

22 MARCH 2026

ONLINE ENTRIES AT:
www.peaktiming.co.za

Your favourite Comrades
Qualifier on the spectacular
Dolphin Coast



RACE	START VENUE	START TIME	ENTRY FEES	TEMP. LIC	BUS TICKETS
42km	Lifestyle Centre, Ballito	05H00	R450*	N/A	R180
21km	M4 North of Sibaya Circle	05H30	R300	R120	R180
10km	Virginia Sports Ground	05H30	R200	R100	R180
5km	Amphitheater, Durban Promenade	07H00	R100	N/A	N/A
* FREE ENTRY FOR 70+ ATHLETES FOR 42KM					

THE ROUTES

The 42km, 21km and 10km all follow the M4 to Durban. The route exits the M4 at the Durban Country Club, turns left into Masabalala Yengwe Avenue and left onto the Durban Promenade to finish at the Amphitheater.

REGISTRATION

Race Packs can be collected at Registration at the Amphitheatre on the Durban Promenade (In front of the Elangeni Hotel) on Friday 20th March from 12h00 to 17h00 and Saturday 21st March from 10h00 to 17h00.

IF SELECTED ON THE ENTRY PLATFORM
alternative collection points are as follows:

Wednesday, 18th March, 12h00 to 17h00
• Totalsports Midlands Mall PMB

Thursday, 19th March, 12h00 to 17h00
• Balwin Properties Shongweni
• Balwin Properties Ballito

**NO RACE PACK COLLECTION
AT THE START.**

5KM Entries online, at Registration and at the Start from 06h00.

FINISH VENUE

The Finish Venue for all races is the Amphitheatre on the Durban Promenade (In front of the Elangeni Hotel).

BUS TICKETS

Bus transport will be available from the Finish Venue to the Starts of the three Races.

Busses leave from 03H00 from behind the Tourism Office on Marine Parade. Bus Tickets can be purchased online or at registration.

ENTRIES CLOSE

Monday, 16 March 2026

RACE OFFICE

063 772 3537
info@theroc.co.za

COMPETITION RULES

- Entries close at 17h00 on Monday 16th March 2026. There are **NO LATE ENTRIES. NO SUBSTITUTIONS WILL BE PERMITTED.**
- Race numbers and packs can be collected at the race registration points running from the 18th to the 21st of March 2026 as follows:
 - 18th March (12h00 - 17h00) (If selected on the Entry Platform)**
Totalsports Midlands Mall
 - 19th March (12h00 - 17h00) (If selected on the Entry Platform)**
Balwin Properties Shongweni
Balwin Properties Ballito
 - 20th of March (12h00 - 17h00) and 21st of March (10h00 - 17h00)**
Amphitheatre, Durban Promenade
NO RACE PACK COLLECTION AT STARTS.
5KM Entries Online, at Registration and at the Start from 06h00.
- Race Shirts are capped at a total of 4000 for the 42km, 21km and 10km Races. There are no Race Shirts for the 5km Fun Run. Dolphin Coast Striders reserves the right to substitute sizes selected.
- All athletes must be licensed. Licensed runners must wear their club colours, together with their 2026 license numbers on the front and back of their vest and the Balwin Run Series race number on the front of their vest. The race number must be placed over the license number so that the ASA sponsor logo is visible.
- Athletes may wear a temporary license for the 21km and 10km Races. These athletes must wear plain colours (with no advertising), the temporary license number on the back of their vest and the Balwin Run Series race number on the front of their vest. 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. No license number to be worn on shorts. Temporary license numbers will be on sale or available for collection at Registration only.
- All the Balwin Run Series events are held under the rules of Athletics South Africa (ASA), KwaZulu-Natal (KZNA) and World Athletics (WA). Athletes must comply with WA Rules CR 1.7, TR 4.1, TR 4.2 and ASA Rule 9.
- All Race entrants must be at least the following ages on the day of the event: 42KM – 20 years 21KM – 16 years, 10KM 14 years, 5KM - 9 years.
- Junior Athletes must be 19 and younger on the 31st December in the year of the event, must wear a J on the upper front and back of vest/crop top in

- order to be eligible for prizes and must provide proof of age on Race Day.
- The ASA/KZNA approved numerical age category tags (60mm x 80mm) must be worn on the back and front of athletes' vests for those competing for category prizes. Proof of age must be provided on request before or after the Race.
 - Marathon runners who have not passed the halfway cutoff point at 21km in 3 hours (by 08h00) will not be allowed to continue. These runners will be asked to leave the road by authorised officials and will be transported to the finish.
 - Prize Giving will be at 08h30 for the 10km and 21km and at 10h30 for the 42km.
 - Tog Bags and keys can be handed in at the Starts of the three Races. These can be collected at the secure Tog Bag area at the finish at the Amphitheatre, Durban Promenade.
 - The 42km race is timed mat to mat and the 21km and 10km races are timed gun to mat. The 5km Fun Run is not timed. Your timing chip is on your race number.
 - Athletes are to obey Technical Officials, Traffic Officials, Event Marshals and Safety Officers at all times.
 - No seconding for any Balwin Run Series event is allowed.
 - No blades, wheelchairs or mechanically operated devices are allowed in any of the Balwin Run Series events.
 - No iPods, or any other form of earphone type device may be used during any of the Balwin Run Series events.
 - No pets are allowed on any of the Routes of the Balwin Run Series, including the 5km.
 - Entry fees shall not be refunded, cancelled, returned or exchanged on account of weather or unforeseen events occurring beyond the control of the event organisers, the race director, the host club or the sponsors.
 - Entrants agree that photographs taken by the official race photographer on event day can be used for promotional purposes.
 - The Balwin Run Series supports and promotes Clean Running. Please help our event and our sport by throwing your Coke cups and water sachets in the bins provided.



PRIZE MONEY

POSITION	42KM		21KM		10KM	
	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN
1	R10000	R10000	R5000	R5000	R3000	R3000
2	R5000	R5000	R2000	R2000	R1500	R1500
3	R3000	R3000	R1500	R1500	R1000	R1000
4	R2000	R2000	-	-	-	-
5	R1000	R1000	-	-	-	-
1 (40+)	R3000	R3000	R1500	R1500	R1000	R1000
2	R2000	R2000	-	-	-	-
3	R1000	R1000	-	-	-	-
1 (50+)	R2000	R2000	R1000	R1000	R750	R750
2	R1000	R1000	-	-	-	-
3	R500	R500	-	-	-	-
1 (60+)	R1000	R1000	R750	R750	R500	R500
1 (70+)	R750	R750	R500	R500	R500	R500
1 Junior			R1000	R1000	R750	R750

FREE RACE SHIRTS

Race shirts are capped at a total of 4000.

Shirts are unisex sizing. Size charts can be viewed at www.dolphincoaststriders.co.za.

There are no shirts for the 5km Fun Run.



RACE OFFICE

063 772 3537
info@theroc.co.za

