



Indoda evikelayo iyaphila

SA MEN RUN

JULY 5, 2026

#end
GBV

ALL (MALE AND FEMALE)
RUNNERS ARE WELCOME!!!



10KM RUN/WALK

5KM FUN RUN

START 07 AM

KINGSPARK ATHLETICS STADIUM, DURBAN

web tickets
AVAILABLE AT Pick n Pay





PRIZE MONEY

Pos	Overall	Age Cat (Juniors)	Age Cat (40-49)	Age Cat (50-59)	Age Cat (60+)	Walker
1	R10 000	R3000	R1500	R1500	R1500	R5000
2	R8000	R2000	R1000	R1000	R1000	R4000
3	R6000	R1000	R750	R750	R750	R3000
4	R4000	Only male participants are eligible to prize money				R2000
5	R3000					R1000
6	R2000					
7	R1000					
8	R750					

#end
GBV

AGE RESTRICTION:

- 1. Minimum age on race day is 9 years of age for the 5km, 14 years of age for the 10km.
- 2. Junior Athletes must be 19 and younger on the 31st December in the year 2026 and must wear a J on the upper front and back of vest in order to be eligible for prizes.
Proof of age must be provided on race day for prize eligibility.

RACE RULES AND REGULATIONS:

- 1. Club colours must be worn by licensed athletes.
- 2. All licensed runners are required to display 2026 license numbers on the front and back of your vest/crop top with race numbers on the front.
- 3. All unlicensed entrants require a temporary license at R70 for 10km which must be worn on the back of the vest/crop-top and the race number must be on the front.
- 4. The race will be run subjected to the rules of WA, ASA and Kwa-Zulu Natal Athletics.
- 5. Unlicensed entrants to wear plain colour vests/crop tops with no advertising. Holders of Temporary licenses will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rule 25.6.13
- 6. New ASA/KZNA age category tags and Walker tags (60mm-80mm) must be worn on the front and back of vest/crop tops and must be clearly visible to claim prizes.
- 7. Proof of age must be provided if entrant qualifies for a prize category.
- 8. Foreign athletes must abide by WA Rules CR17, TR4.1, TR4.1 and ASA Rule 9.
- 9. No Prams allowed. No Personal Seconding.
- 10. Pacing not permitted.
- 11. Traffic Officers, Race officials and Marshalls must be obeyed at all times.
- 12. All entrants participate at own risk. Organisers and sponsors will not be held responsible for any loss or injury during or as a result of the race, property lost or stolen on the course or on the premises.
- 13. Unregistered athletes are not covered by ASA Insurance Policy.
- 14. Litter Zones will be enforced at all Water Tables as per ASA Rule 28.
- 15. There will be 3 water tables with Water and Drinks.
- 16. Cut off for 10km will be 2hrs from start of race.
- 17. ASA Rule 34.10.6 For safety reasons the use of personal music players or other devices with headphones is not allowed. Any person may be disqualified without warning.
- 18. Full result will be available on www.finishtime.co.za
- 19. Early bird entries online using www.finishtime.co.za
- 20. Late Entries and race pack collection - 4th and 5th July 2026 @KINGS PARK ATHLETICS STADIUM



T-SHIRTS TO FIRST 1000 ENTRIES, MEDALS TO ALL FINISHERS, FREE ENTRY
FOR ENTRANTS OVER THE AGE OF 70

EARLY BIRD: R200 (10KM) R150 (5KM)
(CLOSES 30 JUNE)

LATE ENTRY: R 250 (10KM) R180 (5KM)
TEMPORARY LICENCE R70



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