.co.za
- Online entries until 14 February 2017 at 24:00
- Online entries can be collected at the HPC (Burnett Street entrance to the UP Sports Campus) on 17 February 2017 from 17:00 until 19:00 and from 04:30 to 05:50 on race day.
- Tuks Athletic office, entries between 17:00 - 19:00 on 16 and 17 February 2017.

GENERAL INFORMATION

1. Tuks athletes are requested to assist on race day.
2. Entries will be taken from 04:30 to 05:50 on race day for 10, 5 and 1 km as well as the wheelchair athletes.
3. Watering points located approximately every 3 km with Coke, water and entertainment.
4. Cut-off time is 3 hours for 10, 21.1 and 1 km races.
5. Only the 10 km race is wheelchair friendly.
6. Refreshments will be available on sale. No gas braaiing permitted.
7. No unauthorised selling of goods will be allowed on the University grounds. Arrangements can be made with Prof GM Spies 082 821 6952.
8. Race results will be available on the internet at www.raceresults.co.za
9. Tog bag facilities: Tents will be erected on the afternoon of Friday 17 February 2017 at designated areas.
10. Walkers must wear their "W" tags to be eligible for the prize.
11. Distance markers at every 1 km.

RULES

1. The race will take place under the rules of ASA, AGN and IAAF.
2. All participants must wear two valid 2017 license numbers or temporary numbers (front and back) during the race.
3. All athletes participate at their own risk and by their entry, they indemnify the organisers, province and sponsors of any liability or claims.
4. Marshals and traffic officials must be obeyed at all times.
5. No seconding will be permitted.
6. Proof of age may be requested from category winners.
7. Minimum age on race day is 14 years for the 10 km and 16 years for the 21.1 km.
8. Junior category winners must provide proof of age to qualify for prizes (ID or other valid documentation).
9. Foreign athletes must observe IAAF rule 4 paragraph 2.
10. Ambulance Services and medical personnel will be on standby during the race.
11. Age category identification tags to be worn on the front and back of the running/walking vest to be eligible for prizes.
12. No iPods or listening devices allowed.

Bring your whole family

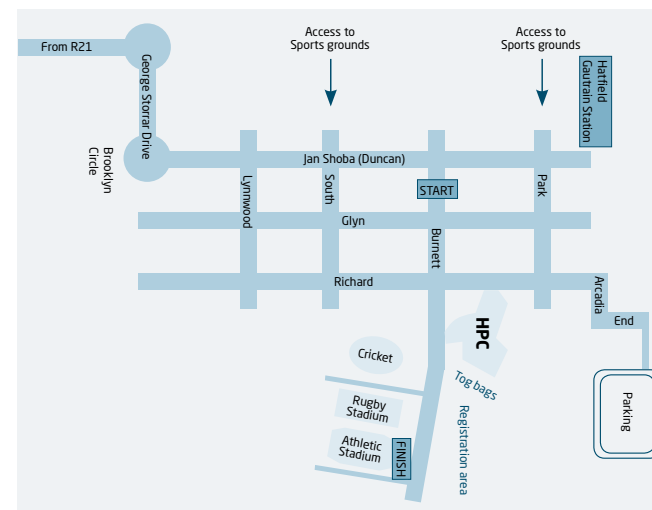
And join us for a fun-filled day of food, music and prizes! Kids will enjoy our exciting kiddies area while parents can follow live screenings of the race and get free biometric screenings done by Bestmed on the day. Not to mention the amazing lucky draw prizes that are up for grabs! So, what are you waiting for? Get down to the Bestmed TuksRace!

Visit us on Facebook, www.entrytime.com.



UP Sport Campus

GPS: S25 44' 58" E28 14' 47"



Be safe in the sun.
Wear sunscreen.

 www.bestmed.co.za
 www.facebook.com/BestmedMedicalScheme
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A big thank you to all our partners:

