

THE 34TH 1000 KM / 5 KM CHALLENGE



2025 / 2026 SEASON \ CHARITY - Irene Homes – Enabling people with intellectual disabilities

We remain committed to the **1000KM CHALLENGE**, a truly South African tradition that has enriched the lives of so many. It is our wish that it may prosper long in order to bring honour to the many athletes, who are the most fervent lovers of the sport, by competing and challenging themselves regularly at races throughout the country and abroad.

The charity for 2025 – 2026 will be Irene Homes – Enabling people with intellectual disabilities. They will get a R20 donation from each entry received 1000 km challenge and R50 for each 5 km entry.

HOW DO I MONITOR MY PROGRESS?

Create user on website – www.1000kmchallenge.co.za and log kms on the website. You can also fill in race list and email it to organisers.

THE 5 KM FUN RUN FUN CHALLENGE

All entrants of the 5 km Fun Run Fun Challenge must finish a minimum of 1 (One) - fun runs, parkruns to qualify as a finisher and receive a form of recognition (medal, trophy or some other form) to be awarded after Comrades 2026 prize giving.

1000 KM CHALLENGE

Finishers will get a 'medal' badge awarded at prize giving after Comrades 2026.

PERMANENT NUMBERS AND SCROLLS

Recognition towards permanent number will be expanded to encourage entrants to do more but also to cater for entrants that cannot do as many km's

Permanent numbers will be given to

- All walkers / runners who complete 3 challenges - 3 full points.
- Double / Triple / etc. permanent numbers will be issued after the number of challenges done
- Various other special edition scrolls can be awarded according to the number of years And distances completed at the discretion of the organiser.

NATIONAL & CATEGORY AWARDS

National awards to be done based on number of entrants.

REGIONAL AWARDS

Certain regional awards will be given to regions taking into account number of entrants, availability of races etc within the full discretion of the organiser. The 4 regions that will receive regional awards as a region if there are more than 20 entries in the region will be:

Region 1: Central Gauteng
Region 2: Gauteng North
Region 3: Boland, Western Province,
Region 4: KwaZulu Natal,
Region 5: Rest of the Country

AROUND THE WORLD TROPHY

This trophy is awarded to the athlete(s) whose total challenge distance goes around the world on the circumference of earth at the equator being 40 075.16 km or 24 901.55 miles.

RULES

- The aim is to walk / run 1000 km in road races sanctioned by an international, national or provincial road running association from 9 June 2025 to 14 June 2026 (in other words from Comrades to Comrades, but Comrades is not compulsory). Trail, cross country and other races will be acknowledged within the full discretion of the organiser, if they meet certain criteria.
- www.parkrun.co.za - 5km events will count.
- Fun runs are not allowed unless they are held under the auspices of a registered athletic club or by a registered welfare organisation.
- No time trials are allowed.
- You need to appear in results of event
- You may not start a race before the official starting time. If race organizer allows early start, then organizer need to do time keeping for early start – no self timing.
- Races must be completed within the official cut-off time.
- In the event of a race not being completed within the cut off time, the race may only be claimed if your name appears as a finisher in the official race results
- You cannot claim “double races”. This means that you cannot claim two races starting at the same time, even if you are able to finish both in the official cut off time.
- Honesty and integrity will be regarded as paramount. If any entrant is found to have knowingly committed fraud or cheated, such an entrant can be barred from the challenge at the discretion of the organiser. Such a person will lose his entry fee and will not be entitled to anything including medals and prizes. The organiser has full discretion whether or not to accept an event on a race list. Proof of race participation, results, flyers, race distance, starting & cut-off times may be requested by the organiser. Any complaints must be put in writing. The organiser’s decision is final.

ENTRIES

Entry forms on www.1000kmchallenge.co.za/entry-forms

QUESTIONS & QUERIES

For full details on all aspects of the 5 km / 1000 km challenge, please send us a message:

Email: 1000walking@gmail.com

Facebook: www.facebook.com/groups/1000km.challenge/

Website: www.1000kmchallenge.co.za

Cell number: 0829230831