



42.2KM 21.1KM 10KM 5KM  
**22 FEB 2026**

**START PIETERMARITZBURG CITY HALL**  
**FINISH MSUNDUZI ATHLETICS STADIUM**

TWO  
OCEANS  
MARATHON

QUALIFIER



ABBOTT  
WORLD  
MARATHON  
MAJORS

MARATHON  
TOURS & TRAVEL  
AGE GROUP QUALIFIER

**EARLY BIRD ENTRIES**  
**CLOSE 2 FEB 2025**

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

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



**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

R130  
R190\*\*  
R45\*

INCL. T-SHIRT  
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

**FOR MORE INFO** Race Director **Mthoko Ndwandwe** 071 652 2649 | [racedirector@capitalcity42.co.za](mailto:racedirector@capitalcity42.co.za)



Witness





# CATEGORY PRIZES

## 42.2KM

Male & Female

Category	Position	Prize
Open	1st	R12 000
	2nd	R6 000
	3rd	R3 000
35-39	1st	R500
	2nd	R300
	3rd	R200
40-49	1st	R500
	2nd	R300
	3rd	R200
50-59	1st	R500
	2nd	R300
	3rd	R200
+60	1st	R500
	2nd	R300
	3rd	R200

## 21.1KM

Male & Female

Category	Position	Prize
Open	1st	R3 000
	2nd	R2 000
	3rd	R1 500
35-39	1st	R500
	2nd	R300
40-49	1st	R500
	2nd	R300
50-59	1st	R500
	2nd	R300
+60	1st	R500
	2nd	R300
Junior	1st	R500
	2nd	R300

## 10KM

Male & Female

Category	Position	Prize
Open	1st	R2 000
	2nd	R1 500
	3rd	R1 000
35-39	1st	R500
40-49	1st	R500
	2nd	R300
50-59	1st	R500
	2nd	R300
+60	1st	R500
	2nd	R300
Junior	1st	R500
	2nd	R300
	3rd	R200

Marathon Winning Coach R1 000

## 5KM

Male & Female

Category	Position	Prize
Open	1st	R1 000
	2nd	R750
	3rd	R500
Junior	1st	R400
	2nd	R250
	3rd	R200

**ENTER NOW VIA**  
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**WWW.ENTRYNINJA.COM**



## 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



# 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.

**FOR MORE INFO** Race Director **Mthoko Ndwandwe** 071 652 2649 | [racedirector@capitalcity42.co.za](mailto:racedirector@capitalcity42.co.za)

