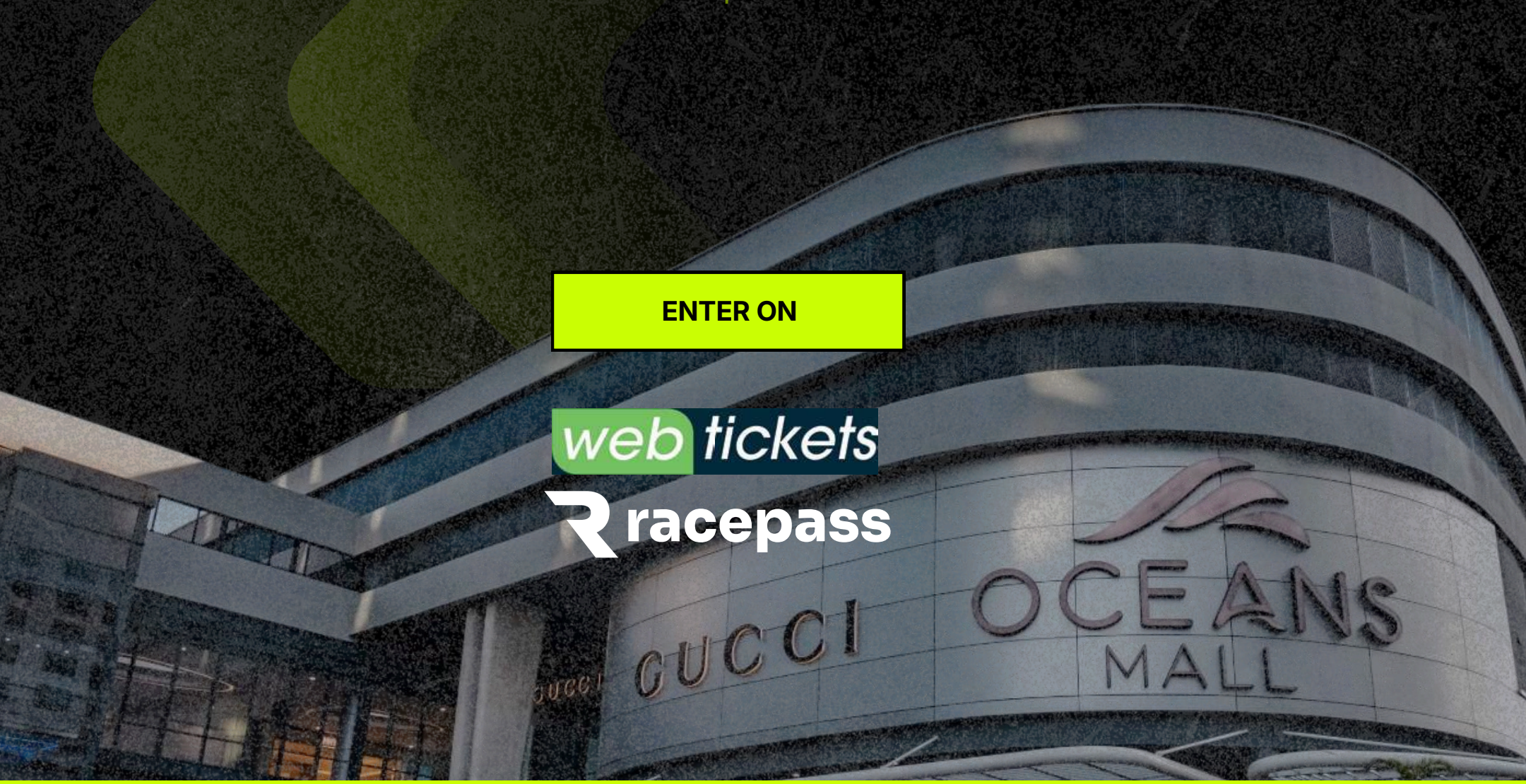
5KM	10KM	21KM
5:30AM	OCEANS MALL	15 NOVEMBER 2026

Balwin PROPERTIES®

HOSTED AT

OCEANS MALL

UMHLANGA ROCKS HALF



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KWAZULU-NATAL ATHLETICS

Balwin PROPERTIES®

HOSTED AT

OCEANS MALL

UMHLANGA ROCKS HALF

ENTRY FEES

EARLY BIRD	LATE ENTRY
5KM | R160	5KM | R180
10KM | R240	10KM | R270
21KM | R290	21KM | R320
10KM TEMP | R80	21KM TEMP | R100

CLOSES 30TH SEPTEMBER 2026

START	FINISH
5KM | 5:45AM	START & FINISH AT OCEANS MALL
10KM | 5:30AM	
21KM | 5:30AM	

RULES & REGULATIONS

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 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:

- Club colours must be worn by licensed athletes.
- 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.
- All unlicensed entrants require a temporary license at R80 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, 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 9am.
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.

		1ST	2ND	3RD
10KM	OPEN	2500	1500	1000
	40-49	500	300	200
	50+	500	300	200
	JUNIOR	500	300	200
21KM	OPEN	3500	2000	1000
	40-49	500	300	200
	50+	500	300	200
	JUNIOR	500	300	200

COLLECTION	TO BE RELEASED SOON
ENTER ON	webtickets racepass
T-SHIRTS	FREE- FIRST 2000 ENTRIES
T-SHIRT PRICE	R90
GOODIE BAGS	FIRST 4000 ENTRIES