



SUNDAY 9TH FEBRUARY 2025

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: 26th January 2025

ENTRY FEES

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

ROAD CLOSURE

A:3AX
investments

1. Enter online at www.milkwoodrun.co.za until midnight 26th January 2025 or enter at Registration and on Race Day if entries are not sold out (2500 entries limit). Enter Early!
2. Cut-off time is 9:45 (3:15) for the 21.1km, 9:30 (2:45) for the 10km and 09:00 (2:00) for the 5km Fun Run.
3. Entry fees Refund Policy on the website – www.milkwoodrun.co.za
4. Tog bag facilities will be available at your 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. Lucky draw prizes 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 on the front and 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.
12. There will be security keeping an eye on everything.

NUMBER COLLECTION:

Number collection will take place at:

- Sweatshop – Claremont – Thurs 6th Feb – 11:00 to 13:00
- Run Store – Bellville – Fri 7th Feb – 11:00 to 13:00
- Sportsman's Warehouse - Tokai - Sat 8th Feb – 9:00 to 12:00
- Soetwater Resort–Kommetjie – Sat 8th Feb – 15:00 to 16:00
- Soetwater Resort-Kommetjie – Sun 9th 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. The time limit for the 21.1km is 3 hours 15 minutes, 10km is 2 hours 45 minutes, 5km is 2 hours.
6. 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 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 licensed 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.
14. 5km Fun Run is not officially timed.

15. For safety and awards purposes, ONLY the person assigned to this race number may use it.
16. 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.
17. 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.
18. Detailed rules are available on www.wpa.org.za or by request from the organisers or the WPA office.
19. 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

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 5th January 2025



Team Competition

1. Teams consist of 4 or more members
2. Team Categories – 21.1km (Men and Women) - ASA Club, Open, Corporate
3. Team Category – 10km (Boys and Girls) - School
4. No Mixed Teams
5. The best 4 members' times count towards the team leaderboard
6. A runner can only be part of 1 team (ASA Club, Open, Corporate, School)
7. Runners, must register or join a team, using the same team name
8. ASA Club Teams - must all be part of the same club, wear their club colours and conform to the standard ASA rules (No foreign athletes and no athletes with temporary licences.)
9. ASA Club members will automatically be part of the club team unless members form an additional club team.
10. Corporate Teams - All runners must be part of the same company and encouraged to wear corporate kit
11. Open Team – All runners who want to form their own team with friends or family must use the same Team Name
12. ASA Club/ Corporate Teams / School Teams that want to register more than one team. Must make sure to differentiate the Team Name, by adding a number or letter, or nickname at the end of the Club/Company Name / School. Eg. Harfield Harriers – A Team, ABAX Investment – Proteas
13. All entries close Sunday 26th January 2025 or once Full. Make sure you enter your team members before the closing date or event is sold out.
14. Teams must be confirmed by the 5th of February to qualify for the prizes.
15. Team Prize will be paid to one team member once the results have been finalised.
16. No Team changes will be accepted after the 5th of February.
17. Any runner who registered after the 5th of February or on Race Day will not be able to join a team.

School Teams – 10km

1. The Schools Team Event is for High Schools.
2. The School Team Event is for the 10km Distance.
3. Entry is open to all High School learners, for juniors 14 years old to 19 years of age (on race day).
4. Junior age tags are not required for the school team prizes. But encourage all juniors to wear an age category tag
5. Two separate categories: Boys and Girls.
6. There is no limit to the number of teams a school may enter
7. The team's name must include the school name. If more than one team registers. Make sure to differentiate the Team Name, by adding a number or letter, or nickname at the end of the School Name. E.g. Westerford High School – A
8. Schools enter via the ABAX Investments Milkwood Run website – www.milkwoodrun.co.za
9. A dedicated Group Entry Collection desk will be available at Race Pack Collection.
10. School Teams are encouraged to wear their schools' colours/ kit

Completion incentive and prizes:

The prizes are for the following Team Categories (Men and Women Teams):

Cat	1 st	2 nd	3 rd
Open Team – 21.1km	R800	R600	R400
Corporate Team – 21.1km	R800	R600	R400
ASA Club Team – 21.1km	R800	R600	R400
School Team – 10km	R800	R600	R400

* Only 1st place prize will be given, for team categories with less than 5 teams.

