



Added convenience for 2023



Friends and family can also enjoy delicious food.

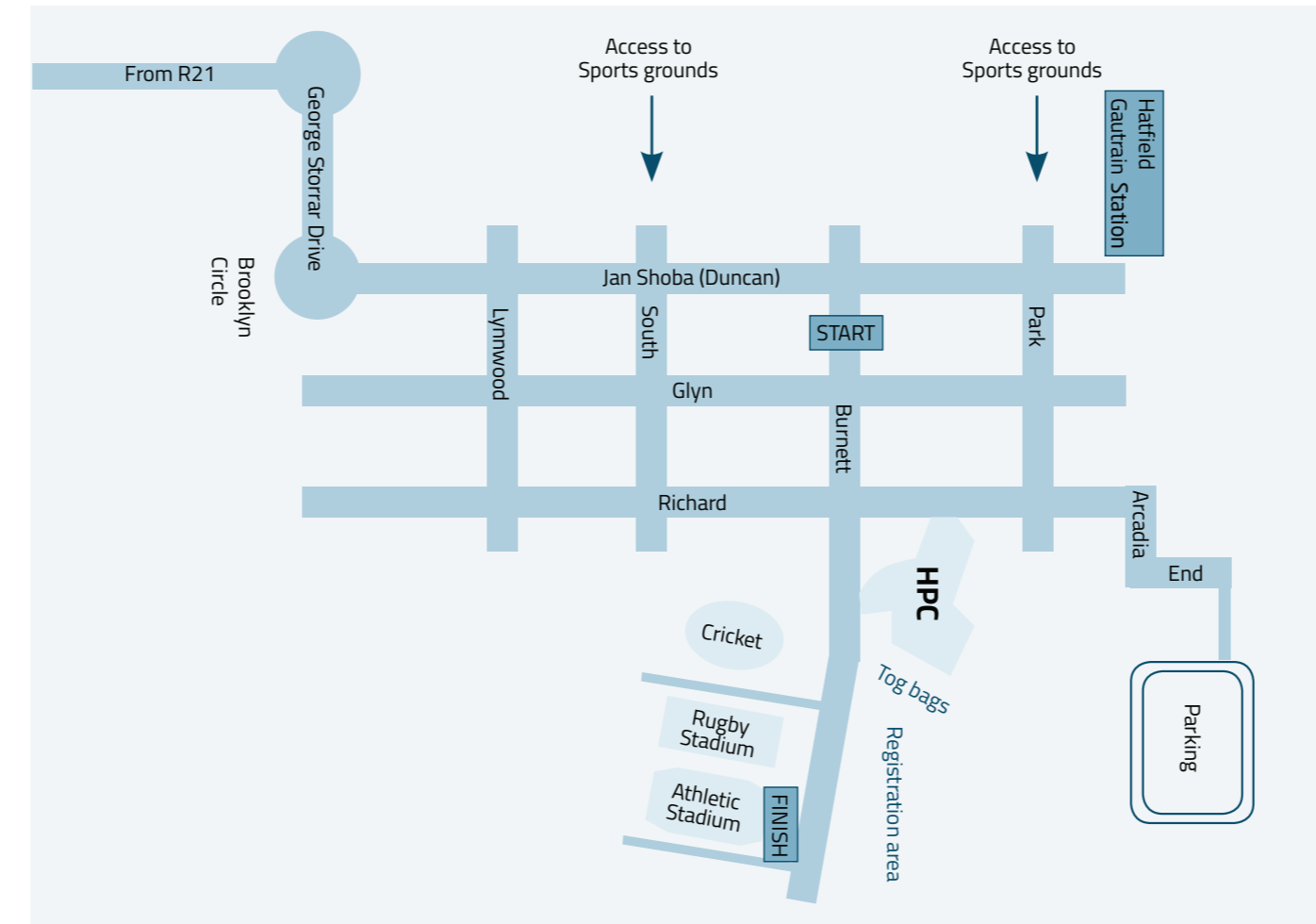
So, what are you waiting for? Get down to the Bestmed TuksRace!

Visit us on Facebook or www.entryninja.com.

How to get there

Hillcrest Sports Campus

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



A big thank you to all our partners:



Facebook: www.facebook.com/BestmedMedicalScheme
Website: www.bestmed.co.za
Twitter: [@BestmedScheme](https://twitter.com/BestmedScheme)



Bestmed TuksRace

Run/walk
•1km •5km •10km
•21.1km • Incorporating the 21.1km AGN Championships

Celebrating Pretoria's most loved race, 10 years and beyond



Saturday, 18 February 2023,
Hillcrest Sports Campus



Important Information

Race Start Times

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

For any enquiries contact:

Prof VOLLIE SPIES: 082 821 6952
 Jet MOSES: 072 259 4282

Pre-entries

Pre-entries will be at all stores mentioned below until 16 February 2023, as well as at the HPC (Burnett Street entrance to the UP Sports Campus) on the 16th and 17th of February 2023 from 17:00 until 19:00.

- Run-a-way Sports, 302 Freesia Street, Lynnwood Ridge, Tel: (012) 361 3733 until 16 February 2023

- The Sweat Shop, Dunkeld, Tel: (011) 325 2567 until 16 February 2023

- Tshwane Running Shop Tel: (076) 929 7384

- UP Hatfield Campus. At the UP shop

- www.entryninja.com

- Online entries until 12 February 2023 at 24:00

- Online entries can be collected at the HPC (Burnett Street entrance to the UP Sports Campus) on 16 and 17 February 2023 from 17:00 until 19:00 and from 04:30 to 05:50 on race day.

General Information

- Tuks athletes are requested to assist on race day.
- Entries will be taken from 04:00 to 05:50 on race day for 21.1, 10, 5 and 1 km.
- Watering points located approximately every 3 km with coke, water and entertainment.
- Cut-off time is 3 hours for 21.1, 10 and 1 km races.
- Only the 10 km race is wheelchair friendly.
- Refreshments will be available on sale. No gas braaiing permitted.
- No unauthorised selling of goods will be allowed on the university grounds. Arrangements can be made with Prof GM Spies 082 821 6952.
- Race results will be available on the internet at results.finiestime.co.za
- Tog bag facilities: Club tents will be erected on the afternoon of Friday 17 February 2023 at designated areas.
- Walkers must wear their "W" tags to be eligible for the prize.
- Distance markers at every 1 km.

Rules

- The race will take place under the rules of ASA, AGN.
- All participants must wear two valid 2022 license numbers or temporary numbers (front and back) during the race.
- Race numbers should not cover the valid ASA licence logos.
- All athletes participate at their own risk and by their entry, they indemnify the organisers, province and sponsors of any liability or claims.
- Marshals and traffic officials must be obeyed at all times.
- No seconding will be permitted.
- Proof of age may be requested from category winners.
- Minimum age on race day is 14 years for the 10km, 16 years for the 21.1km.
- Junior category winners must provide proof of age to qualify for prizes (ID or other valid documentation).
- Ambulance services and medical personnel will be on standby during the race.
- Age category identification tags to be worn on the front and back of the running/walking vest to be eligible for prizes.
- No iPods or listening devices allowed.

Prize Money



TuksSport

Prize giving is at 08:30 for 10 km and at 09:00 for 21.1 km AGN Championships and 09:30 for the 21km 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 (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 (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)

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

Additional Notes

NB: Please bring your own safety pins.

Kiddies Area

There will be no kiddies' area this year, parents are encouraged to make arrangements for their children in advance

Ice Lollies

Ice lollies have been discontinued, there will be water points to ensure that athletes are hydrated

T-shirts

There will be no T-shirts this year

Bestmed VIP tent

There will be no designated VIP area for Bestmed members this year

bestMed
personally yours

Entry Form



TuksSport

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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: Initials: Title:
 First name: Date of birth:
 Email:
 Cell no: Work:
 ID Number: Male Female
 Age Category: Junior u/19 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:

2022 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
21,1 km	<input type="checkbox"/>	R150	R75	<input type="checkbox"/> All Athletes 80yrs+	Free
10 km	<input type="checkbox"/>	R100	R50	<input type="checkbox"/> Blind Runners	Free
5 km	<input type="checkbox"/>	R50		Unlicensed athletes of the 21,1 km and 10 km must purchase a temporary license number for R50.00 on the day.	
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
 Contact me regarding information on Bestmed 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	