



TUKS
Marathon Club

Presents

Tuks Race

10/21.1 km Road Running AGN Championship & 5 km Fun Run

When: 20 February 2010

Time: 06:00

Venue: LC de Villiers Sports Grounds



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA
Denkleiers • Leading Minds • Dikgopolo tša Dihalefi

TuksSport



GENERAL INFORMATION

1. Tuks athletes are requested to assist on race day.
2. Entries will be taken from 04h30 to 05h50 on race day.
3. Great Grand masters and blind runners run for free.
4. The race will start at 06h00 promptly.
5. Distance markers every 1km.
6. Watering points every 3km with Coke, water and entertainment.
7. Cut-off time is 3 hours for both races.
8. The route is not suitable for wheelchair athletes.
9. Refreshments on sale.
10. No unauthorised selling of goods will be allowed on the University grounds. Arrangements can be made with Prof GM Spies 082 821 6952.
11. Results are available on the internet at www.raceresults.co.za
12. Tog bag facilities

RULES

1. The race will take place under the rules of ASA and AGN.
2. All participants must wear two valid 2010 license or temporary numbers (front and back) during the race.
3. All athletes participate at their own risk and by their entry 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 15 years for the 10km and 16 years for the 21.1km.
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.

**Any enquiries contact: Prof GM Spies: 082 821 6952, Pieter Cronje: 082 574 4753,
Hennie Kriel: 012 420 6080**

MEDALS

- Gold:** All category winners and the Open 1st, 2nd and 3rd places
Silver: First 150 finishers of 10/21.1 km
Bronze: Medals to all finishers

PRE-ENTRIES (All pre-entries close the 18th of February 2010)

	Temp Licences	Race		
		5km	10km	21.1km
Pre-entries	R20	R20	R30	R40
On race day	R20	R20	R35	R45

- Varsity Sports, c/o Festival & Burnett streets, Hatfield, Tel: (012) 362 8000
- Run-a-way sports, Sanlam Centre, Lynnwood Manor, Tel: (012) 361 3733
- Running Inn, c/o Lynnwood & Duncan streets, Brooklyn, Tel: (012) 362 7322
- TuksSport Shop, **Main campus**
- Tuks athletics office, LC de Villiers, Tel: (012) 420 6080
- The Sweat Shop, Dunkeld, Tel: (011) 325 2567
- The Sweat Shop, Fourways, Tel: (011) 467 5966
- The Sweat Shop, Centurion, Tel: (012) 665 0048

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