



29TH TOKAI MANOR HOUSE RUN

HOSTED BY SOUTHERN STRIDERS

FRIDAY 26 DECEMBER 2025

16km
8km Fun Run

starts 6.30am
starts 6.45am

**Venue: Cape Academy of Maths, Science and
Technology, Firgrove Way**

GPS -34.0494151,18.4280964

ENTRY FEES

16km	Registered Runners	R130
16km	Unregistered Runners <i>includes a temporary licence R85</i>	R215
8km Fun Run	All Runners – no licence reqd	R110
<i>Registered Runners over 70 years of age may enter for free by showing their Identity Document at registration on the day</i>		

Please carry
your own water.
There will be
self-help refill
stations.

WATER AND LITTER

As this event is run on the Tokai Greenbelts it has been declared a plastic free event with special permission of the WPA Road Running Commission. There is a strict no-litter policy in place and **NO WATER SACHETS** on the route. Do not litter. Please dispose of litter responsibly by using the boxes provided or carrying litter to the finish. Report offenders to the referees. In the spirit of #RunClean, **please provide your own** full water bottle, 500ml recommended.

There will be **SELF-HELP** water refill stations approximately every 4kms. Water to be self-filled at water stations – **no cups are provided.**



~ #BringYourOwnWater ~ #RunGreen

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.

SUPPORT THE CAPE ACADEMY OF MATHS AND SCIENCE

Support the pupils by donating personal toiletries in the donation box on race day (soap, deodorant, pads, toothbrush, toothpaste etc.), or by making a financial donation when you enter.

TOKAI MANOR HOUSE INFORMATION

ENTRIES

Enter online at www.topevents.co.za from **15 October** until midnight **Wednesday 17 December 2025**.

Online entries will incur a 5% administration fee.

Enter in person / collect numbers at

Sportsman's Warehouse Rondebosch

Saturday 20 Dec between 10am – 3pm.

For safety reasons this is a cashless race. Online entries or manual entries (Card machine) at Sportsman's Warehouse are accepted.

Number collection and late entries are also available on race day from 5:15am – 6:15am.

SUBSTITUTIONS / REFUNDS

We regret there will be no refunds.

You may arrange your own substitution provided that the completed race entry card reflects the details of the person that participated.

DO NOT run in somebody else's licence number, you and the number owner will be disciplined.

LICENCES AND RACE NUMBERS

16km

A printed 16km race number will be issued.

Registered runners must wear their ASA licences on the front and back of the 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*.

Unregistered runners must purchase a temporary licence to be worn on the back with the race number worn on the front.

8km Fun Run

A printed 8km race number will be issued and must be worn on the front. **No licence numbers are necessary.**

RACE ENTRY CARDS

Your race number has a "race entry card portion" which you should complete at number collection. At the end of the race, tear off the portion of the race number that is your race entry card, insert into the sachet provided at the finish. All race numbers are to be verified by WPA.

CUT OFF TIMES

After three and a half hours, the team will start packing away. This will be at 10h00. There will be a tail sweeper in club colours on both distances.

ROUTE

Both routes are flat and a crossover of tar, trail and single track through the Tokai Greenbelts. Trail shoes are not required. We regret the routes are not suitable for prams or wheelchairs and that **no dogs** are allowed.

MINIMUM AGES

16km Entrants for the 16km race must be 16 years old or older on race day.

8km Entrants for the 8km Fun Run must be 8 years old or older on race day. Entrants in the 8km Fun Run under 12 years old must be accompanied by an adult.

Note: the 8km route is not suitable for strollers.

TRAFFIC & PARKING

Parking is available on the field opposite Cape Academy. There is an entrance on Firgrove Rd as well as an entrance on Spaanschemat Road. Traffic is always a challenge, please be patient. In keeping with the green spirit of the race, please help us by sharing lifts and aiming to arrive before 5:30am even if you already have your number. Parking is at own risk. **Please do not leave valuables in your car. Use the tog bag facility.**

MARSHALS

Please obey instructions from marshals and other officials. Be courteous to other runners.

TOG BAG SECURITY

Available at Cape Academy. These are stored at your own risk.

NO RUNNING WITH HEADPHONES

WPA rules do not allow for the use of headphones whilst partaking in a race.

PRIZES

There are no finishing or category prizes. Exchange your race entry card for a TMH hand towel at the end of the race. Towel numbers are limited to the first 1000 finishers of the event. There are also numerous spot prizes.

REFRESHMENTS

There will be refreshments on sale before and after the race.

CLUB GAZEBOS

May be placed along the finishing chute from 5.30am

Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.

Enquiries via WhatsApp: Vanessa le Borgne 082 468 0011 or Tracey Hendricks 061 954 5995

The race is run according to the rules of the ASA and WPA. Organised by Southern Striders with the support of The Cape Academy

REMEMBER: BRING YOUR OWN WATER ~ SHARE A LIFT ~ ARRIVE EARLY*HAVE FUN*

