

THE GREEN MILE ROAD RACE 2026

**TROPHIES AND PRIZE MONEY
TO ALL CATEGORY WINNERS**
Distances: 4 - 8 - 16 Miles &
Athletics Gauteng North – 1 Mile Championships



Official 2026 Athletics Gauteng North League Race



11 APRIL 26



**06H00:
SPORT PARK
SPORTS ROAD
LYTTELTON MANOR
CENTURION**



The Mile for life



GREEN MILE
The Mile for Life

CHRIS - 082 785 8792

SHAUN - 083 417 5586

JAN-HENDRIK - 072 953 1808

2026

RACE DISTANCES & CUT-OFF TIMES

WALKERS ARE WELCOME

PRE-ENTRY R260 / LATE ENTRY R280

16 MILE RUN (25.76KM)

START TIME - 06 H 00

PRE-ENTRY R180 / LATE ENTRY R200

8 MILE RUN (12.88 KM)

START TIME - 06 H 00

PRE-ENTRY R80 / LATE ENTRY R100

4 MILE RUN (6.44KM)

START TIME - 06 H 15

1 MILE AGN CHAMPIONSHIPS R40



RUN (1.6 KM)

PRE ENTRY ONLY

START TIME GROUP 1 - 06H30

START TIME GROUP 2 - 06H45

- OPEN MEN & U/20 MEN
- 11-13 BOYS & 14-16 BOYS
- 40+ Men

- OPEN WOMEN & U/20 WOMEN
- 11-13 GIRLS & 14-16 GIRLS
- 40+ WOMEN

RACE CUT-OFF: 10 H 00

PRICE GIVING

1 MILE: 7 H 30 4 MILE: 8 H 30

8 MILE: 9 H 00 16 MILE: 9 H 30



TEMPORARY NUMBERS

R70

RACE MEDAL OR A BEER TO THE 4, 8 & 16 MILE FINISHERS

- SPECIAL TROPHIES TO ALL CATEGORY WINNERS -

ONLINE ENTRIES

CLOSING DATE

8 APRIL 2026

www.entryninja.com

- LATE ENTRIES AND ENTRY COLLECTIONS -

WILL BE AVAILABLE ON 10 APRIL 2026 AT
THE VENUE FROM 14H00 UNTIL
19H00 AND ON RACE DAY FROM 04H30



The Mile for Life
GREEN MILE

PRIZE MONEY

16 MILE (MEN AND WOMAN)

POSITION	WINNERS OPEN RUNNERS	JUNIORS	40-49 YRS	50-59 YRS	60-69 YRS	70 YRS (FREE ENTRY)
1ST	R475 Trophy	R200 Trophy	R200 Trophy	R175 Trophy	R175 Trophy	R175 Trophy
2ND	R300	R150	R150	R125	R125	R125
3RD	R200	R100	R100	R100	R100	R100

8 MILE (MEN AND WOMAN)

POSITION	RUNNERS WINNERS OPEN	JUNIORS	40-49 YRS	50-59 YRS	60-69 YRS	70 YRS (FREE ENTRY)
1ST	R375 Trophy	R150 Trophy	R150 Trophy	R125 Trophy	R125 Trophy	R125 Trophy
2ND	R200	R100	R100	R100	R100	R100
3RD	R150	R75	R75	R75	R75	R75

4 MILE - FUN RUN (MEN AND WOMAN)

POSITION	RUNNERS WINNERS OPEN	JUNIORS	40-49 YRS	50-59 YRS	60-69 YRS	70 YRS (FREE ENTRY)
1ST	R150 Trophy	R100 Trophy	NA	NA	NA	NA
2ND	R100	R75	NA	NA	NA	NA
3RD	R75	R50	NA	NA	NA	NA

General Information

Medical support will be present on race day. Walkers may enter for any event. The cut-off times stipulated will apply to both runners and walkers. Any participant in the 16-mile event, who has not reached the 8-mile point to start the second lap in 2 hours 10 minutes will not be permitted to proceed on the 16-mile route and will be routed to the 8-mile finish. Club trailers and tents will be allowed. They must be erected at the venue before 04h00 on Saturday 11 April 2026 no exceptions. Please arrive early to avoid congestion. Follow signs and obey instructions from Marshalls along the routes. No spot prizes Entry fees, as well as additional purchases, are NOT refundable: In the unlikely event of the race being canceled entry fees as well as additional purchases will not be refunded, returned, cancelled or exchanged on account of the weather or any unforeseen circumstances beyond the control of the event organisers. Unfortunately there will be no Kiddies entertainment.

Please do not discard water sachets/cups in gardens or drains, drop them in the bins provided or directly on the road. Toilets will be available at every water point. Tog bag area is available. Race results will be available on www.results.finishtime.co.za after the event.

Race Rules

The race will be run in accordance with the rules of ASA and AGN. Athletes indemnify the national, provincial and regional bodies, sponsors and organizers of the race against any or all actions of whatsoever nature, arising out of their participation in the race. Licensed athletes must wear the 2026 license number at the front and back of their vests and, if issued with a race number, this must be worn on the front of the vest, with both numbers being visible. Temporary licensed athletes must wear the temporary licence at the back of their vests, with the race number at the front of their vests. Licensed athletes competing for age category prizes must wear age category tags, clearly visible, on the front and back of their vests. Proof of age for prize winners may be required to be presented to referees before prize giving. Prizes could be withheld until ages have been confirmed. No seconding will be allowed. Wheelchair athletes will be welcome. No roller blades, bicycles or mechanically operated devices will be allowed in the race. No animals will be allowed to accompany athletes. No iPods or listening devices will be permitted to be used by athletes. - Minimum ages: 8-mile - 15yrs, 16-mile - 18 yrs. Temporary licensed

athletes will be eligible for open and category prizes, provided they have age category tags clearly visible at the back and front of their vests. All traffic officers and officials instructions to be obeyed. Water points will be available approximately every 3 km's. Your race numbers must not cover the logos on the ASA licence. Failure to comply will lead to disqualification. International Foreign Athletes must purchase a temporary License Number and must produce clearance from their member federation if they are contenders for prizes.

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The Mile for Life
2026

WALKERS - 16 MILE

POSITION	WINNERS OPEN	JUNIORS	40-49 YRS	50-59 YRS	60-69 YRS	70 YRS (FREE ENTRY)
1ST	R250 Trophy	R120	R120	R120	R120	R120

WALKERS - 8 MILE

POSITION	WINNERS OPEN	JUNIORS	40-49 YRS	50-59 YRS	60-69 YRS	70 YRS (FREE ENTRY)
1ST	R150 Trophy	R100	R100	R100	R100	R100

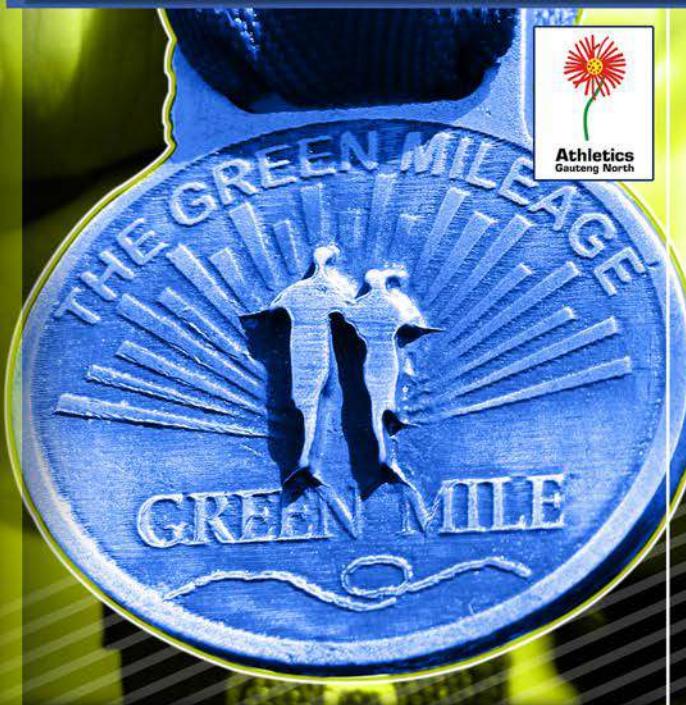
1 MILE - CHAMPIONSHIPS RUN

POSITION - (MEN, WOMEN, BOYS & GIRLS)

Trophies for the winners in each category

AGN will share a circular with the official AGN

Championship Prize money structure



GREEN MILE

THE GREEN MILE ROAD RACE 2026

The Mile for Life

EVENT ENQUIRIES

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- A mile with your family -

RUN-A-WAY SPORT

CLUB GAZEBOS WELCOME
TOG BAG FACILITY AVAILABLE



BEER TENT AT THE

FINISH



GREEN MILE