



**HALF MARATHON
10km, 5km Fun Run and 3km Fun Run
Soetwater Resort Kommetjie**

Sunday 11th February 2024

ROAD CLOSURE

Enter online at www.milkwoodrun.co.za

START TIMES: 21.1KM – 6:30, 10KM – 6:45, 5KM FUN RUN – 7:00, 3KM FUN RUN – 7:15

ENTRY FEES

**Half Marathon licensed runner: R180 - Half Marathon Unlicensed Runner: R255
10km Licensed Runner: R140 – 10km Unlicensed runner: R190
10km Junior Licensed Runner: R70 – 10km Junior Unlicensed Runner: R100
5km Fun Run and 3km Fun Run: R60**

***Entry fee includes timing tag**



1. Enter online at www.milkwoodrun.co.za until midnight 28th January 2024 or enter at Registration and on Race Day if entries are not sold out (2000 entries limit). Enter Early!
2. Cut-off time is 9:45 for the 21.1km, 9:30 for the 10km and 09:00 for the 5km Fun Run and 3km Fun Run
3. Entry fees Refund Policy on the website – www.milkwoodrun.co.za
4. Tog bag facilities will be available at own risk.
5. Refreshments will be on sale at the event.
6. Although there is no separate 'Walkers' category, social walkers are welcome for all distances.
7. The routes run along the coast from Kommetjie to Scarborough with magnificent views of the coastline.
8. There will be numerous spot prizes, which will be given out at random at the finish across all distances. There will be lucky draw prizes which will be given out randomly at prize giving. Winners must be present at the prize-giving ceremony to be able to claim their prizes.
9. The carrying of ANY placards or banners of a political, religious or offensive nature will result in disqualification.
10. Wheelchair competitors must please contact the organisers timeously to discuss arrangements for their participation.
11. Race Bib must be worn and visible on the athlete's during the race. Do not bend or remove the timing tag.
12. There will be security keeping and eye on everything.

NUMBER COLLECTION: To be confirmed

Number collection will take place at:

- Sweatshop – Claremont – Thurs 8th Feb – 11:00 to 13:00
- Run Store – Bellville – Fri 9th Feb – 11:00 to 13:00
- Sportsmans Warehouse - Tokai - Sat 10th Feb – 9:00 to 12:00
- Soetwater Resort–Kommetjie – Sat 10th Feb – 15:00 to 16:00
- Soetwater Resort-Kommetjie – Sun 11th Feb -5:00 to 5:45

ENTRY RULES

1. The race is run according to the rules of ASA & WPA.
2. Runners must obey traffic officers, race marshals, race officials at all times.
3. 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
3km – Minimum age 8 years on race day. Children under the age of 14 participating in the 5km and 3km must be accompanied by a parent or guardian.
4. No personal seconding permitted.
5. The time limit for the 21.1km is 3 hours 15 minutes, 10km is 2 hours 45 minutes, 5km is 2 hours and 3km is 1 hour 45 minutes
6. 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. Temporary licenced runners must wear the race number on the front of their vest and the temporary licence on the back.
7. Age category tags must be worn (front and back) and visible for the entire race to be eligible for any age category prizes including Juniors.
8. Temporary licenced runners to wear plain clothing, no advertising.
9. The use of music players with headphones is not allowed and may result in disqualification.
10. Do not litter. Dispose of any refuse or cups responsibly using the boxes provided or carry them to the finish. Report offenders to the referees.

13. There will be 4 water stations and two water/coke stations on the route and Coca-Cola at the finish area of the event. There will be NO water sachets.
14. Protect of Personal Information - Runners agree that their personal information is provided to the race organiser for the purpose of the organizing the event and that such information may be shared with Sport Redefined for the purposes of entering the race and timing.
15. 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.
16. Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
17. More details can be found on our website – www.milkwoodrun.co.za Queries? info@milkwoodrun.co.za - 082 643 6186

PRIZE GIVING AND PRIZES

1. This will take place from 09:00. Prize winners will be paid by EFT process after the event.
2. 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.
3. Temporary licenced participants are eligible for age category prizes provided they enter the relevant age group, wear the appropriate age tags and provide proof of age.

| Cat | 21.1km | | | 10km | | |
|---------|--------|-------|-------|-------|------|------|
| | 1st | 2nd | 3rd | 1st | 2nd | 3rd |
| Open | R2000 | R1500 | R1000 | R1000 | R800 | R600 |
| 40-49 | R500 | R400 | R300 | R300 | R250 | R200 |
| 50-59 | R500 | R400 | R300 | R300 | R250 | R200 |
| 60-69 | R500 | R400 | R300 | R300 | R250 | R200 |
| 70-79 | R500 | R400 | R300 | R300 | R250 | R200 |
| Juniors | - | - | - | R350 | R300 | R250 |

TEAMS:

Runners may register a team in one of the following team categories (21.1km Distance: Open, Corporate and Clubs and 10km Distance is School Team – Junior runners). Team consists of 6 members with 4 members best positions counting. More details found on the website.

ROAD CLOSURE:

Kommetjie to Scarborough Main Road (M65) from 6:00 to 10:00

CHARITIES:



T-SHIRT: - R270

Limited Edition Sublimation Moisture Management T-shirt

Pre-Ordered only

T-shirt Orders close 5th January 2024

