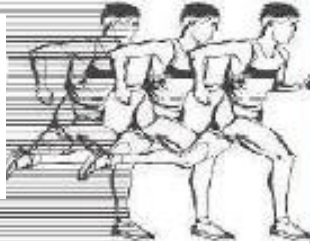


AVBOB 15 KM



TYGERBERG

ATHLETIC CLUB / ATLETIEK KLUB

Date : Sunday, 7 December 2025
Race starts : 06:00
Entries on the day : 04:30 - 06:00
Where : Tableview Shopping Centre
C/o West Coast & Blaauwberg Rds, Table View

Cost : R 130 — Licensed athlete
R 215 — Unlicensed athlete
70 Years + FREE — Licensed
70 Years + R85 — Unlicensed

*Entries on
race day -
CASH only!*

Info: Leon Thelander 083 999-6450

NB!!! THIS IS A LEAGUE RACE!!!



Prize money - men & women

	1	2	3
15-19	R450	R 350	R 250
Open	R 1000	R 750	R 500
40-49	R 500	R 400	R 300
50-59	R 500	R 400	R 300
60-69	R 500	R 400	R 300
70 +	R 400	R 300	R 200

Rules and Race Information

Hand outs: A choice between a medal and 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 licensed athletes must run in clothing without advertising.

Licensed athletes should wear club colours.

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 2006 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 !!!**

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.

Prize giving at 08:30 or when the last person finishes.

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:
Tuesdays after 18:15 time trial.
Contact Essie: 0832646636**

