

5KM

10KM

21KM

5AM

OCEANS MALL

16 NOV 2025

**Balwin**  
PROPERTIES®

UMHLANGA   
ROCKS 10KM 21KM

ENTRIES  
**NOW  
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**OCEANS**  
MALL



**SOCIAL  
RUNNERS  
CLUB**





# UMHLANGA ROCKS 10KM 21KM

HOSTED AT



MEDALS TO  
ALL FINISHERS

FIRST 1000 ENTRIES GET A FREE RACE T-SHIRT  
R100 SHIRTS FOR SALE AFTER.

FREE SHIRTS TO 10 & 21KM ONLY

## RULES & REGULATIONS

### 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 2025 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 2025 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 R70 for 10km and R100 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 8:30am.

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.

## ENTRY FEE

### EARLY BIRD

5KM - R100

10KM - R190

21KM - R240

10KM TEMP - R70

### NORMAL

5KM - R120

10KM - R220

10KM - R270

21KM TEMP - R100

ENDS FRIDAY 31 OCT 2025

## START

10KM - 5AM

21KM - 5AM

5KM - 5:15AM

Cut Off 8:30AM

## FINISH



START AND FINISH  
AT OCEANS MALL

## COLLECTION

THURSDAY 13TH AND FRIDAY 14TH NOVEMBER 2025 - IZINGA  
LIFESTYLE ESTATE DEVELOPMENT - LOCATION TBC  
SATURDAY 15TH NOVEMBER 2025 - OCEANS MALL

## PRIZE MONEY

### 10KM

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>
Open Men/Lady	2000	1000	500
Men/Lady 40-49	300		
Men/Lady 50-59	300		
Men/Lady 60+	300		
Junior Men/Lady	500	300	150

### 21KM

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>
Open Men/Lady	3000	1500	750
Men/Lady 40-49	300		
Men/Lady 50-59	300		
Men/Lady 60+	300		
Junior Men/Lady	500		

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