

KNYSNA MARATHON CLUB PRESENTS



# KNYSNA HEADS MARATHON 2026



**Saturday**  
14/02/2026



**Start at**  
06:00am (42.2km & 21.1km)  
06:30am (10km & 5km)



42,2km	21.1km	10km	5km Fun Run
R 200	R 130	R 100	R 45

Unlicensed Runners pay an additional R50 for Temp License



**Registration and late entries:** [www.knysnamarathonclub.com](http://www.knysnamarathonclub.com) Also available on **ENTRY NINJA**. Late entries 13 FEB 16h00-22h00 KMC club house. Thesen Island 05h00 late entries will attract a R20 premium to advertised rates. NO RACE DAY ENTRIES FOR 21.1 AND 42,2 KM.

Entries by hand can be done at **TOP GEAR SPORTS GEORGE**  
ONLINE ENTRIES ATTRACT A R14.00 ADMIN FEE

PRIZE MONEY	42,2KM	21,1KM	10KM
1 <sup>st</sup> OPEN	R 1500	R 750	R 500
2 <sup>nd</sup> OPEN	R 750	R 500	R 250
3 <sup>rd</sup> OPEN	R 500	R 300	R 100
40-49	1 <sup>st</sup> . R 250 2 <sup>nd</sup> . R 150	R 200	R 100
50-59	1 <sup>st</sup> . R 250 2 <sup>nd</sup> . R 150	R 200	R 100
60-69	1 <sup>st</sup> . R 250 2 <sup>nd</sup> . R 150	R 200	R 100
70-79	1 <sup>st</sup> . R 250 2 <sup>nd</sup> . R 150	R 200	R 100
80+		R 200	R 100
JUNIOR		R 200	R 100
WALKER		R 200	R 100

**Race timing:** Electronic Timing Bib Chip (BoutTime)

**Protection of Personal Information (POPI) 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.

**Ablution:** Toilets at venue /no Showers

**First Aid:** At venue and along the route

**Hand-outs:** Lucky Draws

**Prize-giving:** Thesen Islands. 10km and 21km prize giving at 10:00. 42km prize giving at 12:00. (ASA Rule 2.9) All Prize winners must be in their club colours when collecting their prize. Winners must be present at prize giving otherwise the prize will be forfeited. No Exceptions!

Route: fast and flat at sea level; From Thessen Island direction Leisure Island and back. 42,2 km proceed to White bridge turn right to Phantom pass and back.

Welcome: Walkers on 21, km and 10 km

Number collection: 13 Feb at KMC Clubhouse from 16:00 - 22:00 and on race day from 05:00 - 06:00

**Race t-shirts & vests available for  
Pre-Order until 5 January 2025**

**COMRADES & TWO OCEANS QUALIFIER RACE**



Race Convenor  
**Morney Wilmse**  
065 857 0273  
[morwillemse@gmail.com](mailto:morwillemse@gmail.com)



More Information  
[www.knysnamarathonclub.com](http://www.knysnamarathonclub.com)





# KNYSNA HEADS MARATHON

## RACE RULES

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 reserves the right to accept/ reject any entry received.

**Club Colours:** Athletes must participate in their correct club colours and display the ASA 2026 license numbers on the front and back of the vest, All other runners must display temporary number on front of vest. No advertising allowed.

**Cut-off time:** 10km = 2:00 hrs OR 21.1km = 3:30 hrs OR 42.2km = 6:00

**Distance markers:** Will be placed at every kilometre.

**Foreigners:** All foreign athletes must comply with **WA rule 142.2 and 4.2**. Foreign athletes must be able to produce a letter from their respective federation permitting them to participate on race day.

**Proof of Age:** Athletes must give proof of their age at the request of the Race Referee. (SA ID/Passport/Driver's License/Refugee Permit/Birth Cert since 1994)

**Refreshment Tables:** Drinking / Sponging stations shall be provided at 3km intervals. Water and other suitable refreshments shall be available at the start and finish of all races.

**Road:** Athletes must always stay on the right-hand side of the road, unless instructed differently by the marshals and Traffic Officers.

**Safety rule:** No animals or racers (push carts or prams) will be allowed. (ASA rule 34.10.1; 34.10.3) No earphones or in-ear music devices will be permitted. **(ASA rule 34.10.6 - Immediate disqualification (Applies to all events))**.

**Seconding:** No seconding from cyclists or private vehicles will be allowed on the route. Personal seconding, stand and hand rule will only be permitted within the delineated area at water points. **(ASA Rule 34.8.2)**

**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, visible and above license number, front and back. Participants may enter the age category corresponding to their chronological age or any younger category down to SENIOR. **(Red age tags/white background (ASA Rule 22.9))**

RACE	ENTRY FEE	TEMP LIC FEE	MINIMUM AGE
Fun Run	R 45.00	None	9 years
10km	R 100.00	R 50.00	14 years
21,1km	R 130.00	R 50.00	16 years
42,2km	R 200.00	R 50.00	20 years

## RACE T-SHIRTS & VEST FOR SALE !

Available for Pre-Order until 5 January 2025



Back

Front

**Short Sleeve T-shirt**

R 285.00

**Sleeveless Vest**

R 250.00



Front

Back