



LLM

LA LUCIA MALL

10/21km

5K | 10K | 21KM



SUNDAY 23 AUGUST 2026 | 6AM | LA LUCIA MALL



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10/21km

INFORMATION

AGE RESTRICTION:

Minimum age on race day is 9 years of age for the 5km, 14 years of age for the 10km and 16 years of age for the 21.1km.

Junior Athletes must be 16 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:

- Club colours must be worn by licensed athletes.
- All licensed runners are required to display 2025 license numbers on the front and back of your vest/crop top with race numbers on the front.
- All unlicensed entrants require a temporary license at R70 for 10km and R100 for half marathon which must be worn on the back of the vest/crop-top and the race number must be on the front.
- The race will be run subjected to the rules of WA, ASA and Kwa-Zulu Natal Athletics.
- 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
- New ASA/KZNA age category tags and Walker tags (60mm-80mm) must be worn on the front and back of vest/crop top and must be clearly visible to claim prizes.
- Proof of age must be provided if entrant qualifies for a prize category.
- Foreign Athletes must abide by WA Rules CR1.7, TR4.1, and ASA Rule 9.
- No Personal Seconding.
- No Pacing permitted.

Traffic Officers, Race officials and Marshalls must be obeyed at all times. 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 damaged on the course or on the premises.

Temporary licensed athletes are not covered by ASA Insurance Policy.

Litter Zones will be enforced at all Water Tables as per

ASA Rule 28. There will be 6 water tables with Water and Drinks.

Cut off will be 3:30hrs from the start of the race.

No Refunds.

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.

ENTRY FEE

5K | 10K | 21KM

EARLYBIRD

R140 | R220 | R270

STANDARD

R160 | R250 | R290

TEMP LICENSE R80 R100

EARLYBIRD CLOSES TO JULY 2026

START TIMES

21KM 6AM
10KM 6AM
5KM 6:15AM

PRIZE MONEY

10KM

	1ST	2ND	3RD
OPEN	3000	2000	1000
40-49	1000	750	500
50+	1000	750	500
JUNIOR	1000	750	500

21KM

	1ST	2ND	3RD
OPEN	5000	2000	1000
40-49	1000	750	500
50+	1000	750	500
JUNIOR	1000	750	500

PRIZE MONEY WILL BE IN THE FORM OF GIFT VOUCHERS FOR LLM

FREE RACE SHIRTS

FREE RACE
SHIRTS TO THE
FIRST 3000
ENTRIES



LLM
LA LUCIA MALL

CONTACT

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WWW.SOCIALRUNNERS.CO.ZA

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SOCIAL RUNNERS CLUB

ENTER HERE

racepass