

21km Run

10km Run/Walk

5km Run/Walk

17th August 2025

6am Start

Enter Online Now



LLM

LA LUCIA MALL

10 / 21km



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 8am.

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.



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		

Entry Fee

Earlybird

5km –R100

10km – R190

21km – R240

10K TEMP R70

ENDS 28th July 2025

Normal

5km –R120

10km – R220

21km – R270

21KM TEMP R100

R80 Race t-shirt



Contact Info

Start / Finish

La Lucia Mall

Collection Info

RUN

THE

COMMUNITY

ADAM- 082 087 7744
MDU- 061 436 3967
adam@blacktreegroup.co.za.

Enter Now



La Lucia Mall
Friday 15th August 12–5pm
Saturday 16th August 10am–4pm