



Tshwane University
of Technology

We empower people



Athletics
Gauteng North

TUT HEALTH AND WELLNESS

NIGHT RACE

10 km & 5 km Fun Run

WEDNESDAY, 19 September 2018

VENUE: Tshwane University of Technology
Pretoria Campus Stadium

START TIME: 18:05 – 10 km
18:10 – 5 km

ENTRY FEE: R70 for 10 km
R30 for 5 km fun run
Temporary License for R30-00

ENTRIES:

TUT Pretoria Stadium

Athletics Office
Bld 51, Room 118

Run-A-Way Sport
302 Freesia Str
Lynnwood Ridge, Pretoria
012 – 361 3733

The Sweat Shop
Shop 50, Southdowns Shopping Centre
Karee Street, Irene, Pretoria
012 – 665 0048



ENQUIRIES:

Ziyanda Menziwa: 012 – 382 5396 / 078 600 2851

Hanlie Murray: 012 – 382 5392

PRIZES: (Men & Women)								
	<i>Position</i>	<i>Open</i>	<i>Juniors</i>	<i>Veterans (40-49)</i>	<i>Masters (50-59)</i>	<i>Grand Masters (60-69)</i>	<i>Great Grand Masters (70+)</i>	<i>Walkers</i>
10 km	1	R500	R300	R200	R200	R200	R200	R300
	2	R300	R200					R200
	3	R200	R100					R100

MEDALS: Special medals for category winners.
First 1500 athletes get medals on race day.

PRIZE GIVING: 19:30 – 10 km

RULES FOR 10 km:

- Two laps course.
- Race run according to the rules of ASA and AGN.
- Minimum age 15 years on day of race for the 10 km and 16 years on day of race.
- Athletes competing for category prizes must wear age category ID Tags in back and front.
- Prize winners have to be present at the prize giving.
- Cut-off time is 3 hours for all participants.
- Registered athletes must wear two 2018 licenses, one at the back and one in front of running vest.
- Traffic police and race marshals must be obeyed at all times.
- ID must be provided upon request.
- Foreign athletes must comply with IAAF Rule 4, par 2 regarding handing over their permits to the organisers.
- Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against all and any actions of whatsoever nature arising out of their participation in the TUT Night Race.
- Temporary Licence Athletes to wear the Temporary Licence at the back of their vest.
- Walkers must wear a "W" tag on the front and back of their vest.
- No seconding permitted.
- Refreshment stations approximately every 3 km.

TERMS AND CONDITIONS:

- a. No iPods or other listening devices permitted.
- b. No running or walking with pets will be permitted.
- c. Regrettably no wheelchairs or prams allowed – course unsuitable.
- d. No blades, cyclists or mechanically operated devices allowed in the race.
- e. Tog bag area available at own risk.
- f. No littering allowed 500 m after the water tables.
- g. Parking provided at the TUT Pretoria campus opposite the rugby/soccer field. Parking at student parking next to TUT Residence and TUT Bus Rank.
- h. Medical support will be available on race day.

