



SUNDAY 1st MARCH 2020 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 19th February 2020 - 5pm
 - » If you are not able to enter online, please contact the Milkwood Run Team – info@milkwoodrun.co.za
- Entry Fees are not refundable unless the entry is rejected by the organiser less any bank charges.
- Athletes who forget their permanent or 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) info@milkwoodrun.co.za
- Race Number collection will be at:

Trail and Tar	Sweatshop	Sportsmans Warehouse Tygervalley	Sportsmans Warehouse Rondebosch
Wed 26th Feb 3pm to 6pm	Thur 26th Feb 11am to 2pm	Fri 28th Feb 11am to 2pm	Sat 29th Feb 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: Your Race Number will contain a timing tag. Do not remove or damage it. No timing tag = No time = No result**
 - » Results will be posted on www.milkwoodrun.co.za & 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.
- Aid 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. Please bring a cup or bottle to refill at the Aid Stations. This is a plastic-free event as part of our environmental and sustainability plan. Paper cups will be available at the Aid 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	R2000	R500	R500	R450	R450
2	R1500	R400	R400	R350	R350
3	R1000	R300	R300	R250	R250
Team	R250 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	R500	R200	R200	R200	R200	R250
2	R400	R150	R150	R150	R150	R200
3	R300	R100	R100	R100	R100	R150



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RULES

- 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.
- The athlete agrees to participate at their own risk and by their entry and participation fully indemnifies the organisers of the ABAX Investments Milkwood Run, Athletics South Africa, Western Province Athletics, City of Cape Town, Province, Sport Redefined, all official sponsors and partners, volunteer groups, medical suppliers, and any and all local authorities, from any direct or indirect loss or damage, however, caused, arising from their participation in the event or related to the event, including pre-race and post-race activities.
- The ABAX Investments Milkwood Run takes place on Sunday 1st March 2020 at Soetwater Resort Kommetjie.
- Licensed 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.
- One race number (bib) will be issued. Registered athletes must wear their 2020 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 licensed runners must wear the race number on the front of their vest and the temporary licence on the back.
- Temporary licence holders when registering must complete and hand in the tear off strip from the number in order to be eligible to compete.
- The official race number must be unaltered on the front of the runners' vests.
- 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.
- 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.
- 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.
- 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. Juniors (born in 2001 or later) wearing a senior or junior licence must display category tags "J", to qualify for age group prizes. Juniors will count towards Open team prizes.
- Runners must give proof of their age at the request of the Race Referee (Original ID / Birth Certificate / Permanent residence Permit).
- 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.
- Wheelchair athletes must please contact the organisers timeously to discuss arrangements for their participation.
- No personal seconding will be permitted, except at official Aid Stations.
- Do not litter. Dispose of cups and other litter responsibly by using the bins provided. Report offenders to the referees. #RunGreen #RunClean #ICarryMyOwn.
- For safety reasons the use of personal music players during road races is not allowed and may result in disqualification.
- Detailed rules are available on www.wpa.org.za or on request from the organisers or the WPA office.
- All entry fees are non-refundable and non-transferable under all circumstances, including, but not limited to, cancellation of the event or of the athlete's participation, or change in the date, nature, or format of the event. The event may be cancelled or changed due to severe weather or any other factors that may be deemed to threaten the safety of athletes, staff, or volunteers.

ENTRY FEES

Race	Entry Fee
21.1km	R135.00
21.1km Temp License	R195.00
10km	R95.00
10km Temp License	R135.00
10km Junior	R75.00
10km Junior Temp License	R100.00
5km Fun Run	R60.00
T-shirt (Orders Close 5th February)	R124.00

Race Number includes a compulsory disposable timing chip.
A service fee is charged when entering online.





ENTRY FORM

SUNDAY 1st MARCH 2020 21.1km • 10km • 5km Fun Run

INDICATE EVENT Please tick 21.1 km 10 km 5 km Fun Run

AGE CATEGORY JUNIOR 20 - 39 40 - 49 50 - 59 60 - 69 70 +

ID NUMBER

DATE OF BIRTH DD MM YY YY AGE Gender MALE FEMALE

SURNAME

FIRST NAME

CELL NUMBER **NATIONALITY**

EMAIL

MEDICAL AID

EMERGENCY CONTACT PERSON

EMERGENCY CONTACT NUMBER

DO YOU HAVE ANY MEDICAL CONDITIONS? YES NO

If 'yes' please specify: _____

DO YOU BELONG TO A RUNNING CLUB? YES NO

CLUB **LIC #**

WATER REQUIREMENTS Please tick Carry your own Reusable Cup or Bottle or Hydration Pack
 Carry your own water - No water required

NUMBER COLLECTION Please tick TRAIL AND TAR SWEATSHOP SPORTSMANS WAREHOUSE TYGERVALLEY SPORTSMANS WAREHOUSE RONDEBOSCH

T-SHIRT SIZE

	X-SMALL	SMALL	MEDIUM	LARGE	X-LARGE
Men	<input type="checkbox"/> 94cm	<input type="checkbox"/> 94cm	<input type="checkbox"/> 100cm	<input type="checkbox"/> 106cm	<input type="checkbox"/> 112cm
Women	<input type="checkbox"/> 88cm	<input type="checkbox"/> 88cm	<input type="checkbox"/> 94cm	<input type="checkbox"/> 100cm	<input type="checkbox"/> 106cm

EMAIL ENTRIES
 Payment details
Bank Name: First National Bank
Branch Name: Tokai
Account Holder: Sport Redefined
Account Number: 62444672019
Branch Number: 200409
Deposit Ref: Name & Surname
Send to:
 info@chapmanspeakhalf.co.za
Queries call: 082 643 6186

PAYMENTS	21 KM	10 KM	10 KM JUNIOR	5 KM FUN	TOTAL
ENTRY FEE (LICENCED) Includes a compulsory timing chip	R135.00	R95.00	R75.00	R60.00	
ENTRY FEE (UNLICENCED) Includes a compulsory timing chip	R195.00	R135.00	R100.00	R60.00	
CHARITY DONATIONS					
T-SHIRT (Orders Close 11 th September 2019)	R124.00	R124.00	R124.00		
TOTAL					

A service fee is charged when entering online

I HAVE READ AND ACCEPT THE WAIVER

WAIVER

Signature

Signature of parent or guardian if under the age of 18

Indemnity

By entering this event I undertake to be bound by the rules and regulations of the event including those of IAAF and ASA. I warrant that I am in good health and aware of the risks and dangers of the physical nature of this sporting event, and do not claim ignorance of these risks and dangers. I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organisers of the ABAX Investments Milkwood Run, Athletics South Africa, Western Province Athletics, City of Cape Town, Province, Harfield Harriers, Sport Redefined, all official sponsors and partners, volunteer groups, medical suppliers, and any and all local authorities, from any responsibility, liability or costs relating to any

injury, loss or damage of whatever nature, however, caused, arising directly or indirectly from my participation in the event including pre- and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity;

MINOR RELEASE: and I, the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this Indemnity/waiver on behalf of the minor