



South Coast Marathon



The Game changer of South Coast development

Sunday, 4 October 2026

Venue: UGU Sports & Leisure Stadium, Gamalakhe

Start Times

42km: 05:30 21km: 06:00 10km: 06:20 5km: 06:30

Race Pack Collection

Saturday, 3 October: 11:00–18:00 at UGU Sports & Leisure Centre.

Race Day: 04:00–05:00 at UGU Sports & Leisure Stadium (collection only).

Directions

From Durban, take the Shelly Beach off-ramp and turn right onto Izotsha Road. Continue for approximately 1.5 km, turn left onto the P200, continue to the Gamalakhe traffic lights, then continue on the P200 and turn left after 350 m. The stadium entrance will be on your left.

Contact Details

contact details

Email: southcoaststriders.margate@gmail.com

Cell: 072 132 2006 | 081 794 6515 | 083 797 7409

Rules and Information

All participants for the marathon must be 20 years or older. 16 years for the 21km, 14 years for the 10km and 9 years or older for the 5km on the day of the race.

All participants for the 42km must wear correct club colours, with 2026 licence numbers on the front and back of their vest/crop top/T-shirt. The licence numbers are not to be worn on shorts.

Monies are not refundable for non-participation in the event for whatever reason and entries may not be exchanged.

Results will be available after the event on <https://results.finishtime.co.za>. Please be aware that if your timing chip is obscured, you will not receive a result.

Temporary licences are available at R110 for the 21km and R70 for the 10km events and must be worn on the back of the shirt/crop top. Plain clothing must be worn, with no advertising on the top or shorts. Holders of temporary licences will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rule 25.6.13.

All participants must wear their race number on the front of their vest/crop top/T-shirt. The race number must not cover the ASA licence official sponsor and logo but may cover the actual number.

The events are run in strict accordance with the rules of World Athletics (WA), Athletics South Africa (ASA) and KwaZulu-Natal Athletics (KZNA).

ASA/KZNA age category tags (40, 50, 60, 70, Walker and Junior badges) must be worn on the front and back of your vest/crop top/T-shirt and must be clearly visible to qualify for age category prizes.

Refreshment tables will be provided and no personal seconding, except stand and hand, will be permitted. Seconds' vehicles will not be permitted to follow participants.

Prize giving will take place at:

06:55 – 5km 07:25 – 10km 09:15 – 21km 11:45 – 42km

Pre-entries (42km, 21km and 10km):

The first 900 entries received by 13 September 2026 will receive a T-shirt.

Online entries remain open until midnight on 30 September 2026, but will not receive a T-shirt.

All finishers will receive a medal.

Every effort will be made to provide the correct T-shirt size; however, sizes cannot be guaranteed.

5km entrants do not receive a T-shirt.

Online entries: <https://racepass.com/za> (South Coast Marathon)

Late entries, registration and race pack collection will take place at the UGU Sports and Leisure Centre on Saturday, 3 October, from 11:00–18:00

Race morning: Race pack collection only at UGU Sports and Leisure Stadium from 04:00–05:00. No late entries will be accepted on race day.

PRIZE MONEY

CATEGORIES - MALE / FEMALE	POSITION	42km		21km		10km	
		Men	Women	Men	Women	Men	Women
OPEN	1st	R7 500	R7 500	R5 000	R5 000	R3 500	R3 500
	2nd	R2 500	R2 500	R1 500	R1 500	R700	R700
	3rd	R1 500	R1 500	R1 000	R1 000	R400	R400
40 - 49	1st	R850	R850	R500	R500	R400	R400
50 - 59	1st	R850	R850	R500	R500	R400	R400
60 - 69	1st	R850	R850	R500	R500	R400	R400
70 +	1st	R850	R850	R500	R500	R400	R400
JUNIOR	1st	-	-	R500	R500	R400	R400

ENTRY FEES

	42KM	21KM	10KM	5KM FUN RUN
 START TIME	05:30	05:30	05:40	05:40
 PRE-ENTRY (UP TO 13/09/26)	R440	R340	R230	R90
 ENTRIES AFTER 13/09/26	R490	R390	R260	R110
 TEMP LICENCE	MUST HAVE VALID 2026 LICENCE	R110	R70	NOT NEEDED



No queries will be attended to on race day after 05:00.

The marathon time limit is 6 hours (6:00) and 4:59:59 to qualify for Comrades and Two Oceans. Cut-off times:

5km – 06:40

10km – 07:10 (90 minutes)

21km – 09:00 (3½ hours)

42km – 11:30 (6 hours)

All participants who have not completed the race by 11:30 will be taken off the road.

ASA licensed athletes are covered by limited ASA insurance. Refer to KZNA on 031 312 9374 for further details.

All foreign athletes must comply with WA Rules CR1.7, TR4.1 and TR4.2, together with ASA Rule 9.

All marshals, race officials, SA Police, SANDF members and traffic officials' instructions must be obeyed.

No alcohol may be brought into the finish area. Food and drinks will be on sale.

All entrants are required to agree to the indemnity and sign this on the entry form.

You may enter the 42km and change to the 21km en route, but you will not qualify for any prizes.

Only 42km entrants will be allowed to complete the 42km distance and must be affiliated to a running club and in possession of a valid 2026 licence. Failure to comply will lead to disqualification.

Route maps and additional information are available on the South Coast Striders website (www.southcoaststriders.co.za) and the South Coast Marathon Facebook page.

DIRECTIONS TO THE START/FINISH VENUE

From Durban, take the Shelly Beach off-ramp and turn right onto Izotsha Road.

Travel approximately 1.5km, then turn left at the traffic lights onto the P200.

Continue along the P200 until you reach the Gamalakhe traffic lights. Continue on the P200, then turn left after 350m. The stadium entrance will be on the left.

GPS: 30.79914° S | 30.36408° E

Google Maps: -30.8399092, 30.3750333