



MEDICAL 10 2019 ENTRY FORM

SURNAME	ID No
FIRST NAME	FULL INITIALS
POSTAL ADDRESS	
TEL (W)	TEL (H)
FAX (W)	CELL
AGE ON RACE DAY	MALE <input type="checkbox"/> FEMALE <input type="checkbox"/> DOB
EMAIL	

Professional Details : (Please tick appropriate box)

DOCTOR	<input type="checkbox"/>	DISCIPLINE: eg: GP	<input type="checkbox"/>	PHYSIOTHERAPIST	<input type="checkbox"/>
DENTIST	<input type="checkbox"/>	NURSE	<input type="checkbox"/>	DIETICIAN	<input type="checkbox"/>
OCCUPATIONAL THERAPIST	<input type="checkbox"/>	LOGOPAEDIC	<input type="checkbox"/>	PHARMACIST	<input type="checkbox"/>
REGISTRAR	<input type="checkbox"/>	SPONSOR STAFF MEMBERS	<input type="checkbox"/>		

OTHER YEAR OF QUALIFICATION

CURRENT WORK PLACE

ENTRY FEE R250.00 – including moisture management t-shirt

ENTRY FEE R80.00 – excluding moisture management t-shirt

Entries received after Monday 28 October 2019 will not be guaranteed a shirt

RUNNER or WALKER	<input type="checkbox"/>	T-SHIRT ENTRY	NO (R80.00) <input type="checkbox"/>	YES (R250.00) <input type="checkbox"/>
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SHIRT SIZES	XL <input type="checkbox"/>	L <input type="checkbox"/>	M <input type="checkbox"/>	S <input type="checkbox"/>
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Payment Details: Account Name: Life Vincent Pallotti Hospital, Bank: First National Bank Account no.: 62028048644, Branch no.: 250655, Ref no: MT + first 6 letters of surname.

Email deposit to mathilda.mallinson@lifehealthcare.co.za or fax deposit slip to **086 677 4837**

A. Manual Payments and entries can be done at any Life Healthcare Hospital in the Western Cape.

B. For any enquiries, please contact Mathilda on +27 21 506 5333 or Mathilda.mallinson@lifehealthcare.co.za

CLOSING DATE: FRIDAY 8 NOVEMBER 2019

C. I declare that I am a healthcare professional and that I participate in this race at my own risk and indemnify the organisers and sponsors of this race against any claims which may result from my participation.

Signature: _____ Date: _____

Have you ticked if you are a Runner or Walker?



MEDICAL 10 2019 41st Staging of the Event

10km Fun Run/Walk for Healthcare Professionals

REGISTRATION: 06:00

START: 06:30

DATE: Sunday, 24 November 2019

VENUE: Western Province Cricket Club
Sports Complex, Laidlaw Road
(off Keurboom Road) Rondebosch



ORGANISER: Running Section WPCC

ENTRY: **PRE-ENTRY ONLY, NO ENTRY ON THE DAY**
(closing date Friday, 8 November 2019)
Entry form overleaf
Submit by email: mathilda.mallinson@lifehealthcare.co.za
Submit by fax (086 677 4837), or by hand at
Life Kingsbury Hospital, Wilderness Road, Claremont
Life Vincent Pallotti Hospital, Alexandra Road, Pinelands
Life West Coast Private Hospital, Vredenburg

QUALIFICATION: Healthcare professionals including doctors, dentists, nurses, pharmacists and paramedical disciplines including physiotherapists, dietitians, occupational therapists, logopaedics & sponsors' staff members

SPONSORS: Life Healthcare, Kingsbury Radiology, Pathcare, Discovery Health, Lancet Laboratories, Southern Anaesthetics, Matley & Partners, Medirest, Afriboom & Sportsmans Warehouse



- PARKING:** Access to WPCC via Laidlaw Rd from Keurboom Rd
Ample parking in grounds of Club.
- REGISTRATION:** From 06h00 at tables in Club House.
Collect a number.
- START:** On cricket oval on Mountain side of Club House.
Coffee donated by Pathcare.
As this is a handicap race with an extra half minute allowed for each year of age over 40, please listen for your age group to be called to the start. Start at 30 second intervals beginning with oldest runner **and all walkers** at 06.30
- COURSE:** Around Rondebosch Common and back with a few detours to make up the distance (see map). There will be 2 refreshment stations with water and Coke (kindly donated by WPCC) provided at ±3 and 7kms. PLEASE DISCARD SACHETS AND PAPER CUPS IN BINS PROVIDED. **Please obey instructions of Marshals (especially crossing Sandown Road and Park Road).**
- CUT-OFF TIMES:** **Cut-off finish time will be at 08:30 – enforced so as to allow traffic to resume and marshals and other officials to stand down. This means that walkers will have to do 12 minutes per kilometre and non-handicap runners 10 minutes per kilometre.** All those finishing before the cut-off will qualify for Discovery Vitality points, provided details on entry form are fully completed.
- FINISH:** All finishers within the cut-off time will receive a pair of running socks donated by Southern Anaesthetics. Coke and water will be available. Showering facilities in Club House.
- PRIZE GIVING:** A light breakfast, sponsored by Kingsbury Radiology, will be served to participants in the Club House, **after the last runner/walker has finished.** Although this event is a fun run, prizes, sponsored by Southern Anaesthetics, will be presented to the male and female winners overall and on handicap. Spot prizes donated by Sportsmans Warehouse.

HISTORY OF EVENT

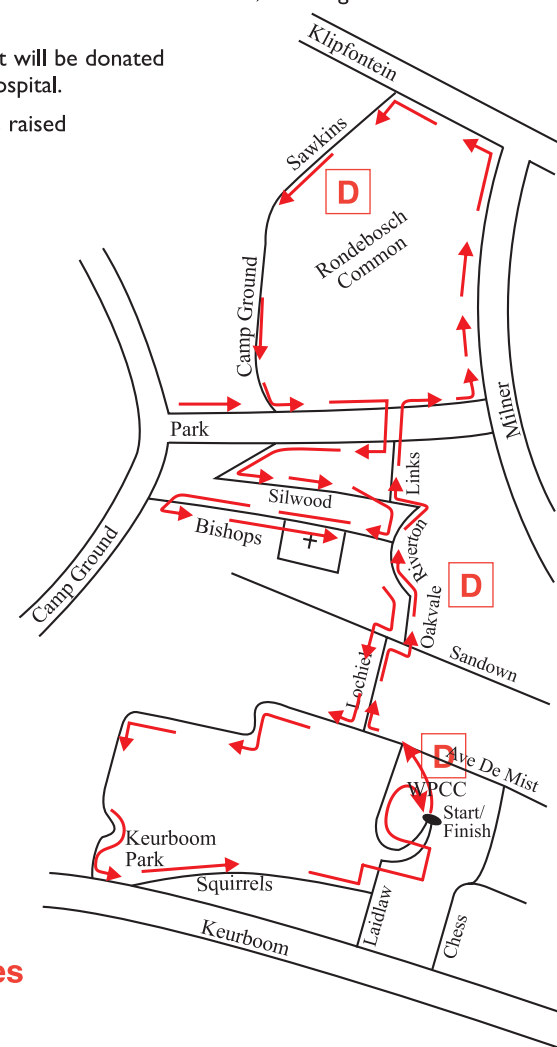
The Medical 10 was first run December 1978 from University of Cape Town and sponsored by Metropolitan Life Insurance Company. It was suggested by Hendrik Muller, a physician in Cape Town, and based on a race for doctors in Finland who felt that it would add some credence to their recommending a healthy lifestyle to their patients if it could be shown that they practised what they preached. It was, and still is, run in a handicap basis with 1/2 minute allowed for each year of age over 40 years.

It has been run on an annual basis since then, the venue moving to UCT Sports Ground in Pinelands and then to the Warner Lambert/Pfizer facility in Retreat for 15 years, before moving to WPCC in 2005 when Afrox Healthcare took over sponsorship. Afrox Healthcare changed to Life Healthcare and the sponsorship has continued with Life Healthcare, enabling this race to continue its fine tradition as it did in 2018.

All proceeds from the event will be donated to The Maitland Cottage Hospital.

Last year over R56,000 was raised for Victoria Hospital.

Medical 10 2019 Route



D – Drinks tables