

AVBOB 30 KM

SUNDAY
16.03.2025

START TIMES: 06:00

START & FINISH: Parow Athletics Track

ENTRY FEE COSTS:

Senior Licensed athlete R190.00.

Senior Unlicensed athlete R285.00
includes temporary license.

Event T-shirts will be sold online at R270.00.

Enter online at www.topevents.co.za
until midnight 2nd March 2025.

Please note that this is an online entry event only.
Limited entries may be available on race day.

Entries are limited to 1800.

Gold Medals: 100. Silver Medals: 400. Bronze Medals: 1300.

For more info please call **Leon Thelander** on 083 999 6450.

BY



TYGERBERG
Athletics Club | Atletiekklub

EXTRA R500!!!

Battle of the sexes!!

Times of the first male and first female
will be compared according to World
Athletics scoring tables.



RACE INFORMATION

Enquiries – Email Info@topevents.co.za

1. This is a pre-entry race only.
Enter online at www.topevents.co.za until midnight **2nd March 2025**.
2. All entrants to collect their race number pre-event.
3. Cut-off time is 10:30 – 4.5 hours.
4. Licensed athletes entry fee is R190.
5. Unlicensed athletes R285 includes a temporary license.
6. Entry fees are not refundable.

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 19 years may participate in the race.
4. No personal seconding permitted.
5. The time limit is 4hours 30 minutes
6. 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.
7. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prize.
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. Refreshment tables will have water and Coke at approximately 3kms apart. Please NO Littering. There will be no refill stations available.
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.

13. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
14. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
15. Entry cards must be in the athlete's possession during the race and handed in at the results board at the finish.
16. Entries are limited to 1800 should the numbers not be reached pre-event a limited amount of entries will be taken at number collection and on race day.

PRIZE GIVING AND PRIZES

1. Prize giving will start at 10:30
2. 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.
3. 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.

Prize money - Men & Women

	1st	2nd	3rd	4th
OPEN	R1300	R1000	R700	R300
40-49	R900	R700	R500	R200
50-59	R900	R700	R500	R200
60-69	R900	R700	R500	R200
70+	R900	R700	R500	R200

NUMBER COLLECTION

Number collection will take place on
Saturday 15th March 2025 10:00 – 17:00.

At the following Sportsmans Warehouse Stores:

- Sportsmans Warehouse Rondebosch
- Sportsmans Warehouse Somerset West
- Sportsmans Warehouse Tyger Valley

Charity: Animal Welfare Society of South Africa - <https://awscape.org.za>

WHAT WE DO:

Here are some of the services that the Animal Welfare Society offers:

- Offer a full range of veterinary services to the underprivileged and disadvantaged communities of Cape Town.
- Focus on education in the schools, and in our communities.
- Sterilise every animal that comes through our doors, as well as running sterilisation campaigns.
- Take in stray and unwanted pets, and rehome them.
- Respond to calls regarding cases of abuse, general neglect of animals, as well as reported cases of dog fighting.
- We also respond to reports from the City's Traffic Department, SAPS and Metro Police, of injured or stray animals on our public roadways.



**ANIMAL WELFARE SOCIETY
OF SOUTH AFRICA**

