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KWAZULU-NATAL ATHLETICS

TO : Chairpersons
FROM : KwaZulu-Natal Athletics
DATE : 18 July 2024
**SUBJECT : KZN ATHLETICS 5KM AND 1 MILE CHAMPIONSHIPS
(TIME INCENTIVES AND MANUALS ENTRIES)**

Dear All

Please see additional information regarding the KZNA 5km and 1 mile Championships, will be taking place on **Sunday, 21 July 2024** in Durban, Kings Park Athletics Stadium.

TIME INCENTIVES:

We have added time-based incentives for the **first** SENIOR and JUNIOR athletes, who will run the following times or below:

Age Categories	Females (5km)	Males (5km)		Age Categories	Females (1 mile)	Males (1 mile)
14-19	17:58 (R1500)	14:55 (R1500)		14-19	05:10 (R1000)	04:15 (R1000)
Open	15:45 (R2000)	14:00 (R 2000)		Open	04:45 (R1500)	04:15 (R1500)

LATE ENTRIES:

Date: 19 & 20 July 2024
Time: 10:00 – 16:00
Venue: Kings Park Athletics Stadium

Entry Fee: R80 – 5km and R40 – 1 mile

NO CASH WILL BE ACCEPTED

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

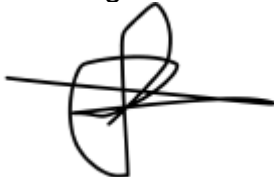
5KM MASTERS ATHLETES (40-49, 50-59, 60+).

- Medals will be awarded to the top 3 athletes
- Incentives will only be awarded to the first category athlete, who has met the qualification standard as per following table.

Age Categories	Females (5km)	Males (5km)	Incentive 1 ST Position
40-49	20:10	16:30	R300
50-59	23:10	18:20	R300
60 +	26:20	20:15	R300

For more information contact the KZNA Office on 031 312 9374

Kind Regards



Jessica Khomo
General Manager
KwaZulu-Natal Athletics