

10KM ITHEMBA CHALLENGE



START TIME

10KM STARTING TIME 06:00AM 5KM FUN RUN STARTING TIME 06:15AM

SUNDAY

07 DECEMBER

2025

Start at : Kings Park

Entry Fee

ONLINE ENTRIES CLOSING DATE : 03 DEC 2025

Go to > <https://www.eventtiming.info/entryonline.php?id=1380>

10 km : R200 (late entry R220) | 5 km : R150

Category 70+ Free entry | 10 km Temporary Licence : R70

REGISTRATION AND LATE ENTRIES AT KINGS PARK

Saturday 6th December 2025 | 12 : 00pm - 17 : 00pm

Late Entries Sunday 7th December 2025 | 04 : 40am - 05 : 45am

FIRST 500 ENTRIES GET T-SHIRT AND A MEDAL



CONTACT US

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START AT KINGS PARK

10KM ITHEMBA CHALLENGE



10KM STARTING TIME 06:00AM
AND 5KM FUN RUN STARTING TIME 06:15AM



RACE RULES & INFORMATION

- Race will be run in accordance with rules of WA, ASA & KZNA and all participants to abide by these rules
- All participants must comply with WA Competition rule 1.7, TR4.1, TR4.2 and ASA rule 9.
- Refreshment will be provided along the route and no personal seconding will be permitted.
- Runners & walkers to obey all marshals, traffic and technical officials.
- Age restriction : 10km-participants must be 14 years and older on raceday / 5km- participants must be 9 years and older on race day.
- ASA/KZNA approved age category tag and walker tags must be worn on top of front and back vest/ crop top to be eligible for age category prizes.
- Prize giving : 10km 9h00
- ASA licence number : organiser/athletes may not replace ASA licence number with competition/ race number/ sticker under any circumstances. Where a Competition/race number is used, it must be placed so that the ASA licence sponsor and the ASA province / year remain visible above the competition / race number. The licence numerals may be covered. Athletes who fail to adhere to this rule may be disqualified.
- Temporary Licences : Temporary licenced athletes are not covered by National Insurance Policy. Refer to ASA rule 25.6.15.
- Unregistered athletes running with Temporary licences must wear neutral colours and adhere to WA and ASA advertising rules.
- Holders of temporary licences will be eligible for individual prizes and may claim age category prize in keeping with WA and ASA rule 25.6.13
- Junior athletes, 19 years and younger on 31 December 2025 in the year of the competition, must wear 'J' on the upper front and back of the vest / crop top in order to be eligible for prizes and must provide proof of age on race day

PRIZES

PRIZE MONEY	10km Run (Male / Female)				
	OPEN	40-49	50-59	60+	Junior
1st	R1 000	R500	R500	R500	R500
2nd	R700	R300	R300	R300	R300
3rd	R500	-	-	-	

ENTRY FORM

SURNAME: _____ FIRST NAME: _____
ID NO: _____ AGE ON RACE DAY: _____
CELL NO: _____ CLUB: _____
2025 LICENCE NO: _____ PROVINCE: _____
EVENT: _____ 10KM ☐ 5KM ☐
EMAIL ADDRESS: _____
GENDER: MALE ☐ FEMALE ☐
EMERGENCY CONTACT: NAME: _____ CELL NO: _____
T-SHIRT
SIZE: _____ AMOUNT PAID: _____

INDEMNITY

I am medically fit to run and fully understand that I enter at my own risk. I accept that the organizers, their sponsors, hosts and officials cannot be held responsible for any loss or injury during or as a result of the event, or for any loss or damage to property on the course. These events are run in accordance with the rules of the WA, Athletics South Africa and KwaZulu Natal Athletics. All foreign athletes must comply with WA rules CR 17, TR4.1 and TR 4.2 together with ASA rules 9. If I am competing with a temporary licence I am NOT covered by ASA athlete medical insurance policy.

PAYMENT INFORMATION

RUNNERS MAY PAY ENTRY FEE KH BRADFIELD DIRECT DEPOSIT INTO CAPITEC BANK AND USE ID NUMBER AS REFERENCE.

BANK :CAPITEC
BRANCH :PAVILLION
ACCOUNT NUMBER:154 376 4345
BRANCH CODE:470010
ACCOUNT HOLDER:EVENTTIMING (KH BRADFIELD@082 556 4966)
ACCOUNT TYPE:SAVINGS
PLEASE WRITE YOUR ID NUMBER ON THE SLIP & ATTACH THIS TO THE ENTRY TO 061 505 1416