



 **Olifantsfontein Sports Ground**
W VIEW ROAD, OLIFANTSFONTEIN



25 October 2026



07h00

MEDALS TO ALL REGISTERED FINISHERS!!!

10km entry fee:	R150 (temporary license fee: R60)
1 Mile entry fee:	R50 (temporary license fee: R30)
T-Shirts:	R150

REGISTER ONLINE

www.thembisamile.co.za | www.peaktiming.co.za

RACE OFFICE: 063 804 5180 | info@thembisamile.co.za



GENERAL RACE INFORMATION AND RULES:

1. Thembisa Mile is held under the auspices, rules and regulations of World Athletics, Athletics South Africa and Central Gauteng Athletics.
2. By entering the Thembisa Mile race , athletes indemnify and hold harmless the national, provincial and regional bodies, sponsors, partners, clubs , volunteers and organizers of the race against all claims or actions of whatever nature that may arise out of their participation in the race.
3. All athletes participate at own risk. Athletes acknowledge by entering the event that they are medically fit and healthy to participate in the race. All the athletes must supply the name and contacts of their next of kin when registering online or on the entry form.
4. The 10km is open to all licensed and non-licensed runners /walkers of 14 years and above.
5. The 1 Mile race is open to all runners of 7 years and above.
6. Entry for the ELITE Mile race is by INVITATION only. Thembisa Mile does not offer travel, accommodation and appearance fees.
7. Closing date for ONLINE entries is Wednesday, 21 October 2026 at midnight or when the entry limit has been reached.
8. Seeded start for the invited ELITE athletes and the contenders. Seeding is based on 10km run within 12 months prior to the event. You must submit your recent 10km time on the registration forms to be seeded.
9. The entry fee is non-refundable, non -transferable and non - deferrable including in the event of race cancellation. The entry may not be transferred to future races. The 10km entry fee is R150 excluding online charges. The 10km temporary license is R60. The 1 Mile entry fee is R50 excluding online charges. The 1 Mile Temporary license fee is R30. Late registration fee is R200 for 10km and R100 for 1 Mile.
10. Your entry will be confirmed/ acknowledged via a valid email address as supplied by you on the entry portal once payment has been successfully processed.
11. T- Shirts are available for purchase when registering ONLINE only until 13 September 2026 at Midnight. T -Shirts is R150 (excluding online service fee). NB! T-Shirts sizes, once your entry has been submitted, your selected size cannot be changed.
12. Licensed athletes must wear club colours and their 2026 ASA license number back and front, with race number worn on the front of the vest but not obscuring the logos on the ASA license. Licensed athletes who do not wear their 2026 license must purchase a temporary license or face disqualification.
13. Athletes not affiliated with a club must purchase a temporary license when entering online or at race number collection Expo. Temporary licensed athletes to wear plain clothing with the issued temporary license on the back of their vest.
14. No advertising may be worn by athletes, Refer to World Athletics Rule 143 and ASA Rule 14.1(7).
15. No ambush marketing is allowed.
16. International athletes must provide a valid clearance letter from their country of origin to the organisers and the Chief Race Referee prior to the start of the event .Prizes will be withheld if this rule is not adhered to. International athletes cannot run with an ASA permanent number. They must purchase a temporary license.

17. Athletes competing for category prizes must wear clearly visible age tags of appropriate size on the front and back of their running vest.
18. Prize giving will commence at 08h30 for 10km and at 12h00 for the 1 Mile races. Prize winners must wear their respective club colours for prize giving ceremony. Proof of age (a valid identity document (ID) is required for all category prize winners and must be presented or submitted to the race Chief Referee before prize giving. Objections must be lodged within 30 minutes before or after prize giving in writing to the Chief Race Referee accompanied by a deposit of R500 which is refundable if the appeal is upheld or forfeited if the appeal is unsuccessful. The race Chief Referee's decision is final. Prize MONEY will be paid via eft 7 – 10 days after race day or once athletes are cleared of doping. Prize winners MUST provide proof of banking details.
19. No seconding is allowed.
20. For safety reasons, the use of earphones, headsets, or similar devices during the race are prohibited. These excludes a hearing aid and devices in accordance with World Athletics Rule 144.2b/ Athletics South Africa Rule 34.10
21. We regret that due to the nature of the course, wheelchair athletes cannot participate.
22. No animals or pets are permitted to participate.
23. All entrants grant permission in terms of section 51 of the electronic communication act 25 of 2002, to use their name, race information, photographs, video tapes, broadcasts, telecast in which they may appear free of charge. They accept that their personal information will remain confidential and consent to the same being shared with the parties involved in the organisation of the event for purpose of registration, timing, medical care, and race newsletter.
24. Athletes cannot run with another athlete's number. Substitutions only available at the race number collection EXPO. Substitution fee is R100. NO SUBSTITUTION ON THE DAY OF THE RACE.
25. Race Number collection and late registration (if not sold out) will take place at Olifantsfontein Sports Ground on Thursday, 22 October 2026 from 09h00 to 17h00, Friday 23 October 2026 from 09h00 to 17h00, Saturday 24 October 2026 from 09h00 to 18h00 and on race day (Sunday, 25 October 2026) from 05h00 to 07h00. NO LATE ENTRIES OR REGISTRATION ON THE DAY OF THE RACE!
26. All registered athletes will be sent confirmation of their race number via email /sms to the contact details on the athlete's entry. It is the responsibility of the athlete to ensure that their contact details are correct.
27. Athletes are required to bring proof of identification together with their race number confirmation email /sms in order to collect their number. Unable to collect your race pack, the person collecting on your behalf must bring a letter of authorisation, race number confirmation email, copy of your ID/ driver's license and their ID/drivers licence.
28. Tog bag facility will be available at the venue at the owner's risk. Please ensure tog bags are clearly marked with your race number. Entrant's race number will serve as the corresponding number when you retrieve your tog bag.
29. Distance markers in kilometres.

30. Blatant running by any walker may lead to disqualification. Three warnings will lead to disqualification. Walkers competing for prize money must wear short pants. Any long pants covering the legs will lead to disqualification.
31. Cut off time for 10km is 2 (two) hours. 1 Mile athletes must be able to complete their event in 15 (fifteen) minutes.
32. Littering is not allowed. Athletes are to dispose of any litter in the appropriate bins at water points along the route and at the finish area.
33. The organizers retains the right to refuse entry and eject persons under the influence of drugs or alcohol, who are disorderly, or engage in inappropriate behaviour, vandalism or evade paying entry fee.
34. Athletes who participate without buying a race entry will be disqualified ,will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge.
35. All instructions issued by the traffic, race and technical officials must be obeyed at all times.
36. Failure to comply with these rules, or any other rules issued by the race organizer, may

RACE DAY PROGRAM:

	TIME	EVENT
1	07H00	10km Run & Walk
2	08H30	10KM Award Ceremony
3	09H00	Girls U/10 (athletes born in 2016, 2017, 2018, 2019, 2020 & 2021)
4	09H15	Boys U/10 (athletes born in 2016, 2017, 2018, 2019, 2020 & 2021)
5	09H30	Girls U/13 (athletes born in 2013, 2014 &2015)
6	09H45	Boys U/13 (athletes born in 2013, 2014 &2015)
7	10H00	Girls U/15 (athletes born in 2011 & 2012)
8	10H15	Boys U/15 (athletes born in 2011 & 2012)
9	10H30	Girls U/19 (junior women) (athletes born in 2007, 2008, 2009 & 2010)
10	10H45	Boys U/19 (junior men) (athletes born in 2007, 2008, 2009 and 2010)
11	11H00	1 Mile Race Walk Women
12	11H15	1 Mile Race Walk Men
13	11H30	Elite Women (Invitational)
14	11H45	Elite Men (Invitational)
15	12H00	1 Mile Awards Ceremony

10KM PRIZE BREAKDOWN:

	OPEN	JUNIORS	VETERANS	MASTER	GRAND MASTERS	70 +
1	R10 000	R1000	R1000	R1000	R1000	R1000
2	R6000	R750	R750	R750	R750	R750
3	R3000	R500	R500	R500	R500	R500
4	R2000					
5	R1750					
6	R1500					
7	R1250					
8	R1000					
9	R850					
10	R500					

1 MILE PRIZE BREAKDOWN

	ELITE MILE	JUNIOR MILE	1 MILE WALK	UNDER 10YRS	UNDER 11-13YRS	UNDER 14 -15YRS
1	R4000	R1000	R1000	R500	R500	R500
2	R3000	R750	R750	R400	R400	R400
3	R2000	R500	R500	R350	R350	R350
4	R1500					
5	R1000					
6	R800					
7	R600					
8	R500					