



PHANTANE ATHLETICS CLUB PRESENTS

PHANTANE



DURBAN

STREET MILE

breaking the limits

1MILE
INVITATIONAL

5KM
INVITATIONAL

10/5KM
RUN RACE

MAY
31ST
2026

DISTANCE	EARLY BIRD	LATE ENTRIES
1MILE	R50	R80
5KM	R100	R130
10KM	R190	R220



KINGS PARK ATHLETICS STADIUM

INCORPORATING KZNA 1MIN AND 5KM CHAMPIONSHIPS

10KM

5KM

5KM INVITATIONAL MEN

5KM INVITATIONAL WOMEN

6:30 AM

7:00 AM

8:45 AM

9:15 AM

1MILE JUNIOR WOMEN U19

1MILE JUNIOR MEN U19

1MILE SENIOR WOMEN

1MILE SENIOR MEN

9:45AM

10:10AM

10:35AM

11:00AM

REGISTER BEFORE 31 DECEMBER TO GET A FREE T SHIRT
EARLY BIRD CLOSES 30 DECEMBER 2025

TOTALSPORTS



0614363967



PHANTANE DURBAN STREET MILE



CATEGORY PRIZES & RACE RULES

1 MILE INVITATIONAL PRIZES:		
GENDER	MALE	FEMALE
1 ST POSITION	R8000	R8000
2 ND POSITION	R5000	R5000
3 RD POSITION	R3500	R3500
4 TH POSITION	R2500	R2500
5 TH POSITION	R1000	R1000

5KM INVITATIONAL PRIZES:		
GENDER	MALE	FEMALE
1 ST POSITION	R6000	R6000
2 ND POSITION	R4000	R4000
3 RD POSITION	R2500	R2500
4 TH POSITION	R1000	R1000
5 TH POSITION	R750	R750

10KM PRIZES:		
GENDER	MALE	FEMALE
1 ST POSITION	R4000	R4000
2 ND POSITION	R2000	R2000
3 RD POSITION	R1000	R1000
4 TH POSITION	R750	R750
5 TH POSITION	R500	R500

1 MILE JUNIOR PRIZES:		
GENDER	MALE	FEMALE
1 ST POSITION	R2000	R2000
2 ND POSITION	R1500	R1500
3 RD POSITION	R1000	R1000

10KM VETERANS		
GENDER	MALE	FEMALE
1 ST POSITION	R1000	R1000
2 ND POSITION	R500	R500

10KM MASTERS		
GENDER	MALE	FEMALE
1 ST POSITION	R1000	R1000
2 ND POSITION	R500	R500

10KM GRAND MASTER		
GENDER	MALE	FEMALE
1 ST POSITION	R1000	R1000
2 ND POSITION	R500	R500

10KM 70+		
GENDER	MALE	FEMALE
1 ST POSITION	R1000	R1000
2 ND POSITION	R500	R500

GENERAL RULES & 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)
- 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.
- 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 mat to mat.
- The cut off is 3 hours (09:00)
- Refreshment stations will be provided at every 1km.

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: DD/MM/YYYY