

DURBAN SUNRISE RUN



SUNRISE VIBES, ENDLESS STRIDES

10km/21km

COMPETE FOR R11 000 IN PRIZE MONEY

17 AUGUST

SUNCOAST,
DURBAN BEACHFRONT

EVERY FINISHER WILL
RECEIVE A MEDAL
& ICE COLD COO-EE



Scan here or visit www.eventtiming.co.za to enter



KWAZULU-NATAL ATHLETICS





The first 1000 entries get an **EXCLUSIVE Race Mug**

ENTRY FEES (Same as 2024)

TEMP LICENSE 21KM: R90 / 10KM: R60

EARLY BIRD ENTRY

April to 31 May

21km: R250

10km: R190

NORMAL ENTRY

1 June to 31 July

21km: R300

10km: R250

LATE ENTRY

1 to 14 August

21km: R350

10km: R300

Late entries will be allowed at Saturday registration

*Limited to 1500 entries per event.

START TIMES REGISTRATION

Hand Cycles 6:45am // 21km 6:50am // 10km 7:10am
Saturday, 16 August: 11am to 4pm
Suncoast Sundeck (no Sunday Registration)

PRIZES

	MALE: 21KM	FEMALE: 21KM	MALE: 10KM	FEMALE: 10KM
1st	R1 050	R1 050	R750	R750
2nd	R750	R750	R500	R500
3rd	R500	R500	R350	R350
1st 35-39	R200	R200	R200	R200
1st 40-49	R200	R200	R200	R200
1st 50-69	R200	R200	R200	R200
1st 60+	R200	R200	R200	R200

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 CR 1.7, TR 4.1, TR 4.2 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 staff 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 26.1.8. 9. Temporary licences are required for all non-licensed 10km and 21km entrants. 10. Temporary licensed athletes are not covered by a national insurance policy as per ASA Rule 25.6.15. 11. Unregistered athletes running with temporary licences must run in neutral colours and adhere to WA and 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 25.6.13. 13. Refreshments will be provided at water tables along the route and no personal seconding is permitted. 14. Finish times will be captured at the finish by Event Timing. 15. The cut-off times will be 2 hours (10km) and 3½ hours (21km).