

LIMITED TO 5000 ENTRIES

# UMHLANGA ROCKS

10KM 21KM

ENTER NOW AT

03 NOVEMBER 2024



web tickets  
AVAILABLE AT Pick n Pay



**21KM**  
**R250**  
**05:45AM**

**10KM RUN**  
**R190**  
**06:00AM**

**5KM WALK**  
**R100**  
**06:15AM**

START AND FINISH AT THE UMHLANGA CENTRE

HOSTED BY  
SOCIAL RUNNERS CLUB



## EARLYBIRD ENTRIES

21KM  
R250

10KM  
R190

5KM  
R100

## NORMAL ENTRIES

21KM  
R270

10KM  
R220

5KM  
R120

## RACE INFORMATION

### AGE RESTRICTION:

Minimum age on race day is 9 years of age for the 5km , 14 years of age for the 10km and 16 years of age for the 21.1km.

Junior Athletes must be 19 and younger on the 31st December in the year 2024 and must wear a J on the upper front and back of vest in order to be eligible for prizes. Proof of age must be provided on race day for prize eligibility.

### RACE RULES AND REGULATIONS:

- Club colours must be worn by licensed athletes.
- All licensed runners are required to display 2024 license numbers on the front and back of your vest/crop top with race numbers on the front.
- All unlicensed entrants require a temporary license at R60 for 10km and R90 for half marathon which must be worn on the back of the vest/crop-top and the race number must be on the front.
- The race will be run subjected to the rules of WA, ASA and Kwa-Zulu Natal Athletics.
- Unlicensed entrants to wear plain colour vests/crop tops with no advertising. Holders of Temporary licenses will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rule 25.6.13
- New ASA/KZNA age category tags and Walker tags(60mm-80mm) must be worn on the front and back of vest/crop top and must be clearly visible to claim prizes.
- Proof of age must be provided if entrant qualifies for a prize category.
- Foreign Athletes must abide by WA Rules CR1.7, TR4.1, TR4.1 and ASA Rule 9.
- No Personal Seconding.
- No Pacing permitted.

Traffic Officers, Race officials and Marshalls must be obeyed at all times.

All entrants participate at own risk. Organisers and sponsors will not be held responsible for any loss or injury during or as a result of the race, property lost or damaged on the course or on the premises.

Temporary licensed athletes are not covered by ASA Insurance Policy.

Litter Zones will be enforced at all Water Tables as per

ASA Rule 28. There will be 3 water tables with Water and Drinks.

Cut off will be 8am.

No Refunds.

ASA Rule 34.10.6 For safety reasons the use of personal music players or other devices with headphones is not allowed. Any person may be disqualified without warning.

## COLLECTION AND REGISTRATION

Friday 1st November 2024

12h00 – 17h00 at Umhlanga Centre - 189 Ridge Road Car Park

Saturday 2nd November 2023

10h00 – 17h00 at Umhlanga Centre - 189 Ridge Road Car Park

## EARLY BIRD / NORMAL / LATE ENTRIES

Earlybird entries close Friday 4th October 2024

Normal entries close 30th November 2024

Late entries available on Friday 2nd November and Saturday 3rd November at Umhlanga Centre - 189 Ridge Road Car Park

21km -R290 10km - R250 5km - R150

Temp license - R60 for 10km / R90 for 21km

## PRIZE MONEY (MALE AND FEMALE) 10KM RUN

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>
Open Men/Lady	2500	1000	750
Men/Lady 40-49	300		
Men/Lady 50-59	300		
Men/Lady 60-69	300		
Junior Men/Lady	750	500	250

## PRIZE MONEY (MALE AND FEMALE) 21KM RUN

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>
Open Men/Lady	4000	2000	750
Men/Lady 40-49	400		
Men/Lady 50-59	400		
Men/Lady 60-69	400		
Junior Men/Lady	1000		

## CONTACT INFORMATION

ADAM- 082 087 7744

MDU- 061 436 396

adam@blacktreeregroom.co.za.

## ENTRIES

## HOSTED BY

**Racepass**

[www.racepass.com](http://www.racepass.com)



## SOCIAL RUNNERS CLUB

**web tickets**

AVAILABLE AT **Pick n Pay**

[www.webtickets.co.za](http://www.webtickets.co.za)



**Racepass**



**EMER-G-MED**  
When seconds count



**BELLEZAR**

