

TYGERBERG 30 KM



**IMPROVED
ROUTE**

TYGERBERG

ATHLETICS CLUB / ATLETIEK KLUB

**IMPROVED
ROUTE**

NOTE: IMPROVED ROUTE

Date / Datum: Sunday 17 March 2019
Time / Tyd: Entries on the day: 04:30 – 06:00
Start 06:00
Pre-entries: Saturday 16 March 2019: 15:00 – 17:00
Where / Waar: Parow Athletics Track, De Grendel Road,
 Parow North
Cost / Koste: Licensed athlete: R130
 Unlicensed athlete: R190
Cut Off / Afsnytyd: 4 hours
Info / Inligting: Leon: 083 999 6450

**NB! Wheelchair athletes must contact the organisers timeously
 to discuss arrangements for their participation**



WESTERN PROVINCE ATHLETICS
 Race flyers and results
www.wpa.org.za
wpa-subscribe@yahoogroups.com

Prize Money Men & Women						
	1	2	3	4	5	6
Open	R1300	R900	R500	R400	R300	R250
40-49	R800	R600	R400	R300	R250	R200
50-59	R800	R600	R400	R300	R250	R200
60-69	R800	R600	R400	R300	R250	R200
70 +	R800	R600	R400	R300	R250	R200

Rules and Race Information

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R500 for improving the records of: John September (1:35:10) and
 Monica Drogemoller (1:57:54)

- Medals: 100 Gold, 400 Silver, Bronze next 1 500. Lucky draw after the prize giving.
- One race number (bib) will be issued. Registered athletes must wear their ASA licence 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 any 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. Temporary licensed athletes must run in clothing without advertising.
- Participants must be 19 years 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 refreshments stations.
- Refreshments tables with water and/or Coke will be provided every 3 km. Dispose of sachets and cups responsibly by using the boxes provided or carrying them to the finish. Report offenders to the referees. **NB !! DO NOT LITTER !!**
- Prize giving will be at 10:00 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 Athletics Club (Road Running):
 R180 new members at the clubhouse Tuesdays after 19:15**