

# Bestmed TuksRace

Run/Walk

- 1km • 5km • 10km
- 21.1km • 42.2 km



## TuksAthletics, celebrating a 100 years!

Saturday, 17 February 2018, UP Sports Campus  
Two Oceans & Comrades 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 15 February 2018, as well as at the HPC (Burnett Street entrance to the UP Sports Campus) on the 15th and 16th of February 2018 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 15 February 2018
- The Sweat Shop, Dunkeld, Tel: (011) 325 2567 until 15 February 2018
- The Sweat Shop, Fourways, Tel: (011) 467 5966 until 15 February 2018
- The Sweat Shop, Centurion, Tel: (012) 665 0048 until 15 February 2018
- www.entrytime.com
- Online entries until 10 February 2018 at 24:00
- UP Hatfield Campus. At the Piazza: 15 and 16 February 2018 from 10:00 - 16:00
- Online entries can be collected at the HPC (Burnett Street entrance to the UP Sports Campus) on 15 and 16 February 2018 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 16 February 2018 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 2018 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.

# Prize Money

Prize giving is at 08:30 for 10 km and at 09:00 for 21.1 km and wheelchair, and 10:00 for 42.2 km.

## 42,2 km Marathon (Men & Women)

| Position | Open  | 40 - 49 | 50 - 59 | 60 - 69 | 70 - 79 | 80+  |
|----------|-------|---------|---------|---------|---------|------|
| 1        | R3500 | R2000   | R1000   | R750    | R500    | R500 |
| 2        | R2500 | R1500   | R750    |         |         |      |
| 3        | R1500 | R1000   | R500    |         |         |      |

## 21,1 km Marathon (Men & Women)

| Position | Open  | 40 - 49 | 50 - 59 | 60 - 69 | 70 - 79 | 80+  | Junior |
|----------|-------|---------|---------|---------|---------|------|--------|
| 1        | R2500 | R1000   | R500    | R300    | R300    | R300 | R300   |
| 2        | R1500 | R1000   | R500    |         |         |      |        |
| 3        | R1000 | R500    | R300    |         |         |      |        |

## 10 km Marathon (Men & Women)

| Position | Open  | 40 - 49 | 50 - 59 | 60 - 69 | 70 - 79 | 80+  | Junior |
|----------|-------|---------|---------|---------|---------|------|--------|
| 1        | R1500 | R1000   | R500    | R250    | R200    | R200 | R200   |
| 2        | R1000 | R500    | R300    |         |         |      |        |
| 3        | R500  | R300    | R250    |         |         |      |        |

## 10 km (Wheelchair)

| Position | Open |
|----------|------|
| 1        | R500 |
| 2        | R300 |
| 3        | R250 |

## Walkers (Men & Women)

| Position | Open  | 40 - 49 | 50 - 59 | 60 - 69 | 70 - 79 | 80+  | Junior |
|----------|-------|---------|---------|---------|---------|------|--------|
| 42,2 KM  | R1000 | R500    | R300    | R200    | R200    | R200 | N/A    |
| 21,1 KM  | R500  | R200    | R200    | R100    | R100    | R100 | R100   |
| 10KM     | R300  | R200    | R100    | R100    | R100    | R100 | R100   |

# Other Incentives



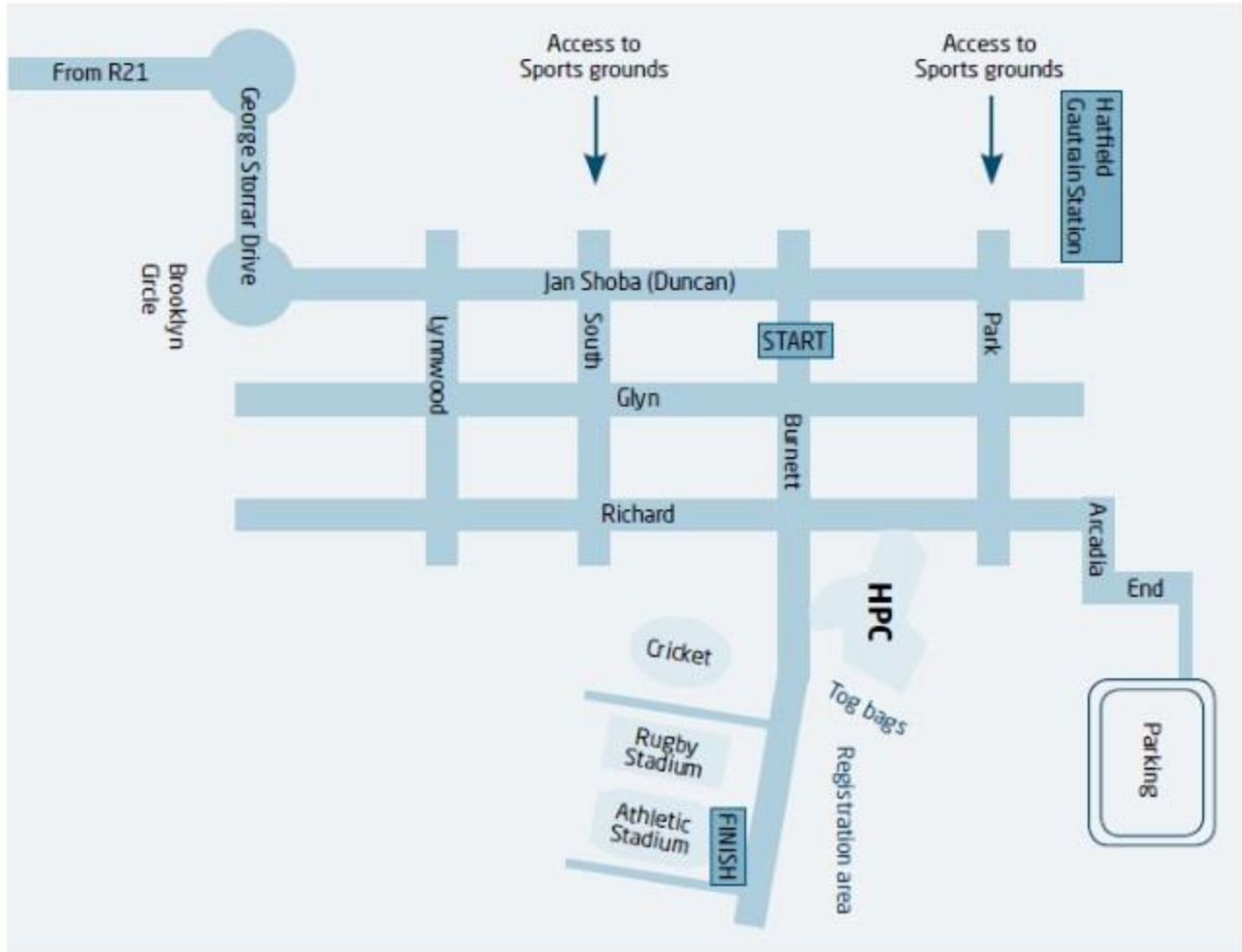
T-shirts for the first 2500 (paid) online entries for 10, 21,2 km and 42,2 km only. Sizes will be a available on a first come first serve basis.

Special prizes will be awarded for each distance (Lucky winners will be selected by the event organisers).

# How to get there

## UP 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)

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