

Tuks

high
performance
centre (hpc)

Lester Mills Memorial Night Race



Date: 16 September 2015 | Race Starts: 18:30
Venue: University of Pretoria Sports Campus



TuksAthletics



bestMed **PRETORIANEWS**

Event:

5km	10km	Total:	
R30	R60		

Great Masters: Half price (only on race day)

Great Grand masters and blind

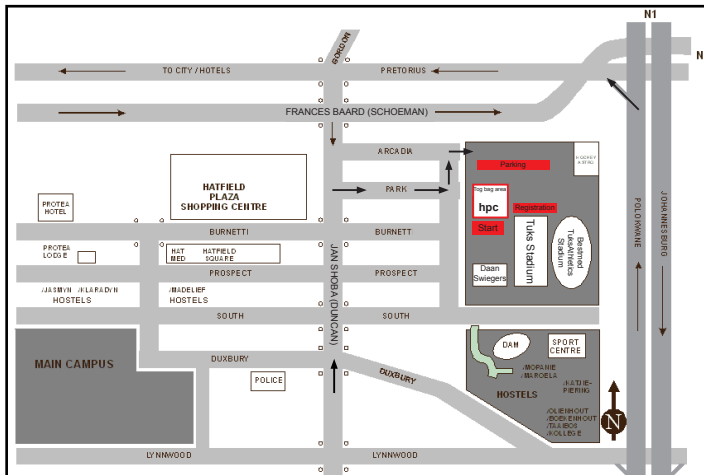
runners: Free. (Only on Race Day)

Temporary License: R30

Entry Fee:

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 2015 licence number on the front and back of their vest. Non-registered athletes have to purchase a temporary licence. No licence required for the 5km. Walkers competing for prize money must wear WALKER/W tags on the front and back of their vest.
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 on sale.
6. Minimum age of 15 years on day of race for 10km.
7. No age restriction for the 5km.
8. 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.
9. No iPods or listening devices allowed. No seconding is allowed.
10. Foreign athletes must observe IAAF rule 4 paragraph 2.

General information:

1. Both races will start promptly at 18h30.
2. Registration starts at 16h30.
3. Distance markers every 1km.
4. Water points approximately every 3km.
5. Refreshments 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 allowed.
9. Cut off 90 min.
10. Please allow adequate time to cover distance from parking to entry/start.
11. Please dispose of water sachets only at water points or in bins provided.
12. Prize Giving will be 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 1 August 2015 - 15 September 2015 at:

Run-a-way Sports, Tel: 012 361 3733, Running Inn, Tel: 012 362 7322 and The Sweat Shop (Southdowns), Tel: 012 665 0048
Runnersstore, Tel: 012 320 0055

