



5K | 10K | 21K | 42K



Saturday 21 March 2026

Start and Finish: Addison Park, Empangeni - S28°44'201 – E 31°53.741

From rolling sugar cane fields to shimmering dam views and hills that require grit, the **uMhlathuze Crocs Marathon** delivers beauty with bite. If you love a course that inspires and tests you in equal measure – this is your race.

FEES:

Marathon (42.2km):.....R380
 Half Marathon (21.1km):.....R280
 10km Race:R210
 5km Family Fun Run: R 50
 Late entry (10-18 March):.....R100
 Temp License 10km: R60
 Temp License 21.1km:..... R90

Unlicensed athletes for the 21.1km and 10km races will need to purchase a temporary licence to participate.

No temporary licenses will be allowed for the 42.2km.

No entries except 5km will be taken on day of the event.

START TIMES:

42.2km05:30
 21.1km06:00
 10km06:30
 5km07:00

Enter Online:

www.eventtiming.info

• Medals to all finishers • Plenty of spot prizes to be won • Race Marshals and Well-stocked water tables • Toilet facilities available at start/finish • Medical personnel available • Secure parking • Road/Traffic control.

More Info:

Chairlady: Nitsa Kanarachos – 0733084882

Vice Chair: Bruce Grierson - 0845821877

Email: info@umhlathuze-ac.co.za

Website: www.umhlathuze-ac.co.za



KWAZULU-NATAL PROVINCE
 SPORT, ARTS AND CULTURE
 REPUBLIC OF SOUTH AFRICA



**KWAZULU-NATAL
 ATHLETICS**

aQuellé

Coca-Cola



1. This race is run subject to the Rules of WA , ASA and KZNA.
2. All participants must meet the minimum age limit on race day:
 - 10km – 14 years
 - 21.1km – 16 years
 - 42.2km – 20 years
3. Participants must wear their correct club colours and official 2026 license number on the front and back of their vest/crop top and be clearly visible
4. In order to qualify for category prizes, category tags must be worn on the front and back of the vest/crop top and be clearly visible.
5. Entrants must indicate on their entry form which category they are entering.
6. Runners/Walkers using temporary licences are eligible for a category prize provided that category tags are worn.
7. Walkers must display a “W” tag on the front and back of their vest/crop top.
8. Foreign athletes must adhere to WA Rules CR 1.7, TR 4.1, TR 4.2 and ASA Rule 9 and 24
9. Temporary licenced runners are to wear plain clothing without advertising with the temporary number pinned to the back of the vest and the race number on the front. Temporary licensed athletes are not covered by the national medical insurance policy, ASA Rule 25.6.15.
10. Pacing and personal seconding is not allowed.
11. Race officials, traffic officials and marshals must be obeyed at all times.
12. Cut-off times:
 - 21.1km – 4hrs
 - 42.2km – 6hrs
13. Prize giving will take place at 10am.
14. Results will be available on www.umhlathuze-ac.co.za





PRIZE MONEY

	42.2km RUN Male/Female	21.1km RUN Male/Female	10km Run Male/Female
Open 1st	R 4000	R 2000	R 1000
Open 2nd	R 2000	R 1000	R 750
Open 3rd	R 1000	R 750	R 500
Age Category			
35-39	R 400	R 300	
40-49	R 400	R 300	
50-59	R 400	R 300	
60+	R 400	R 300	



KWAZULU-NATAL PROVINCE
SPORT, ARTS AND CULTURE
REPUBLIC OF SOUTH AFRICA



**KWAZULU-NATAL
ATHLETICS**

aQuellé





5K | 10K | 21K | 42K



Indemnity Form/Registration

Name: _____ Surname: _____

ID: _____ Licence No: _____ Age: _____ Gender: _____

Club: _____ Email: _____

Tel: _____ Province: _____

Address: _____ Code: _____

40-49

CATEGORY:

JNR		OPEN		35-39		40-49		50-59		60-69	
-----	--	------	--	-------	--	-------	--	-------	--	-------	--

EVENT:

42.2		21.1		10		5		RUN		WALK	
------	--	------	--	----	--	---	--	-----	--	------	--

I am medically fit to run and fully understand that I ran at my own risk, and that the organiser's will not be held responsible for any injury or illnesses incurred during or a result to the race or for any property lost or damaged on the course or in the changing area. I undertake to abide by all WA, ASA and KZNA rules.

Signature: _____ Signature(Parent/Guardian) _____

Date: _____

Banking Details

Bank: First National Bank Empangeni
 Account Name: uMhlathuze Athletic Club
 Account Number: 62082436041
 Branch Code: 220130



KWAZULU-NATAL PROVINCE
 SPORT, ARTS AND CULTURE
 REPUBLIC OF SOUTH AFRICA



**KWAZULU-NATAL
 ATHLETICS**

aQuellé

Coca-Cola