

# AVBOB 15 KM



**TYGERBERG**  
ATHLETIC CLUB / ATLETIEK KLUB

## COCA COLA LEAGUE RACE

**Date / Datum:** Saturday 9 December 2017  
**Time / Tyd:** Entries 04H30 – 06H00  
 Start 06H00  
**Where / Waar:** Table View Shopping Centre (Pick 'n Pay),  
 Cnr Otto du Plessis & Blaauwberg Roads  
**Cost / Koste:** R70– licensed athlete  
 R110– 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.



### BRANCHES

Bellville 021-948 2601  
 Eerste River 021-904 3306  
 Khayelitsha 021-361 4538  
 Maitland 021-593 8553  
 Wynberg 021-762 1101

### INCENTIVE RACE



### Prize money - men & women

	1	2	3
15-19	R 200	R 150	R 100
OPEN	R 800	R 600	R 400
40-49	R 400	R 300	R 200
50-59	R 400	R 300	R 200
60-69	R 400	R 300	R 200
70+	R 200	R 150	R 100
Men's Open Team	R100	x 4	
Women's Open Team	R100	x 4	



**WESTERN PROVINCE ATHLETICS**  
 Race flyers and results  
[www.wpa.org.za](http://www.wpa.org.za)  
[wpa-subscribe@yahoogroups.com](mailto:wpa-subscribe@yahoogroups.com)

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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.

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. 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.

Club colours must be worn to qualify for team prizes.

Juniors (born 1998 or later) wearing a senior or junior licence must display category tags 'J' to qualify for age group prizes. Juniors will count towards Open team 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.

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

Refreshment tables with water and/or Coke will be provided every 3km.

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.

This race is run according to the rules of ASA and WPA. Detailed rules are available on [www.wpa.org.za](http://www.wpa.org.za) or on request from the organisers or the WPA office.

TABLEVIEW  
Shopping Centre