



KWAZULU-NATAL
PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

21 2024
JULY



5KM
ENTRY FEE
R80
1Mile
ENTRY FEE
R40

KZN 5KM 1MILE

CHAMPIONSHIPS

START

KINGS PARK STADIUM

5KM 7h00 Cut-off time after 45 mins at 07h45

1MILE 7h50 Cut-off time after 10 mins at 08h00

PRIZE GIVING 8h30

COLLECTION DATE | Kings Park Stadium
19 & 20 July 2024 10:00 to 16:00

ENTRIES

PRE-ENTRY www.finishtime.co.za

Entries open 28 June 2024

No Temporary licences will be allowed.

No Late entries.

Only KZN athletes are eligible to participate.

CONTACT Jabulani 031 312 9374



KWAZULU-NATAL
ATHLETICS

5KM QUALIFYING STANDARDS

Age Categories	Females	Males
14-19	18:30	15:20
Open	17:45	14:20
40+	20:10	16:30

5KM PRIZES (Male & Female)

Categories	1st	2nd	3rd
14-19	R300	R200	R150
Open	R600	R400	R250
40+	R300		

1MILE QUALIFYING STANDARDS

Age Categories	Females	Males
11-13	5:20	4:50
14-19	05:10	04:30
Open	04:45	04:15
40+	5:05	4:30

1MILE PRIZES (Male & Female)

Categories	1st	2nd	3rd
14-19	R200	R150	R100
Open	R400	R300	R200
40+	R300		



www.kznathletics.co.za



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RULES & GENERAL INFORMATION

WHERE TO ENTER: www.finishtime.co.za

ONLINE ENTRIES OPEN: Friday, 28 June 2024

PLEASE NOTE: Entries are limited and the race organizers have sole discretion

NUMBER COLLECTION: 19 & 20 July 2024 between 10h00 and 16h00 from Kingspark Athletics Stadium

1. The race will be run in accordance with the rules of WA, ASA and KZNA and all entrants must abide by these rules.
2. Cut off time : 5km & 10km 2hrs.
3. NO ENTRIES WILL BE TAKEN ON THE DAY OF THE RACE.
4. 2024 Licence numbers must be worn on front and back of the vest.
5. Tog bag race facility will be provided. The race organisers will not on the day be held responsible for any loss or damage caused to items left at the tog bag facilities. Bags and personal belongings left at own risk.
6. All foreign athletes must comply with WA Rules CR 1.7, TR 4.1 and TR 4.2 together with ASA Rule 9.
7. Refreshment station will be provided and no personal seconding will be permitted. No vehicles are permitted on route.
8. Traffic officials, technical officials and marshals are to be obeyed.
9. This is a championship event and is only open to licensed athletes who must wear both licenses as well as the race number. The race number must be worn over the permanent licence number on the front of the upper body clothing and be placed so that ASA Licence sponsor and A.S.A. province / year remain visible above the race number.
10. Prize money will be issued for participants who achieve the relevant qualifying standard. Qualifying participants MAY be selected to represent KZNA at the National Championships.
11. Junior athletes must be 19 years and younger on 31 December in the year of the competition, must wear a 'J' on the upper front and back of the vest/crop to be eligible for prizes and must provide proof of age on race day.
12. KwaZulu-Natal Athletics may use personal information for registration, marketing, statistics and reporting purposes including use of personal data and images. Participation in this event means that you give consent for such use. KZNA with its partners shall ensure the protection of data of all the event's participants, volunteers, coaches, and officials and will do everything possible to ensure that data is collected, stored, processed, maintained in an orderly manner.
13. **INDEMNITY:** All entrants participate at their own risk. Organisers and sponsors will not be held responsible for any loss or injury during or as a result of the race, property loss or damage on the course or in the changing area.

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