

14

Fast Movers AC

D1560 Nompanda Area, Ndwedwe, 4342
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BHAMSHELA RACE

DISTANCES

10KM AND 5KM

Date	Starting Times		
24 May 2026	10km Run- 08h00	5km R/W -08h15	
Race start and Finish venue: Technical High School	Chief Ngonyama Technical High School -turn and back to Chief		
Entries Fees	10km - R250	5km R/W	R150
Late Entries Fees	10km-R270		
Temporary licence fees	10km-R70	5km R/W	0

Online and Manual entries open	23 February 2026
Online entries close	20May2026
Late entries manual	24May2026 - 07h30am

Categories and Prizes 10km

Open Category Prizes	Males	Females
Positions	1.R5000	1.R5000
	2.R4000	2.R4000
	3.R3000	3.R3000

Junior Category Prize**10km**

1.R1000	5.R600	9.R200
2.R900	6.R500	10.R150
3.R800	7.R400	
4.R700	8.R300	

Age Category Prizes**10km****35-39yrs**

Position 1.	R500
2.	R400

40 – 49yrs

Position 1.	R500
2.	R400

50 – 59yrs

Position 1.	R500
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60 – 69yrs

Position 1.	R500
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70+yrs

Position 1.	R500
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ENTRIES AND PRIZES

All ages welcome
Prizes

5km R/W

Medal and T-Shirt to all finishers
No Temporary licence required

MANUAL ENTRY FORM

Starting Times

10km Run 08h00**5km R/W****08h15**

Surname

Name(s).....First

2026 licence no.....SA CitizenYes/No.....If no state.....

Identity Number Age.....Gender.....

Cell No.....H/Tel.....W/Tel.....

Banking Details:**Name of Branch :DURBAN NORTH****FNB Account: 624 7294 7583****Branch Code:250655****Rules and Regulations**

1. All athletes must be 14 years and above to participate in 10km and 9 years and above to participate in 5km run and 5km RW.
2. KwaZulu Natal Athletics age category tags must be worn on the back and front of the vest/crop top and must be clearly visible in order to qualify for age category prizes
3. 2026 licence number must be worn on the back and front of vest and must be clearly visible with race number on the front.
4. Permanent licence /temporary licence must be clearly visible with race number on the front.
5. Cut-Off time for 10km 1hour 30minutes to get any prize including T-Shirt and Medal.
6. Prize giving will start at 10h30
7. Proof of age will be required in order to collect prize money.
8. Athletes to obey officials, Marshals, SAPS and Traffic Officers
9. Race is run in accordance with WA, ASA, and KwaZulu Natal Athletics rules and regulations
10. Junior Athletes must be 19years and younger on 31December in the year of competition, wear 'J' on the upper front and back of the vest/crop top in order to be eligible for prizes and must provide proof of age on the day.
11. Foreign athletes must comply with WA Rules CR1.7.TR4.1.TR4.2 together with ASA Rule 9
12. Temporary licence athletes are not covered by national medical insurance policy, ASA Rule 25.6.15
13. Unregistered athletes running with Temporary licence must run in neutral colours and adhere to WA Adverting Regulations
14. Holders of temporary licences will be eligible for individual prizes and may qualify for age category prizes in keeping with WA and ASA Rules.

Disclaimer and Indemnity

I am medically fit to run and understand that I enter at my own risk and the organizer will not held responsible for any injury or illness during or as results of the race signed at any property lost or damaged on the course or in changing area. In the event of requiring medical attention. I agree that I will be held responsible for the medical cost. in the event of my participation as a runner. I absolve the club, sponsors and KZN of any liability.

Name and Surname.....

Sign at Signed by Date...../...../2026.....



SIQALOKUHLE TAX ASSOCIATION