

15 MARCH 2026 Starting Time: 06:00**



**Please note that the starting time for the 5km run is scheduled for 06:15.

Race Distances	21km (Half Marathon)	10km	5km Fun Run		
Entry Fees:	R260	R210	R110		
Grand Master Fees:	R200	R160	R80		
Great Grandmaster: FREE					
Temporary Licence Fees:	R70	R60			

Contact Information for Further Enquiries:

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To enter, please register using the following link: https://url-shortener.me/3X8V







PRIZE MONEY

CATEGORY	POSITION	21 km	10 km
Open	1st	R1500	R900
	2nd	R1000	R600
	3rd	R600	R400
Veterans	1st	R600	R300
	2nd	R400	R250
Masters	1st	R400	R250
Grand Master, Great Grand Master & Juniors	1st	R250	R150



Race Rules

- 1. The event is held under the rules of ASA and CGA and any regulations in place on the day of the race. It is the athlete's responsibility to familiarize themselves with the rules and regulations.
- 2. Athletes indemnify the national, provincial, and regional bodies, sponsors, and organizers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
- 3. All athletes participate at their own risk. Athletes acknowledge by entering the event that they are medically fit to participate.
- 4. Licensed athletes participating in the 10 and 21.1 km distances must wear club colours and their 2026 license number back and front on the upper body of the garment, and the issued race number worn on the front of the vest without concealing the sponsors names. Licensed athletes who do not wear their 2026 license numbers must purchase a temporary license on the day or face disqualification.
- 5. Temporary licensed athletes to wear plain clothing with the issued temporary license on the back of their vest.
- 6. Athletes competing for category prizes must wear clearly visible age tags of the appropriate size on the back and front of their running vest.
- 7. No blades, cyclists, or mechanically operated devices are allowed in the race.
- 8. No 2, 3, or 4 wheel carts/prams that are mechanically or manually operated by participants, or wheelchairs, athletes will be permitted to participate without special permission being granted from the race organiser. All such participants MUST start at the back of the field.
- 9. No animals / pets are allowed to participate.
- 10. Minimum age: 7 years (5 km), 14 years (10 km) and 16 years (21.1 km).
- 11. All instructions from traffic officers, marshals, and race officials must be obeyed at all times.
- 12. The race committee reserves the right to accept or reject any entry.
- 13. No seconding allowed.
- 14. Water points and hydration stations will be available approximately every 3 kilometers on the route.
- 15. Proof of age for prizewinners is required and must be presented to the referees before prizegiving. Prizes will be withheld until all the necessary details of the winners are confirmed.
- 16. Only those who have completed all the information required in the race entry/number are eligible for prizes.
- 17. No earphones, iPods, and the like allowed, and contravention of IAAF rule 144.2b may lead to disqualification.
- 18. The race will be timed by PEAK TIMING. Each athlete will be given a race number with disposable CHIP on the front your race number. NO RACE NUMBER, NO PRIZE.
- 19. Athletes may not run with another athlete's race number. No substitutions allowed.
- 20. Licensed athletes not wearing club colours may face disqualification.
- 21. Race Timing and Results All 3 distances will be timed by PEAK Timing using a timing chip attached to the participant's race number. All distances will be timed mat to mat. Results will be available on https://live.ultimate.dk.
- 22. No collection after race.