

LACE UP AND RUN PRETORIA'S MOST LOVED RACE

TUKSRACE

in collaboration with Bestmed

Saturday, 17 February 2024

Hillcrest Sports Campus

Walk/Run 5km, 10km or 21.1km



bestMed
personally yours



TuksSport



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

Entry Form

FOR OFFICIAL USE ONLY:

Race number:

Temp. license no:

Refer to ENTRY INSTRUCTIONS for the entry form submission options.

Please supply all information – print clearly using block letters.

Event entering (Please tick): 21,1 km 10 km 5 km 1 km

Personal Information

Surname:

First name:

Initials:

Title:

Email:

Cell no:

Work:

ID Number:

Male

Female:

Age Category: **Junior U19** **Open** **40-49** **50-59** **60-69** **70-79** **80+**

Do you belong to an athletics club? Yes No If yes, provide the following information:

2023 License no. Province:

Club name in full:

Entry Fees (tick the applicable race entry).

| Distance | Entry (Tick) | Amount | Athletes 60-79yrs | | Entry (Tick) | Amount |
|-------------------|--------------------------|--------|-------------------|--|--------------------------|--------|
| 21,1 km | <input type="checkbox"/> | R180 | R90 | Athletes 80+ | <input type="checkbox"/> | FREE |
| 10 km | <input type="checkbox"/> | R150 | R75 | Blind Runners | <input type="checkbox"/> | FREE |
| 5 km | <input type="checkbox"/> | R60 | | Unlicensed athletes of the 21,1 km and 10 km must purchase a temporary license number for R60.00 on the day. | | |
| 1 km Fun run/walk | <input type="checkbox"/> | R40 | | | | |

Would you like to be notified of future University of Pretoria 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: _____

Prize Money

Prize giving is at 08:30 for 10km and at 09:00 for the 21.1km race.

All prize money will not be paid in cash but into the winner's bank account. Winners must provide their banking details to receive their prize money.

21,1 km Marathon (Men & Women)

| Position | Open | 40 - 49 | 50 - 59 | 60 - 69 | 70 - 79 | 80+ | Junior |
|----------|--------|---------|---------|---------|---------|------|--------|
| 1 | R2 500 | R1 500 | R750 | 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 | R200 | R200 | R200 | R200 |
| 2 | R1 000 | R500 | R300 | | | | |
| 3 | R500 | R300 | R250 | | | | |

Walkers (Men & Women)

| 1st Position | Open | 40 - 49 | 50 - 59 | 60 - 69 | 70 - 79 | 80+ | Junior |
|--------------|------|---------|---------|---------|---------|------|--------|
| 21,1km | R500 | R200 | R200 | R100 | R100 | R100 | R100 |
| 10km | R300 | R200 | R100 | R100 | R100 | R100 | R100 |

Additional Notes

NB: Please bring your own safety pins.

Student Bursary Award

Two student bursaries will be awarded to UP registered students who have entered the TuksRace. The value of the bursary is R5 000 each. A random draw will take place at the prize giving ceremony on the day of the race. You need to be present at the draw to be eligible for the win.

Important Information

Race Start Times

- 21.1 km: 06:00
- 10 km: 06:30
- 5 km: 06:40
- 1 km: 08:00

Pre-entries

Pre-entries will be at all stores mentioned below until 15 February 2024, as well as at the HPC (Burnett Street entrance to the Hillcrest Sports Campus) on 15 and 16 February 2024 from 17:00 until 19:00.

- Run-a-way Sports, 302 Freesia Street, Lynnwood Ridge, Tel: (012) 361 3733 until 15 February 2024
- UP Shop, UP Hatfield Main Campus
- www.entryninja.com
- Online entries until 10 February 2024 at 24:00
- Online entries can be collected at the HPC (Burnett Street entrance to the Hillcrest Sports Campus) on 15 and 16 February 2024 from 17:00 until 19:00 and from 04:30 to 05:50 on race day.

Rules

1. The race will take place under the rules of ASA, AGN.
2. All participants must wear two valid 2023 license numbers or temporary numbers (front and back) during the race.
3. Race numbers should not cover the valid ASA license 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 10km, 16 years for the 21.1km.
9. Junior category winners must provide proof of age to qualify for prizes (ID or other valid documentation).
10. Ambulance services and medical personnel will be on standby during the race.
11. Age category identification tags to be worn on the front and back of the running/walking vest to be eligible for prizes.
12. No iPods or listening devices allowed.

General Information

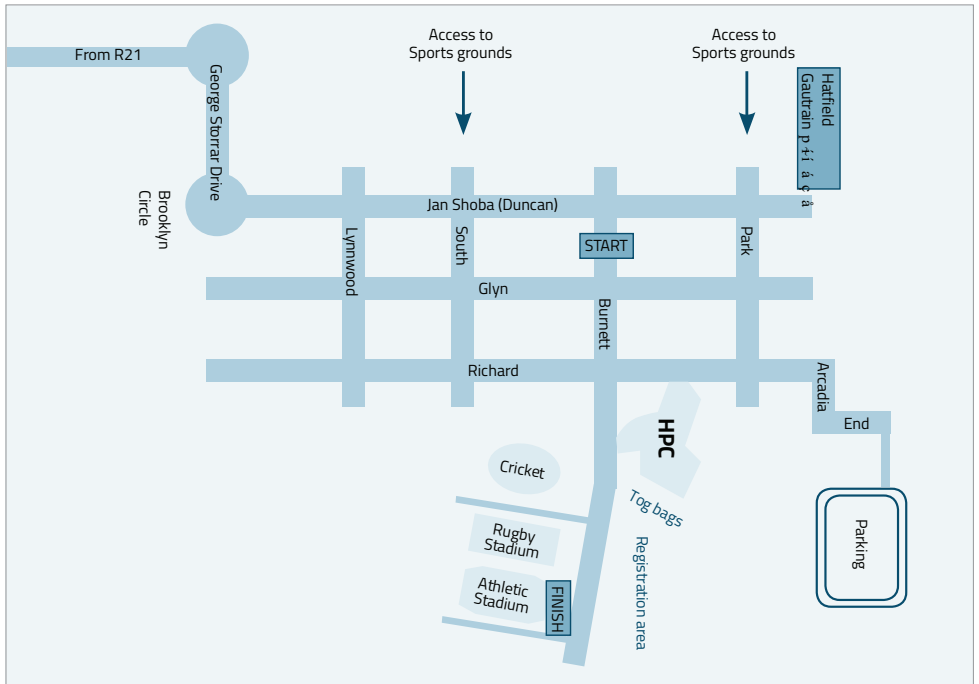
1. Tuks athletes are requested to assist on race day.
2. Entries will be taken from 04:00 to 05:50 on race day for 21.1, 10, 5 and 1km on race day.
3. Watering points located approximately every 3km with coke, water and entertainment.
4. Cut-off time is 5 hours 30 min, 3 hours for 21.1, 10 and 1km races.
5. Only the 10km 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.
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 Friday, 16 February 2024 at designated areas.
10. Walkers must wear their "W" tags to be eligible for the prize.
11. Distance markers at every 1km.

For any enquiries contact: Jet Moses - 072 259 4282

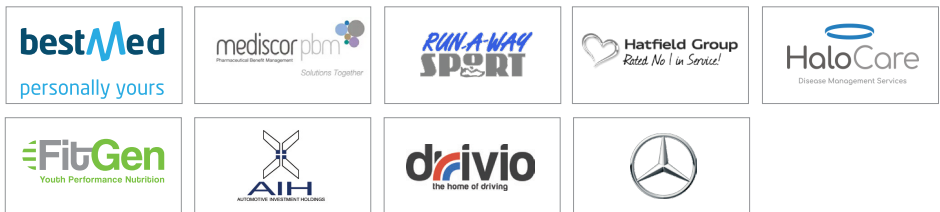
How to get there

Hillcrest Sports Campus

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




A big thank you to all our partners



 TukkSport
BestmedMedicalScheme

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 www.up.ac.za/tukksport
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What are you waiting for?
No excuses, just run.



Be safe in the sun.
Wear sunscreen.

Visit us on www.up.ac.za/tukssport