



NO REFUNDS & GIVEAWAYS IF YOU DO NOT PARTICIPATE

**ENTRY FEES EARLY BIRD
CLOSES 16 MARCH 2026**

	42.2km	21.1km	10km	5km
Early Bird (closes 16 Mar 2026)	R350	R250	R200	R100
Late Entry (closes 28 Mar 2026)	R400	R300	R250	R150
Temporary License		R100	R70	R65



INDEMNITY:

I _____ declare that I am fit to run this event and that I shall participate at my own risk, and that I indemnify the sponsors, organisers and officials of this race against any claim which may result from my participation.

Signature

Date



RULES & INFORMATION

1. Race run under the Rules of WA, ASA and KZNA
2. Age restriction:
42.2 km: The participant must be 20 years or older on race day.
21.1 km: The participant must be 16 years or older on race day.
10 km: The participant must be 14 years or older on race day.
5 km: The participant must be 9 years or older on race day.
3. Foreign Athletes must strictly observe all WA Competition and Technical Rules and ASA Rules and Regulations, including those rules and regulations relating to advertising and marketing as per WA Advertising Regulations.
Where foreign athletes are entered through a South African athletics club, it is the responsibility of the club to assist the athlete in observing the above rules.
DCM reserves the right to reject the entry and/or nullify the result of the foreign athletes who transgress any of the above rules.
4. ASA/KZNA approved age tags to be worn on upper front and back of vest/crop top, to be eligible for age category prizes. The race number to be worn over the permanent license number on the front of the upper clothing and be placed so that ASA province and year remain visible.
5. 2026 licence must be worn on the front and back of vest. Race numbers and license numbers must not be worn on shorts/tights.
6. Temporary licence must be worn on back of vest and race number on the front and the completed temporary licence tear-off slip must be lodged with the organisers at the end of the race. Temporary licenced athletes are not covered by the ASA National Insurance Policy.

Unlicensed athletes running with temporary licences must run in neutral colours and adhere to WA Advertising Regulations. Holders of temporary licenses will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rules.

7. Cut - off times:
42.2 km - 5 hours 45 minutes
21.1 km - 3 hours 30 minutes
10 km - 1 hour 30 minutes
8. 42.2 km Comrades qualifier: 5 hours
9. Result will be sent via sms and the FinishTime website www.finishtime.co.za
10. Disqualified athletes will not be eligible for any incentives/give aways
11. No cash will be handed to winners at prize giving. Prize money winners will lodge their banking details with organisers and EFT payment will be effected.
12. Marathon halfway cut - off: 2hrs 45min. Runners arriving at halfway after this time will be removed from the race by race officials.
13. Proof of age may be required for age category winners
14. Participants must obey the race officials, marshals and traffic officers.
15. Your entry fee will not be refunded if you do not participate
16. Walkers: ASA/KZNA approved "W" walker tags must be worn on top front and back of vest in order to be eligible for prizes.
17. Prize money for only the race distance you enter.
18. Refreshment stations will be provided every 3 km, so NO personal seconding will be allowed
19. Public parking: Sun Coast Casino

