



SAPS POLMED RACE 2025

**Venue: uMsunduzi
Athletics Stadium**

SUNDAY, 21 SEPTEMBER 2025

ONLINE ENTRIES: WWW.FINISHTIME.CO.ZA

ONLINE ENTRIES CLOSING: 15 SEPTEMBER 2025

LATE REGISTRATION: 20 SEPTEMBER 2025

COLLECTION: @UMSUNDUZI ATHLETICS STADIUM

DATE OF COLLECTION: FRIDAY 19/09/2025 @14H00 TO 17H00
AND SATURDAY 20/09/2025 @10H00 TO 17H00



ENTRY FEE: R250

RACE STARTS: 06H30

LATE REGISTRATION: R270



ENTRY FEE: R170

RACE STARTS: 06H45

LATE REGISTRATION: R190

TEMPORAL LICENCE: R70 (10KM ONLY)

MEDAL TO ALL FINISHERS | RACE T-SHIRT TO EARLY BIRD REGISTRATION

ENQUIRIES: 1. Sifiso Gwala - 082 558 1517

2. Goodman Mzimela - 079 500 0644 • 3. Hlanzeka Gwala - 072 933 8442



KWAZULU-NATAL
ATHLETICS

aQuellé



BARONS
PIETERMARITZBURG





SAPS POLMED RACE 2025



5KM RACE PRIZE:

PRIZE MONEY		
GENDER	MALE	FEMALE
1 st POSITION	R 750	R 750
2 nd POSITION	R 500	R 500
3 rd POSITION	R 350	R 350

10KM RACE PRIZE:

PRIZE MONEY		
GENDER	MALE	FEMALE
1 st POSITION	R 1500	R 1500
2 nd POSITION	R 1250	R 1250
3 rd POSITION	R 750	R 750

RULES AND GENERAL INFORMATION:

- Race held in accordance with WA, ASA and KZNA rules.
- The license number may be covered with the competition issued number.
- Both provincial licenses MUST be worn on the upper part of the vest/crop top (front and back)
- Please bring proof of payment when collecting race number or SMS with allocated number.
- Tog bag facilities will be provided use of them is at participant's own risk (race officials/organizers are not liable for loss of personal belongings)
- All participants must wear ASA-approved licenses and the relevant age category tags on the upper part of vest/crop top (front and back) to qualify for prizes.
- All relevant age categories must be clearly visible.
- No refunds.
- Club kit to be worn.
- Participants must obey Marshalls, traffic officials, and race officials
- All foreign/international athletes must comply with WA rules 4.2,22.1,142 and ASA rule 9, failure to do so will result in automatic disqualification.
- 10km participants must be from 14 years of age and above.
- All prize winners must be present at the prize giving ceremony, failure to attend prize giving ceremony will result in forfeiture of prize money.
- Timing will be done from gun to mat.
- The cut off is 2 hours (08:30)
- Refreshment stations will be provided at every 2.5km.

INDEMNITY:

I acknowledge that any payment not honoured by my bank will render me liable for any costs incurred as well as disqualifying me from participation. I am medically fit to run and fully understand that I now enter at my own risk and indemnify race sponsors and organizers against any claim which may arise from my participation.

SIGNATURE _____ DATE ____/____/____