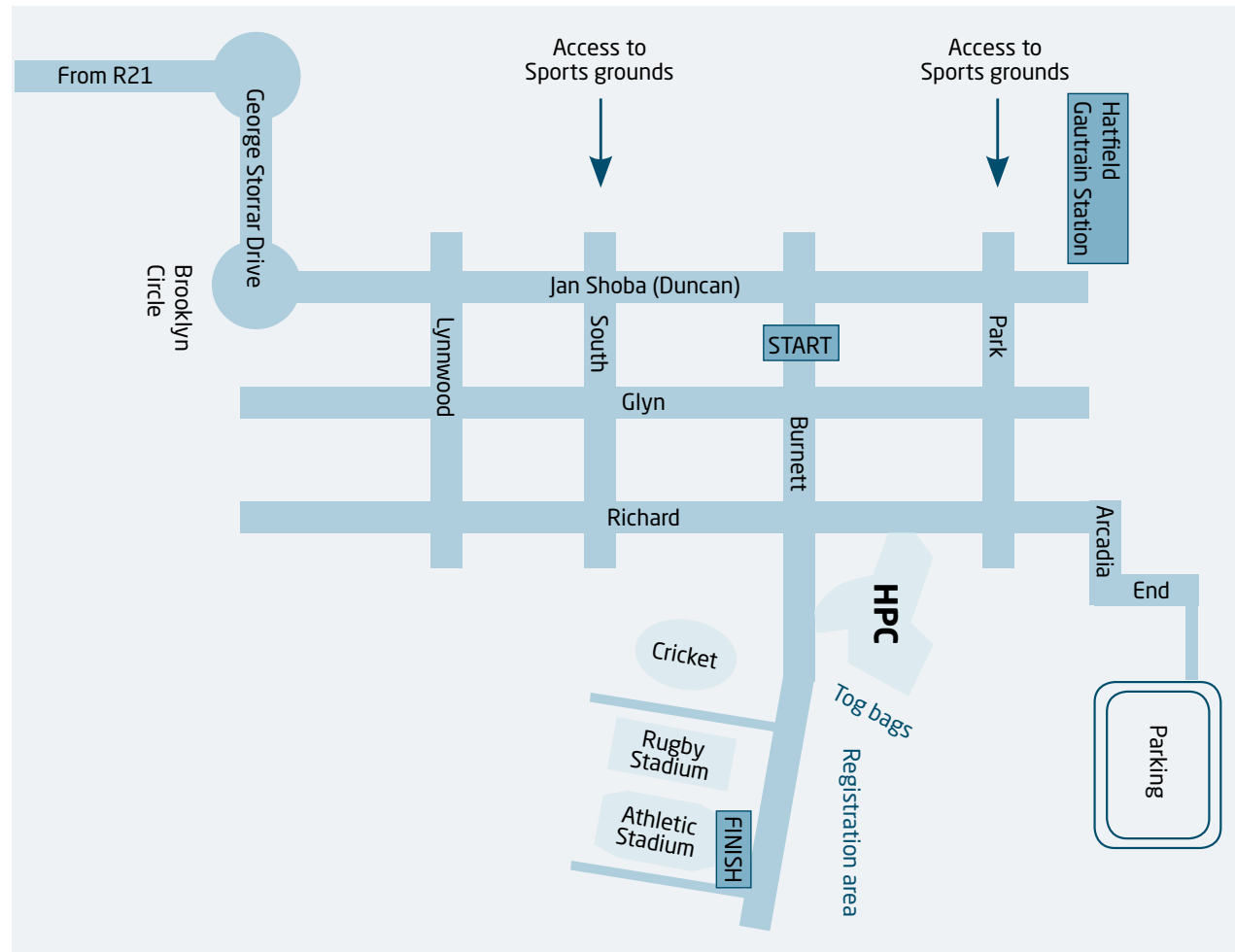


How to get there

Hillcrest Sports Campus

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



A big thank you to all our partners:



www.bestmed.co.za

www.facebook.com/BestmedMedicalScheme

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

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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 Vollie 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 5966 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
- 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
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.

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	R5 000	R2 000	R1 000	R750	R500	R500
2	R3 000	R1 500	R750			
3	R2 000	R1 000	R500			

21,1 km Marathon (Men & Women)

Position	Open	40 - 49	50 - 59	60 - 69	70 - 79	80+	Junior
1	R2 500	R1 000	R500	R300	R300	R300	R300
2	R1 500	R1 000	R500				
3	R1 000	R500	R300				

10 km Marathon (Men & Women)

Position	Open	40 - 49	50 - 59	60 - 69	70 - 79	80+	Junior
1	R1 500	R1 000	R500	R250	R200	R200	R200
2	R1 000	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	R1 500	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 2 500 (paid) online entries for 10, 21,2 km and 42,2 km only. Sizes will be 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).

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				

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

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

bestMed
personally yours

Bring your whole family



Friends and family can also enjoy:

- Our kiddies area
- Live screenings of the race
- Free biometric screenings
- Music and entertainment
- Food
- Lucky draw prizes and so much more...

So, what are you waiting for? Get down to the Bestmed TuksRace!

Visit us on **Facebook** or **www.entrytime.com**.

And don't forget, **"Be safe in the sun.
Wear sunscreen."**