



JOIN US FOR A BEAUTIFUL SUNRISE RUN ON 25 JULY 2021

- **Event Date:** Sunday 25th July 2021
- **Distances:** 5km, 10km & 21.1km Routes
- **Start/Finish Venue:** SunCoast, Durban Beachfront
- **Prize Money** - R6 400.00
- **Entries are limited:** 250 entrants per distance only (250 Runners – 21km / 250 Runners – 10km / 250 Runners – 5km)
- **Entry Fees:** 5km Fun Run – R110.00
10km Run – R170.00 (+ R35 Temp Licence if required)
21.1km Run – R230.00 (+ R50 Temp Licence if required)
- **First 300 Entrants get a goodie bag at registration.**
- **Enter online:** <https://www.entryninja.com/> (No Late Entries at Registration or Race Day)
- **Entry dates:** Online entries open 14th June 2021 & close 22nd July 2021 at 2pm
- **Race Pack collection:** Saturday 24th July: 2pm-5pm at SunCoast, Durban Beachfront (**No Race Day Registration**)
- **Start Times:** 21km @ 6:30am / 10km @ 6:40am / 5km @ 6:50am

Prize Money Breakdown:

10km Prize Money	1st	2nd	3rd
Male	R300.00	R200.00	R100.00
Female	R300.00	R200.00	R100.00

21km Prize Money	1st	2nd	3rd
Male	R 500.00	R 300.00	R150.00
Female	R 500.00	R 300.00	R150.00

COVID – 19 Regulations:

1. All athletes must complete a screening form when collecting race numbers. This can be downloaded in advance.
2. Athletes are required to wear masks and social distance before the start and immediately after finishing the race.
3. Athletes must leave the finish area immediately after completing the race and collecting their medal.
4. Sanitising station will be available at the Start/Finish area.
5. Strictly NO personal seconding or spectators allowed along the route.
6. No tog bag facilities.

21.1km Distance Age Categories *

Age Category	MALE	FEMALE
Junior	R 150.00*	R 150.00*
1 st Open	R 300.00 *	R 300.00 *
1 st 35+	R 300.00 *	R 300.00 *
1 st 40+	R 300.00 *	R 300.00 *
1 st 50+	R 300.00 *	R 300.00 *
1 st 60+	R 300.00 *	R 300.00 *

Age category prizes will be awarded in categories where 20 or more runners took part.

Important Race Information:

1. Race will be run in accordance with the rules of WA, ASA, KZNA.
2. Foreign athletes must comply with WA Rule 22,1 4.2, & 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 the age category prize.
5. Race rules, marshals, traffic officials and covid 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. Temporary licences are required for all non-licensed 10km and 21km entrants.
9. ASA licence sponsor, province and year must not be covered on ASA licence, or replaced by race number.
10. Refreshment table volunteers will wear masks at all times and distribute water sachets only.
11. Finish times will be captured at the finish by Elite Timing.
12. The cut-off times will be 1½ hours (10km) and 3 hours (21km)



Organised by: **GETFIT A.C.**

