

ABAX



Milkwood

21 BEAUTIFUL KILOMETERS



SUNDAY 22ND FEBRUARY 2026

21.1KM - 6:30
Cut-Off: 3:15hr

10km - 6:45
Cut-Off: 2:45hr

5km Fun Run
- 7:00
Cut-Off: 2:00hr

Prize Giving
- 21.1km - 9:30
- 10km - 9:15
- 5km Fun Run - 9:00

Start & Finish: Soetwater Resort Kommetjie

Enter online at www.milkwoodrun.co.za

Entries Close: 6th February 2026

ENTRY FEES

21km: R185 (Temp +R95)
10km: R125 (Temp +R60)
10km Junior: R70 (Temp +R40)
5km Fun Run: R60

ROAD CLOSURE

1. Enter online at www.milkwoodrun.co.za, and the closing dates are below. Entries at Registration and on Race Day will only be available if entries are not sold out (2500 entries limit). Enter Early!

2.

Closing Dates	Date
- Courier Entries Close	Mon 23 rd January
- Entries Close	Fri 6 th February
- T-shirt Orders Close	Mon 2 nd February

3. Cut-off time

Distance	Time
21.1km	9:45 (3:15)
10km	9:30 (2:45)
5km Fun Run	9:00 (2:00)

4. Entry fees Refund Policy on the website – www.milkwoodrun.co.za

5. Tog bag facilities will be available at your own risk.

6. Refreshments will be on sale at the event.

7. Although there is no separate 'Walkers' category, social walkers are welcome for all distances.

8. The routes run along the coast from Kommetjie to Scarborough with magnificent views of the coastline.

9. Lucky draw prizes will be given out randomly at the prize giving.

Winners must be present at the prize-giving ceremony to be able to claim their prizes.

10. The carrying of ANY placards or banners of a political, religious or offensive nature will result in disqualification.

11. Wheelchair competitors must please contact the organisers timeously to discuss arrangements for their participation.

12. Race Bib must be worn on the front and be visible during the race. Do not tamper, bend or remove the timing tag. Ensure that the timing tag is not folded or covered by clothing or straps. No chip = No time.

13. There will be security keeping an eye on everything.

NUMBER COLLECTION OPTIONS:

Registered Running Clubs	9 th to 18 th Feb
Courier	9 th to 18 th Feb
Sweatshop – Claremont	Thur 18 th Feb – 11:00 to 13:00
Run Store – Bellville	Fri 19 th Feb – 10:00 to 13:00
Sportsman's Warehouse - Tokai	Sat 21 st Feb – 9:00 to 13:00
Soetwater Resort–Kommetjie	Sun 22 nd 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, and race officials always.

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

Children under the age of 14 participating in the 5km must be accompanied by a parent or guardian.

4. No personal seconding permitted.

5. One race number (bib) will be issued. Registered athletes must wear their ASA licences on the front and back of their vests. 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 licensed runners must wear the race number on the front of their vest and the temporary licence on the back.

6. 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.

7. Temporary licensed runners to wear plain clothing, no advertising.

8. The use of music players with headphones is not allowed and may result in disqualification.

9. 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.

10. There will be 4 water stations and two water/Coke stations on the route, and Coca-Cola at the finish area of the event.

11. 5km Fun Run is not officially timed.

12. For safety and awards purposes, ONLY the person assigned to this race number may use it.

13. Protection of Personal Information - Runners agree that their personal information is provided to the race organiser for the purpose of organising the event and that such information may be shared with Sport Redefined for the purposes of entering the race and timing.

14. Participants in this event do so at their own risk and release and discharge the organisers (Harfield Harries & Sport Redefined), 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.

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

16. 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, once results have been finalised.

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 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.

Cat	21.1km				10km		
	1st	2nd	3rd		1st	2nd	3rd
Open	R2 000	R1 500	R1 000		R800	R600	R400
40-49	R600	R500	R400		R300	R250	R200
50-59	R600	R500	R400		R300	R250	R200
60-69	R600	R500	R400		R300	R250	R200
70+	R600	R500	R400		R300	R250	R200
Juniors	-	-	-		R450	R350	R250
Team	R800	R600	R400		-	-	-

TEAMS:

See Team details below.

ROAD CLOSURE:

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

CHARITIES:



T-SHIRT: - R295

Limited Edition Sublimation Moisture

Management T-shirt

Pre-Ordered only

T-shirt Orders close 2nd February 2026

T-shirts not collected on Race Day will need to

be organised for a courier to collect them. T-

shirts not collected by 27th February will be donated.



Team Competition – ASA Clubs

1. Teams consist of 4 or more members
2. Team Categories – 21.1km (Men and Women) - ASA Club
3. No Mixed Teams
4. The first four men and women athletes' times count towards the team leaderboard
5. A runner can only be part of 1 team
6. ASA Club Teams - must all be part of the same club, and conform to the standard ASA rules (No foreign athletes)
7. Team prizes to confirmed once the results are confirmed after the run.
8. Team Prize will be paid to one team member or the club once the results have been finalised.

