



# Bestmed TuksRace

Run/Walk

- 1km • 5km • 10km
- 21.1km • 42.2 km

Saturday, 16 February 2019, Hillcrest Sports Campus



&



Qualifier



**bestMed**  
personally yours



## Race Start Times

42.2 km	05:30
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 Vullie Spies:	082 821 6952
Danie Cornelius:	083 417 7377
Jet Moses:	072 259 4282

## Pre-entries

Pre-entries will be at all stores mentioned below until 14 February 2019, as well as at the HPC (Burnett Street entrance to the UP Sports Campus) on the 14th and 15th of February 2019 from 17:00 until 19:00.

**The 42.2 km is limited to 4000 entrants.**

- Run-a-way Sports, 302 Freesia Street, Lynnwood Ridge, Tel: (012) 361 3733 until 14 February 2019
- The Sweat Shop, Dunkeld, Tel: (011) 325 2567 until 14 February 2019
- The Sweat Shop, Fourways, Tel: (011) 467 5956 until 14 February 2019
- The Sweat Shop, Centurion, Tel: (012) 665 0048 until 14 February 2019
- Tshwane Running Shop Tel: (076) 929 7384
- UP Hatfield Campus. At the UP shop
- [www.entrytime.com](http://www.entrytime.com)
- Online entries until 9 February 2019 at 24:00
- Online entries can be collected at the HPC (Burnett Street entrance to the UP Sports Campus) on 14 and 15 February 2019 from 17:00 until 19:00 and from 04:30 to 05:50 on race day.
- No 42.2 km entries allowed on race day.

## General Information

1. Tuks athletes are requested to assist on race day.
2. Entries will be taken from 04:00 to 05:50 on race day for 21.1, 10, 5 and 1 km as well as the wheelchair athletes (no 42.2 km entries on race day).
3. Watering points located approximately every 3 km with coke, water and entertainment.
4. Cut-off time is 5 and 1/2 hours for 42.2 km and 3 hours for 21.1, 10 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](http://www.raceresults.co.za)
9. **Tog bag facilities:** Club tents will be erected on the afternoon of Friday 15 February 2019 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 2019 license numbers or temporary numbers (front and back) during the race.
3. Race numbers should not cover the valid ASA licence logos.
4. All athletes participate at their own risk and by their entry, they indemnify the organisers, province and sponsors of any liability or claims.
5. Marshals and traffic officials must be obeyed at all times.
6. No seconding will be permitted.
7. Proof of age may be requested from category winners.
8. Minimum age on race day is 14 years for the 10 km, 16 years for the 21.1 km and 20 years for the 42.2 km.
9. Junior category winners must provide proof of age to qualify for prizes (ID or other valid documentation).
10. Foreign athletes must observe IAAF rule 4 paragraph 2.
11. Ambulance services and medical personnel will be on standby during the race.
12. Age category identification tags to be worn on the front and back of the running/walking vest to be eligible for prizes.
13. No iPods or listening devices allowed.



# Entry Form



**TuksSport**

Refer to **ENTRY INSTRUCTIONS** for the entry form submission options

**FOR OFFICIAL USE ONLY:**

Race number:	
Temp. license no.	

Please supply all information - print clearly using block letters

Event entering (please tick): 42,2 km  21,1 km  10 km  5 km  1 km

## Personal Information

Surname:  Initials:  Title:

First name:

Email:

Cell no:  Work:

ID Number:  Male  Female

Age Category: Junior u/19  Open  40-49  50-59  60-69  70 - 79  80+

T-shirt Size (2 500 online entries if applicable): XS  S  M  L  XL  2XL  3XL

Do you belong to an athletics club? Yes  No  If yes, provide the following information:

2019 Licence no.  Province:

Club name in full:

## Entry Fees (tick the applicable race entry). NO CHEQUES ACCEPTED

Distance	Entry (Tick)	Amount	Athletes 60-79yrs		Entry (Tick)	Amount
42,2 km	<input type="checkbox"/>	R200	R100	All Athletes 80yrs+	<input type="checkbox"/>	Free
21,1 km	<input type="checkbox"/>	R150	R75	Blind Runners	<input type="checkbox"/>	Free
10 km	<input type="checkbox"/>	R100	R50	Unlicensed athletes of the 42,2 km, 21,1 km and 10 km must purchase a temporary license number for R40.00 on the day		
5 km	<input type="checkbox"/>	R50				
1 km fun run/walk	<input type="checkbox"/>	R30				

	<b>ADD AN EXTRA R10 DONATION TO YOUR ENTRY FEE.</b> All donations will be paid to Cansa South Africa. Your donations are highly appreciated.	Tick	<b>Amount Total</b>
		<input type="checkbox"/>	<input type="text"/>

Would you like to be contacted with future Bestmed events/marketing? **YES**  **NO**

Would you like to be notified of future Bestmed TuksSport events? **YES**  **NO**

## To be signed by all competitors:

I agree to abide by the rules of the event. I will participate in the race at my own risk and hereby indemnify the national and provincial bodies, sponsors and organisers of the race against any action of claim of whatever nature, which may result out of my participation in the event.

Signature of entrant

Signature of parent/guardian  
(if under age of 18 years)

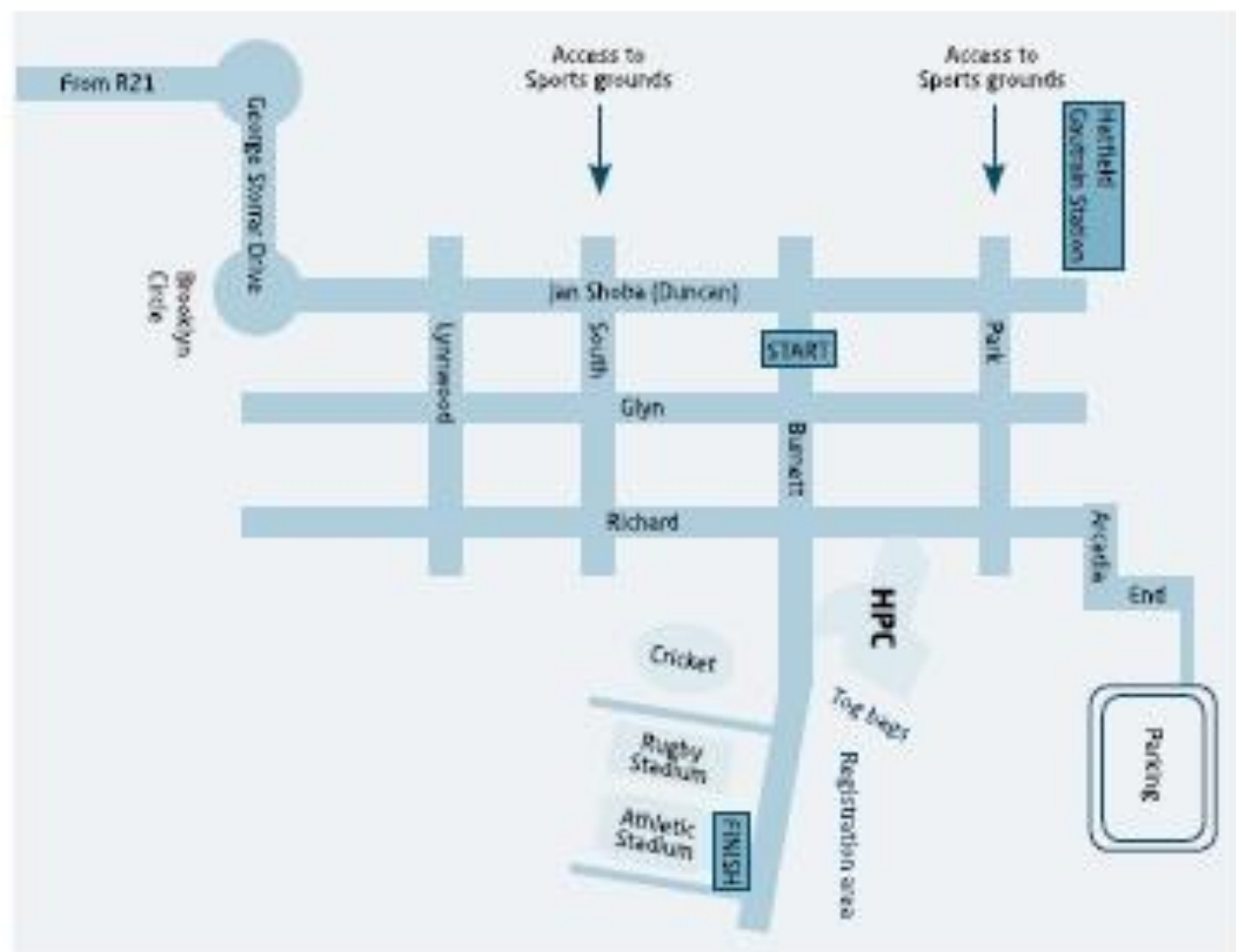
Date

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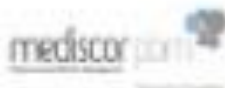
# How to get there

## Hillcrest Sports Campus

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



### A big thank you to all our partners:



[www.bestmed.co.za](http://www.bestmed.co.za)

[www.facebook.com/BestmedMedicalScheme](https://www.facebook.com/BestmedMedicalScheme)

[@BestmedScheme](https://twitter.com/BestmedScheme)