

SUNDAY 3rd MARCH 2019

21.1km • 10km • 5km Fun Run



RACE INFORMATION

- **Venue:** Soetwater Resort Kommetjie

Distance	21.1km	10km	5km Fun Run
Start Time	06:30am	07:10am	07:30am

- **Entries limited to 2000 runners.**

Enter Early to book your place.

- » Enter online: www.milkwoodrun.co.za
- » Entries Closing date: Wednesday 20th February 2019 - 5pm
- » If you are not able to enter online, please contact the Milkwood Run Team
- Entry Fees are not refundable unless the entry is rejected by the organiser less any bank charges.
- Athletes who have forgotten their temporary licences at home on race day will need to purchase a new one. (21.1km – R60 & 10km – R40 & 10km Junior -R25)
- **Race enquiries:** 082 643 6186 (9am - 5pm)
- Race Number collection will be at:

	Harfield Harriers Claremont	Sportsmans Warehouse Rondebosch
Date & Time:	Thurs 28th February 3pm to 7pm	Saturday 2nd March 9am to 1pm

Should neither of these be possible, please contact the Milkwood Run Team

- In order for your entry to be processed. Make sure the “**Release and Waiver Section**” is signed.
- **Parking:** Please note there is limited parking space at Soetwater Resort. We strongly encourage you to car share and to arrive early. Gates opens 5:30am
- **Results and Prize Giving**
 - » **Please note: No entry card – no result**
 - » Results will be posted on www.milkwoodrun.co.za and www.wpa.org.za
 - » Prize giving will be at 09:30am by the conference center.
 - » Lucky draw prizes - winners must be present at the prize-giving ceremony to be able to claim their prizes. Lucky draw ticket is on your race number that must be handed in at prize giving.
- **Finish** - Participants will receive cold cup of Coke and a tree sapling if you indicated that you would like a tree. If not your tree will be donated to TMNP.
- Refreshments will be on sale at the event.
- **Cut off Time** - Cut off time for all races is 09:45am
- **Baggage:** A tog bag facility will be available. All items are stored at owner's risk. Please ensure that bags are clearly marked.
- Recycle your race numbers in the bins provided at the finish
- A voluntary donation to support SHAWCO and Volunteer Wildfires Services would be appreciated.

ROUTE INFORMATION

- **Start and Finish** is at Soetwater Resort south of Kommetjie Lighthouse.
- **Route:** Participants must stay on the **left hand side** of the road at all times, unless instructed differently by the marshals and Traffic Officers.
- Distance markers will be placed at every kilometre. Please see route map on website (www.milkwoodrun.co.za) for more information.
- **21.1km** – This route is very scenic along the coastal road from Kommetjie to Scarborough. There is a short climb at 3.5km up Slangkop pass and a small climb from 16km.
- **10km** – This route is a single loop through Kommetjie and over Slangkop pass to Soetwater Resort. There is a short climb at 3km up Slangkop pass. Otherwise the route is downhill or flat.
- **5km Fun Run** – Runners run towards the Slangkop Lighthouse and do a loop in Kommetjie before making their way back.
- **Water stations** – will be provided at:

21.1km	Hydration	10km
4km	Water	3km
7.5km	Water & Coke	6.5km
10.7km	Water	-
14.4km	Water	-
17.5km	Water & Coke	-

Water and Coke will be provided in cups. As part of our environmental plan, this is a plastic free event. We encourage you to carry your own bottle or cup. There will be opportunities to fill up at the water stations. In addition paper cups will be available at the refreshment stations but must be drunk and disposed of before leaving the station.

- **Main Prize Money – Men and Women**

21km					
Position	Open	40 - 49	50 - 59	60 - 69	70+
1	1300	400	400	400	400
2	900	300	300	300	300
3	600	200	200	200	200
Team	600 (150 x 4)	* CLUB TEAM PRIZES (calculated on total combined times) * Only for 21.1km course			

21.1KM RACE RECORDS	
Men: Sibusiso Mbingeleli 01:07:31 (2009)	Women: Alae Brand 01:20:58 (2009)
NEW RACE RECORD 21.1km: (On the existing course)	
Men: R1000	Women: R1000
KING & QUEEN OF THE MOUNTAIN - 21.1km	
First male and female for the Half Marathon to reach the top of Slangkop Pass will receive R500 Sportsmans Warehouse Vouchers as long as they complete the race.	

10km						
Position	Open	40 - 49	50 - 59	60 - 69	70+	14 - 19
1	500	200	200	200	200	250
2	400	150	150	150	150	200
3	300	100	100	100	100	150

Running for a changing world

www.milkwoodrun.co.za

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RULES

1. The race is run in accordance with the rules of ASA and WPA. All participants must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The race organiser reserves the right to accept / reject any entry received.
2. The ABAX Investments Milkwood Run takes place on Sunday 3rd March 2019 at Soetwater Resort Kommetjie.
3. Licenced athletes should wear club colours. Full club colours and permanent licences must be worn to qualify for team prizes. Temporary licensed runners don't qualify for team prizes. Temporary licensed athletes must run in clothing without advertising.
4. One race number (bib) will be issued. Registered athletes must wear their 2019 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. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
5. Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
6. The official race number must be unaltered on the front of the runners' vests.
7. No swapping of race numbers is permitted as the race number is linked to your name and finishing time. Any swapping may result in your disqualification.

8. Each race distance has a linked race number range and colour used to capture your data electronically. For this reason, no transfer between races is allowed.
9. Runners need to complete the information on their race cards on their race number prior to the race. The race card must be in the runners' possession for the entire race and handed in at the results board at the Finish.
10. **Categories & [Tags]:** Open, Age (40-49) [40], Age (50-59) [50], Age (60-69+) [60] Age (70+) [70] **Junior Category [J]** is less than 20 years old with the minimum age for each distance:
 - 21.1km** Minimum age 16 years on race day
 - 10km** Minimum age 14 years on race day
 - 5km** Minimum age 9 years on race day
 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.
11. Runners may enter the age category corresponding to their chronological age or any younger category down to senior. The appropriate age category tag must be worn. Juniors (born in 2000 or later ie under the age of 20 at 31 December 2019) wearing a senior or junior licence must display category tags "J" to qualify for age group prizes.
12. Runners must give proof of their age at the request of the Race Referee (Original ID / Birth Certificate / Permanent residence Permit).
13. Temporary License Runners are eligible for an individual age category prizes provided they enter the relevant age group, wear the appropriate age tag on the front and back and provide proof of age. No personal seconding will be permitted, except at official refreshment stations.

14. Do not litter. Dispose of cups and other litter responsibly by using the bins provided. Report offenders to the referees. #RunGreen #RunClean #ICarryMyOwn.
15. For safety reasons the use of personal music players during road races is not allowed and may result in disqualification.
16. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
17. Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
18. **DISCLAIMER:** Participants in this event do so at their own risk and release and discharge the organisers, sponsors, provincial and national athletics bodies and all persons assisting in staging the event from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however, caused, arising directly or indirectly from their participation in the event.

ENTRY FEES

Race	Entry Fee
21.1km	R125.40
21.1km Temp License	R194.00
10km	R80.00
10km Temp License	R125.40
10km Junior	R57.00
10km Junior Temp License	R85.50
5km Fun Run	R50.00
T-shirt (Orders Closer 8th February)	R115.00
Entry fee includes a 14% service fee	



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