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MESSAGE FROM THE **KZN ATHLETICS PRESIDENT**

Mr Steve Mkasi



Dear KwaZulu-Natal Athletics Community,

It is my honour to welcome you to the 2026 KZNA Information and Fixture Booklet. As we reflect on 2025, we do so with great pride in a year that showcased both the talent and the steady growth of athletics in our province.

We celebrated outstanding performances from our athletes. Zakithi Nene delivered one of the world's best runs of the year with his 43.76-second victory in the 400 m at the Kip Keino Classic. Sibusiso Kubheka made history by becoming the first person to complete 100 km in under six hours. Marsha Muller also broke new ground, becoming the first South African woman to surpass 200 km in a 24-hour event.

A particular highlight for us as a province was hosting the 2025 KZNA Awards, where we honoured athletes, coaches, officials, and volunteers who excelled and contributed significantly to the sport.

Our athletics community continues to grow in strength. We have seen an encouraging rise in the number of races hosted, an expansion in affiliated clubs, and steady growth in the ranks of coaches, technical officials, and volunteers. This collective effort is the backbone of our success.

As we look to 2026, I invite more people to become part of this journey, whether by competing, coaching, officiating, volunteering, or simply supporting. Through clinics, courses, workshops, and symposiums, KZNA remains committed to empowering all who wish to play a role in advancing athletics in our province.

May this year bring continued progress, unity, and inspiration for us all.

Steve Mkasi

STEVE MKASI
President of KwaZulu-Natal Athletics



KWAZULU-NATAL
ATHLETICS

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www.kznathletics.co.za



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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 2026.

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

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

PERMANENT LICENCES (ASA Rule 25)

- Current 2026 licences must be worn on the chest and back of upper body garments. (Men and women) (WA Rule TR 5 and ASA Rule 25).

- 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)
- 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)
- 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).

- 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.
- 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.
- 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.
- 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.

- 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)

- 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.
- 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)
- 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)
- 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)
- From 2017 onwards, temporary licenced athletes are not covered by a national insurance policy.
- 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

- 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)
- 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.
- 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)

- 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)
- 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)

- 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.
- 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)

- 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.
- 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.
- Once an athlete has received his/her clearance and joined another club he/she must obtain the new club kit.
- 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)

- 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.
- Walkers must wear official "W" identification tags (red lettering min 6cm height) on the front and back of their vests.

- 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)

- 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

- 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.
- 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.
- 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).
- 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.

- 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.
- If there is only one prize it shall be termed "OPEN" and all athletes shall be eligible regardless of their individual age category.
- 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.
- Older athletes qualify automatically for a younger team competition 40-49 if there is no older competition and it should ideally be termed 40+.
- 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.
- 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.
- 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.

- 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.
- 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

- Runners are not permitted to run with animals.
- 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.
- 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.

- Disabled or blind runners who require to be accompanied may only make use of guides who have officially entered the event.

FUN RUNS

- The distance of Fun Runs may not exceed 8km.
- 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.
- Fun runs will only be sanctioned by ASA or KZNA and must be held under the auspices of an affiliated club.

- 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.

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

- 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.
- 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)

GUIDELINES FOR RACE ORGANISERS

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

- Appoint a Safety Officer.
- 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
- Obtain Public Liability Insurance for the event.
- Apply to the local Road Traffic Department for permission to use roads.
- Create a safety plan, clean-up plan, and medical plan.
- 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)
- All safety and health regulations to be adhered to.
- Ambulance to be on the route and a medical doctor at the venue.
- Marshals (18 years and older) to be on the route.
- Residents and businesses along the route to be notified.
- Adequate parking.
- 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.
- Fun Runs: Maximum distance 8km. No prize money.
- Litter: Keep running environment clean. (ASA Rule 28)
- Venue Plan.
- Comply with all rules with regards to race organising. (WA Rule TR 55 and ASA Rule. 34. Road Races)





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**KWAZULU-NATAL
ATHLETICS**

ROAD RUNNING



MR MANDLA MAKHATHINI

Road Running Commission Chairperson

As the Road Running Commission, we remain committed to strengthening and expanding road running across KwaZulu-Natal. With the continued growth in race participation and club involvement, 2026 promises to be a year of improved standards, safe events, and greater opportunities for athletes at every level. We look forward to working closely with organisers, clubs, and volunteers to ensure a successful and progressive season.



January 2026

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	CONTACT INFORMATION	CONTACT PERSON	TIME
11	Hilton Harriers Half Marathon & 10km	Laddsworth Primary School Hilton	21.1km run/walk 10km run/walk	Hilton Harriers	082 454 5686 kevin.meier@gmail.com	Kevin Meier	06h00
17	KZNA Technical Symposium	Westville Recreational Hall		KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu	
18	Kearsney Striders	Kearsney College	21.1km run 10km run/walk	Kearsney Striders	083 277 3697 083 531 9417 erikavelissariou@gmail.com purposedriven@telkomsa.net	Erika Veussanou Jennifer Rigby	06h00
25	PDA25km	Watercrest Shopping Centre, Inanda Road Waterfall	25km run/walk	PDAC	082 656 7707 pdacsecretary@gmail.com plumbcave@mweb.co.za	Lise Muchna	05h00

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February 2026

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	CONTACT INFORMATION	CONTACT PERSON	TIME
01	Sydenham Challenge	Capel Road Grounds, Sydenham	32km run 16km run/walk	Sydenham Sports Club	083 603 2584 anita.giquel@gmail.com	Anita Johannes	05h00
07	Race Symposium	Durban Country Club		KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu	
08	Rolando Hillcrest Marathon	Cnr Old Main Road & Hospital Road, Hillcrest	42.2km run 21.1km run	Hillcrest Villagers AC	082 614 9459 treasurer@hillcrestvillagers.co.za	Mike Bradley	05h00
14	Richards Bay Minerals AC Race	Richards Bay Sports Complex	42km run 21.1km run 10km run/walk 5km run/walk	Richards Bay Minerals AC	0828456729 sweetness.khumalo@riotinto.com	Sweetness Khumalo	05h30
15	Woodview & Netrohix	Mount Edgecombe Recreational Grounds	21.1km run/walk 10km run/walk	Woodview AC	081 349 6303 jay@megacon.co.za	Jay Behari	06h00
15	Zabalaza Marathon	George Cato Primary School	42.2km run 21.1km run 10km run	Zabalaza AC	073 225 4146 nonjabulo2.ndlovu@gmail.com	Bongani Ndlovu	05h00
22	Capital City Marathon	Pietermaritzburg City Hall	42.2km run 21.1km run 10km run 5km run	Phuma KZN	0716522649 racedirector@capitalcity42.co.za	Mthokozisi Ndwandwe	05h00
22	Mfundo Arnold Lushaba Half Marathon	Esibanini Sports Ground, Umzumbe	21.1km run 10km run/walk	Umzumbe Development AC	082 935 9220 067 491 2821 qhawamahle@hotmail.com	Emmanuel Lushaba	06h00

KWAZULU-NATAL ATHLETICS

March 2026

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	CONTACT INFORMATION	CONTACT PERSON	TIME
01	Best of the Best Marathon	Kings Park Stadium	42.2km run 21.1km run 10km run 5km run	Ama-Ravens AC	082 589 5102 info@amaravensathleticsclub.co.za	Mthokozisi Khuzwayo	05h00
08	Umgeni-Uthukela Water Marathon	Midmar Dam, Howick	42.2km run 21.1km run 10km run/ walk	Collegians Harriers	082 336 7244 collegians.harriers@gmail.com	Les Burnard	05h30
08	SAMA Challenge	Kings Park Stadium	21.1km run/walk 10km run/walk 5km run/ walk	Phoenix Villagers	072 543 5246 phoenixvillagers@gmail.com	Denver Saccarpany	05h30
15	Galleria Mall Challenge	Galleria Mall - Amanzimtoti	21.1km run/walk 10km run/walk 5km run/ walk	Amanzimtoti AC	066 270 8772 toti.ac.racedirector@gmail.com	Renier Fouche	06h00
15	Sazi Langa	Mtshawazo Primary School	21.1km run 10km run	Sazi Langa AC	076 064 7142 cosmassazi@gmail.com	Sazi Langa	07H30
21	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	05h30
22	Harry Gwala District Marathon	Highflats - R612	42.2km run 21.1km run 10km run 5km run/ walk	Genius AC	072 948 8779 thembaaisaac@gmail.com	Themba Gumede	06h00
22	Balwin Properties Dolphin Coast Marathon	Lifestyle Centre, Ballito	42.2km run 21.1km run 10km run	Dolphin Coast Striders	083 252 0691 barry@theroc.co.za	Barry Holland	05h00
29	Durban City Marathon	Kings Park Athletic Stadium	42.2km run 21.1km run 10km run/walk 5km run/ walk	Durban City Multisport Club	081 018 0080 celi@lantic.net	Celi Makhoba	05h30

April 2026

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	CONTACT INFORMATION	CONTACT PERSON	TIME
11	Battlefields Marathon	St Dominics School/ Hutton Park Primary	42.2km run 21km run/walk 10km run/walk	Newcastle Harriers Club	079 966 4857 info@novis.com	Allan Villiers	05h30
11	South32 Hippo Marathon	Zululand Multi Sport Club	42.2km run 21.1km run 10km run	Zululand Multi Sport Club	081 796 8771 entry@msem.co.za info@zmsc.co.za	Casper / Igna	05h30
12	Orcas Ultra Marathon	Kings Park Athletic Stadium	50km run 25km run 10km run/walk	Orcas Running Academy	062 460 0756 orcasrunningacademy@gmail.com	Yenzi Olifant	05h00
19	Rising Sun Chatsworth Ultra Marathon	Rising Sun Building, Rising Sun Street	52km run 25km run 10km run/walk	Rising Sun Chatsworth AC	082 877 0400 mmpaliam@gmail.com	Dan Paliam	05:30
19	ZDM Ultra Marathon	Nongoma KwaGqikazi College	56km run 10km run/walk	Nongoma AC & Siyathuthuka AC	082 965 5821 082 433 8249 bzwane@zululand.org.za	Bheki Zwane/ Abeki Ndlovu	06:30
26	Chillie Lifestyle Race	Kings Park Athletic Stadium	10km run 5km run	Chillie Running Club KZN	078 356 7748 sibu22@icloud.com	Xolile Mtwa	06h30
26	Prince Mangosuthu Ultra Marathon	Nquthu Stadium	52km run 21.1km run/walk 10km run/walk	Biggarsberg AC	083 377 8959 ngobesemabonga@gmail.com	Siyabonga Ngobese	05h30



WHO AM I?

She measures progress not in meters run, but in heights cleared with precision and belief. National titles and international appearances signal a rise from promise to performance. Which athlete teaches gravity respect?

Answer: Tayla Kavanagh

May 2026

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	CONTACT INFORMATION	CONTACT PERSON	TIME
03	ASA Marathon Championships incorporated into Durban International Marathon	Durban, KZN	42,2km run 10km run	Newlands AC Athletics South Africa	071 652 2649 076 133 6131 racedirector@durbanmarathon.co.za thabangm@athleticssa.co.za	Mthokozisi Ndwandwe Thabang Maleka	05h30
09	Isimangaliso 32KM	Isimangaliso Office, St Lucia	32km run 21.1km run 10km run/ walk	Zululand Multi Sport Club & Mtubatuba Twice AC	081 796 8771 entry@msem.co.za	Casper / Igna / Jabu	06h00
10	Ntekaneni 10KM Run	Eastwolds	10km run	Sazi Langa AC	076 064 7142 cosmassazi@gmail.com	Sazi Langa	07H30
10	Checkstar Challenge with Discovery Vitality	Kings Park Athletic Stadium	21.1km run 10km run/walk 5km run/ walk	Checkstar Falcons AC	083 333 8511 mogiepad@gmail.com	Mogie Padayachee	06h00
16	ASA 5km and 1 Mile Champs	Tswane, Gauteng	5km run 1 mile run	Athletics South Africa	076 133 6131 thabangm@athleticssa.co.za	Thabang Maleka	TBA
17	Stella Royal with Discovery Vitality	Stella Athletic Club	25km run 10km run/ walk	Stella AC	082 568 3986 stellaathleticsclub@gmail.com	Grant Matkovich	06h00
24	Bhamshela Race	Chief Ngonyama Technical School	10km run 5km run/ walk	14 Fast Movers AC	079 157 7244 eliasmkhize27@gmail.com	Elias Mkhize	08h00
24	Peace in Africa with Discovery Vitality	Kings Park Athletic Stadium	21.1km run 10km run	Mayibuyi AC	083 545 8006 sayouth02@gmail.com	Siviwe Benya	06h00
30	KZNA AGM	Westville Correctional Services Hall	N/A	KZNA	031 312 9374 admin@kznathletics.co.za	Thabiso Ngcobo	09h00
31	Msinga Race	Mphelankani to Pomeroy Sports Complex	21km run 10km run/walk 5km run	Msinga Development	072 0400 084 063 4116 417 sabelozondil@gmail.com	Sabelo Zondi	06h30
31	Phantane Durban Streetmile	Kings Park Athletics Stadium	10km run	Phantane AC	061 436 3967 mdu.khumalo@icloud.com	Mdu Khumalo	07h00

June 2026

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	CONTACT INFORMATION	CONTACT PERSON	TIME
13	KZN Youth Run	Kings Park Athletic Stadium	10km run 5km run	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu	07h00
14	Comrades Marathon	Durban City Hall, KZN	90km run	Comrades Marathon Association	033 897 8650 alain@comrades.com	Alain Dalais	05h30
28	Durban SPAR Women's 10/5km Challenge	Hollywood Bets Kings Park Stadium Outer Fields	10km run/ walk	Sydenham Athletic Club	083 501 0202 brad@unbranded.co.za	Brad Glasspoole	08h00



July 2026

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	CONTACT INFORMATION	CONTACT PERSON	TIME
04	Newcastle Night Race	Newcastle Mall/ Arbor Park Sportfield	10km run 5km fun run	Harambe 2040 AC	072 315 8936 harambe2040ac@gmail.com	Sandile Mthembu	17h00
05	Howick 10km Race	Mpophomeni Shopping Centre	10km run/walk	Umgeni Howick Academy	073 492 3882 064 993 9463 nvmilotshwa987@gmail.com	Ntokozi Mlotshwa	07h00
05	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
12	Absa RUN YOUR CITY DURBAN 10K	Durban, KwaZulu-Natal	10km run	Ethekwini AC	074 508 9728 natalie@stillwatersports.com	Natalie Groeneveldt	TBC
18	Diamond's Race	Kings Park Athletic Stadium	10km run 5km run	Black Diamond AC	068 132 7838 082 773 7719 zukilevellem007@gmail.com langamhlongo884@gmail.com	Vellem Zulile & Langa Mhlongo	05h30
19	Social Runners Club 10km & 21km	Moses Mabhida	21,1km run 10km run	Social Runners Club	082 087 7744 adam@blacktreegroup.co.za	Adam Lipshitz	06h00
25	ASA Half Marathon Championships incorporated into F21 Half Marathon	Phalaborwa, Limpopo	21,1km	ASA Thabang Maleka	076 133 6131 thabangm@athleticssa.co.za	Thabang Maleka	TBC
25	Boardwalk Inkwazi Cares Runathon	Boardwalk Inkwazi Shopping Centre	10km run	Richards Bay AC	064 682 4742 bayrunning83@gmail.com	Stacey Pretorius	06h00
26	Forest 10km	Forest Hills AC	10km	Forest Hills AC	060 818 5843 info@hotmail.co.za	Jo Wild	06h30

August 2026

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	CONTACT INFORMATION	CONTACT PERSON	TIME
02	Totalsports Women's Race	Suncoast Casino	10km run/walk 5km run/walk	Newlands AC	083 783 6363 anaicker@yahoo.com	Anand Naicker	08h00
09	Mathews Meyiwa Half Marathon	Mpumalanga Stadium	21.1km run/walk 10km run/walk	Hamarsdale AC	072 880 5731 hamarsdaleac1@gmail.com	Richard Bhengu	06h00
09	Sisonke Challenge	Kings Park Athletic Stadium	10km run/walk	Sisonke AC	073 470 9842 sihle.shange@gmail.com	Sihle Shange	07h00
15	KZNA Awards 2026	TBC		KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu	
16	Savages Challenge	Blue Lagoon	21.1km run, 10km run, 5km run	Savages AC	084 4082 736 chairman@savages.co.za	Leanne Banks	06h30
23	La Lucia Mall 10 & 21km	La Lucia Mall	21.1km run 10km run	Social Runners Club	082 087 7744 adam@blacktreegroup.co.za	Adam Lipshitz	06h00
23	Maritzburg Women's 10/5KM Challenge	The Oval, PMB	10km run/walk 5km run/walk	Natal Carbineers AC	083 556 8070 brad@unbranded.co.za	Brad Glasspoole	08h00
30	Hollywoodbets Durban 10km	Hollywoodbets Kingsmead	10km run 5km run/walk	Hollywood AC	078 286 7927 athleticsclub@hollywoodbets.net	Brett Goodwin	07h00



September 2026

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	CONTACT INFORMATION	CONTACT PERSON	TIME
04	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 AC	072 132 2006 southcoaststriders.margate@gmail.com	Deborah Berridge	06h00
05	King Cetswayo Heritage Half Marathon	John Ross Highway, Richards Bay	21,1km run 10km run/walk 5km run/walk	Zululand Multi Sport & University of Zululand	081 796 8771 entry@msem.co.za	Casper Kriel	06h00
06	Riverwood College Capital Climb	Riverwood College, Cordwallis Road, Pmb	15km run 5km run/walk	Midlands AC	083 374 9502 capitalclimb@gmail.com	Tony Morrison	07h00
06	MAC 15km Race	Dhubri Road Grounds	15km run/walk	Merewent Athletic Club	084 207 9860 084 403 2194 athleticmerewent@gmail.com	Sarvash Padayachee Kubesh Pillay	06h30
13	SAPS Striders Heritage Challenge	Kings Park Athletic Stadium	21.1km run 10km run/walk	SAPS Striders AC	072 881 1975 mntungwathulani@yahoo.com	Thulani Mntungwa	06h30 06h45
19	AHRI 10 & 5km Race	Bridge City Mall, KwaMashu	10km run/walk 5km run/walk	Orcas Running Academy	060 496 67481 orcasrunningacademy@gmail.com	Prodigal Khumalo	07h30
20	Queensburgh Mineshaft	Queensburgh Sports Club, Bowker Road, Escombe	15km run/walk	Queensburgh Harriers	083 309 3847 lookme@polka.co.za	Lucas Esterhuize	06h00
20	Mpathi Mountain Race	Dundee Junior Primary School	20km run	Biggarsberg AC	083 377 8959 ngobesemabonga@gmail.com	Siyabonga Ngobese	08h00
24	Ntenga Foundation Race	Kings Park Athletic Stadium	10km run 5km run	eThekwini AC	031 321 5433 info@ntenga.co.za	Siyanda Calvin Ntenga	07h00
26	Durban Sunrise Run	Suncoast Deck	21.1km run 10km run	Durban High School AC	084 405 0301 083 559 3080 captain@dhsoldboys.co.za damian@bactive.com	Jamie Wardell Damian Bradley	06h45
26	Fisheagle 10km	Richards Bay Rugby Club	10km run	Richards Bay AC	064 682 4742 stacepret765@gmail.com bayrunning83@gmail.com	Stacey Pretorius	06h00
27	Wasbank Marathon	Sigweje High School	42.2km run 21.1km run/walk 10km run/walk	Wasbank AC	072 450 3481 sifiso.nzuza60@gmail.com	Sifiso Nzuza	05h30
27	Eye Can Walk	Suncoast Precinct	10km run/walk	Newlands AC	081 411 9999 clive.govender@rocketmail.com	Clive Govender	08h00

October 2026

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	CONTACT INFORMATION	CONTACT PERSON	TIME
03	SAPS Polmed Race	Msunduzi Athletic Club	10km run/walk 5kmrun/walk	SAPS KZN AC	079 500 0644 074 547 1753 nenept@saps.gov.za mzimelagm@saps.gov.za	GM Mzimela	06h00
03	Durban's Fastest Half Marathon	Moses Mabhida	15km run 10km run	Social Runners Club	082 087 7744 adam@blacktreegroup.co.za	Adam Lipshitz	06h00
03	Prof Otty Nxumalo Marathon	Cecil Emmett Sports Grounds	42.2km run 21.1km run 10km run/walk	Inkamana Athletics Club	067 112 8099 thami.sukazi@gmail.com	Thami Sukazi	07h00
04	Gaterite Challenge	Mountview Secondary School	42,2km run 21.1 km run 10 km run/walk	Verulam Athletic Club	083 783 6363 anaicker@yahoo.com	Anand Naicker	06h30
10	Great South Run	Kings Park Athletic Stadium	21.1km run 10km run	Durban City Multi Sport Club	081 018 0080 celi@lantic.net	Celi Makhoba	06h30
11	Ethekwini Township to Township Marathon	King Zwelithini Stadium, Umlazi Chesterville Sasol Garage	42.2km run 21.1km run	Sisonke AC	073 470 9842 083 443 3160 sihle.shange@ymail.com	Sihle Shange Sipho Mkhgathini	05h00
17	ASA 10km Inter-Provincial Championships incorporated into Lets Go Potch 10km	Potchefstroom, North West	10km	Athletics South Africa	076 133 6131 thabangm@athleticsa.co.za	Thabang Maleka	TBC
18	Boxer Super Run 5K	Blue Lagoon	5km run/walk	Boxer Athletics Club	082 991 0045 shanice@stillwatersports.com	Shanice Swartz	07h00
18	Siyathuthuka 10km	Prince Mangosuthu Buthelezi Stadium	10km run/walk	Siyathuthuka AC	063 889 2355 sabelondlovu257@gmail.com	Sabelo Ndllovu	07h00
24	KZNA Council Meeting	Westville Correctional Services Hall	N/A	KwaZulu-Natal Athletics	031 312 9374 admin@kznathletics.co.za	Thabiso Ngcobo	09h00
25	Sapphire Coast Marathon	Amanzimtoti Athletics Club	42.2km run 21.1km run 10km run/walk	Amanzimtoti Athletics Club	066 270 8772 toti.ac.racedirecter@gmail.com	Renier Fouche	05h30

November 2026

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	CONTACT INFORMATION	CONTACT PERSON	TIME
01	SA Home Loans Oldies 10km	10 Ranleigh Crescent, Durban North	10km run/walk	DHS Old Boys AC	061 022 9654 oldies10k@dhsoldboys.co.za	Stean Marais	06h00
01	Save Orion	Msunduzi Athletic Stadium	21.1km run/walk 10km run/walk	Save Orion AC	083 659 2732 ajdna@live.com	Ajith Deena	05h00
07	Hope Challenge	Durban Amphitheatre - Durban Promenade	42.2km, 21.1km, 10km	Ethekwini AC	072 221 8784 063 185 8708 ethekwiniathleticclub@gmail.com	Ndukenhle Zulu	05h00
14	Doek on Fleek She Moves	Hollywoodbets Stadium Outer Fields	10km run/walk 5km fun run	Durban City Multi Sport Club	081 018 0080 celi@lantic.net	Celi Makhoba	08h00
15	Umhlanga Rocks 10km & 21km	Umhlanga Rocks	21.1km run 10km run	Social Runners Club	082 087 7744 adam@blacktreegroup.co.za	Adam Lipschitz	06h00
21	Durban Business Relay	Suncoast, Car Park 3	5km run/walk	KZNA	031 312 9374 melissa@amashova.co.za	Melissa Felt	13h00
22	AAK Crescent Challenge	Kings Park	10km run/walk 5km run/walk	AAK Crescent Sporting Club	084 603 3327 essacksolly@gmail.com	Solly Essack	06h30
28	NRB Harriers Challenge	Town Square Mall	42.2km run 21.1km run 10km run/walk	NRB Harriers AC	071 355 7992 nrbharriers@gmail.com	Petro Hardwick	05h00
29	Bluff Marathon	Fynnlads Sports Club 55 Smith Drive, Bluff	42.2km run 21.1 km run 10 km run	Bluff AC	083 625 3386 info@bluffac.co.za	Lindsay Kapp	05h00

December 2026

DATE	NAME OF EVENT	VENUE	DISTANCE	ORGANISED BY	CONTACT INFORMATION	CONTACT PERSON	TIME
06	Ithemba 10km Challenge	Kings Park Athletic Stadium	10km	Ithemba AC	083 776 0795 083 342 2857 sompisi47@gmail.com	Sibusiso Luthuli Fano Zungu	06h00
13	Westville Christmas Challenge	Westville AC	15km run/walk	Westville AC	082 414 1783 westvilleathleticclub@gmail.com	Sharon Schubach	06h00

ROAD RUNNING CHAMPIONSHIPS

DATE	NAME OF EVENT
11 Apr	KZNA 5km and Mile Championships
13 Sept	KZNA 10km Championships incorporated in the SAPS Race
24 May	KZNA 21.1 km Championships incorporated in the Peace in Africa Race



SAVE THE DATE

DURBAN: 30 AUGUST 2026

JOBURG: 18 OCTOBER 2026



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KWAZULU-NATAL
ATHLETICS

TRACK & FIELD



MRS SIBONGILE NXUMALO

Track & Field Commission Chairperson

Our focus in 2026 is on enhancing athlete development and elevating the quality of competition across all age groups. Track and Field in KZN continues to grow, supported by dedicated coaches, officials, and clubs who remain committed to excellence. We look forward to another season of strong performances, improved structures, and platforms that allow our athletes to reach their full potential.



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

The aim of KZNA's Selection Policy is to enter a quality team to represent KZNA at the ASA National Sub Youth (U7-U13), 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 Sub Primary Youth (U7-U13), Age Group U16 | U18 | U20 & SENIORS

All athletes who wish to be considered for selection into the KZNA Team for the ASA National Sub Youth (U7-U13), Age Group (U16, U18 & U20), and Senior Track and Field Championships MUST:

- Participate in the KZNA Championships, which will be known as the trials, on the dates reflected in the fixture list.
- Participate in at least TWO (2) KZNA League Meetings, of which ONE (1) league participation must be in 2026.
- Note that the first TWO athletes who reach the KZNA qualifying standard during the Championships shall automatically be included in the KZNA Team (provided they have participated in at least TWO (2) KZNA League Meetings beforehand, of which ONE (1) must be in 2026).
- The THIRD athlete in the final who reaches the standard may also be considered for selection (provided they have participated in at least TWO (2) KZNA League Meetings beforehand, of which ONE (1) must be in 2026, if numbers permit).
- Should no athlete reach the KZNA qualifying standard during the

Championships but has reached the qualifying standard during the heats, or at an official KZNA or official ASA meeting (including the leagues), that athlete may be considered for selection into the KZNA Team (provided they participated in at least TWO (2) KZNA League Meetings beforehand, of which ONE (1) must be in 2026, if numbers permit).

- Performances will ONLY be recognised if electronically timed for track events, and if wind readings are supplied for sprints, 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 who did not participate in at least TWO (2) KZNA League Meetings (of which ONE (1) must be in 2026) 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

January - March 2026

DATE	NAME OF EVENT	VENUE	ORGANISED BY	CONTACT INFORMATION	CONTACT PERSON
17 Jan	KZNA Technical Symposium	Westville Recreational Hall	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
24 Jan	KZNA SYYJSMP (14 years and older) League 1 (Odd Events + Multi-Events Day 1)	Kings Park Athletic Stadium	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
31 Jan	KZNA SYYJSMP (14 years and older) League 2 (Multi-Events Day 2)	Kings Park Athletic Stadium Msunduzi Athletic Stadium	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
31 Jan	ASA Race Walking Trials for WA Race Walking Team Championships	LC de Villiers Sports Grounds - Pretoria	ASA	076 133 6131 thabangm@athleticssa.co.za	Thabang Maleka
07 Feb	KZNA SYYJSMP (14 years and older) League 3 (Multi-Events)	Richards Bay, Umhlatuze	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
14 Feb	KZNA SYYJSMP (14 years and older) League 4 (Multi-Events)	Kings Park Athletic Stadium	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
21 Feb	KZNA SYYJSMP League 5 (14 years and older) Incorporating Othukela, Umzinyathi and Amajuba Districts Schools	Amajuba, Newcastle	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
21 Feb	KZNA SYYJSM League 6 (14 years and older) Incorporating Harry GWALA, Ugu and Umgungundlovu Districts Schools (Multi-Events)	Kings Park Athletic Stadium / Msunduzi Athletic Stadium	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
28 Feb	KZNA SYYJSM League 7 (14 years and older) Incorporating Umlazi Pinetown and Ilembe Districts Schools (Multi-Events)	Kings Park Athletic Stadium	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
28 Feb	KZNA SYYJSM League 8 (14 years and older) Incorporating Umkhanyakude, King Cetshwayo and Zululand Districts Schools (Multi-Events)	Richards Bay, Umhlatuze	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
06 Mar	KZN Primary Schools Provincial Championships (10-13)	Kings Park Athletic Stadium	SASA KZN	064 015 8229 zondibandiswa@gmail.com	Buyi Zondi
07-08 Mar	KZNA Age Groups + Multi-Events (14-19 years) Provincial Champs + U23 + Multi Events incorporating KZN High School Provincial Champs (14-19)	Kings Park Athletic Stadium Msunduzi Athletic Stadium	KZNA	031 312 9374 064 015 8229 events@kznathletics.co.za zondibandiswa@gmail.com	Gugu Shabangu Buyi Zondi
14 Mar	KZNA Age Group Selected Athlete Camp	Kings Park Athletic Stadium	KZNA	031 312 9374 support@kznathletics.co.za	Happiness Mkhize
20-21 Mar	KZNA Senior and Masters Track and Field Championships (16 and older)	Kings Park Athletic Stadium	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
20 Mar	World Athletics Indoor Championships	Kujawy Pomorz, Poland	ASA	077 037 6227 hezekiel@athleticssa.co.za	Hezekiel Sepeng
26-28 Mar	ASA Age Groups Championships (14-18 years) + U23 and Relays + Multi Events	Germiston	ASA	076 133 6131 thabangm@athleticssa.co.za	Thabang Maleka
29-31 Mar	SASAPD National Championships Para Athletics Competition	Coetzenburg, Stellenbosch	SASAPD	lbruwer@uj.ac.za	Lezanne Bruwer
30 Mar -02 Apr	SA Masters Championships	Germiston	SAMA	083 455 3001 hennop@absmail.co.za	Ansie Hennop

April - December 2026

DATE	NAME OF EVENT	VENUE	ORGANISED BY	CONTACT INFORMATION	CONTACT PERSON
02-04 Apr	SASA High Schools National Championships	North West	SASA	076 766 7662 yvonne.schalk@gauteng.gov.za	Yvonne Schalk
07 Apr	ASA Athletics Grand Prix 1 / Continental Tour Challenger	TBC	ASA	077 037 6227 hezekiel@athleticssa.co.za	Hezekiel Sepeng
09 Apr	ASA Athletics Grand Prix 2 / Continental Tour Challenger	TBC	ASA	077 037 6227 hezekiel@athleticssa.co.za	Hezekiel Sepeng
11 Apr	ASA Athletics Grand Prix 3 / Continental Tour Challenger	TBC	ASA	077 037 6227 hezekiel@athleticssa.co.za	Hezekiel Sepeng
12 Apr	World Athletics Race Walking Team Championships		ASA	077 037 6227 hezekiel@athleticssa.co.za	Hezekiel Sepeng
17-18 Apr	ASA Senior Track & Field Championships + Relays and Multi-Events	Stellenbosch University	ASA	076 133 6131 ThabangM@athleticssa.co.za	Thabang Maleka
02-03 May	World Athletics Relays	Gaborone, BOTSWANA	ASA	077 037 6227 hezekiel@athleticssa.co.za	Hezekiel Sepeng
05-09 Aug	World Athletics U20 Championship	Eugene, OREGON	ASA	077 037 6227 hezekiel@athleticssa.co.za	Hezekiel Sepeng
15 Aug	KZNA Awards 2026	TBC	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
22 Aug	KZNA Sub Primary Youth League 1 (7 - 13 years)	Kings Park Athletic Stadium	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
29 Aug	KZNA SYYJSM League (14 years and older)	Kings Park Athletic Stadium	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
12 Sep	KZNA All Ages North Coast Special League	Richards Bay, Umhlatuze	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
19 Sep	KZNA Sub Primary Youth League 2 (7 - 13 years)	Amajuba	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
26 Sep	KZNA All Ages North KZN Special League	Ladysmith	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
03 Oct	KZNA Sub Primary Youth League 3 (7 - 13 years)	Kings Park Athletic Stadium	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
10 Oct	KZNA All Ages South Coast Special League	Port Shepstone	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
16 Oct	KZNA Sub Primary Youth League 4 (7 - 13 years)	Kings Park Athletic Stadium	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
01 Nov	KZNA SYYJSM League (14 years and older)	Kings Park Athletic Stadium	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
07 Nov	KZNA Sub Primary Youth League 5 (7 - 13 years)	Kings Park Athletic Stadium	KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu
14 Nov	KZN Provincial Sub Primary Youth Champs (7 - 13 years)	Kings Park Athletic Stadium	KZNA	031 312 9374 entries@kznathletics.co.za	Gugu Shabangu
21 Nov	KZN Sub Primary Youth Camp (selected athletes only)	Kings Park Athletic Stadium	KZNA	031 312 9374 support@kznathletics.co.za	Happiness Mkhize
28 Nov	Race Walk Championships (14 years and older)	NMR Avenue, Durban	KZNA	031 312 9374 operations@kznathletics.co.za	Jabulani Mhlungu
04-05 Dec	ASA Primary Sub Youth National Championships	Rustenburg, North West	ASA	076 133 6131 thabangm@athleticssa.co.za	Thabang Maleka
05-07 Dec	SALGA KZN GAMES	TBA			

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MR SABELO NDLOVU

Cross Country Commission Chairperson

The Cross Country Commission enters 2026 with renewed energy and a firm commitment to expanding participation across districts. We will continue working to improve event organisation, strengthen development pathways, and provide athletes with competitive and well-structured opportunities. We thank all clubs, officials, and communities for their support, and we look forward to a productive and inspiring season.

SELECTION CRITERIA

In order to be eligible to be selected to represent KwaZulu-Natal Athletics at the 2026 ASA Cross Country Championships athletes must satisfy the following criteria:

1. Must be in possession of a valid 2026 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 above 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.

DATE	LEAGUE	VENUE	DISTANCE	ORGANISED BY	CONTACT DETAILS	CONTACT PERSON	TIME
10 Jan	World Athletics Cross Country Championships	Tallahassee, Florida, USA		ASA Hezekiel Sepeng	076 037 6227 hezekiel@athleticssa.co.za	Hezekiel Sepeng	
17 Jan	KZNA Technical Symposium	Westville Recreational Hall		KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu	
07 Feb	KZNA Race Symposium	Durban Country Club		KZNA	031 312 9374 events@kznathletics.co.za	Gugu Shabangu	
06 Mar	XC Parlauf	Westville Athletic Club	1km - 10km	Westville AC	082 563 0574 director@kzneia.co.za	Kylie Griffin	
14 Mar	1	Sodwana Bay School	1km - 10km	Sodwana Bay School	072 750 7708 sodwanabayprimary@gmail.com	Mr Malasiss	
28 Mar	1	LIV Durban	1km - 10km	Liv 2 Run	076 573 2708 run@liv-village.com	Lindi Meyer	
11 Apr	3	Mpumalanga TVET College, Hammarsdale	1km - 10km	Mpumalanga AC	072 824 9740 mmkhize@gmail.com	Mthokozisi Mkhize	11h50
18 Apr	4	Hluhluwe Primary School	1km - 10km	Hluhluwe Primary School	082 375 4518 headmaster.hps@gmail.com	JL Van Der Walt	11h50
18 Apr	5	Howick West Sports Stadium	1km - 10km	Umngeni Howick Academy	073 492 3882 nvmlotshwa987@gmail.com	Ntokozo Mlotshwa	11h50
25 Apr	6	Mona Sport Field	1km - 10km	Ebukhalini Primary School	084 083 8758 thobelagalela@gmail.com	Thobeka Mtshali	11h50
25 Apr	7	Ladsworth Pre Primary School	1km - 10km	Hilton Harriers	C 083 792 8504 kevin.meir@uuw.co.za	Kevin Meier	11h50
02 May	8	Crocworld	1km - 10km	Scottburgh AC	063 013 5477 1mashiza@gmail.com	Lungelo Zuma	11h50
09 May	9	Sigweje High School	1km - 10km	Wasbank AC	072 450 3481 sifiso.nzuza60@gmail.com	Sifiso Nzuza	11h50
16 May	10	Collegian's Club	1km - 10km	Collegians Harriers	083 376 7334 president@collegiansharriers.co.za	Werner Jonas	11h50
16 May	11	Matshamhlophe FNB Stadium	1km - 10km	Bhobhobho Primary School	073 154 0179 zamokuhlefitnessndwandwe@gmail.com	Zamokuhle Ndwandwe	11h50
23 May	12	Umgai Sports Ground	1km - 10km	Umzumbe Development AC	082 935 9220 emmasenterprise1@gmail.com	Emmanuel Lushaba	11h50
23 May	13	Danville Park	1km - 10km	DHS Old Boys AC	083 788 8543 chairman@dhsoldboys.co.xs C 0844082736 chairman@savgasac.co.za	Justin Fuller Leanne Bake	11h50

DATE	LEAGUE	VENUE	DISTANCE	ORGANISED BY	CONTACT DETAILS	CONTACT PERSON	TIME
30 May	14	Riverview Sports Field	1km - 10km	Umfoloji AC	072 620 6313 siphotembe40@gmail.com	Sipho Tembe	11h50
30 May	15	Crystal Springs Dam	1km - 10km	East Griqualand Striders	0780161125 jtgrvs@gmail.com"	Jerry Greeves	11h50
30 May	16	Prince Mangosuthu Stadium	1km - 10km	Siyathuthuka Development AC	063 889 2355 sabelondlovu257@gmail.com	Sabelo Ndlovu	11h50
30 May	17	Uelzen Primary School	1km - 10km	Biggarsburg AC	083 377 8959 ngobesemabonga@gmail.com	Siyabonga Ngobese	11h50
04 Jun	18	Chief Ngonyama Secondary School	1km - 10km	Thandolwethu AC	073 666 8441 thandolwethusthleticsclub@gmail.com	Cebolenkosi Maphumulo	11h50
20 Jun	19	Empangeni Rugby Club	1km - 10km	Grantham Park Primary	063 402 5494 busani.biyela@gpps.co.za	B.I Biyela	11h50
20 Jun	20	Emondlo Stadium	1km - 10km	Llindokuhle AC	071 705 2804 lindokuhleac@gmail.com	Thembelihle Buthelezi	11h50
20 Jun	21	Ashtonville Guest Farm	1km - 10km	Fast Runners Development AC	072 217 4072 pinkypzondi@gmail.com	Pinky Zondi	11h50
20 Jun	22	Umnini Sport Centre	1km - 10km	Umgababa AC	079 471 1090 umgababaac@gmail.com	Swelihle Ndlovu	11h50
20 Jun	23	Prince Mangosuthu Stadium	1km - 10km	Ulundi Striders	083 598 5665 maxwellxulu@gmail.com	Maxwell Xulu	11h50
27 Jun	24	Ixopo Golf Course	1km - 10km	Ixopo AC	072 963 1595 qborn3@yahoo.com	Jabulani Qwabe	11h50
04 Jul	25	Fulton School for the Deaf	1km - 10km	PDAC	082 421 3037 junewatson100@gmail.com	June Watson	11h50
04 Jul	26	Ebuhleni Primary School	1km - 10km	Utrecht AC	083 756 3990 vmxulu7323@gmail.com	VM Xulu	11h50
04 Jul	27	Nombika	1km - 10km	14 Fast Movers AC	079 157 7244 eliasmkhize27@gmail.com	Elias Mkhize	11h50
14 Jul	28	Dumbe Dam	1km - 10km	Edumbe AC	072 096 6553 wisemanmadi@gmail.com	Wiseman Madi	11h50
18 Jul	29	Amajuba TVET Stadium	1km - 10km	Harambe 2040 AC	079 272 6602 mthembuletie@gmail.com	Lettie Mthembu	11h50
18 Jul	30	Vulekani Spec School	1km - 10km	Umzimkhulu	072 304 9629 umzimkuluac@gmail.com	Rabaza	11h50
18 Jul	31	Hutchison Park	1km - 10km	Amanzimtoti AC	082 809 1306 toti.ac.chairman@gmail.com	Wayne Parker	11h50

DATE	EVENT	VENUE	DISTANCE	ORGANISED BY	CONTACT DETAILS	CONTACT PERSON	TIME
25 Jul	District Champs - Ugu	Crocworld	1km - 10km	Scottburgh AC	063 013 5477 1mashiza@gmail.com	Lungelo Zama	11h50
25 Jul	District Champs - Zululand	Prince Mangosuthu Stadium	1km - 10km	Siyathuthuka Dev AC	063 889 2355 sabelondlovu257@gmail.com	Sabelo Ndlovu	11h50
25 Jul	District Champs - Umzinyathi	Pomorooy Sports Complex	1km - 10km	Umsinga Dev	072 040 0084 sabelozondi1@gmail.com	Sabelo Zondi	11h50
25 Jul	District Champs - Amajuba	Danhauser	1km - 10km	Fulathela AC	072 442 0762 nkosinathizulu5@gmail.com	Happy Zulu	11h50
25 Jul	District Champs - Harry Gwala	Clydesdale	1km - 10km	Kickers	078 951 6452 ziyandadlamini59@gmail.com	Ziyanda Dlamini	11h50
25 Jul	District Champs - eThekweni	UKZN Gate 10	1km - 10km	Hollywoodbets	087 353 8930 lalaC@hollywoodbets.net	Lala Cele	11h50
01 Aug	KZNA Cross Country Championships	Grantleigh School King Cetshwayo	1km - 10km	RBAC (KZNEIA)	064 682 4742 stacepret765@gmail.com	Stacey Pretorius	
05 Sep	ASA Cross Country Championships	TBA		ASA Thabang Maleka	076 133 6131 thabangm@athleticssa.co.za	Thabang Maleka	



TRAIL RUNNING

Trail Running is an exciting outdoor sport that combines endurance running with the beauty of natural landscapes, taking athletes off the road and onto rugged trails through mountains, forests, and valleys. KwaZulu-Natal Athletics (KZNA) has officially recognized trail running as a discipline, opening new opportunities for athletes and enthusiasts to explore this growing sport. In a major boost for the sport, South Africa will proudly host the **2027 World Trail Running Championships**, attracting elite runners from across the globe and showcasing our country's breathtaking terrain. This is a unique chance for local athletes to compete on the world stage and for members to be part of these historic events, whether as participants, volunteers, or supporters. Let's embrace this exciting journey and make South Africa a trail running powerhouse!

DATE	DAY	EVENT	DISTANCES	VENUE
04 Jan	Sun	Kenneth Stainbank Trail Run	5k, 10k, 15k	Kenneth Stainbank Nature Reserve, Yellowwood Park
11 Jan	Sun	Howick Trail Run	5k, 10k, 20k	La Petite France Café, Howick
18 Jan	Sun	Rocky Bay Trail Run	6k, 12k, 19k	Rocky Bay Resorts, Scottburgh
25 Jan	Sun	Faulklands Trail Run	5k, 10k, 18k	Faulklands Farm, Pietermaritzburg
01 Feb	Sun	Blythedale Trail Run	5k, 11k, 19k	Blythedale Event Bowl, Blythedale
08 Feb	Sun	Hilton College Trail Run	7k, 12k, 20k	Hilton College, Hilton
01 Mar	Sun	Balgowan Trail Run	6k, 11k, 21k	Michaelhouse, Balgowan
07 Mar	Sat	Drakensberg Northern Trail	6k, 10k, 20k, 40k	The Border Post Trail, Oliviershoek Pass
15 Mar	Sun	Bisley Trail Run	5k, 10k, 18k	Bisley Nature Reserve, Pietermaritzburg
22 Mar	Sun	Tala Trail Run	5k, 10k, 20k, 30k	Tala Private Game Reserve, Pietermaritzburg
29 Mar	Sun	Hebron Haven Trail Run	6k, 10k, 20k	Hebron Haven Hotel, Dargle
02 May	Sat	The Bushmans Trail	5k, 10k, 20k	Wagendrift Dam, Estcourt
03 May	Sun		5k, 10k, 20k, 30k	
10 May	Sun	WESSA uMgeni Trail Run	6k, 12k, 22k	WESSA uMgeni Valley Nature Reserve, Howick
16 May	Sat	Mnweni Mountain Marathon	10k, 20k, 40k	Mnweni Cultural & Hiking Center, Bergville
31 May	Sun	Blythedale Trail Run	5k, 11k, 19k	Blythedale Event Bowl, Blythedale
07 Jun	Sun	Tala Trail Run	5k, 10k, 20k, 30k	Tala Private Game Reserve, Pietermaritzburg
12 Jun	Sun	1000 Hills Challenge (TBC)	5k, 10k, 20k, 30k	Nagle Dam, Nonzila
21 Jun	Sun	Baynesfield Trail Run	7k, 12k, 20k	Baynesfield Club, Richmond
05 Jul	Sun	iNsingizi Trail Run	5k, 10k, 20k	iNsingzi Lodge & Spa, Mid Illovo
25 Jul	Sat	Ingeli Mountain Marathon	6k, 10k, 20k, 40k	ANEW Resort Ingeli Forest, Kokstad
01 02 Aug	Sat	100 Miler	160k, 80k	uMdoni Park, Scottburgh
16 Aug	Sun	uMgeni River Run	6k, 12k, 23k, 50k, 75k	WESSA uMgeni Valley Nature Reserve, Howick
23 Aug	Sun	Rocky Bay Trail Run	6k, 12k, 19k	Rocky Bay Resorts, Scottburgh
06 Sept	Sun	Hilton College Trail Run	7k, 12k, 20k	Hilton College, Hilton
13 Sept	Sun	Bisley Trail Run	5k, 10k, 19k	Bisley Nature Reserve, Pietermaritzburg
04 Oct	Sun	Howick Trail Run Incorporating the KZNA Championships	5k Junior, 6k Hill, 12k, 20k, 40k and 70k Ultra	La Petite France Café, Howick
18 Oct	Sun	Blythedale Trail Run	5k, 11k, 19k	Blythedale Event Bowl, Blythedale
25 Oct	Sun	Cascades Trail Run	5k, 10k, 18k	Cascades Lifestyle Center, Pietermaritzburg
01 Nov	Sun	Balgowan Trail Run	6k, 11k, 21k	Michaelhouse, Balgowan
14 Nov	Sun	Bothas Hill Trail Run	7k, 10k, 20k	Infinite Adventures, Bothas Hill
22 Nov	Sun	Inanda Trail Run	5k, 12k, 18k	eNanda Adventure Park, Inanda Dam
06 Dec	Sun	Table Mountain Trail Run	7k, 12k, 20k	Mcoseleli Secondary School, Maqongqo
13 Dec	Sun	Christmas Trail Run	3k, 5k, 10k, 20k	Groundcover Leather Co., Curry's Post

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ATHLETES' COMMISSION



MR SANDILE MTHEMBU

Athletes Commission Chairperson

As the Athletes' Commission, our priority remains to represent the voices and interests of athletes throughout the province. In 2026, we aim to strengthen communication, promote athlete welfare, and contribute meaningfully to the growth of the sport. We encourage athletes to engage with us, share their needs, and continue striving for excellence. Together, we can build a supportive and successful athletics environment.

KZN PROJECT 350 ELITE ATHLETES (EADP)

Project 350 is a national high-performance initiative launched by the South African Minister of Sport, Arts and Culture to prepare **350 elite athletes**—300 for the Olympic Games and 50 for the Paralympics—for the **2028 Los Angeles Olympics**.

The program focuses on identifying and developing talent across all nine provinces, providing athletes with comprehensive support such as scientific testing, strength and conditioning, nutrition guidance, psychological services, and structured training plans.

In KwaZulu-Natal, Project 350 is integrated with the **Elite Athlete Development Program (EADP)**, offering selected athletes access to high-performance facilities and expert coaching to enhance their readiness for national and international competitions.

Athletes name	Gender	Club Name
Zakithi Nene	Male	Fast Feet TC
Sibongakonke Makhaza	Male	Harambe 2040 AC
Philasande Mlambo	Male	Sisonke AC
Tayla Kavanagh	Female	Hollywood AC
Adam Lipschitz	Male	Socials Runner AC
Anele Ndawonde	Female	Umzimkulu AC
Morne Moolman	Male	CKS AC
Luyanda Magubane	Male	Harambe 2040 AC
Nwabisa Mjoli	Female	Phantane AC
Sinethemba Ntshangase	Male	Nedbank AC
Busisiwe Chamane	Female	Black Diamond AC
Ntsoaki Mohlahoe	Male	Phantane AC
Noa Reinstein	Female	Fast Feet AC
Amahle Cebekhulu	Female	Umlazi Dev AC
Kwazi Mgobozi	Male	Sisonke AC

KZNA SUB-ELITE DEVELOPMENT PROGRAMME ATHLETES LIST

The **KZNA Sub-Elite Athlete Development Program** is a high-performance initiative by KwaZulu-Natal Athletics aimed at identifying, nurturing, and elevating athletes with strong potential to compete at national and international levels.

Running from **October 2025 to September 2026**, the program provides tiered support services including **comprehensive screening and testing**, individualized training plans, injury prevention and rehabilitation, and performance monitoring. Athletes also gain access to world-class facilities through the **Prime High-Performance Institute** at Moses Mabhida Stadium, which offers conditioning programs, recovery ice baths, and expert coaching.

Selection is based on strict performance criteria, with athletes categorized into tiers to ensure tailored support. This strategic program reflects KZNA's commitment to creating pathways for podium finishes and sustained athletic excellence.

Athletes name	Gender	Club Name
Sarah Reed	Female	EPG
Leslie Mokoena	Male	Phantane AC
Gezelle Margerman	Female	Fast Feet TC
Sphiwe Mtolo	Male	Phantane AC
Sphamandla Shezi	Male	Harambe 2040 AC
Snethemba Ngema	Female	Fast Feet TC
Slindile Hlatshwayo	Female	Maxed Elites AC
Ngubo Inganathi	Female	uMzimkhulu AC
Usaamah Vally	Male	ETA Collage AC
Mason Junaid Khan	Male	EPG
Bayanda Zwane	Male	Grantham PS
Eshle Zondo	Female	Thandolwethu AC
Teevir Reddy	Male	Aspire AC
Dayle Koekemoer	Female	Fast Feet TC
Banele Mabizela	Female	Black Diamond AC
Kayla Witthoft	Female	CKS AC
Janet Mbhele	Female	uMzimkhulu Striders
Bongumusa Mthembu	Male	Athurford AC
Sibusiso Kubheka	Male	Excel RC
Myeni Minenhle Ntando	Male	Ingaqa Full-Service AC

Athletes name	Gender	Club Name
Alwande Sibiya	Male	Fulathela AC
Amahle Mzimba	Female	Umlazi Dev AC
Siyamthanda Ndaba	Male	Arbor Park Primary
Nompumelelo Hadebe	Female	Newcastle City AC
Chloe Barnard	Female	CKS AC
Zelda Barnard	Female	CKS AC
Pakiso Mthembu	Male	Maxed Elites
Syabonga Ndllovu	Male	Excel RC
Anele Mtungwa	Female	Fast Runners AC
Lungelo Khumalo	Male	Xcel RC
Ayanda Thabethe	Male	Dundee AC
Simso Khomo	Male	Sisonke AC
Bathobile Mkhize	Female	Xcel RC
Thembekile Mjwara	Female	uMzimkhulu AC
Lucky Gumede	Male	Umlazi Dev AC
Asenathi Jali	Female	Harding AC



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