

Pick n Play

Sunrise Run 2026

10km
21km
42km

Saturday,
26 September

Amphitheatre
/ Durban
Beachfront

Comrades
Marathon
Qualifier



FEEL THE OCEAN, CHASE THE SUN



ENTRY

TEMP LICENCE

10km: R70 / 21km: R100

42km: R120

(Only foreign runners are allowed temp licences for 42km marathons. SA runners must have an annual licence)



Early Bird

28 Apr to 1 Jun

42km: R400

21km: R300

10km: R200

Standard Entries

2 Jun to 26 Aug

42km: R450

21km: R350

10km: R250

Late Entries

27 Aug to 16 Sep

42km: R495

21km: R395

10km: R280

Late entries will be allowed at Friday registration.

To Enter

Visit www.eventtiming.info or scan the QR code below.



*Limited to 5000 entries.

START TIMES

42km: 5:45am / 21km: 5:45am / 10km: 6:30am

- FRIDAY REGISTRATION
- Southern Sun Garden Court, Snell Parade
- 25 September: 10am to 5pm
- RACE DAY REGISTRATION
- Race start: 5:30am to 6:30am

Prizes

Win your share of R25 000

Prize Giving for all events at 9.45am on the main stage

	Male 21k	Female 21k	Male 10k	Female 10k	Male 42km	Female 42km
1 st	R1 400	R1 400	R750	R750	R2 600	R2 600
2 nd	R1 000	R1 000	R500	R500	R1 800	R1 800
3 rd	R700	R700	R350	R350	R1 000	R1 000
1 st 35-39	R200	R200	R200	R200	R200	R200
1 st 40-49	R200	R200	R200	R200	R200	R200
1 st 50-59	R200	R200	R200	R200	R200	R200
1 st 60+	R200	R200	R200	R200	R200	R200

Important Race Information 1. The race will be run in accordance with the rules of WA, ASA, KZNA. 2. Foreign athletes must comply with WA Rules 22.1, 4.2 and 142 and ASA rule 9. 3. Proof of age will be required for all category winners. 4. ASA approved age category tags must be worn on the front and back of your vest or crop top and must be clearly visible to qualify for an age category prize. 5. Race rules, marshals, technical staff and traffic officials must be obeyed by all runners at all times. 6. Participants must be 14 years or older for the 10km race and 16 years or older for the 21km race. 7. Current ASA licence numbers must be worn on front and back of running vest/shirt. 8. ASA licence sponsor, province and year must not be covered on ASA licence, or replaced by race number. Athletes who do not adhere to this rule may be disqualified as per ASA Rule 26.17. 9. Temporary licences are required for all non-licensed 10km and 21km entrants. 10. Temporary licenced athletes are not covered by a national insurance policy as per ASA Rule 25.6.13. 11. Unregistered athletes running with temporary licences must run in neutral colours and adhere to WA and ASA rules. 12. Holders of temporary licences will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rule 25.5.13. 13. Refreshments will be provided at water tables along the route and no personal seconding is permitted. 14. Finish times will be captured at the finish by Event Timing. 15. The cut-off times will be 2 hours (10km) and 3½ hours (21km).