

# 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
		2nd	R1 000.00	R1 000.00	R625.00
		3rd	R500.00	R500.00	R375.00
Veterans	1st	R500.00	R500.00	R500.00	R500.00
Masters	1st	R500.00	R500.00	R375.00	R375.00
Junior	1st	R500.00	R500.00	R250.00	R250.00

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

## Bestmed TuksRace

21.1 & 10 km Run/Walk  
5 & 1 km Fun Run/Walk



**When:** Saturday 20 February 2016

**Venue:** UP Sports Campus

AGN: League Race

**Bestmed T-shirts to all finishers!**

Better living. Better life.



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# Bestmed TuksRace

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

## ANY ENQUIRIES CONTACT

Prof Vellie 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: First 200 finishers of the 21.1 km and the first 100 finishers of the 10 km  
Bronze: Medals to all finishers

## PRE-ENTRIES

21.1 km race is a pre-entry race only (no on-the-day entries allowed). Pre-entries will be at all shops mentioned below until 18 February 2016, as well as at the HPC (Burnett Street entrance to the UP Sports Campus) on the 18th and 19th of February 2016 from 17:00 until 19:00.

- Run-a-way Sports, 302 Freesia Street, Lynnwood Ridge, Tel: (012) 361 3733 until 18 February 2015
- 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 18 February 2015
- The Sweat Shop, Fourways, Tel: (011) 467 5966 until 18 February 2015
- The Sweat Shop, Centurion, Tel: (012) 665 0048 until 18 February 2015
- www.entrytime.com or www.just-events.co.za
- Online entries until 16 February 2016 at 24:00
- Online entries can be collected at the HPC (Burnett Street entrance to the UP Sports Campus) on 19 February 2016 from 17:00 until 19:00 and from 04:30 to 05:50 on race day.

## 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](http://www.raceresults.co.za)
9. Tog bag facilities: Tents will be erected on the afternoon of Friday 19 February 2016 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 2016 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 front and back of running/walking vest to be eligible for prizes.
12. No iPods or listening devices allowed.

**TuksSport**

## Bring your whole family

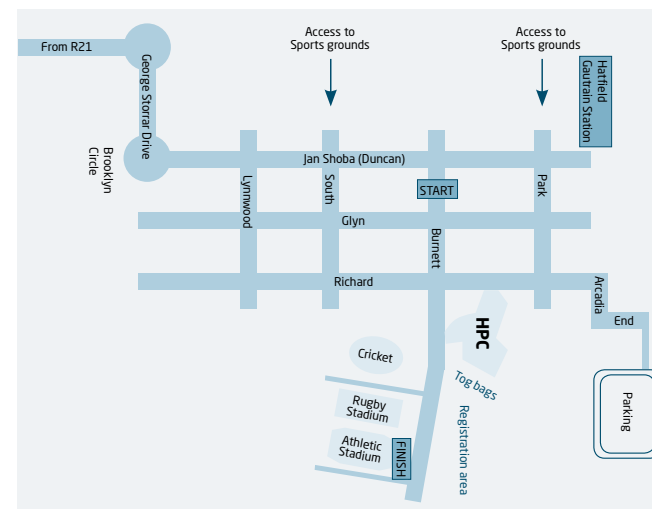
And join us for a fun-filled day of food, music and prizes! Kids will enjoy our exciting kiddies area while parents can follow live screenings of the race and get free biometric screenings done by Bestmed on the day. Not to mention the amazing lucky draw prizes that are up for grabs! So, what are you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

Visit us on Facebook, [www.entrytime.com](http://www.entrytime.com), [www.just-events.co.za](http://www.just-events.co.za) to register online.



## UP Sport Campus

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



Be safe in the sun.  
Wear sunscreen.

[www.bestmed.co.za](http://www.bestmed.co.za)  
[www.facebook.com/BestmedMedicalScheme](https://www.facebook.com/BestmedMedicalScheme)  
[@BestmedSocial](https://twitter.com/BestmedSocial)

A big thank you to all our partners:



# Bestmed Tuks Race

FOR OFFICIAL USE ONLY

Race number

Temp. license no.

Event	1 km	5 km	10 km	21.1 km	Total
Pre-Entry Fee	R20	R30	R50	R80	
Race Day Entry Fee	R20	R30	R60	Pre-entry only	
 <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.					
Grand Masters run for half price (Entries on Race Day only) Temporary License: R30					
Great Grand Masters 80+ and blind runners run for free (Entries on Race Day only) Temporary License: R30					

Surname:


Initials:

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Title:

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First name:

Tel. no. (home):


Work:


Cell no:

Fax No:

ID Number:


Age on race day:

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Age Category:

**Junior u/19**

**Senior**

**40-49**

**50-59**

**60-69**

**70+**

2016 Licence no.

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Province:

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Club:

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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**

E-mail address:

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**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**

**Date**

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



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