



Enter before
30 June to
**RECEIVE YOUR
FREE T-SHIRT!***

EXPERIENCE
THE BREATHTAKING
**VUM DURBAN
SUNRISE RUN**

AND

**COMPETE FOR R14,500
IN PRIZE MONEY!**

Enter online: www.eventtiming.co.za

Event closing date: 20 August 2023 at 2pm

21km
10km

Lace up your running shoes and get ready for an unforgettable experience at the VUM Durban Sunrise Run.

Date	Sunday, 27 August 2023
Start/Finish Venue	SunCoast, Durban Beachfront
Distances	10km and 21.1km

So mark your calendars, gather your fellow runners, and join us for a morning of exhilarating athleticism and natural beauty at the VUM Durban Sunrise Run.

INCORPORATING THE KZNA 10KM CHAMPIONSHIPS



KWAZULU-NATAL
ATHLETICS



Enter online: www.eventtiming.co.za

START TIMES

Handcycles @ 6.15am / 21km runners @ 6:30am

10km runners @ 6:40am

RACE NUMBER COLLECTION

Saturday, 26 August from 11:00 to 15:30

at SunCoast, Durban Beachfront and

Sunday, 27 August from 04:30 until races start

MEDALS FOR ALL FINISHERS

PRIZE MONEY

Position	21.1km		10km	
	Male	Female	Male	Female
1 st	R1500	R1500	R1000	R1000
2 nd	R1000	R1000	R750	R750
3 rd	R500	R500	R500	R500
1 st 35-39	R250	R250	R250	R250
1 st 40-49	R250	R250	R250	R250
1 st 50-69	R250	R250	R250	R250
1 st 60+	R250	R250	R250	R250
TOTAL	R4000	R4000	R3250	R3250

ENTRY FEES

Entry Type	21.1km	10km
Early bird entry*	R250	R190
Late entry	R280	R220
Temp Licence	R80	R50

- **Entries are limited:** 1000 entrants per distance only (1000 Runners – 21km / 1000 Runners – 10km)
- Early Bird entries close on 30 June.
- Late entries will be allowed at race number collection on 26 August – **NO late entries on race day.**

IMPORTANT RACE INFORMATION

1. The race will be run in accordance with the rules of WA, ASA, KZNA.
2. Foreign athletes must comply with WA Rules 22.1, 4.2 and 142 and ASA rule 9.
3. Proof of age will be required for all category winners.
4. ASA approved age category tags must be worn on the front and back of your vest or crop top and must be clearly visible to qualify for an age category prize.
5. Race rules, marshals, technical and traffic officials must be obeyed by all runners at all times.
6. Participants must be 14 years or older for the 10km race and 16 years or older for the 21km race.
7. Current ASA licence numbers must be worn on front and back of running vest/shirt.
8. ASA licence sponsor, province and year must not be covered on ASA licence, or replaced by race number. Athletes who do not adhere to this rule may be disqualified as per ASA Rule 26.1.7.
9. Temporary licences are required for all non-licenced 10km and 21km entrants.
10. Temporary licenced athletes are not covered by a national insurance policy as per ASA Rule 25.6.13.
11. Unregistered athletes running with temporary licences must run in neutral colours and adhere to WA and 12. ASA rules.
12. Holders of temporary licences will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rule 25.5.13.
14. Refreshments will be provided at water tables along the route and no personal seconding is permitted.
15. Finish times will be captured at the finish by Event Timing.
16. The cut-off times will be 1½ hours (10km) and 3 hours (21km).



VUM and GETFIT Athletic Club are proud to be associated with Made for More and we are delighted that a number of handcyclists will be taking part in the 10km event.

Made for More aims to see people with disabilities included, equipped and empowered to live a life of connection, wholeness, passion and purpose. They achieve this by breaking stigma, while empowering people with disabilities to discover their abilities, worth and divine purpose through community, sport, faith, mentorship and community projects.

Learn more at: madeformore.org.za