

TYGERBERG 30 KM



TYGERBERG

ATHLETICS CLUB / ATLETIEK KLUB

Date / Datum: Sunday 4 March 2018
Time / Tyd: Entries on the day: 04:30 — 06:00
 Start 06:00
Pre-entries: Saturday 3 March 2018: 15:00 — 17:00
Where / Waar: Parow Athletics Track, De Grendel Road,
 Parow North
Cost / Koste: Licensed athlete: R110
 Unlicensed athlete: R165
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**



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

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

- Medals: 100 Gold, 400 Silver, Bronze next 1 200. Lucky draw after the prize giving.
- No race numbers will be issued.
- Registered runners must compete in official club colours and display unaltered licence numbers, valid for 2018 on the front and back of the running vest. Unregistered runners must compete in plain clothing (no advertising) and purchase a temporary licence which must be worn on the chest. Temporary licences will be available at registration. When registering, participants 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.
- 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 refreshment stations
- Refreshment tables with water and/or Coke will be provided every 3km. 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 will participate in this race at their own risk and agree to abide by the rules of the race. The organisers accept no responsibility for injury or accident resulting from participation in 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 organiser or the WPA OFFICE.

**Join Tygerberg Athletics Club (Road Running):
 R180 new members at the clubhouse Tuesdays after 19:15**