



Physical Address
Kings Park Athletic Stadium
41 Isaiah Ntshangase Road
Durban
4001

Postal Address
PO Box 47323
Greyville
4023

Telephone: 031 312 9374
Facsimile: 031 303 2728
E-Mail: admin@kznathletics.co.za
Website: www.kznathletics.co.za

KWAZULU-NATAL ATHLETICS

TO : Chairpersons
FROM : KwaZulu-Natal Athletics
DATE : 09 July 2024
SUBJECT : KZN ATHLETICS 5KM AND 1 MILE CHAMPIONSHIPS

Dear All

The KZNA 5km and 1 mile Championships, will be taking place on **Sunday, 21 July 2024** in Durban, Kings Park Athletics Stadium. The purpose of the event is to select a team to represent KwaZulu-Natal at the ASA 5km and 1 mile championships, taking place in the Free State, Bloemfontein on Saturday, 17 August 2024. There will be no walkers allowed. No athletes will be allowed on the route after cut off times.

GENERAL INFORMATION:

5 km Start time: 07h00
5 km Cut off time: 07h45

1 mile Start time: 07h50
1 mile Cut off time: 08h20

Prize Giving: 09h00

Collection date: 19 & 20 July 2024
Collection time: 10:00 to 16:00
Collection venue: Kings Park Stadium

ENTRIES:

Entry Fee: R80 – 5km and R40 – 1 mile
Pre-Entry Online with
No Temporary licences will be allowed.
No entries on the day.
Only KZN athletes are eligible to participate.

MEDALS:

Medals will be awarded to the top 3 athletes

President: S Mkasi; **Vice President:** M Mngomezulu; **Chairperson Athletes:** S Mthembu; **Chairperson Cross Country:** S Ndlovu;
Chairperson Road Running: R Khanyile; **Chairperson Track and Field:** K Buthelezi.
Additional Members: A Naicker; T Mazibuko; P Hlongwane; S Dlamini; N Nxumalo.
Associate Members: M Ngcobo; N Khumalo; S Hutchinson

INCENTIVES:

Incentives will **only** be awarded to the top 3 open athletes and first the category athletes, who have run the qualifying standards.

Men/ Women

5km				1 mile			
Categories	1	2	3	Categories	1	2	3
14-19	R300	R200	R150	14-19	R200	R150	R100
Open	R600	R400	R250	Open	R400	R300	R200
40+	R300			40+	R300		

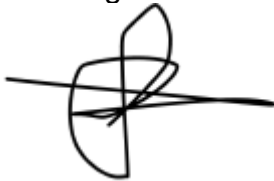
QUALIFYING STANDARDS

Age Categories	Females (5km)	Males (5km)	Age Categories	Females (1 mile)	Males (1 mile)
			11 - 13	5:20	4:50
14-19	18:30	15:20	14-19	05:10	04:30
Open	17:45	14:20	Open	04:45	04:15
40+	20:10	16:30	40+	5:05	4:30

The province can select a maximum of 4 athletes per category. An athlete who achieved the qualifying standard and is not selected but who wishes to represent the province can be entered by the, but will provide their own transport, accommodation and meals.

For more information contact the KZNA Office on 031 312 9374

Kind Regards



Jessica Khomo
General Manager
KwaZulu-Natal Athletics