



UNIVERSITY OF PRETORIA
UNIBESITHO YA TSHWANE
UNIVERSITEIT VAN PRETORIA

TuksSport

Lester Mills Memorial Night Race



Date: 18 September 2019 | Race Starts: 18:30
Venue: Hillcrest Sports Campus

TuksAthletics

 **hpc**
sport, science, knowledge

Event:

5km

10km

Grand Masters: Half price (only on race day)

Entry Fee:

R50

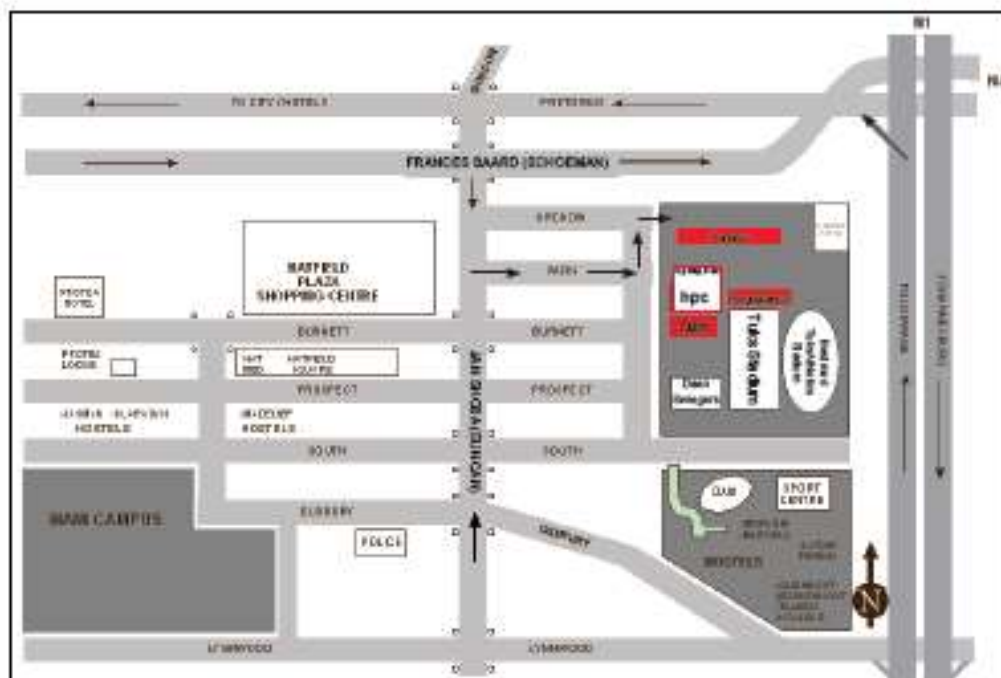
R80

Great Grand Masters and Blind runners: Free (only on race day)

Temporary License: R40

Map:

GPS Co-ordinates: -25.74538, 28.24718



Race Rules:

1. By participating in the event all athletes indemnify the organisers and sponsors of any liability claims and participate at their own risk.
2. All participants must wear a valid 2019 licence number on the front and back of their vest. Non-registered athletes have to purchase a temporary licence. No licence is required for the 5km. Walkers competing for prize money must wear WALKER/W tags on the front and back of their vests.
3. The race will take place under the rules of ASA, AGN and IAAF and all participants must wear club colours during the race, except if participating with a temporary licence.
4. Marshals and traffic officials must be obeyed at all times.
5. Refreshments and foodstuff will be on sale.
6. Minimum age of 14 years on the day of the race for 10km.
7. Athletes competing for the category prizes must wear official age category ID (front and back upper vest). Proof of age for prize winners will be required and to be presented to referees before prize giving. Prizes will be withheld until confirmed.
8. No iPods or listening devices are allowed. No seconding is allowed.
9. Foreign athletes must observe IAAF rule 4 paragraph 2.
10. Race numbers should not cover the valid ASA licence logos.

General information:

1. Both races will start promptly at 18h30.
2. Registration starts at 16h30.
3. There will be distance markers every 1km.
4. Water points are approximately every 3km.
5. Refreshments will be for sale.
6. The route is not suitable for wheelchair athletes.
7. No unauthorized selling of goods will be allowed on the hpc/ sports grounds.
8. No pets are allowed.
9. Cut off is 90 min.
10. Please allow adequate time to cover the distance from the parking to the entry/start.
11. Please dispose of water sachets only at water points or in bins provided.
12. Prize Giving will be at approximately 20h00.
13. Medical support will be present on race day.
14. For more information contact Jet Moses at 072 259 4282 / Prof. Spies at 082 821 6952.



Pre-registration from 7 August 2019 - 17 September 2019 at:

Run-A-Way Sport, Tel: 012 361 3733 and The Sweat Shop (Southdowns), Tel: 012 665 0048, UP Shop Tel: 012 420 1235/6509

