

INFORMATION

Registration and late entries 14 November – From 17h00 at KMC Clubhouse George Rex drive Knysna (Loerie park) at the start from 05h00 on race day 15 November 2025 at the South Waterfront Parking area.

ALL RUNNERS MUST REGISTER

A late entry fee of R20,00 will be charge for late entries.

Online entries: Enter at Entry Ninja/ASWD or on the club website
www.knysnamarathonclub.co.za closing **10 November 2025**

Entry Fee: Funrun - R35.00 or 10km - R80.00 OR 21.1km – R100.00
Allow R10 for online entries

Start/Finish/Parking Knysna Waterfront
Parking at the Waterfront Drive parking area. Race Start/Finish at the South Waterfront Parking area.

Ablution: Available at Venue -

Accommodation: Knysna Hollow Tel: 044 382 5401

Medals: Medals to all finishers who complete the race within the cut-off time

Prize giving: **Waterfront Promenade 10 km-09h00. 21.1 km-10h00.**All Prize winners must be in their club colors when collecting their prize. Winners must be present at the prize giving otherwise the prize will be forfeited. No Exceptions!

Prize Money: Equal Prize money will be awarded to men and women in the following categories:

10km		21.1km	
Open	Position 1 R300.00 Position 2 R150.00 Position 3 R100.00	Open	Position 1 R750.00 Position 2 R350.00 Position 3 R200.00
40 – 49	Position 1 R150.00	40 – 49	Position 1 R200.00
50 – 59	Position 1 R150.00	50 – 59	Position 1 R200.00
60 +	Position 1 R150.00	60 +	Position 1 R200.00
70 +	Position 1 R150.00	70 +	Position 1 R200.00
80+	Position 1 R150.00	80+	Position 1 R200.00
Junior	Position 1 R150.00	Junior	Position 1 R200.00
Walker	Position 1 R150.00	Walker	Position 1 R200.00

Protection of Personal Information Act 4 of 2013

All information will be processed in line with section 11 of this act; by completing this form you consent to your personal information to be processed accordingly.

Route: 5 and 10 km: out and back along the waters edge – very flat for fast times 21.1 km: Waterfront - Leisure Isle Coney Glen and back.

This event is timed by an electronic bib chip. NO BIB NO CHIP !!!

First Aid: At the venue and along the route

Race Convener: Morney Willemse – 065 857 0273

RULES AND REGULATIONS

<p>Held under the rules of ASA and ASWD. All competitors must comply with the rules, regulations and instructions given by officials, marshals and traffic officials. Non-compliance may lead to disqualification. The Race Referee's decision is final. The Race Organizer reserve the right to accept / reject any entry received.</p>
<p>Club Colours: Athletes must participate in their correct club colours and display the ASA 2025 license number on the front and back of the vest. All other runners must display temporary number on front and back of vest. No advertising allowed. No Temp License needed for 5km Fun run</p>
<p>Cut-off time: 5km = 1 ½ hrs OR 10km = 2 hrs OR 21.1 = 3 1/2 hrs</p>
<p>Distance markers: Will be placed at every kilometre.</p>
<p>Foreigners: All foreign athletes must comply with WA rule 142 and 4.2. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day.</p>
<p>Minimum ages: 5 km = 9 yrs, 10km = 14 yrs OR 21.1 km = 16 yrs. Athletes must give proof of their age at the request of the Race Referee. (ID / Birth Certificate / Permanent Residence Permit)</p>
<p>Refreshment Tables: Drinking / Sponging stations shall be provided at 2.5 km's, 5 km, 5.66 km, 9.83 km, 13.1 km, 16.1 km, 18.6 km. Water and other suitable refreshments will also be available at the start and finish of the races.</p>
<p>Road: Athletes must stay on the brick paved route and move to the right-hand side of the road at all other times, unless instructed differently by the marshals and Traffic Officers.</p>
<p>Safety: No animals or racers (push carts or prams) will be allowed. No earphones or in-ear music devices will be allowed. - Immediate disqualification (Applies to all events)</p>
<p>Seconding: No seconding from cyclists or private vehicles will be allowed on the route. No seconding will be allowed except for 1m on either side of a refreshment station.</p>
<p>Age Tags: Participants will be eligible for prizes in the OPEN category and the age category for which they have entered provided the relevant OFFICIAL ASWD age category tag or junior tags is displayed front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. (Red age tag or Orange "W" tag)</p>
<p>Temporary licenses: Will be available to runners at the cost of R45.00.</p>
<p>Transport: No transport will be provided</p>

ENTRY FORM

Admin Use	
Chip #	
Temp #	

SURNAME											
FIRST NAME											
MALE			FEMALE								
ADDRESS						Emergency contact details					
						Relation					
						Name					
CELL PHONE NR						Cell NR					
CLUB											
DATE OF BIRTH						AGE					
ID/BC/PR Nr											
TEMP NR					Runner				Walker		
2025 LICENSE #					PROVINCE						
5KM –Fun run R35.00			10KM – R80.00			21.1km – R100.00					
PARTICIPATION CAT: 10 km & 21.km (min 16yr for 21km) 14 – 19 / OPEN / 40 – 49 / 50 - 59 / 60-69 / 70-79/80+ or Walker											
CARE SHARE AND SMILE CHILDREN SOUP KITCHEN KANONKOP	ENTRY FEE										
	Temp License R45 (Not needed for 5 km)										
	Voluntary donation to Soup kitchen										
	TOTAL										

INDEMNITY / DISCLAIMER By entering this event I undertake to be bound by the rules and regulations of the event including those of WA and ASA. I warrant that I am in good health and aware of the risks and dangers of the physical nature of this sporting event, **and do not claim ignorance of these risks and dangers.** I hereby accept that I participate in the event entirely at my own risk and I release and discharge, to the fullest extent allowed in law, the organizers of the event, all sponsors, persons and organizations assisting in the staging of the event, provincial and national athletics bodies and all local authorities from any responsibility, liability or costs relating to any injury, loss or damage of whatever nature, however caused, arising directly or indirectly from my participation in the event including pre- and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity. Personal information you provide when entering will be shared with the KMC, ASWD and ASA and can be used and shared by them in accordance with their Terms and Privacy

Minor Release: and I the minor's parent and/or legal guardian, understand the nature of athletic activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter this Indemnity/waiver on behalf of the minor.

Printed name of participant (parent/guardian in the case of a minor)
Phone..... Signature.....Date.....