

# SMG



# UMHLANGA ROCKS 10 KM



**05 NOVEMBER 2023**

**LIMITED TO 3000 ENTRIES**

**10KM RUN**  
R190  
06H00

**5KM WALK**  
R100  
06H15



**CELEBRITY  
MILE**  
08H00



**START AND FINISH AT THE UMHLANGA CENTRE**

HOSTED BY SISONKE ATHLETICS CLUB

# ENTRY FEES

10KM+ SHIRT  
R250

10KM  
R190

5KM  
R100

TEMP LICENSE  
R50

## RACE INFORMATION

### AGE RESTRICTION:

Minimum age on Race Day is 14 years of age.  
Junior Athletes must be 19 and younger on the 31st December in the year 2023 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 2023 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 R50 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 Competition Rule 1.7 & 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 3 water tables with Water and Drinks. Cut off will be 8am.

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.

## COLLECTIONS AND REGISTRATION

Friday 3rd November 2023

12h00 - 17h00 at Umhlanga Centre - 189 Ridge Road Car Park

Saturday 4th November 2023

10h00 - 17h00 at Umhlanga Centre - 189 Ridge Road Car Park

## LATE ENTRIES

Late entries available on Friday 3rd November and Saturday 4th November at Umhlanga Centre - 189 Ridge Road Car Park

10km - R250

5km - R120

## PRIZE MONEY (MALE AND FEMALE) 10KM RUN

	1st	2nd	3rd
Open Men/Lady	2500	1000	750
Men/Lady 40-49	300		
Men/Lady 50-59	300		
Men/Lady 60-69	300		
Junior Men/Lady	750		

## ENTRIES

[www.runseries.co.za](http://www.runseries.co.za)



OR

**Racepass**

[www.racepass.com](http://www.racepass.com)

## CONTACT INFORMATION

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