



Tshwane University
of Technology
We empower people



Athletics
Gauteng North

TUT NIGHT RACE

10km & 5km

VENUE: TUT Pretoria Campus Stadium

DATE: 30 November 2022

START TIME: 18h00 – 10 km
18h05 – 5km

ENTRY FEE: R100 for 10 km
R60.00 for 5km
Temporary License for R40-00

ENTRIES: TUT Pretoria Stadium
Athletics Office – Bld 51, Room 118
&
Pilditch Stadium offices

ENQUIRIES: Whitney Matseba | Beatrice Themane
063 347 7714 | 072 587 1163



**16 DAYS OF
ACTIVISM**
FOR NO VIOLENCE AGAINST WOMEN AND CHILDREN



Banking details: Account holder
(Tshwane University of Tec)

Account number (04 000 000 3)

Type of account (Cheque or current acc)

Branch Code (632005)

Reference (F683/0490)

A people's university that makes knowledge work

PRIZES: (Men & Women) Run/ Walk	Position	Open	Juniors	40- 49	50- 59	60+
10 km	1	R400	R200	R150	R150	R150
	2	R200	R150			
	3	R150	R100			

MEDALS: First 1500 athletes get medals on race day.

PRIZE GIVING: 19h30 – 10 km

RULES FOR 10 km

- Two laps course.
- Race run according to the rules of ASA and AGN.
- Minimum age 14 years on day of race for the 10 km
- Athletes competing for category prizes must wear age category ID Tags in back and front.
- Prize winners have to be present at the prize giving.
- Cut-off time is 2 hours for all participants.
- Registered athletes must wear two 2022 licenses, one at the back and one in front of running vest.
- Traffic police and race marshals must be obeyed at all times.
- ID must be provided upon request.
- Athletes indemnify the national, provincial, and regional bodies, sponsors and organisers of the race against all and any actions of whatsoever nature arising out of their participation in the TUT Night Race.
- Temporary Licence Athletes to wear the Temporary Licence at the back of their vest.
- Walkers must wear a "W" tag on the front and back of their vest.
- No seconding permitted.
- Refreshment stations approximately every 3 km.

TERMS AND CONDITIONS

- a. No iPods or other listening devices permitted.
- b. No running or walking with pets will be permitted.
- c. Regrettably no wheelchairs or prams allowed – course unsuitable.
- d. No blades, cyclists or mechanically operated devices allowed in the race.
- e. Tog bag area available at own risk.
- f. No littering allowed 500 m after the water tables.
- g. Parking provided at the TUT Pretoria campus opposite the rugby/soccer field. Parking at student parking next to TUT Residence and TUT Bus Rank.
- h. Medical support will be available on race day.