



10KM ITHEMBA CHALLENGE



Start at
Kings Park



SUNDAY

06 DECEMBER 2026



Go to > <https://www.eventtiming.info/entryonline.php?id=1380>



Starting Time:



10KM

06:00 AM



5KM FUN RUN

06:15 AM

**ENTRY
FEE**



**10KM
R200**



**5KM
R150**



**70+ Years
Free**



**Late entry
R220**



**Temporary licence
R70**



ONLINE ENTRIES CLOSING DATE

02 DECEMBER 2026



REGISTRATION AND LATE ENTRIES AT KINGS PARK



SATURDAY 5TH DECEMBER 2026 | 12 : 00 PM - 17:00 PM

LATE ENTRIES SUNDAY 6TH DECEMBER 2026 | 04 : 45 AM - 05: 05:45 AM



**FIRST 500 ENTRIES GET
T-SHIRT AND A MEDAL**



CONTACT US



SIBUSISO : 083 776 0795



JUSTICE : 083 529 3158



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aQuellé
ViV



transport
Department:
Transport
Province of KwaZulu-Natal



KWAZULU-NATAL ATHLETICS

RUN • CHALLENGE • ACHIEVE

10KM ITHEMBA CHALLENGE



RACE RULES & INFORMATION

- Race will be run in accordance with rules of WA. ASA & KZNA and all participants to be abide by these rule
 - All paticipants athletic must comply with WA Competition rule 1.7,TR4.1, TR4.2 and ASA rule 9.
 - Refreshment will be provided along the route and no personal seconding will be permitted.
 - Runners & walkers to obey all marshals, traffic and technical officials.
 - Age restriction : 10km-participants must be 14 years and older on raceday / 5km- participants must be 9 years and older on race day.
 - ASA/KZNA approved age category tag and walker tags must be worn on top of front and back vest/ crop top to be aligble for age category prizes.
 - Prize giving : 10km 9h00
- ASA licence number : organiser/athletes may not replace ASA licence number with competition/ race number/ sticker under any circumstances. Where a Competition/race number is used, it must be placed so that the ASA licence sponsor and the ASA province / year remain visible above the competition / race number. The licence numerals may be covered. Athletes who fail to adhere to this rule may be disqualified.
 - Temporary Licences : Temporary licenced athletes are not covered by National Insurance Policy. Refer to ASA rule 25.6.15.
 - Unregistered athletes running with Temporary licences must wear neutral colours and adhere to WA and ASA advertising rules.
 - Holders of temporary licences will be eligible for individual prizes and may claim age category prize in keeping with WA and ASA rule 25.6.13
 - Junior athletes, 19 years and younger on 31 December 2025 in the year of the competition, must wear ‘J’ on the upper front and back of the vest / crop top in order to be eligible for prizes and must provide proof of age on race day

PRIZES

PRIZE MONEY	10km Run (Male / Female)				
	OPEN	40-49	50-59	60+	Junior
1st	R1 500	R700	R700	R700	R1 000
2nd	R1 000	R400	R400	R400	R700
3rd	R700	-	-	-	

INDEMNITY

I am medically fit to run and fully understand that I enter at my own risk.I accept that the organizers, their sponsors, hosts and officials cannot be held responsible for any loss or injury during or as a result of the event,or for any loss or damage to property on the course . These events are run in accordance with the rules of the WA, Athletics South Africa and KwaZulu Natal Athletics.All foreign athletes must comply with WA rules CR 17,TR4.1 and TR 4.2 together with ASA rules 9.If I am competing with a temporary licence I am NOT covered by ASA athlete medical insurance policy.

ENTRY FORM

SURNAME:_____FIRST NAME:_____

ID NO:_____AGE ON RACE DAY:_____

CELL NO:_____CLUB:_____

2025 LICENCE NO:_____PROVINCE:_____

EVENT:_____10KM☐5KM☐

EMAIL ADDRESS:_____

GENDER: MALE ☐ FEMALE ☐

EMERGENCY CONTACT:NAME:_____CELL NO:_____

T-SHIRT SIZE:_____AMOUNT PAID:_____

PAYMENT INFORMATION

RUNNERS MAY PAY ENTRY FEE KH BRADFIELD DIRECT DEPOSIT INTO CAPITEC BANK AND USE ID NUMBER AS REFERENCE.

BANK :CAPITEC

BRACH :PAVILLION

ACCOUNT NUMBER:154 376 4345

BRANCH CODE:470010

ACCOUNT HOLDER:EVENTTIMING (KH BRADFIELD@082 556 4966)

ACCOUNT TYPE:SAVINGS

PLEASE WRITE YOUR ID NUMBER ON THE SLIP & ATTACH THIS TO THE ENTRY TO 061 505 1416