

KWAZULU-NATAL ATHLETICS



INFORMATION & FIXTURE LIST



KWAZULU-NATAL PROVINCE
SPORT, ARTS AND CULTURE
REPUBLIC OF SOUTH AFRICA

2025



HOLLYWOODBETS DURBAN 10KM SAVE THE DATE



Date: 31 August 2025



Time: 07h00

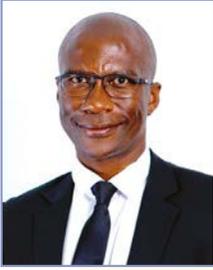
Venue: Hollywoodbets Kings Park Outer Fields

Distance: 10km & 5km

www.hollywoodathleticsclub.co.za



MESSAGE FROM THE KZNA PRESIDENT



Mr Steve Mkasi

Dear KwaZulu-Natal Athletics Community,

The year 2025 marks a new chapter in our shared journey of athletic excellence and community spirit. I am delighted to extend my warmest greetings and heartfelt best wishes to every athlete, coach, technical official, club, volunteer, sponsor, and supporter whose collective efforts propel KwaZulu-Natal Athletics forward. Together, we nurture a proud legacy of athletic excellence, unwavering commitment, and a shared spirit of community.

Looking ahead, our shared vision for the sustained growth and advancement of athletics in KwaZulu-Natal remains steadfast. Athletics is a powerful force that unites diverse individuals, fosters excellence, and creates avenues for personal and professional enrichment. To advance this mission, KwaZulu-Natal Athletics offers a comprehensive array of clinics, courses, and workshops aimed at equipping individuals with the skills and knowledge to contribute significantly to the sport. Whether you are an athlete striving for greatness, a coach shaping future champions, an official ensuring fair competition, or a volunteer whose dedication makes it all possible, your active participation is vital to fortifying the foundation of our athletic community. Together, we can broaden the reach of athletics and deepen its impact throughout our province.

I extend my profound gratitude to the event organisers, club leaders, technical officials, volunteers, and sponsors whose tireless dedication breathes life into our events. Your commitment, passion, and vision are the cornerstones of our collective success.

As we embark on this new year, we trust that 2025 will be a time of growth, achievement, and boundless opportunity. Let us move forward together — inspiring excellence, nurturing a passion for athletics, and building a legacy that will endure in every corner of KwaZulu-Natal.

With sincere appreciation and best wishes,

Steve Mkasi

Mr. Steve Mkasi

President, KwaZulu-Natal Athletics



**KWAZULU-NATAL
ATHLETICS**

admin@kznathletics.co.za | t 031 312 9374 | www.kznathletics.co.za

Kings Park Athletic Stadium, 41 Isaiah Ntshangase Road, Durban, 4001

EXECUTIVE BOARD

2021 - 2025

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President

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(SASA - KZN)

Shona Hutchinson

Associate Member

(KZN Masters)



World Athletics (WA) is the governing body for athletics Worldwide.

These ASA Domestic Competition Rules and Regulations will be in force as from 01 January 2025.

All athletics events on the official KwaZulu-Natal calendar are held under the rules of WA, ASA and KwaZulu-Natal Athletics. Athletes must ensure they are fully familiarised with the rules of their sport and copies of the WA Competition Rules (CR) and Technical Rules (TR) together with WA Regulations are available from the KZNA offices.

Please note that a number of rules have changed. If you are in doubt of any, consult the race referee prior to the commencement of the race.

Although it is the responsibility of every participant to know the rules, the following notes are provided to highlight aspects that have changed or that address common misperceptions.

EVENTS

1. **New Competition – ASA Rule 21**

No New competition will be listed on the ASA Provincial Fixture lists after October of the preceding year. Provinces may host such additional events with the conditions that the event is not covered by the ASA athlete medical insurance. This restriction must be stated on the promotional material.

2. **Athletics Events – ASA Constitution**

27.13 Only Provinces of ASA, Associated Members of ASA and athletics clubs may organise/stage athletics events. This includes fun runs and walks.

3. Clubs must organise their race in strict accordance with the rules of WA, ASA and the KZNA Race Package.

PERMANENT LICENCES (ASA Rule 25)

1. Current 2025 licences must be worn on the chest and back of upper body garments.

(Men and women) (WA Rule TR 5 and ASA Rule 25).

2. The club name may be displayed on the upper body garment. The Club name may only be 4cm high, but the full width of the body. The club name may be displayed on the rear of the upper body garment. (ASA Rule 24.13)
3. Licence and race numbers must not be altered in any way, and the full number and sponsor must be fully visible throughout the race. It should thus be attached by at least four (4) pins. It is acceptable for distance runners to perforate the number bib providing it does not perforate any numbers, or lettering. (WA Rule TR 5.9)
4. Athletes may only register with a club in the province of their domicile unless they are listed on the ASA register of National Athletes (ASA Rule 5).
5. South African Citizens and foreigners who hold a valid South African Permanent Residence Permit are entitled to join an Athletic Club and count for a team prize.
6. Foreign athletes who do not hold a valid South African Permanent Residence Permit or other document as indicated above must have clearance from the Athletics Federation in their Country in accordance with WA Rule TR 4.2 and ASA Rule 9. The letter of clearance must be lodged with ASA and the race organiser. Such foreign athletes may not win any team prize.
7. Clubs are responsible for ensuring that only eligible athletes are licensed and allowed to participate in their club colours. Clubs are required to keep copies of documentation proving the eligibility of their licensed runners.

8. Under no circumstances are licence or race numbers transferable. Any athlete wishing to change clubs may do so provided he/she obtains written clearance from the previous clubs but may maintain the licence until the end of the year i.e. 31 December of the current year.

9. Organisers/athletes may not replace an ASA licence with competition/race number. Athletes must wear both ASA Licences. (ASA Rule 25.4.8 and ASA Rule 26.1)

TEMPORARY LICENCES (ASA Rule 25.6)

1. The temporary licence is only valid on the day of the competition and for any event up to and including the Standard Marathon (42.2km). If there is one number given when a temporary licence is purchased it must be worn on the front of the vest, crop top or shirt. However, should there be race numbers issued then the athlete is to wear the race number on the front and the temporary licence number on the back.
2. Registered athletes who do not have their licence numbers or club kit with them can use temporary licences in races of any distance. (ASA Rule 25.6.3)
3. In addition to the temporary licence charge, the normal entry fee must be paid. Participants issued with temporary licences need not wear club colours, but must at all times be decently clad. Clothing must comply with the advertising rules. (WA Rule TR 5.1, WA Advertising Regulations and ASA Rules 3 and 24)
4. Temporary licensed athletes are eligible for age category prizes providing they wear the appropriate numerical age category tags. They are also eligible for all open category prizes (ASA Rule 25.6.13)
5. From 2017 onwards, temporary licenced athletes are not covered by a national insurance policy.

6. All temporary licenced athletes must sign an indemnity/disclaimer form which must be provided by the race organiser. (ASA Rule 25.6.15)

EVENT ENTRY

1. Entry forms for all events must have a section for ID Number, or birth certificate number, or Permanent Residence Permit number. Only South African citizens or athletes who hold a South African Permanent Residence Permit should fill in this section. An act by foreign athletes filling in this section will constitute fraud. (ASA Rule 4.1)
2. If the section for the information required in 1 above is left blank, then the athlete will be deemed to be a foreign athlete, and he/she will not be eligible for any team prize.
3. In a case where a foreign athlete violates ASA Rule 9 and accepts a team prize, and he/she is entered through a South African athletics club, then the athletics club concerned will be held jointly responsible for the violation of this Rule, and will also face disciplinary action by ASA.

ATHLETE CLOTHING (ASA Rule 24)

1. Clubs affiliated to KZNA may include a title sponsor in the name of the club. The club name, including the club badge or logo and sponsors name, may be displayed once only on both the front and back of the vest, and may be the full width of the vest from side seam to side seam, but may only be a maximum of 4cm in height regardless of whether the name is written in one or more lines. (ASA Rule 24.13.2)
2. Clubs must register their kit with KZNA. No change of club colours: club name or logo; or manufacturer's or sponsor's logo, displayed on any garment in the club competition attire, will be acceptable unless the kit is re-registered with the Provincial Athletics body. (ASA Rule 24.2)

3. Athletes may have their personal sponsors name and or logo on the upper right of their vest providing this does not exceed a size of 40cm² and the lettering is not higher than 4cm.
4. The manufacture's logo may appear once on the upper body attire. The maximum size of this display shall be 40cm² with a maximum height of 4cm.

PROCEDURE TO CHANGE CLUBS (ASA Rule 5.15)

1. Before applying for membership of another club, a member must obtain written clearance from his/her existing club showing that he/she is in good financial standing and must submit this with his/her application to join the new club.
2. He/she may continue to use the existing licence number issued by his/her former club until the year end and is not required to obtain a new licence from the new club.
3. Once an athlete has received his/her clearance and joined another club he/she must obtain the new club kit.
4. No licensed athlete may compete for one club whilst he/she is a registered member of another club. (NO DUAL MEMBERSHIP ALLOWED). The receiving club is responsible for ensuring that this rule is adhered to.

WALKERS (ASA Rule 33)

1. Whilst most road races are open to walkers, it is advisable to confirm with the race organiser before the event. Separate starting locations or times may be applicable.
2. Walkers must wear official "W" identification tags (red lettering min 6cm height) on the front and back of their vests.

3. Walkers who want to be considered for awards must compete with their knees uncovered in order that their style may be adjudicated by officials for the duration of the event.

PHYSICAL ASSISTANCE (WA Rule TR 6.3 and ASA Rule 34.9)

1. Pacing (non-competitive running) is defined as someone running alongside another competitor to specifically assist him/her and is not allowed. (refer to ASA Rule 34.9 for details).

AGE GROUPS

1. The following minimum age restriction shall apply to road races in South Africa where the same age restriction shall apply for men and women and the age shall be as at the date of competition.
2. Athletes may not compete in more than one age category during the same meeting or race unless there is no corresponding event within the age group they initially select to compete.
3. In competition where the competition takes place according to age categories, in addition to the OPEN category, if offered, the athlete will participate and only be eligible for the prizes in the category they entered for, provided they display the relevant official and approved ASA/KZNA numerical age category tags front and back on their upper outer garment. Any athlete may thus qualify for a maximum of two individual prizes (one in the open category and a second in the age category entered for).
4. Age category athletes in the master's categories may enter either their chronological age category or any category younger than their chronological age down to senior level.

ROAD RACES – PROGRESSION OF DISTANCES AND AGE GROUPS

Distances of event or relay leg	< = 5km	6> = 10km	11> = 15km	16> = 21.1km	22> = 32km	33> = 42.2km	43 km+
Recognised WA distance	2km	10km	15km	21.1km	30km	42.2km	Ultra
Minimum age on the day of competition	9 years	14 years	15 years	16 years	19 years	20 years	20 years

AGE GROUPS

CATEGORY	DISCIPLINE	ACTUAL AGE
Senior	RR	20 years and older on 31st December in the year of competition up to 34 years old on the day of the competition
Senior	TR	16 years and older on 31st December in the year of competition
Junior U/20	RR	19 years and younger on 31st December in the year of competition
Junior U/20	TF & XC	18 or 19 years on 31st December in the year of competition
Youth U/18	TF	16 or 17 years on 31st December in the year of competition
Sub-Youth	TF	14 or 15 years on 31st December in the year of competition
Open	ALL	All athletes of the same gender irrespective of their age
Masters	ALL	Any athlete who has reached his/her 35th birthday. All matters concerning Masters' competition will be regulated by The South African Masters Association (SAMA)

Any age groups and age categories, as determined by the technical regulations for that specific competition/championship may be allowed by ASA on approval by the Provincial /ASA Board

1. Age category athletes in the master categories may not compete simultaneously in more than one individual or team category in the same meeting, or race and must declare at the time of the entry which category they are competing in.
2. If there is only one prize it shall be termed "OPEN" and all athletes shall be eligible regardless of their individual age category.
3. When team prizes are offered in more than one category, the OPEN classification shall NOT be used and all teams must refer to a specific age group. If no junior team category is offered, juniors shall count towards the Senior team competition.
4. Older athletes qualify automatically for a younger team competition 40-49 if there is no older competition and it should ideally be termed 40+.
5. If the team prizes are offered in more than one age category, athletes will be eligible only for the team competition corresponding to the individual age category entered for and the age category tags displayed.
6. For road races teams, sizes for all ages/ gender categories shall be three (3) athletes to count, except for the Senior/ Open Men/Women categories where four (4) athletes will count. Permission must be obtained from the Provincial/National body to deviate from this rule.
7. The official numerical age category tag must be clearly displayed on the front and

back of the running top, for the duration of the event (not covered by rain jackets, etc.). Athletes that fail to display both their age category tags will be considered for the Open and Senior prizes only.

8. In the event where an athlete's age category tags do not match the category entered on the entry form, the athlete shall be excluded from all age category prizes and will only qualify for the OPEN prizes, unless it is proven that the error has been caused by the organisers, in which case the athlete will count for the prizes accordingly to their age category tags.
9. The size of the lettering on all age category tags must be a minimum of 6cm high and must be worn visibly above the Licence/ Race bib on the upper body clothing, back and front. The lettering shall be red on a white background. (ASA Rule 22.9.3)

PROTESTS

A protest shall, in the first instance, be made verbally to the referee. If the athlete is dissatisfied with the decision then the athlete should lodge an appeal in writing which will be referred to the Jury of Appeal.

Appeals must be made within 30 minutes of the announcement of the results and shall be accompanied by a deposit of R500, which will be forfeited if the protest is not upheld. (WA Rule TR 8 and ASA Rule 27)

SAFETY

1. Runners are not permitted to run with animals.
2. Where event organisers allow and have permission from the traffic authority for runners or walkers to participate with prams or baby joggers, they must start at the back of the race, and may be required to have a delayed starting time.

3. Where the organiser and the traffic authority allow a competitive wheelchair event they must commence in a staggered start prior to the start of the able-bodied race.
4. Disabled or blind runners who require to be accompanied may only make use of guides who have officially entered the event.
4. The only prizes that may be awarded in fun runs are lucky draw awards that involve a process that provides an equal opportunity of winning to all participants. This may be based on entry or completion of the fun run. No money or money vouchers may be offered as prizes.

FUN RUNS

1. The distance of Fun Runs may not exceed 8km.
2. Licensed and unlicensed athletes may participate in these events, no license number needs to be worn in these events, and temporary licenses need not be purchased.
3. Fun runs will only be sanctioned by ASA or KZNA and must be held under the auspices of an affiliated club.

ROAD RELAYS

Road relays must be organised under the direct auspices of KZN Athletics. The province has the sole right to appoint an LOC, and through this LOC take complete responsibility for the event.

DETAILS OF INSURANCE POLICY COVERED BY PERMANENT Licence

Contact the KZN Athletics office for details.



ALL FOREIGN ATHLETES MUST COMPLY WITH WA RULES CR 1.7, TR 4.1 AND TR 4.2 TOGETHER WITH ASA RULE 9

1. Members may require that no athlete or club affiliated to the member may take part in an international competition in a foreign country or territory without the member's written approval. In such a case, no member hosting a competition shall allow any foreign athlete or club or the member in question to take part without evidence of such permit certifying that the athlete or club is eligible and permitted to compete in the country or territory concerned. Members shall notify the WA of all such permit requirements. To facilitate compliance with the rule, the WA shall maintain on its website a list of members with such requirements.
2. The eligibility of an athlete to compete outside of his own country is as set forth in WA Rule TR 4.2. Such eligibility shall be assumed unless an objection to his status is made to the Technical Delegate (s). (See also WA Rule TR 8.1)



6. A role player meeting to be called by the organisers a few weeks prior to the event. (local SAP Station Commander, local Road Traffic Department, Race Organiser, Marshals Co-ordinator, Grounds Co-ordinator, Safety Officer)
7. All safety and health regulations to be adhered to.
8. Ambulance to be on the route and a medical doctor at the venue.
9. Marshals (18 years and older) to be on the route.
10. Residents and businesses along the route to be notified.
11. Adequate parking.
12. Race Levy form and race results to be sent to KZNA within 21 days of the event and race levy to be paid to KZNA within 21 days of the event.
13. Fun Runs: Maximum distance 8km. No prize money.
14. Litter: Keep running environment clean. (ASA Rule 28)
15. Venue Plan.
16. Comply with all rules with regards to race organising. (WA Rule TR 55 and ASA Rule. 34. Road Races)

GUIDELINES FOR RACE ORGANISERS

Race organisers are required to comply with all requirements as stipulated below:

1. Appoint a Safety Officer.
2. Apply for Risk Categorisation from SAPS. Contact Brigadier NNJ Mzinyane – 031 325 6051 / 082 417 6209 or Lieutenant Colonel PL Khoza – 031 325 6051/ 082 826 8950 or KhozaPL@saps.gov.za
3. Obtain Public Liability Insurance for the event.
4. Apply to the local Road Traffic Department for permission to use roads.
5. Create a safety plan, clean-up plan, and medical plan.



RISING SUN CHATSWORTH A.C

ULTRA MARATHON

Chatsworth Oval, Durban
Sunday, April 13, 2025 @ 5:30am

52KM



1st Prize

Male :R20 000

Female :R20 000

R40 000

25KM



1st Prize

Male :R7 500

Female :R7 500

R15 000

10KM



1st Prize

For runners only

Male :R2 500

Female :R2 500

R5 000

T-Shirts for first 2000 entries.
Medals for all finishers

ALL RACES START AT THE RISING SUN BUILDING
13 RISING SUN STREET, CHATSWORTH

Online Entries: www.eventtiming.co.za

Contact Dan Paliam: 082 877 0400



COMMUNITY NEWSPAPERS

RISING SUN



Coca-Cola

ROAD RUNNING COMMISSION

Ray Khanyile
Chairperson

Mandla Makhathini
Vice Chairperson

Nana Nxumalo
Secretary

Welcome Mteto
Additional Member

Sipho Mkhathini
Additional Member

Collin Thomas
Additional Member

Sbusisiwe Zibani
Additional Member



ROAD RUNNING FIXTURES

KWAZULU-NATAL
ATHLETICS



January 2025

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	EMAIL/CONTACT NUMBERS	CONTACT PERSON	TIME
12 Jan	Scottburgh Half Marathon	Scottburgh Golf Club	21.1km run/ walk 10km run/ walk	Scottburgh Athletic Club	073 244 0361 meganmuller46@gmail.com	Megan Muller	05h30
12 Jan	Hilton Harriers Half Marathon	Grace College	21.1km run 10km run	Hilton Harriers	082 454 5686 kevin.meier@gmail.com	Kevin Meier	05h30 06h00
19 Jan	Kearsney Striders Half Marathon	Kearsney College	21.1km run 10km run	Kearsney Striders	083 277 3697 083 531 9417 erikavelissariou@gmail.com purposedriven@telkomsa.net	Erika Veussanou Jennifer Rigby	06h00
26 Jan	PDAC 25km	Watercrest Shopping Centre, Inanda Road Waterfall	25 km run/ walk	PDAC	082 656 7707 pdacsecretary@gmail.com plumbcare@mweb.co.za	Lise Muchna	05h00





DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	EMAIL/CONTACT NUMBERS	CONTACT PERSON	TIME
09 Feb	Rolando Hillcrest Villagers Marathon	Hillcrest Sport Club	42.2 km run 21.1 km run	Hillcrest Villagers AC	082 614 9459 treasurer@hillcrestvillagers.co.za	Mike Bradley	05h00
15 Feb	Richards Bay Minerals AC Race	Richards Bay	42km run 21.1km run 10km run/walk 5km run/walk	Richards Bay Minerals AC	073 442 8185 victor.msimango@riotinto.com	Victor Msimango	05h30
16 Feb	Peninsula Marathon incorporating ASA Marathon Champs	Cape Town	42.2km	ASA	076 133 6131 thabangm@athleticsa.co.za	Thabang Maleka	
16 Feb	SAMA Challenge	Kings Park Stadium	21.1km run/walk 10km run/walk 5km run/walk	Phoenix Villagers	083 390 4857 phoenixvillagers@gmail.com	Krish P	05h30
16 Feb	Zabalaza Marathon	George Cato Primary School	42.2km run 21.1km run 10km	Zabalaza AC	073 225 4146 nonjabulo8.ndlovu@gmail.com	Bongani Ndlovu	05h00
23 Feb	Mfundo Arnold Lushaba Half Marathon	Esibanini Sports Ground	21.1km run 10km run/walk	Umzumbe Development AC	082 935 9220 067 491 2821 qhawamahle@hotmail.com	Emmanuel Lushaba	06h00
23 Feb	Capital City Marathon	PMB City Hall	42.2 km run 21.1 km run 10km run	Phuma KZN AC	071 652 2649 racedirector@capitalcity42.co.za	Buhle Ndwandwe	05h00



ROAD RUNNING FIXTURES

KWAZULU-NATAL
ATHLETICS



March 2025

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	EMAIL/CONTACT NUMBERS	CONTACT PERSON	TIME
01 Mar	St Dominics Battlefields Marathon	St Dominics School	42.2km run 21km run/ walk 10km run/ walk	NewCastle Harriers Club	079 966 4857 avilliers@hotmail.com	Allan Villiers	06h00
02 Mar	Best of the Best Marathon	Kings Park Stadium	42.2km run 21.1km run/ walk 10km run/ walk 5km Run/Walk	Ama-Ravens AC	082 589 5102 amaravens.athletic@gmail.com	Mthokozisi Khuzwayo	05h00
09 Mar	Umgeni-Uthukela Water Marathon	Midmar Dam, Howick	42.2 km run 21.1 km run 10 km run/ walk	Collegians Harriers	083 376 7334 wernerjonas1@outlook.com	Werner Jonas	05h30
09 Mar	Galleria Mall Challenge	Galleria Mall - Amanzimtoti	21.1 km run 10 km run/ walk 5km run	Amanzimtoti Athletics Club	079 467 6457 toti.ac.racedirector@gmail.com	Toti Club	06h00
16 Mar	Balwin Sport Dolphin Coast Marathon	Amphitheatre Durban Promenade	42.2 km run 21.1 km run 10 km run	Dolphin Coast Striders	063 772 3537 info@theroc.co.za	Debbie Holland	05h00
16 Mar	Sazi Langa 10km Run	Sonyongwana High School Creighton	10km	Sazi Langa AC	076 604 7142 cosmassazi@gmail.com	Sazi Langa	07H30
16 Mar	Umhlatuze Crocs Marathon	Addison Park, Empangeni	42.2km run 21.1km run 10km run/ walk	Umhlatuze Athletic Club	"073 238 2403 sikhumbuzogngcobo@gmail.com skhumbuzo.ngcobo@kznhealth.gov.za	Skhumbuzo Ngcobo	05h30
23 Mar	Woodview & Netrohix	Siphosethu Grounds	21.1 km run 10 km run/ walk	Woodview AC	081 349 6303 jay@megacon.co.za	Jay Behari	06h00
23 Mar	Harry Gwala District Marathon	Highflats - R612	42.2km run 21.1km run 10km run	Genius AC	072 948 8779 thembaisaacg@gmail.com	Themba Gumedede	06h00
30 Mar	Durban City Marathon	Kings Park Athletic Stadium	42.2 km run 21.1 km run 10 km run walk	Durban City Multisport Club	081 018 0080 celi@lantic.net	Celi Makhoba	05h30





DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	EMAIL/CONTACT NUMBERS	CONTACT PERSON	TIME
05 Apr	Arthur Cresswell	Settlers Park Ladysmith	52km run 21.1km run 10km run	Ladysmith Athletic Club	078 920 8867 066 314 0005 lindiwe.phungula@kznhealth.gov.za lindiphungza@gmail.com	Lindiwe Phungula	05h30
05 Apr	Richards Bay Hippo Marathon	Zululand Multi Sports Club	42.2km run 21.1 km run 10 km run/walk	Zululand Multi Sports Club	081 796 8771 entry@msem.co.za info@zmsc.co.za	Casper / Igna	05h30
06 Apr	DG Panel and Paint Challenge	Barns Road Sports Grounds Sydenham	32 km run 16 km run/walk	Sydenham Sports Club	084 254 2468 083 603 2584 anita.giquel@gmail.com	Anita Johannes	05h00
12 Apr	KZNA 5km & Mile Championships	Kings Park Athletics Stadium	5km Mile	KZNA	031 312 9374 jabulani.m@kznathletics.co.za	Jabulani Mhlungu	06h00
13 Apr	Rising Sun Chatsworth Freedom Marathon	Chatsworth Stadium	52 km run 25 km run 10km run/walk	Rising Sun Chatsworth Athletic Club	082 877 0400 mmpaliam@gmail.com	Dan Paliam	05h30
20 Apr	Orcas Ultra Marathon	Kings Park Athletics Stadium	50km run	Orcas Running Academy	060 496 6781 orcasingacademy@gmail.com prodhumalo@gmail.com	Prodigal Khumalo	05h00
27 Apr	Prince Mangosuthu Marathon	Nquthu Stadium	52km run 21.1km run/walk 10km run/walk	Biggarsberg Athletic Club	083 377 8959 ngobesemabonga@gmail.com	Siyabonga Ngobese	05h30



ROAD RUNNING FIXTURES

KWAZULU-NATAL
ATHLETICS



May 2025

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	EMAIL/CONTACT NUMBERS	CONTACT PERSON	TIME
04 May	Durban International Marathon	Toyota, Prospecton Road	42.2km run 10km run	Newlands AC	071 652 2649 manager@durbanmarathon.co.za	Buhle Ndwandwe	05h00
11 May	Checkstar Challenge with Discovery Vitality incorporating KZNA 21.1km Championship	Kings Park Athletic Stadium	21.1km run 10km run 5km run	Checkstar Falcons Athletic Club KZNA	061 477 7481 pillailogan@gmail.com 031 312 9374 jabulani.m@kznathletics.co.za	Logan Pillai Jabulani Mhlungu	06h00
11 May	Mtubatuba Striders and Walkabout	St Lucia Walkabout	10km run 5km run	Mtubatuba Striders	063 300 4646 082 300 0081 bhekisimo63@gmail.com	Simon Mabaso	07h30
18 May	Stella Royal with Discovery Vitality	Stella Athletic Club	25km run 10km run/walk 5km Fun run	Stella Athletic Club	083 406 3130 kevin.hendrikse@gmail.com	Kevin Hendrikse	06h00
18 May	Msinga 10km Race	Mphelankani to Pomeroy Sports Complex	10km Run/ Walk 5km Run/ Walk	Msinga Development	C 072 0400 084 / 063 4116 417 sabelozondi@gmail.com	Sabelo Zondi	06h30
25 May	Bhamshela Race	Sgodiphola - Chibini, Ndwedwe	10km run 5km run	14 Fast Movers AC	072 348 2934 eliasmkhize27@gmail.com	Elias Mkhize	08h00
25 May	Peace in Africa with Discovery Vitality	Kings Park Athletics Stadium	21.1 km run 10 km run/walk	Mayibuyi Athletic Club KZNA	083 545 8006 sayouth02@gmail.com	Siviwe Benya Jabulani Mhlungu	06h00
31 May	KZNA AGM	Durban	N/A	KZNA	031 312 93 74 admin@kznathletics.co.za	Thabiso Ngcobo	09h00



DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	EMAIL/CONTACT NUMBERS	CONTACT PERSON	TIME
07 Jun	KZN Youth Run	Kings Park Outer Fields	10km Run/ Walk 5km Run/ Walk	KZNA	031 312 9374 operations@ kznathletics.co.za	Jabulani Mhlungu	07h00
08 Jun	Comrades Marathon	Pietermaritzburg City Hall	90 km run	Comrades Marathon Association	033 897 8650 alain@comrades.com	Alain Dalais	05h30
15 Jun	Chillie Lifestyle Race	Kingspark Athletic Stadium	10km run 5km run	Chillie Running Club KZN	078 404 6362 cshandu@ oldmutual.com	Charmain Shandu	06h30
22 Jun	Spar Women's Grand Prix Series	Durban	10km run/walk 5km run/ walk	Sydenham Sports Club	087 330 0001 kzn@spar.run	Brad Glasspoole	08h00
29 Jun	Social Runners Club 10/21KM	Kings Park/ Umhlanga	21km run 10km run	Social Runners Club	082 087 7744 adam@ blacktreegroup.co.za	Adam Lipschitz	06h00



ROAD RUNNING FIXTURES

KWAZULU-NATAL
ATHLETICS



July 2025

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	EMAIL/CONTACT NUMBERS	CONTACT PERSON	TIME
06 Jul	Howick 10km Race	Mpophomeni Shopping Centre	10km run/walk	Umgeni Howick Academy	073 492 3882 064 993 9463 nmplotshwa987@gmail.com	Ntokozi Mlotshwa	07h00
06 Jul	SA Men 10km Run	Kings Park Athletic Stadium	10km run/walk 5km fun run	Sisonke AC	073 470 9842 sihle.shange@gmail.com	Sihle Shange	07h00
13 Jul	Absa Run Your City	Durban	10km	eThekweni AC	xolani@africanwildtravel.co.za	Xolani Shandu	08h00
20-Jul	Nongoma Resilient	King Bhekuzulu	10km	Nongoma Resilient AC			06h30
20 Jul	Savages Challenge	Blue Lagoon	21.1km run 10km run 5km run	Savages Athletic Club	084 4082 736 chairman@savagesac.co.za	Leanne Banks	06h30
26 Jul	F21 Half Marathon incorporating ASA Half Marathon Champs	Polokwane, Limpopo	21.1km	ASA	076 133 6131 thabangm@athleticssa.co.za	Thabang Maleka	
26 Jul	Boardwalk Inkwazi Cares Runathon	Boardwalk Inkwazi	10km run	Richards Bay AC	064 682 4742 bayrunning83@gmail.com	Stacey Pretorius	06h00
27 Jul	Forest 10km	Forest Hills Athletic Club	10km	Forest Hills Athletic Club	060 818 5843 jowild@hotmail.co.za	Jo Wild	06h30





DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	EMAIL/CONTACT NUMBERS	CONTACT PERSON	TIME
03 Aug	Totalsports Women's Race	Suncoast Casino	10km Run/ Walk 5km Run/ Walk	Verulam Athletic Club	083 783 6363 anaicker@yahoo.com	Anand Naicker	08h00
09 Aug	Sisonke Challenge	Kings Park Athletics Stadium	10km run/walk	Sisonke AC	060 506 6251 079 715 8618 sihle.shange@gmail.com	Siphokazi Shange Marcia Ncube	07h00
10 Aug	Mathews Meyiwa Half Marathon	Mpumalanga Regional Stadium	21.1km run/walk 10 km run/walk	Hammarsdale AC	072 880 5731 hammarsdaleac1@gmail.com	Richard Bhengu	06h00
17 Aug	Sunrise Run	Suncoast Centre	21km run 10km run	Social Runners Club	082 559 2080 082 087 7744 adam@blacktreegroup.co.za damian@bactive.com	Damian Adam	06h00
17 Aug	Maritzburg Spar Women's Race	The Oval, PMB	10km Run/ walk 5km run/ walk	Natal Carbineers AC	083 556 8070 brad@unbranded.co.za	Brad Glasspoole	08h00
24 Aug	Orcas Ultra Marathon	Kings Park Athletic Stadium	10km run/walk	Verulam Athletic Club	081 411 9999 clive.govender@rocketmail.com	Clive Govender	07h00
24 Aug	Save The Big 5	Mtubatuba Rugby Stadium	21km 10km/ walk 5km walk	Mtubatuba Athletic Club	079 609 7200 mhlungujabulani648@gmail.com	Jabulani Mhlungu	07H00
24 Aug	Capital Climb	Riverwood College, Cordwallis Road, Pmb	15km run/walk 5km run/ walk	Midlands Athletic Club	083 374 9502 capitalclimb@gmail.com	Tony Morrison	07h00
31 Aug	Hollywoodbets Durban 10km incorporating the KZNA 10km Championships	Hollywoodbets Kings Park Outer Fields	10km run 5km run	Hollywood AC	078 286 7927 athleticsclub@hollywoodbets.net 031 312 9374 operations@kznathletics.co.za	Brett Goodwin Jabulani Mhlungu	07h00



ROAD RUNNING FIXTURES

KWAZULU-NATAL
ATHLETICS



September 2025

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	EMAIL/CONTACT NUMBERS	CONTACT PERSON	TIME
06 Sept	ASA Cross Country Champs	Mpumalanga	1km - 10km	ASA	076 133 6131 thabangm@athleticssa.co.za	Thabang Maleka	07h30
07 Sept	SAPS Striders Heritage Challenge	Kings Park Athletics Stadium	21.1 km run 10 km run/walk	SAPS Striders AC	072 881 1975 mntungwathulani@yahoo.com	Thulani Mntungwa	06h30 06h45
14 Sept	MAC 15km Race	Dhubri Road Grounds	15km run/walk	Merewent Athletic Club	079 793 9478 082 332 9358 athleticmerewent@gmail.com	Jayce Moodley Trevor Pillay	06h30
21 Sept	Elokishini Races	King Zwelithini Stadium	21km run 10km run	Elokishini AC	082 045 6918 bhekifakazi@gmail.com	Bheki Fakazi	06h00
21 Sept	SAPS KZN Race	Umsunduzi Athletics Stadium	10km run/walk 5km fun run	SAPS KZN Athletic Club	082 566 7197 082 417 9848 kunenez@saps.gov.za ndlovud2@saps.gov.za	Zandile Kunene Doctor Ndlovu	07h00
24 Sept	Ntenga Foundation Race	Kings Park Athletic Stadium	10km run 5km run	eThekwini AC	031 321 5433 info@ntenga.co.za	Siyanda Calvin Ntenga	07h00
27 Sept	The Fish Eagle 10km	Richards Bay Rugby Club	10km	Richards Bay AC	064 682 4742 stacepret765@gmail.com bayrunning83@gmail.com	Stacey Pretorius	06h00
28 Sept	South Coast Marathon	UGU Sports and Leisure Centre, Gamalakhe	42.2km run 21.1km run/walk 10km run/walk 5km run/walk	South Coast Striders	072 132 2006 southcoaststriders.margate@gmail.com	Deborah Berridge	06h00
28 Sept	Greytown 10km	Lucky Sports Field	10km run	Greytown Athletic Club	071 642 8396 ngubanekwenza081@gmail.com	Kwenza Ngubane	07h00





DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	EMAIL/CONTACT NUMBERS	CONTACT PERSON	TIME
04 Oct	5 With Your 4 Relay Series	Greyville Race Course	5km run/ walk	Orcas Running Academy	062 460 0756 yenziolifant@gmail.com	Yenziwe Olifant	06h00
04 Oct	Abaqulusi Marathon	Inkamana Sport Ground	42.2km run 21.1km run	Inkamana Athletics Club	067 112 8099 thami.sukazi@gmail.com	Thami Sukazi	06h00
05 Oct	Park Square Run	Park Square Umhlanga Ridge	15km run 10km run	Social Runners Club	082 559 2080 082 087 7744 adam@blacktreegroup.co.za damian@bactive.com	Damian Adam	06h00
05 Oct	Mkhambathini Half Marathon	Camperdown Primary school	10 km run	Mkhambathini AC	064 937 3380 msizizimu@gmail.com	Msizi Zimu	06h30
11 Oct	Night Race	Settlers Park Ladysmith	21.1km run 10 km run 5km- Fun walk	Ladysmith Athletic Club	078 920 8867 066 314 0005 lindiwe.phingula@kznhealth.gov.za lindiphungza@gmail.com	Lindiwe S Phungula	17h00
12 Oct	Boxer Super Run	Snell Parade	5km run/ walk	Boxer Athletics Club	082 991 0045 shanice@stillwatersports.com	Shanice Swartz	07h00
12 Oct	Ethekwini Township to Township Marathon	King Zwelithini Stadium, Umlazi	42.2km run 21.1km run	Sisonke AC	073 470 9842 083 443 3160 sihle.shange@gmail.com	Sihle Shange Sipho Mkathini	05h00
19 Oct	Siyathuthuka 10km	Ulundi Regional Stadium	10km Run/ Walk 5km Run/ Walk	Siyathuthuka AC	063 889 2355 sabelondlovu257@gmail.com	Sabelo Ndlovu	TBC
19 Oct	Gaterite Challenge	Mountview Secondary School	21.1 km run 10 km run/walk	Verulam Athletic Club	083 783 6363 anaicker@yahoo.com	Anand Naicker	06h30
25 Oct	KZNA COUNCIL MEETING	Durban	N/A	KZNA	031 312 93 74 admin@kznathletics.co.za	Thabiso Ngcobo	09h00
26 Oct	Goss & Balfe Sapphire Coast Marathon	Amanzimtoti Athletics Club	42.2km run 21.1km run 10km run/walk	Amanzimtoti Athletics Club	079 467 6457 toti.ac.racedirector@gmail.com	Toti Club	05h30



ROAD RUNNING FIXTURES

KWAZULU-NATAL
ATHLETICS



November 2025

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	EMAIL/CONTACT NUMBERS	CONTACT PERSON	TIME
02 Nov	SA Home Loans Oldies 10km	10 Ranleigh Crescent, Durban North	10 km run/walk	DHS Old Boys AC	061 022 9654 oldies10k@dhsoldboys.co.za	Stean Marais	06h00
09 Nov	Save Orion Race	Msunduzi Athletic Stadium	21.1km run/walk 10km run/walk	Save Orion Athletic Club	083 659 2732 083 262 5121 ajdna@live.com	Ajith Deena	05h00
09 Nov	Hope Challenge	DUT Ritson Campus	42,2km run 21.1km run 10km run	eThekwini AC	xolani@africanwildtravel.co.za	Xolani Shandu	08h00
15 Nov	ASA 10km Championships	Bloemfontien	10km	ASA	076 133 6131 thabangm@athleticssa.co.za	Thabang Maleka	07h00
16 Nov	Ulundi Striders Half Marathon	Ulundi Regional Stadium	21km run 10km run	Ulundi Striders AC	081 330 4950 sfundoom@gmail.com	Sfundo Mbuyisa	06h30
16 Nov	Umhlanga Rocks 10km & 21km	Umhlanga Rocks	21km run 10km run 5km walk	Social Runners Club	082 087 7744 adam@blacktreegroup.co.za	Adam Lipschitz	06h00
23-Nov	Drakensberg Marathon	P288 Bergville	42,2km run 21.1km run 10km run	Drakensberg Athletic Club	083 252 0691 083 399 2472 barry@theroc.co.za	Barry Holland	06h00
23 Nov	Crescent Challenge	Kings Park	10km Run/Walk 5km Run/Walk	Crescent Sporting Club	084 603 3327 essacksolly@gmail.com	Solly Essack	06h30
29 Nov	KZNA Race Walking Championships	Kings Park Stadium	20km walk 10km walk 5km walk	KZNA	031 312 93 74 operations@kznathletics.co.za	Jabulani Mhlungu	06h00
30 Nov	Bluff Marathon	Fynnlads Sports Club 55 Smith Drive, Bluff	42.2km run 21.1 km run 15 km run	Bluff Athletic Club	083 625 3386 info@bluffac.co.za	Lindsay Kapp	05h00



DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	EMAIL/CONTACT NUMBERS	CONTACT PERSON	TIME
06 Dec	NRB Harriers Challenge 2025	Café Gym, Town Square Mall, Richards Bay	21km run 10km run/walk 5km run/walk	NRB Harriers AC	071 355 7992 nrbharriers@gmail.com	P Hardwick	05h00
07 Dec	Ithemba AC 10km Run & Walk	Kings Park Athletic Stadium	10km run/walk	Ithemba AC	083 776 0795 083 342 2857 sompisi47@gmail.com	Sibusiso Luthuli Fano Zungu	07h00
14 Dec	Illovo Sugar 15km Christmas Challenge	Westville Athletic Club	15km run/walk	Westville Athletic Club	082 414 1783 westvilleathleticclub@gmail.com	Sharon Schubach	06h00
16 Dec	Inanda Dam Race	Msinsi Inanda Dam	10km run	Orcas Running Academy	060 4966 781 orcasrunningacademy@gmail.com	Prodigal Khumalo	07h00



SELECTION CRITERIA

This information sets out the basis on which KZNA will select its teams for the ASA National Age Track and Field Championships.

The aim of KZNA's Selection Policy is to enter a quality team to represent KZNA at the ASA National Age Group (U16, U18 & U20) and Senior Championships. The policy is aligned with the ASA Strategic Plan and specifically aims to facilitate the following outcomes:

- Selecting athletes that are realistic medal contenders,
- Selecting athletes that are realistic top 10 finishers,
- Providing major Championships experience to potential future Junior and Senior National Championships contenders

KZNA Age Group U16 | U18 | U20

All athletes who wish to be considered for selection into the KZNA Team for ASA National Age Group (U16, U18 & U20) Track and Field Championships, MUST:

- Participate in the KZNA championships that will be known as the trials on Friday & Saturday, 07 - 08 March 2025
- Participate in at least TWO (2) KZNA League Meetings, of which ONE (1) league participation must be in 2025.
- The first TWO athletes who reach the KZNA qualifying standard during the Championships shall automatically be included in the KZNA Team. (Provided they run at least TWO (2) KZNA Leagues Meetings before of which ONE (1) must be in 2025)
- The THIRD athlete in the final that reach the standard may also be considered for selection, (Provided they run at least TWO (2) KZNA League Meetings before, of which ONE (1) must be in 2025, if number permits.
- Should no athlete reach the KZNA qualifying standard during the Championships, but has reached the qualifying standard during the heats, or an official KZNA, or official ASA meeting including the leagues, that athlete may be considered for selection into the KZNA Team (Provided they run at least TWO (2) KZNA League Meetings before, of which ONE (1) must be if number permits.
- Performances will ONLY be recognized if electronically timed for track events and wind readings are supplied for Sprints, as well as Hurdles and Long & Triple Jump. Hand Times and non-wind-controlled performances (where required) will not be accepted.
- An athlete who did not reach the qualifying standard, but wins his/her event at the TRIALS, WILL NOT be considered for selection into the KZNA Team.
- Athletes that did not participate in at least TWO (2) KZNA League Meetings, of which ONE (1) must be in 2025 or the KZNA Championships due to injury must submit a medical certificate issued by a medical practitioner (before the Championships) indicating the following:
 - Nature of injury.
 - Date sustained.
 - Prognosis.



KZNA SENIORS

All athletes who wish to be considered for selection into the KZNA Team for ASA National Track and Field Championships, MUST:

- Participate in the KZNA championships that will be known as the trials on Friday & Saturday, 21 - 22 March 2025.
- Participate in at least TWO (2) KZNA League Meetings, of which ONE (1) league participation must be in 2025.
- The first TWO athletes who reach the KZNA qualifying standard during the Championships shall automatically be included in the KZNA Team. (Provided they run at least TWO (2) KZNA Leagues Meetings before of which ONE (1) must be in 2025)
- The THIRD athlete in the final that reach the standard may also be considered for selection, (Provided they run at least TWO (2) KZNA League Meetings before, of which ONE (1) must be in 2025, if number permits.
- Should no athlete reach the KZNA qualifying standard during the Championships, but has reached the qualifying standard during the heats, or an official KZNA, or official ASA meeting including the leagues, that athlete may be considered for selection into the KZNA Team (Provided they run at least TWO (2) KZNA League Meetings before, of which ONE (1) must be if number permits.
- Performances will ONLY be recognized if electronically timed for track events and wind readings are supplied for Sprints, as well as Hurdles and Long & Triple Jump. Hand Times and non-wind-controlled performances (where required) will not be accepted.
- An athlete who did not reach the qualifying standard, but wins his/her event at the TRIALS, WILL NOT be considered for selection into the KZNA Team.
- Athletes that did not participate in at least TWO (2) KZNA League Meetings, of which ONE (1) must be in 2025 or the KZNA Championships due to injury must submit a medical certificate issued by a medical practitioner (before the Championships) indicating the following:
 - Nature of injury.
 - Date sustained.
 - Prognosis.



TRACK & FIELD COMMISSION

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TRACK & FIELD FIXTURES

KWAZULU-NATAL
ATHLETICS



January - April 2025

DATE	EVENT	VENUE	ENTRIES CLOSE
18 Jan	KZNA Technical Symposium	Westville Recreational Hall	10 Jan, Fri
18 Jan	Athletes Indaba	DJ Centre, Durban	10 Jan, Fri
25 Jan	KZNA SYYJSM League 1 (10 years and older)	Kings Park Athletics Stadium	22 Jan, Wed
01 Feb	KZNA SYYJSM League 2 (10 years and older)	Msunduzi Athletics Stadium	01 Feb, Wed
08 Feb	KZNA SYYJSM League 3 (10 years and older)	Richards Bay	05 Feb, Wed
15 Feb	KZNA SYYJSM League 4 (10 years and older)	Kings Park Athletic Stadium	12 Feb, Wed
22 Feb	KZNA SYYJSM League 5 (14 years and older) incorporating uThukela, uMzinyathi and Amajuba District Schools.	Amajuba	16 Feb, Wed
22 Feb	KZNA SYYJSM League 6 (14 years and older) incorporating Harry Gwala, Ugu and uMgungundlovu District Schools.	Msunduzi Athletics Stadium	16 Feb, Wed
01 Mar	KZNA SYYJSM League 7 (14 years and older) incorporating Umlazi, Pinetown and ILembe District Schools	Kings Park Athletics Stadium	28 Feb, Wed
01 Mar	KZNA SYYJSM League 8 (14 years and older) incorporating Umkhanyakude, King Cetswayo and Zululand Districts Schools	Richards Bay	28 Feb, Wed
07 Mar	KZN Primary Schools Provincial Champs (10 - 13 years)	Msunduzi Athletics Stadium	10 Mar, Mon
08 - 09 Mar	KZNA Age Groups (14 - 19 years) Championships Incorporating High Schools	Msunduzi Athletics Stadium	3 Mar, Mon
15 Mar	KZNA Age Groups Selected Athletes Capping Ceremony/ Preparation Camp	Kings Park Athletics Stadium	TBA
21 - 23 Mar	KZNA Senior Track and Field Champs (16 and older)	Msunduzi Athletics Stadium	17 Mar, Mon
27 - 30 Mar	ASA Age Groups Championships (14-18 years) + U23 and Relays + Multi Events	Green Point Stadium, Cape Town	TBA
27 - 29 Mar	SASA Primary Schools National Championships	Queenstown, Eastern Cape	TBA
02 - 05 Apr	SASA High Schools National Championships	Bloemfontein, Free State	TBA
10 - 11 Apr	USSA Athletics Track and Field Championships	Msunduzi Athletics Stadium	TBA
24 - 27 Apr	ASA Senior National Champs (16 - 34) + Relays and Multi Events	NWU, Mc Arthur Stadium Potchefstroom, NWP	TBA





DATE	EVENT	VENUE	ENTRIES CLOSE
23 Aug	KZNA Sub Primary Youth League 1 (7 - 13 years)	Kings Park Athletic Stadium	20 Aug, Wed
30 Aug	KZNA SYYJSM League 1 (14 years and older)	Kings Park Athletic Stadium	28 Aug, Wed
13 Sept	KZNA All Ages North Coast League 1	Richards Bay	10 Sep, Wed
20 Sept	KZNA Sub Primary Youth League 2 (7 - 13 years)	Ladysmith	17 Sep, Wed
27 Sept	KZNA All Ages North KZN League 2	Amajuba	24 Sep, Wed
04 Oct	KZNA Sub Primary Youth League 3 (7 - 13 years)	Msunduzi Athletic Stadium	01 Oct, Wed
11 Oct	KZNA All Ages South Coast League 3	Port Shepstone	08 Oct, Wed
18 Oct	KZNA Sub Primary Youth League 4 (7 - 13 years)	Kings Park Athletic Stadium	15 Oct, Wed
25 Oct	KZNA Council Meeting	Durban	N/A
01 Nov	KZNA SYYJSM League 2 (14 years and older)	Kings Park Athletic Stadium	29 Oct, Wed
08 Nov	KZNA Sub Primary Youth League 5 (7 - 13 years)	Kings Park Athletic Stadium	05 Nov, Wed
22 Nov	KZN Provincial Sub Primary Youth Champs (7 - 13 years)	Msunduzi Athletic Stadium	14 Nov, Thu
29 Nov	KZN Sub Primary Youth Camp (selected athletes only)	Kings Park Athletic Stadium	N/A
29 Nov	KZN Race Walk Champs (14 and older)	MNR Avenue, Durban	TBA
05-06 Dec	ASA Sub Youth Inter-Provincial Championships	TBA	TBA
06-08 Dec	SALGA KZN Games	TBA	TBA

*I'm a place where speedsters boast,
Where jumpers and throwers give their utmost.
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What am I, this oval that welcomes the best?*

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SELECTION CRITERIA 2025

In order to be eligible to be selected to represent KwaZulu-Natal Athletics at the 2025 ASA Cross Country Championships taking place on the 6th of September 2025 at Pavilion Sport (Keesstarlgaard Stadium), Mpumalanga, athletes must satisfy the following criteria:

1. Must be in possession of a valid 2025 permanent licence.
2. Must have a valid SA ID number.
3. Must belong to KZNA Affiliated club in good standing with the association.
4. Must participate in the KZN Cross Country Championships.

Qualifying Standards

1. Top 3 finishers in each category at KZN champs will be automatically selected if performance is of an adequate standard.
2. A minimum of 4 athletes and a maximum of 12 will be selected in each category if performance is of an adequate standard.

3. Finishers from position 4 onwards must have participated in at least two leagues to be considered (on condition that there were two league events in their district).
4. KZNA will only be responsible for the entry fees for athletes who are 9 years and below that have been selected.

Please note

- Should an athlete not be able to compete in the KZN Championship and there is a valid reason i.e. injury, illness or urgent family matters, notification must be submitted to the KZNA office prior to or within 48 hours of the event.
- The domicile rule will apply (ASA domestic rule 1.15)
- Foreign athletes are not eligible for selection (Refer to ASA domestic rule)

KZNA reserves the right to adjust the team selection depending on performance and available budget.



CROSS COUNTRY COMMISSION

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Vice-chairperson

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Additional Member

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Additional Member

Michelle Sims

Additional Member

CROSS COUNTRY FIXTURES

KWAZULU-NATAL
ATHLETICS



January - May 2025

LEAGUE	DATE	VENUE & DISTRICT	HOST CLUB	CHAIRPERSON	X-C CAPTAIN
Parlauf	14 Mar	Westville Clubhouse, Ethekekwini District	Westville A.C	Carlo de Oliveira 083 255 7778 westvilleathleticclub@gmail.com	Meghan King 081 770 1157 meghan.king@lomanalystis.com
Syposium/ Workshop	15 Mar	Durban	KZNA	Sabelo Ndlovu 082 433 8249 / 063 889 2355 sabelondlovu257@gmail.com	Jabulani Mhlungu 031 312 9374 operations@kznathletics.co.za
1	29 Mar	Redwood College Ethekekwini District	AOT Running Club	Alan Philips 083 400 8032 alan.philips@seaboardtrade.com	Trish Eksteen 083 566 5578 trishbahlmann@gmail.com
2	29 Mar	Mona Sports Grounds Zululand District	Nongoma Resilient AC	Vuyisile Ndwandwe 076 825 8032	Richman Ndwandwe 072 792 8252
3	05 Apr	Liv Village Durban Ilembe District	Liv 2 Run AC	Lindi Meyer 076 573 2708 run@live-village.com	Sinuvuyo Ngcobo 064 627 5599 runcoach@liv-village.com
4	05 Apr	Howick West Sport Complex Umgungundlovu District	Umngeni Howick Academy AC	Ntokozo Mlotshwa 073 492 3882 nvmlotshwa987@gmail.com	Ntokozo Mlotshwa 073492 3882 nvmlotshwa987@gmail.com
5	12 Apr	Hluhluwe Primary School Umkhanyakude District	RSSA	Johannes Louis van der Watt 083 375 4518 headmaster.hps@gmail.com	Elizmari van Huyssteen 061 112 5645 elizmarivanderwatt@gmail.com
6	19 Apr	Empangeni Rugby Club King Cetshwayo District	Empangeni AC	Mdumiseni Dladla 076 935 1824	Sipho Zungu 083 777 7594 siphosimon.1975@gmail.com
7	19 Apr	Prince Mangosuthu Regional Stadium Zululand District	Siyathuthuka Dev AC	Sabelo Ndlovu 082 433 8249 / 063 889 2355 sabelondlovu257@gmail.com	Nkosinophile Sibiya 078 331 6632 nomkhosisibiya83@gmail.com
8	26 Apr	Chief Ngonyama Secondary Ilembe District	Thandolwethu AC	Cebolenkosi Maphumulo 073 666 8441 maphumulocebo@gmail.com	Siphiwe Ngcobo 081 750 9357 thandolwethuathleticsclub@gmail.com
9	03 May	Nquthu Stadium Umzinyathi District	Nquthu Dev. AC	Samukelisiwe Ngobese 072 290 4063 samungobese09@gmail.com	Keneth Shange 063 863 4205 kenethshange033@gmail.com
10	03 May	Rocky Bay Trail Ugu District	Scottburgh AC	Megan Muller 073 244 0361 meganmuller46@gmail.com	Megan Muller 073 244 0361 meganmuller46@gmail.com
11	03 May	Grantleigh School King Cetshwayo District	Richards Bay AC	Stacey Pretorius 061 682 4742 staceypre765@gmail.com	Stacey Pretorius 061 682 4742 staceypre765@gmail.com
12	03 May	Bilanyoni Stadium Zululand District	Edumbe AC	Busi Dlamini 072 916 6780 dlamini62@gmail.com	Vincent Mthethwa 076 022 0436 mthethwavincent@gmail.com
13	10 May	Riverview Cricket Field Umkhanyakude District	Umfolozi AC	Sipho Tembe 072 620 6313 siphotembe40@gmail.com	Sipho Tembe 072 620 6313 siphotembe40@gmail.com
14	10 May	Collegians Harriers Ground, Umgungundlovu District	Collegians Harriers	Werner Jonas 083 376 7334 wernerjonas1@outlook.com	Werner Jonas 083 376 7334 wernerjonas1@outlook.com
15	10 May	Sigweje High School Uthukela District	Wasbank AC	Sifiso Nzuzwa 072 450 3481 sifiso.nzuzwa60@gmail.com	Nompumelo 072 213 1219 wasbankac@gmail.com
16	17 May	Honey Trails Montessel Ethekekwini District	Kearsney Striders AC	Andrew Fleming 082 441 5897 andrewflemingcivils.co.za	Belinda Padbury 828 850 788
17	17 May	Uelzen Primary School Umzinyathis District	Biggersberg AC	Siyabonga Ngobese 083 377 8959 ngobesemabonga@gmail.com	Thobeka Mbatha 079 442 9318 mbathathobza@gmail.com
18	17 May	Clydesdale Field, Umzimkhulu Harry Gwala District	Kickers AC	Z. A. Dlamini 078 951 6452 ziyadadlamini@gmail.com	Nomvama Ngcema 083 569 5084 nomvanangcem@gmail.com





LEAGUE	DATE	VENUE & DISTRICT	HOST CLUB	CHAIRPERSON	X-C CAPTAIN
19	31 May	Tabane High School Uthukela District	Drakensburg AC	Maketsi Dlamini 083 201 1416 maketsiO@gmail.com	Lucky Mkhabela 068 870 5128 luckymthabela@gmail.com
20	14 June	Umnini Sports Centre Ethekwini District	Umgababa AC	Swelihle Ndlovu 079 471 1090 swendlovu@gmail.com	Luyanda Mkhize 068 870 5128 umgababaac@gmail.com
21	14 June	King Edward Park, Greytown Umzinyathi District	Muden AC	Mfanafuthi Sikhakhane 079 752 8921 / 076 765 5625	Shadrack Dladla 076 765 5625 shaddladla@gmail.com
22	21 June	eMondlo Stadium Zululand District	Lindokuhle AC	Thembelihle Buthelezi 071 705 7809 lindoluhleac@gmail.com	Langelihle Tamela 073 569 4714 lindokuhleackzn@gmail.com
23	21 June	Dumisa Area Ugu District	Dumisa AC	Africa Duma 073 758 4278 aduma8304@gmail.com	Africa Duma 073 758 4278 aduma8304@gmail.com
24	05 Jul	Ebuhleni Primary School Amajuba District	Utrecht AC	Vusumuzi Moses Xulu 083 756 3990 vmxulu7323@gmail.com	Vusumuzi Xulu 076 110 9261 vmxulu7323@gmail.com
25	05 Jul	Ndumo Stadium Umkhanyakude District	Umfolozi AC	Sipho Tembe 072 620 6313 siphotembe40@gmail.com	M Myeni 082 421 3037 umfolojiathleticsclub@gmail.com
26	05 Jul	Fulton School Ethekwini District	Pinetown & District AC	Lize Muchna 082 656 7707 junewatson100@gmail.com	June Watson 082 421 3037 junewatson100@gmail.com
27	12 Jul	Emalangeni MPCC (Eglibheni) Ugu District	Umzumbe Dev AC	Emmanuel Lushaba 082 935 9220 qhaweamahle@hotmail.com	Emmanuel Lushaba 082 935 9220 qhaweamahle@hotmail.com
28	19 Jul	Vulekani Special School Harry Gwala District	Umzimkhulu AC	Rabaza Ntsikelelo 072 304 9629 umzimkhuluac@gmail.com	Rabaza Ntsikelelo 072 304 9629 umzimkhuluac@gmail.com
29	19 Jul	Amanzimtoti Sport Centre Ethekwini District	Amanzimtoti AC	Wayne Parker 082 809 1306 toti.acsecretary@gmail.com	Riaan Vosloo 078 457 1936 rbvosloo75@gmail.com



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CHAMPS	DATE	VENUE	DISTRICT	HOST CLUB
1	19 July	Hluhluwe Primary School	Umkhanyakude	RSSA
2	19 July	Pomeroy Sports Complex	Umzinyathi	Msinga Dev. AC
3	19 July	Emangweni	Ugu	Umzumbe Dev AC
4	19 July	Contial Sports Complex, Richards Bay	King Cetshwayo District	Qhakaza AC
5	19 July	Amajuba FET Stadium	Amajuba	Harambe 2040 AC
6	26 July	Ndwedwe Regional Stadium	Ilembe	14 Fast Mover AC
7	26 July	Impendle Village	Umgungundlovu	Speed Explosion AC
8	26 July	Bulwer Arts Centre	Harry Gwala	Fast Runners AC
9	26 July	Virginia Bush	Ethekwini	DHS Old Boys AC
10	26 July	Prince Mangosuthu Regional Stadium	Zululand	Siyathuthuka Dev AC

KWAZULU-NATAL CHAMPIONSHIPS

DATE	VENUE	DISTRICT	HOST CLUB	CHAIRPERSON
2 August	Howick West Sport Complex	Umgungundlovu	Umngeni Howick Academy	Ntokozi Mlotshwa 073 492 3882 nvmlotshwa987@gmail.com

ATHLETICS SOUTH AFRICA CHAMPIONSHIPS

DATE	VENUE
6 Sept	Pavilion Sport, Keestaljaard Stadium, Mpumalanga





This code of conduct is applicable to all stakeholders in KZNA including athletes, coaches, technical officials, managers, office bearers, supporters, employees, club representatives, event organisers, sponsors and suppliers; who are expected to:

STANDARDS

- Comply at all times with the constitution, rules, policies and regulations of KZNA and its parent structures.
- Demonstrate through words and actions a spirit of sportsmanship, sports leadership and ethical conduct including fair and consistent application of rules without bias or favouritism.
- Uphold all codes, policies and programmes to combat abuse of banned substances in Athletics.
- Uphold and implement standards and procedures to ensure event safety and environmental sustainability.
- Conform to stipulated dress codes for participating, officiating or travelling as part of a team.
- Be particularly conscious of the safety and wellbeing of children and protection of the rights of minors (under the age of 18).

INTEGRITY

- Not act in a manner likely to bring the sport into disrepute or affect adversely the reputation of KZNA, or the sport of Athletics generally.
- Act with the utmost integrity, honesty and responsibility in fulfilling their role in the sport.

- Not knowingly place themselves in a situation that could give rise to a conflict between personal interests, the interests of other stakeholders, or the interests of KZNA.
- Act in good faith towards all members of the athletics family with mutual trust and understanding.

EQUALITY

- Ensure there is no discrimination on the basis of race, sex, ethnic origin, colour, culture, religion, political opinion, marital status, sexual orientation or any unfair or other irrelevant factor.
- Facilitate an inclusive and welcoming environment for persons with disabilities.

DIGNITY

- Treat all involved in the sport with respect and professionalism and refrain from negativity or disparaging remarks or conduct; including at meetings and on social media.
- Refrain from any behaviour that constitutes harassment, where harassment is defined as comment or conduct directed towards an individual or group, which is offensive, abusive, racist, sexist, degrading or malicious, or creates an environment that is hostile or offensive.



CONFIDENTIALITY

- To hold information entrusted to them in connection with their role or activities in Athletics in confidence and to not use confidential information for personal gain or benefit, or to use such information to the detriment of others.
- Disclose any personal or private, direct or indirect interests that they, family or business associates may have in any activities undertaken by KZNA or its partners.

BEHAVIOUR

- Work in a spirit of cooperation with other stakeholders, assisting less experienced colleagues, and refraining from public criticism of individuals. Refrain from using or launching attacks of any kind via social media.
- Demonstrate a high level of personal conduct including; refraining from

audible profanity, obscene gestures, verbal abuse including derogatory, insulting or accusing language or tone, inappropriate behaviour, dress or attitude.

- Refrain from using alcohol or tobacco products when involved in training sessions or competitive events. To use these products responsibly when attending KZNA social events.
- Display a high level of professionalism through punctuality, timeous action and considered opinion.
- To actively uphold this code by positively influencing the behaviour of others.
- Be subject to the disciplinary processes of KZNA for any violation of this Code.
- Be subject to the disciplinary processes of KZNA for any violation of this Code.



ATHLETES COMMISSION

Sandile Mthembu
Chairperson

Siyabonga Nkonde
Vice Chairperson

Thembelihle Khanyile
Secretary

Lala Cele
Additional Member



KWAZULU-NATAL
ATHLETICS

OFFICE CONTACT INFORMATION

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Finance Administrator	Mary Booysen	finance@kznathletics.co.za
Marketing and Events Assistant	Nomandla Mabaso	marketing@kznathletics.co.za
Executive Assistant	Shaquille Jhilmeeet	assistant@kznathletics.co.za



THE GUARDIAN

SPORT

YOUR ONLY SAFEGUARDING PARTNER

#SaferTogether

"ESTABLISHING A CULTURE OF SAFEGUARDING IS A PROCESS NOT AN ACTION. ONLY THOSE RESPONSIBLE FOR DRIVING THAT PROCESS WILL TRULY SAFEGUARD CHILDREN."

- MARC HARDWICK

MANAGING DIRECTOR OF THE GUARDIAN

WHAT IS SAFEGUARDING?

In answering this question, it is important to understand the difference between Safety and Safeguarding.

SAFETY VS SAFEGUARDING

Safety is the protection against environmental factors, that those who choose to come into your Club may encounter. Safety, in most clubs is addressed through compliance with The Occupational Health and Safety Act, and various security measures that may be put in place or compliance with the safety rules of sport.

Safeguarding on the other hand, are the actions that are taken by your Federation or Club, to mitigate the possibility that coaches, physiotherapists, chaperones, volunteers or even athletes may use their influence to develop toxic relationships with each other, especially vulnerable or child athletes.

SPORT

Due to the special relationship that exists between an athlete and coach, there are many instances where that relationship can be and is, taken advantage of. The Guardian through many years of experience and expertise are assisting numerous Sporting Federations, Unions, Clubs and Coaches to implement the best international Proactive and Reactive Safeguarding solutions.

PROACTIVE SAFEGUARDING

WHAT IS THE FOUR AND SIX PRINCIPLE?

South Africa has arguably one of the best Constitutions in the world and our re-active safeguarding legislation is quite strong. Proactively however, our legislation is sorely lacking. An interesting observation is that countries who have strong proactive legislation have significantly lower crimes against children.

The Guardian have developed THE FOUR AND SIX PRINCIPLE.

THE FOUR REQUIREMENTS FOR EVERY CLUB

1. Develop and Adopt a Safeguarding Policy and Procedure Manual.
2. Appoint, train, and consistently develop the Designated Safeguarding Officers at all Clubs.
3. Anonymous Reporting.
4. A Communication Strategy.

THE SIX REQUIREMENTS FOR EVERY CLUB

1. Sexual Offences Register Clearances (SOR).
2. Child Protection Register Clearances (CPR).
3. Criminal Check.
4. Sign Declaration of Good Standing (DOGS).
5. Sign the Code of Ethics.
6. Safeguarding Awareness Certificate (SAC).

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