

**JOIN US FOR A BEAUTIFUL
SUNRISE RUN ON 27 AUGUST 2023**

Incorporating the KZNA 10km Championships



- **Event Date:** Sunday 27 August 2023
- **Start/Finish Venue:** SunCoast, Durban Beachfront
- **Distances:** 10km and 21.1km
- **Prize Money:** R14,500

PRIZE MONEY				
Position	21.1km		10km	
	Male	Female	Male	Female
1st	R1500	R1500	R1000	R1000
2nd	R1000	R1000	R750	R750
3rd	R500	R500	R500	R500
1st 35-39	R250	R250	R250	R250
1st 40-49	R250	R250	R250	R250
1st 50-69	R250	R250	R250	R250
1st 60+	R250	R250	R250	R250
TOTAL	R4000	R4000	R3250	R3250

- **Start Times:** 21km @ 6:30am / 10km @ 6:40am
- **Entries are limited:** 1000 entrants per distance only (1000 Runners – 21km / 1000 Runners – 10km)
- **Entries open** on 22 May 2023 and close 20 August 2023 at 2pm
- **Early Bird entries** close on 30 June. Enter now to receive your free T-shirt!
- **Enter online:** <https://www.eventtiming.co.za>
- **Late entries** will be allowed at race number collection on 26 August – NO late entries on race day.

Entry Type	21.1km	10km
Early bird entry	R250	R190
Late entry	R280	R220
Temporary licence	R80	R50

- **Race Number Collection:** Saturday 26 August from 1100 to 1530 at SunCoast, Durban Beachfront and Sunday 27 August from 0430 until races start
- **T-shirts** for all Early Bird entries
- **Medals** for all finishers

VUM and GETFIT Athletic Club are proud to welcome the **Made for More** hand cyclists who will be taking part in the 10km event.

Made for More aims to see people with disabilities included, equipped and empowered to live a life of connection, wholeness, passion and purpose. They achieve this by breaking stigma, while empowering people with disabilities to discover their abilities, worth and divine purpose through community, sport, faith, mentorship and community projects.

Important Race Information:

1. The race will be run in accordance with the rules of WA, ASA, KZNA.
2. Foreign athletes must comply with WA Rules 22.1, 4.2 and 142 and ASA rule 9.
3. Proof of age will be required for all category winners.
4. ASA approved age category tags must be worn on the front and back of your vest or crop top and must be clearly visible to qualify for an age category prize. Junior athletes must be 19 years or younger in the year of the competition and wear a 'J' on the upper front and back of their vest/crop top in order to be eligible for prizes and must provide proof of age on race day.
5. Race rules, marshals, technical and traffic officials must be obeyed by all runners at all times.
6. Participants must be 14 years or older for the 10km race and 16 years or older for the 21km race.
7. Current ASA licence numbers must be worn on front and back of running vest/shirt.
8. ASA licence sponsor, province and year must not be covered on ASA licence, or replaced by race number. Athletes who do not adhere to this rule may be disqualified as per ASA Rule 26.1.7.
9. Temporary licences are required for all non-licensed 10km and 21km entrants.
10. Temporary licensed athletes are not covered by a national insurance policy as per ASA Rule 25.6.15.
11. Unregistered athletes running with temporary licences must run in neutral colours and adhere to WA and ASA advertising rules.
12. 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.
13. Refreshments will be provided at water tables along the route and no personal seconding is permitted.
14. Finish times will be captured at the finish by Event Timing.
15. The cut-off times will be 1½ hours (10km) and 3 hours (21km).
16. The prize giving will commence at 9am.

LOGOS



GETFIT A.C.

Jeep
HILLCREST



KWAZULU NATAL ATHLETICS

Coca-Cola