

SUNDAY 13 MARCH 2016

21.1km • 10km • 5km Fun Run



RACE INFORMATION

- Venue:** Soetwater Resort Kommetjie

Distance	21.1km	10km	5km Fun Run
Start Time	06:30am	07:00am	07:15am

- Entries limited to 2000 runners. Enter Early to book your place.**
 - » Enter online: www.milkwoodrun.co.za
 - » Entries Closing date: Friday 4th March 2016 5pm
 - » If you are not able to enter online, please contact the Milkwood Run Team
- Entry Fees are not refundable unless the entry is rejected by the organizer less any bank charges.
- Athlete who have forgotten their temporary licences at home on race day will need to purchase a new one.
(21.1km - R40 & 10km - R25 & 10km Junior - R15)
- Race enquiries:** 082 643 6186 (9am - 5pm)
- Race Number collection will be at Sportsmans Warehouse Rondebosch Store & Harfield Harriers

	Harfield Harriers	Rondebosch
Date & Time:	Thurs 10th March 3pm to 7pm	Sat 12th March 9:30am 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.
- Results and Prize Giving**
 - » **Please note: No entry card – no result**
 - » Results will be posted on www.milkwoodrun.co.za and www.wpa.org.za
 - » Prize giving will be at 09:30am on the grass in front of the tidal pool.
 - » Lucky draw prizes - winners must be present at the prize-giving ceremony to be able to claim their prizes
- Finish** - Participants will receive a tree sapling and a cold cup of Coke.
- Refreshments will be on sale at the event.
- Cut off Time** - Cut off time for all races is 09:30am
- 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 SHAWCO would be appreciated

ROUTE INFORMATION

- Start and Finish** is at Soetwater Resort south of Kommetjie Lighthouse.
- Route:** Participants must stay on the right 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 3.5km 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.
- Water stations will be provided at approximately 3 km intervals
- No Littering during the race will be tolerated** - runners are to use all bins provided
- Athletes who dispose of cups or other litter outside of these designated areas shall be guilty of an offence and liable to a warning and/or a fine.
- Main Prize Money – Men and Women**

21.1km				10km		
	1st	2nd	3rd	1st	2nd	3rd
Open	R900	R750	R550	R400	R300	R200
40 – 49	R500	R350	R250	R300	R200	R100
50 – 59	R400	R300	R200	R200	R150	R100
60 - 69	R300	R200	R100	R175	R125	R75
70+	R200	R150	R100	R125	R100	R75
16 – 19	R150	R100				
14 -19				R200	R150	R100
Team	R100 x 4	* CLUB TEAM PRIZES (calculated on total combined times)				
5km Open				5km Junior		
	Prize	Prize	Prize	Prize	Prize	Prize

21.1KM RACE RECORDS

Men: Sibusiso Mbingeleli 01:07:31 (2009)	Women: Alae Brand 01:20:58 (2009)
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NEW RACE RECORD 21.1km: (On the existing course)

Men: R500	Women: R500
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KING & QUEEN OF THE MOUNTAIN:

First male and female to reach the top of Slangkop Pass will receive R500 Sportsmans Warehouse Vouchers as long as they complete the race.

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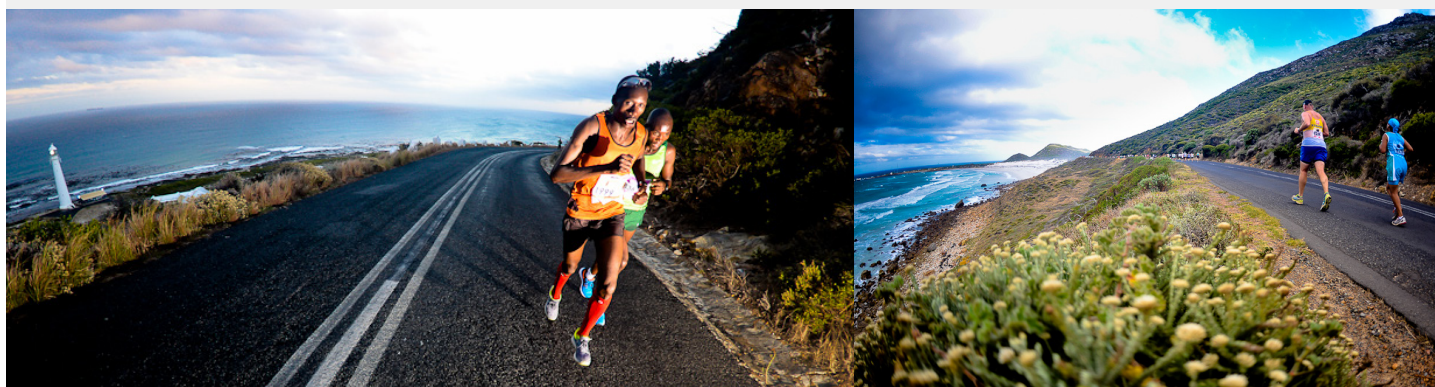
RULES

1. 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.
2. The ABAX Investments Milkwood Run takes place on Sunday 13 March 2016 at Soetwater Resort Kommetjie.
3. Licensed runners should wear club colours and must wear valid 2016 licenses on the backs of their vests.
4. Unlicensed runners must wear clothing without advertising, with temporary licenses on the backs.
5. The official race number must be unaltered on the front of the runners' vests
6. 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.
7. 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.
8. Runners need to complete the information on their race cards prior to the race and the race card must be in the runners' possession for the entire race.
9. **Categories & [Tags]:** Senior (20-39) 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
10. Runners may enter the age category corresponding to their chronological age or any younger category down to senior. Juniors (born in 1997 or later ie under the age of 20 at 31 December 2016) wearing a senior or junior licence must display category tags "J" to qualify for age group prizes.
11. Runners must give proof of their age at the request of the Race Referee (Original ID / Birth Certificate / Permanent residence Permit)
12. Temporary License Runners are eligible for an age category prizes provided they enter the relevant age group, wear the appropriate age tag and provide proof of age.

13. No personal seconding will be permitted, except at official refreshment stations.
14. Club colours must be worn to qualify for the team prize
15. For safety reasons the use of personal music players during road races is strongly discouraged. Any person using such device is in contravention of IAAF Rule 144.3b and who fails to obey a reasonable instruction from a race official may be disqualified and shall not be eligible for individual prizes.

ENTRY FEES

Race	Entry Fee
21.1km	R80.50
21.1km Temp License	R126.50
10km	R46.00
10km Temp License	R74.75
10km Junior	R28.75
10km Junior Temp License	R46.00
5km Fun Run	R35.00
5km fun Run - Junior	R30.00
T-shirt	R70
Entry fee includes a 15% service fee	



Running for a changing world

www.milkwoodrun.co.za