



**EARLY BIRD ENTRIES
CLOSE 2 FEB 2025**

LATE ENTRIES DO NOT QUALIFY TO RECEIVE RACE T-SHIRTS
T-SHIRT SIZES AVAILABLE WHILE STOCK LASTS

FOR MORE INFO Race Director **Mthoko Ndwandwe** 071 652 2649 | racedirector@capitalcity42.co.za



START PIETERMARITZBURG CITY HALL
FINISH MSUNDUZI ATHLETICS STADIUM

ENTRY FEES

42.2KM

STARTS 5:00AM
EARLY BIRD
LATE ENTRY
TEMP LICENCE

R400
R440**
R110*

21.1KM

STARTS 5:00AM
EARLY BIRD
LATE ENTRY
TEMP LICENCE

R290
R340**
R95*

10KM

STARTS 6:00AM
EARLY BIRD
LATE ENTRY
TEMP LICENCE

R240
R280**
R70*

5KM

STARTS 6:30AM
EARLY BIRD
LATE ENTRY
TEMP LICENCE

INCL T-SHIRT
R130
R190**
R45*
R190
R250**
R45*

R110 TEMPORARY LICENCE FEE FOR THE 42.2KM ONLY APPLIES TO ELITE AND
INTERNATIONAL ATHLETES. LATE ENTRY FEES APPLY TO THE WEEK BEFORE THE EVENT.

REGISTRATION

ENTRANTS CAN COLLECT THEIR RACE NUMBERS FROM 9AM TO 5PM

DURBAN - 18 FEBRUARY 2026 | KINGSPARK ATHLETICS STADIUM
PMB - 20 & 21 FEBRUARY 2026 | MSUNDUZI ATHLETICS STADIUM

NO COLLECTION ON RACE DAY

**ENTER NOW AT ANY PICK N PAY STORE NEAR YOU OR
WWW.WEBTICKETS.CO.ZA / WWW.ENTRYNINJA.COM**

#RUNTHECAPITALCITY



CATEGORY PRIZES

42.2KM

Male & Female

Category	Position	Prize
Open	1st	R12 000
	2nd	R6 000
	3rd	R3 000

21.1KM

Male & Female

Category	Position	Prize
Open	1st	R3 000
	2nd	R2 000
	3rd	R1 500

10KM

Male & Female

Category	Position	Prize
Open	1st	R2 000
	2nd	R1 500
	3rd	R1 000

5KM

Male & Female

Category	Position	Prize
Open	1st	R1 000
	2nd	R750
	3rd	R500

**EARLY BIRD ENTRIES
CLOSE 2 FEB 2025**

ENTER EARLY TO GET YOUR RACE T-SHIRT AT REGISTRATION
T-SHIRT SIZES AVAILABLE WHILE STOCK LASTS

LATE ENTRIES DO NOT QUALIFY TO RECEIVE RACE T-SHIRTS

**ENTER NOW VIA
AT ANY PICK N PAY STORE OR
WWW.WEBTICKETS.CO.ZA
WWW.ENTRYNINJA.COM**



**KWAZULU-NATAL
ATHLETICS**

The Witness

Coca-Cola

**M17
NATIONAL GROUP**



RACE RULES

- Race held in accordance with WA, ASA and KZNA rules.
- The licence number may be covered with the competition issued number. Both provincial licenses MUST be worn on the upper part of the vest /crop top (front and back).
- Please bring proof of payment when collecting race number.
- Post hydration provided.
- Tog bag facilities will be provided - use of them is at participant's own risk (race officials/organisers are not liable for loss of personal belongings)
- All participants must wear ASA-approved licences and relevant age category tags on the upper part of vest/crop top (front and back) to qualify for prizes.

- All relevant age categories must be clearly visible.

- No refunds.

- **Late entries will not get a t-shirt.**

- No pacing permitted.

- Club kit to be worn.

- Participants must obey marshals, traffic officials and race officials.

- All foreign/international athletes must comply with WA

- Competition Rule 1.7 and ASA Rule 9.

- All international athletes to buy and wear temporary licences at the back of their race shirts and race number on the front. Failure to do so will result in automatic disqualification.

- International athletes not representing a local club must wear neutral colours i.e.

- (white/black/grey)

- Temporary licensed athletes are not covered by a national insurance policy, ASA Rule 25.6.15.

- Unregistered athletes running with temporary licenses must run in neutral colours and adhere to WA and ASA advertising rules. Holders of temporary licences will be eligible for individual prizes and may claim age category prizes in keeping with WA and ASA Rule 25.6.13.

- 5km participants must be from 9 years of age.

- 10km participants must be from 14 years of age.

- 21.1 km participants must be from 16 years of age.

- 42.2km participants must be from 20 years of age.

- Please note: only athletes who are of age 19 years and younger on the 31st December 2025 are eligible for a junior prize.

- Proof of ID required for prize giving.

- **All prize winners must be present at the prize giving ceremony. Failure to attend prize giving ceremony will result in forfeiture of prize money.**

- The coach of the winning athlete must be a qualified coach and have a current affiliation with KZNA to qualify for a prize if their athlete wins the marathon.

CUT OFF TIME

Marathon participants who have not passed the half marathon turn in by 3 hours 15 minutes (9:15) will not be allowed to continue but may complete the half marathon until the 4 hours time limit. Participants who have not complete

21.1 km by the 4 hours will be called off the road.

5km - 8:00am (1 hour, 30 minutes)

21,1km - 08:30am (3 hours, 30 minutes)

10km - 9:00am (3 hours)

42,2km - 11:00am (6 hours)

MARATHON

1. 24km mark by 4 hours (9am)

2. 27km mark by 4 hours 30 minutes (9:30am)

3. 31km mark by 5 hours (10am)

4. 36km mark by 5 hours 30 minutes (10:30am)

5. 42,2 km mark by 6 hours (11am)

INDEMNITY

I acknowledge that any payments not honoured by my bank will render me liable for any costs incurred as well as disqualifying me from participation. I'm medically fit to run and fully understand that I now enter at my own risk and indemnify race sponsors and organisers against any claim which may arise from my participation.

- Athletes with their own private vehicles must please park them at the designated parking areas at the finish venue and walk to the start venue.

- Medals will be awarded to all race finishers.

- 10 000 permitted participants will be allowed to enter the race.

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