



KWAZULU-NATAL ATHLETICS

Join SA Men Run 2025! Celebrate health, unity, and strength through running while taking a stand against gender-based violence. Run your race, shine at the finish, and inspire change together!



06 July, 2025



07:00 am

KINGSPARK ATHLETICS STADIUM

5KM FUN RUN
10KM RUN/WALK



REGISTER NOW

www.eventtiming.info

EARLY BIRD: R180 (10KM) R100 (5KM) (CLOSES 1ST JULY)
LATE ENTRY :R 230 (10KM) R120 (5KM)
TEMPORARY LICENCE R70

RULES AND GENERAL INFORMATION

- Race held in accordance with WA, ASA and KZNA rules.
- The license number may be covered with the competition issued number.
- Both provincial licenses MUST be worn on the upper part of the vest/crop top (front and back).
- Please bring proof of payment when collecting with allocated race number or SMS with allocated race number.
- Tog bag facilities will be provided - use them is at participant's own risk (race officials/organisers are not liable for loss of personal belongings).
- All participants must wear ASA-approved licenses and relevant age category tags on the upper part of vest/crop top (front and back) to qualify for prizes.
- All relevant age categories must be clearly visible.
- No refunds.
- Club kit must be worn.
- Participants must obey Marshalls, traffic officials, and race officials.
- All foreign/international athletes must comply with WA rules CR 1.7; TR 4., TR 42, and ASA rule 9, failure to do so will result in automatic disqualification.
- 10km participants must be from 14 years of age and above.
- Please note, only athletes who are of age 19 years and younger on the 31st December 2024 are eligible for junior prize.
- Proof of ID required for prize giving.
- All prize winners must be present at the prize giving ceremony, failure to attend prize giving ceremony will result in forfeiture of prize.
- Timing will be done from gun to mat.
- The cut off time for 10km is 2 hours (09:00).
- Refreshment stations will be provided at every 2.5km.
- Temporary licensed athletes are not covered by the ASA national insurance policy.
- Temporary licences to be worn on the back of the vest/crop top with the number on the front.
- Unlicensed athletes running with Temporary Licences must be in neutral colours in accordance with WA and ASA Advertising Regulations.
- Holders of Temporary Licences will be eligible for individual prizes and may claim age category prizes, ASA Rule 25.6.13





PRIZE MONEY

Pos.	Overall	Age Cat (Juniors)	Age Cat (40-49)	Age Cat (50-59)	Age Cat (60+)	Walker
1	R10 000	R3000	R1500	R1500	R1500	R5000
2	R8000	R2000	R1000	R1000	R1000	R4000
3	R6000	R1000	R750	R750	R750	R3000
4	R4000					R2000
5	R3000					R1000
6	R2000					
7	R1000					
8	R750					

Only male participants are eligible to prize money

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LATE ENTRIES/ RACE PACK COLLECTION

@KINGSPARK ATHLETICS STADIUM

SAT 5TH 10:00-18:00

SUN 6TH 04:00-05:30

ALL (MALE AND FEMALE) RUNNERS ARE WELCOME!!!

T-shirts to first 1000 entries,
 Medals to all finishers Free entry
 for entrants over the age of 70

CONTACT: SIHLE 0734709842
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#end

GBV

