

AVBOB 15 KM



TYGERBERG

ATHLETIC CLUB / ATLETIEK KLUB

Date / Datum:
Time / Tyd:

Saturday 8 December 2018
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
R115– 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
100 years

WPA INCENTIVE RACE

BRANCHES

Bellville 021-948 2601
Eerste River 021-9043306
Khayelitsha 021-361 4538
Maitland 021-593 8553



Prize money - men & women

	1	2	3
15-19	R 220	R 170	R 120
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 220	R 170	R 120
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

wpa-subscribe@yahoogroups.com

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.

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.

Licensed athletes should wear club colours. Full club colours must be worn to qualify for team prizes. Temporary licensed athletes must run in clothing without advertising

Juniors (born 1999 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 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.

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 or on request from the organisers or the WPA office.

**Join Tygerberg Athletic Club: R180 new members
Tuesdays after 18h15 time trial.**

TABLEVIEW
Shopping Centre