

AVBOB 15 KM



TYGERBERG

ATHLETIC CLUB / ATLETIEK KLUB

Date / Datum:
Time / Tyd:

Saturday 7 December 2019
Entries 04H30 – 06H00
Start 06H00

Where / Waar:

**Table View Shopping Centre (Pick 'n Pay),
Cnr Otto du Plessis & Blaauwberg Roads**

Cost / Koste:

R90– licensed athlete
R140– unlicensed athlete

Cut Off / Afsnytyd: 2 hrs 30 min

Info / Inligting: Leon – 083 999 6450

Do NOT litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees.

NB! Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.



We're here for you

Since 1918

BRANCHES

Bellville 021-948 2601
Eerste River 021-904 3306
Khayelitsha 021-361 4538
Maitland 021-593 8553
Wynberg 021-762 1101
Table View 021-556 5216
Tygervalley 021-914 6234

WP INCENTIVE RACE



WESTERN PROVINCE ATHLETICS

Race flyers and results

www.wpa.org.za

wpa-subscribe@yahoo.com

Prize money -
men & women

	1	2	3	4
15-19	R 250	R 200	R 150	R 100
OPEN	R 1000	R 750	R 500	R 250
40-49	R 450	R 350	R 250	R 150
50-59	R 450	R 350	R 250	R 150
60-69	R 450	R 350	R 250	R 150
70+	R 250	R 200	R 150	R 100

AVBOB 15KM

Hand outs: A Choice between medal or souvenir glass. Water melon slices to all finishers. Lots of lucky draw prizes.

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. Unlicensed athletes must wear a temp licence number on the back and race number on the front of the vest. Temporary licence holders, when registering, must complete and hand in the tear off strip from the number in order to be eligible to compete. Temporary licenced athletes must run in clothing without advertising .

In addition to Overall (Open) prizes, participants will only be eligible for an age category prize in the age category they enter. Participants may enter the age category corresponding to their chronological age or any younger category down to senior. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize. 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.

Juniors (born 2000 or later) wearing a senior or junior licence must display category tags 'J' to qualify for age group prizes.

Participants must be 15 years or older on the day of the race.

Entry cards must be in the athlete's possession during the race and handed in at the results board at the finish.

No personal seconding will be permitted, except at official refreshment stations.

Refreshment tables with water and/or Coke will be provided. **NO LITTERING!!!**

Prize giving at 08h30 or when the last person finishes.

Runners shall participate in this race at their own risk and agree to abide by the rules of the race.

The use of music players with headphones is not allowed and may result in disqualification.

Tog bag facilities are used at owner's risk.

DISCLAIMER : 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.

This race is run according to the rules of ASA and WPA. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

Join Tygerberg Athletic Club: R200 new members

TABLEVIEW
Shopping Centre