



# TYGER run/walk

## 21 MARCH 2024

ENTER ONLINE AT [WWW.TOPEVENTS.CO.ZA](http://WWW.TOPEVENTS.CO.ZA)  
UNTIL MIDNIGHT 10 MARCH 2024

This is a pre-entry event.  
Medals to all finishers.  
Event T-shirts will be sold  
online at R270.00.

START 06:45

**15km**

Senior  
Licensed  
athletes

**R130**

includes  
timing chip

START 06:45

**15km**

Senior  
Unlicensed  
athletes

**R195**

includes  
temporary  
license

START 07:15

**6km**

Fun run/walk

**R100**

includes  
timing chip

START VENUE: Tyger Valley Shopping Centre  
FINISH VENUE: Tyger Valley Shopping Centre



This is a pre-entry event. No entries will be taken on race day.  
For more information contact Top Events on WhatsApp at 0661394210 or  
visit [www.topevents.co.za](http://www.topevents.co.za) to enter online.  
For Discovery Vitality visit [www.discovery.co.za/vitality/runseries](http://www.discovery.co.za/vitality/runseries)  
This event is held under the rules and regulations of ASA and Western Province Athletics.



# TYGER run/walk

## REFRESHMENT STATION:

This is a carry-your-own water event. There will be four water refill stations, two of which will have coke on the route and Coca-Cola and water at the finish area of the event. There will be NO water sachets.

## Number Collection:

Number collection will take place on Wednesday 20th March 2024 from 10:00 – 18:00 at:

- Sportsmans Warehouse Somerset West
- Sportsmans Warehouse Paarl
- Sportsmans Warehouse Rondebosch
- Sportsmans Warehouse V&A Waterfront
- Tyger Valley Shopping Food Court

**NO COLLECTIONS WILL TAKE PLACE ON RACE DAY.**

## RACE INFORMATION AND ORGANISATION

Enquiries – Email [Info@topevents.co.za](mailto:Info@topevents.co.za)

1. This is a pre-entry race only. Enter online at [www.topevents.co.za](http://www.topevents.co.za) until 10th March 2024.
2. Cut-off time is 2 hours 30 minutes.
3. Licensed athletes (including juniors) entry fee is R130.00 including timing chip.
4. Unlicensed athletes R195.00 includes a temporary license and timing chip. 6Km entry fee is R100.00 including timing chip.
5. Social walkers welcome. Walkers to start at the back and to keep to the side of the road.
6. Discovery Vitality will be allocating Vitality Points to entrants based on a certified finishing time, namely 600 Vitality Points for the 15km and 300 Vitality Points for the 6Km. Plus, we're giving you 500 boosted Vitality points because we're still so happy to be running in person with you!
7. A tog bag facility will be provided. NO VALUABLES are to be left in your tog bag as the organisers or any other persons involved directly or indirectly in the event will NOT be held responsible for any loss or damage in this regard.

## ENTRY RULES

1. The race is run according to the rules of ASA & WPA.
2. Runners must obey traffic officers, race marshals, race officials at all times.
3. Nobody under the age of 15 years may participate in the 15km Run.
4. No personal seconding permitted except at official refreshment stations.
5. The time limit is 2 hours 30 minutes.
6. Licensed runners should run in club colours and a license valid for 2024 must be worn on the front and back of the vest. Unlicensed runners must purchase a temporary license which is to be worn on the back of the vest. Temporary license holders, when collecting their numbers, must complete and hand in the tear-off strip from the number in order to be eligible to participate.
7. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize including Juniors. One race number (bib) will be issued. Registered athletes must wear their ASA licences on the front and back of their vest. The race number must be worn on the front of the vest, partially covering the ASA licence, so that the ASA licence

sponsor remains visible. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.

8. Temporary licensed runners to wear plain clothing, no advertising.
9. The use of music players with headphones is not allowed and may result in disqualification.
10. Do not litter. Dispose of any refuse or cups responsibly using the boxes provided or carry them to the finish. Report offenders to the referees.
11. This is a carry-your-own water event. There will be four water refill stations, two of which will have coke on the route and Coca-Cola and water at the finish area of the event. There will be NO water sachets.
12. Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national Athletics bodies and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from their participation in the event.
14. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.
15. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.

## PRIZE GIVING AND PRIZES

1. In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Corresponding numerical age category tags must be worn on the front and back of their Club vest. Participants may enter the age category corresponding to their chronological age or any younger category down to senior.
2. Temporary licensed participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
3. Juniors born 2005 or after, must display age tags "J" to qualify for age group prizes.
4. Prize Giving will start at 09:00

15KM MALE AND FEMALE			
	1ST	2ND	3RD
Open	R4000.00	R3000.00	R2000.00
40-49	R1000.00	R750.00	R500.00
50-59	R1000.00	R750.00	R500.00
60-69	R1000.00	R750.00	R500.00
70+	R1000.00	R750.00	R500.00
16-19	R 1000,00	R750.00	R500.00

## TOP EVENTS COMPULSORY DISPOSABLE TIMING CHIP

Your Timing chip has been placed on the front of your race number. The race number must be worn on the front of your vest and visible at the finish line. There is a foam backing on the back of the race number. Please do not remove the timing chip and foam strip from the race number – doing so will result in NO finish time. For safety and timing purposes, ONLY the person assigned to this race number may use it.

For all results or results queries please email: [support@finishtime.co.za](mailto:support@finishtime.co.za)

[www.discovery.co.za/vitality/runseries](http://www.discovery.co.za/vitality/runseries)

Online results including finishers certificate visit:

[www.finishtime.co.za](http://www.finishtime.co.za)

Whatsapp Top Events on **0661394210** or email: [info@topevents.co.za](mailto:info@topevents.co.za) for any queries.