



**TYGER
RUN/WALK**

**VENUE: TYGER VALLEY
SHOPPING CENTRE**

TYGER RUN/WALK

with Discovery Vitality

21.1KM
start 06:00

10KM
start 06:45

6KM
start 07:15



www.facebook.com/TygerRunWalk
#TygerRun



www.twitter.com/TygerRun
#TygerRun



www.instagram.com/TygerRun
#TygerRun



SATURDAY

21 MARCH 2020



CHARITY

ENTER ONLINE WWW.TOPEVENTS.CO.ZA | ONLINE ENTRIES CLOSE: 11 March 2020
NO ENTRIES WILL BE TAKEN ON RACE DAY

In-store entries will be available at the following Sportsmans Warehouse stores:
Canal Walk; Rondebosch; Sea Point; Somerset West; Stellenbosch; Tokai; Tyger Valley and West Coast
IN-STORE ENTRIES CLOSE: 8 March 2020



For more information contact Top Events at 021 511 7130 or visit www.topevents.co.za to enter online.

For Discovery Vitality visit www.discovery.co.za/vitality/runseries

This event is held under the rules and regulations of ASA and Western Province Athletics.



DON'T WORRY, YOU'RE FIT, YOU CAN DO THIS

HOW TO ENTER

www.topevents.co.za

ENTRY FEES:

21.1km	R133.00 (Includes Compulsory Chip)
10km	R93.00 (Includes Compulsory Chip)
10km (Junior)	R63.00 (Includes Compulsory Chip)
6km	R60.00 (Includes Compulsory Chip)

TEMPORARY LICENCE FEES:

21.1km	R60.00
10km	R40.00
10km (Junior)	R25.00

DON'T GIVE UP

T-SHIRT PRICE: R235.00

1. ONLINE ENTRIES (closing date: 11 March 2020)

Enter online at www.topevents.co.za. Should you have any enquiries about entering online, please contact Top Events on (021) 511 7130 or email info@topevents.co.za. Closing date for online entries and payment is midnight on **Wednesday, 11 March 2020**.

2. FAX ENTRIES (closing date: 8 March 2020)

Complete your entry form and fax it along with your deposit slip to (021) 510 7230. Closing date for fax entries is **Sunday, 8 March 2020**.

3. IN-STORE ENTRIES (closing date: 8 March 2020)

Hand deliver your entry form and cash to a cashier in any of the Sportsmans Warehouse stores marked below. You will receive two fill slips, one to be stapled onto your entry form and the other serves as proof of your entry. Please bring this with you to number collection.

Closing date for in-store entries is **Sunday, 8 March 2020**.

You can enter at the following Sportsmans Warehouse stores in the Western Cape: Canal Walk; Rondebosch; Sea Point; Somerset Mall; Stellenbosch; Tokai; Tyger Valley and West Coast

4. NUMBER COLLECTION

a. **NUMBER COLLECTION IS COMPULSORY FOR ALL ENTRANTS! THERE WILL BE NO NUMBER COLLECTION ON RACE DAY.**

b. Number collection for fax, in-store and online entries will take place on **Friday, 20 March 2020** from 10H00 – 18H00 and at the following venues: **Sportsmans Warehouse Rondebosch | Sportsmans Warehouse West Coast | Tyger Valley Shopping Centre, Food court, Banking Level**

c. **NO upgrades, downgrades and substitution will be allowed at number collection or after the closing date 8 March 2020.**

5. TIMING

Disposable timing chip: One disposable timing chip will be placed on the front of your number and foam will be placed on the back of the number to protect the chip. **PLEASE DO NOT REMOVE THESE. IF YOU DO YOU WILL NOT RECEIVE AN OFFICIAL TIME.**

The strip is to prevent water and body fluids from affecting the chip signal.

Please do not bend or fold your race number for this could affect the antennae and also the signal capability of the chip.

For all result queries, please visit www.topevents.co.za or call 021 511 7130 or email timing@topevents.co.za

6. START TIMES:

- 21.1km – 06:00 Tyger Valley Shopping Centre (Parking lot outside Entrance 10)
- 10km – 06:45 Tyger Valley Shopping Centre (Parking lot outside Entrance 10)
- 6km – 07:15 Tyger Valley Shopping Centre (Parking lot outside Entrance 10)
- Cut off time for all events will be 09:30.
- FREE Undercover parking available until 11h00.

7. PRIZE GIVING & PRIZE MONIES:

- Prize giving at Tyger Valley Shopping Centre (Parking lot outside Entrance 10, weather permitting)
- Prize giving will take place at 09:30 where category winners will receive their prizes followed by the lucky draws.
- * Juniors must be under the age of 20 as at the 31st December 2020.
- Participants must be present with their race number to claim prizes in the lucky draw.

8. PLEASE NOTE THE INDEMNITY SECTION NEEDS TO BE SIGNED IN ORDER FOR YOUR ENTRY TO BE PROCESSED.

9. ENTRY FEES ARE NON-REFUNDABLE AND WILL BE DONATED TO CHARITY IF AN ENTRY IS CANCELLED BEFORE THE RACE.

10. NO ENTRIES WILL BE TAKEN AT NUMBER COLLECTION AND ON RACE DAY

11. CONFIRMATION OF ENTRY

- Fax and online entries will receive a confirmation email (if an email address is provided by you).
- Prior to number collection you will receive an SMS indicating your race number and number collection venue you selected on your entry form.
- Please bring proof of payment of your entry, email confirmation or SMS confirmation with you to the number collection on **Friday, 20 March 2020**.

PRIZE MONEY:

21.1 KM MALE AND FEMALE			
	1st	2nd	3rd
Open	R 3 000,00	R 2 500,00	R 2 000,00
40 - 49	R 1 100,00	R 900,00	R 700,00
50 - 59	R 750,00	R 550,00	R 300,00
60 - 69	R 750,00	R 550,00	R 300,00
70+	R 750,00	R 550,00	R 300,00

10KM MALE AND FEMALE			
	1st	2nd	3rd
Junior*	R 1 100,00	R 800,00	R 600,00
Open	R 2 500,00	R 1 500,00	R 1 000,00
40 - 49	R 1 000,00	R 800,00	R 600,00
50 - 59	R 700,00	R 500,00	R 300,00
60 - 69	R 700,00	R 500,00	R 300,00
70+	R 700,00	R 500,00	R 300,00

* Indicated ages for junior category are 16 – 19 years for 21km and 14 – 19 years for 10km

ENTRY FORM



Race: 21.1KM 10KM 6KM

Age Categories: Senior Junior* 40-49 50-59 60-69 70+

* Indicated ages for junior category are 16 – 19 for 21km and 14 – 19 for 10km

RSA ID Number:

Nationality:

DOB: (Date of Birth) Age: Please tick: Male Female

First Name:

Surname:

Address:

Suburb: Postal Code:

Work Tel: Cell:

Email:

Do you belong to a running club? (please tick) YES NO

Club:

Province:

2020 Licence Nr:

Would you like to receive more information from Tyger Valley Shopping Centre? YES NO

Would you like to receive more information from Tygerberg 104FM? YES NO

Shoe Brand: Adidas Asics Brooks Mizuno New Balance Nike Puma Reebok Saucony Other

Race Card Collection Points (Please Tick):

Sportsmans wearhouse Rondebosch Sportsmans Warehouse West Coast Tygervalley Food Court

T-Shirt: SMALL MEDIUM LARGE X-LARGE XX-LARGE

Emergency Contact Person:

Contact No.:

Medical Aid Name:

Medical Aid Number:

Are you a Discovery Vitality Member? YES NO If yes, what is your Vitality Member Number? _____

INDEMNITY: I agree not to hold the Tyger Run/Walk Committee, Van Der Merwe & Robertson Durbanville Athletics Club, Top Events, Western Province Athletics or any sponsors, or any persons assisting in the organisation of the race liable for any injury, illness or death, which I may suffer directly or indirectly as a result of participating in the race. I confirm that this Special Agreement is entered into for the benefit of the Tyger Run/Walk events, the sponsors and the persons assisting in the organisation of the event.

MINOR RELEASE: and I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor.

By entering the Tyger Run/Walk which forms part of the Discovery Vitality Run Series, you agree to share relevant personal information with Discovery Vitality. YES NO

Signature: Parent/guardian _____ if under the age of 18: _____

PAYMENTS:	21.1km	10km	10km Junior	6km
Entry Fee Licenced	R133,00	R93,00	R63,00	R60,00
Entry Fee Un-licenced	R193,00	R133,00	R88,00	N/A
T-Shirt	R235,00	R235,00	R235,00	R235,00
Cape Town Drug Counselling Centre Charity Donations	R	R	R	R
TOTAL				

BANKING DETAILS:

Account Name: Baleka Sport Marketing and Management
Bank Name: Nedbank
Account Number: 1039754767
Branch Code: 104709

Please use your **name and surname** as reference when making your payment.

Compulsory disposable timing chip is included in the race entry fee. A 13% service fee is charged when entering online.

RACE RULES



TYGER
RUN/WALK

1. The Tyger Run/Walk is run in accordance with the rules of ASA and WPA.
2. The Tyger Run/Walk half marathon & 10km are open to all licenced and non-licenced runners of 16 years and older for the Half Marathon and 14 years and older for the 10km.
3. Licenced runners should wear club colours. Registered athletes must wear their ASA licences on the front and back of their vest. Official event race number to be worn on the front. 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.
4. Temporary licences are available at R60 for the 21.1km and R40 for the 10km Senior and R25 for 10km Junior events.
5. Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.
6. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
7. Unlicensed runners must wear plain clothes (no advertising permitted). Official event race number to be worn on the front and the temporary licence number on the back.
8. 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.
9. Personal seconding is not permitted except at official refreshment stations. Private vehicles are requested not to follow the athletes on the route.
10. 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.
11. Proof of age is required for category prizes.
12. Club colours must be worn to qualify for team prizes.
13. Juniors (born from 2001 onwards) wearing a junior or a senior licence must wear an age category tag to qualify for age group prizes.
14. No swapping of race numbers as the race number is linked to your name and finishing time and may result in your disqualification.
15. Each race distance has a different race number range and colour with your data captured electronically. Do not transfer between races without notifying the race organisers.
16. All traffic officers and marshals must be obeyed.
17. The race organisers reserve the right to accept or reject any entry.
18. Foreign athletes must comply with IAAF rule 4.2 and all relevant race and domestic rules. The athletes must be able to produce the letter from his/her federation permitting participation on race day.
19. The entry fee is non-refundable.
20. Kilometer markers will be placed at each kilometer mark.
21. Refreshment stations will be situated approximately every 3km along the route.
22. Medals will be handed to all finishers.
23. There will be tog bag facilities. Bags dropped off at runners' own risk. The organiser will not be held responsible for any loss or damages.
24. Toilets will be available at the start and finish.
25. Prize giving will take place at 09h30.
26. Results will be available at www.topevents.co.za and www.wpa.org.za.
27. The use of music players with headphones is not allowed and may result in disqualification.
28. Wheelchair participants must please contact the organisers timeously to make arrangements for their participation.
29. Do not litter. Dispose of sachets and cups responsibly by using the boxes provided or carrying to the finish. Report offenders to the referees. #RunClean.
30. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

FOR MORE ENQUIRIES ABOUT THE RACE PLEASE CONTACT:

For more information about your online entry contact Top Events on **021 511 7130** or email entries@topevents.co.za

This event is held under the rules and regulations of ASA and Western Province Athletics.

WHY SUPPORT THE CAPE TOWN DRUG COUNSELLING CENTRE?



Changing the narrative of ADDICTION across our communities of the Cape

Who is Cape Town Drug Counselling Centre [CTDCC]?

CTDCC is a registered NPO drug treatment centre with special registration with the Department of Social Development. We provide a six week evidence based outpatient rehabilitative service to drug users from all ages and their families. All our counselling staff are registered with the Health Professional Council of our country. We have three physical sites namely Observatory, Mitchell's Plain and Atlantis and our clients comes from 178 communities across all four metro's.

South Africa is known as the drug capital of the world. The Western Cape has the highest number of drug related crimes. As a reputable, registered treatment service, we are driven to our cause of producing the best practice rehabilitation service to over 960 new clients on average per year. Every client's program includes family engagement.

Drugs have latched their hooks into nearly every suburb across our beautiful mother city. This is causing untold panic through every sphere of society. Families, educators, medics, pastors, state officials - all feel trapped due to the enormity of drug abuse they see around them daily.

Basket of services

- **Adolescent program** – directing youth towards more positive choices
- **Family education** – providing skills to respond to addiction issues
- **Women's program** – for this vulnerable minority group
- **Adult outpatient program & aftercare** – for drug and alcohol problems
- **Training & awareness** – for professionals, community workers, businesses and community based organisations.
- **Counselling internships** – empowering young professionals in addiction work

Each of the above services are provided by skilled Social Workers with addictions training and registration with the Professional Health Councils of our country. This sets us apart as the go-to provider of addictions care within the NPO Sector.

Website: www.drugcentre.org.za
Twitter: @CTDCC_SA
Facebook: [facebook.com / drugcounsellingcentre](https://www.facebook.com/drugcounsellingcentre)
Instagram: @drug_counselling_centre
Tel: 021 4478026

