

## Comrade Marathon Guidelines

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### Comrade Marathon Guidelines

Comrades Marathon – The Ultimate Human Race. THE 2020 COMRADES MARATHON HAS BEEN CANCELLED THE 2020 COMRADES MARATHON HAS BEEN CANCELLED Following long discussion with the Comrades Marathon Association (CMA) Board and KwaZulu-Natal Athletics (KZNA, Athletics South Africa has announced the cancellation of the...

### The Ultimate Human Race - Comrades Marathon

After 2008 rolled into 2009, I needed to start increasing the distance of my weekly long run (and run a marathon, as to qualify to enter Comrades you have to prove that you have completed a race ...

### Training for the Comrades Marathon | Runner's World

If you can do it in the fourth quarter of the year before you aim to run Comrades, that is ideal. Or if you really can't run a marathon in October, November or December, then as early in the new year as possible is the best. Pro Tip: Listen to this podcast to hear when the best time to qualify for Comrades is.

### Comrades Marathon Qualification: Qualifying Races, Paces ...

The Comrades Marathon is a 'gun to gun race'. This means that regardless of where you start, your time will begin when the gun goes off. The final cut off is at 17:30, which means there is a maximum 12 hour time limit. There are also cutoffs, throughout the route.

### What is the Comrades Marathon Distance In 2020? | Africa ...

Comrades Marathon 2018 race is 277 days away and counting. So, we recommend following the above advice with the goal of completing the 56.1-mile race physical strong and mentally sound. International runners are able to enter online after completing a qualifying race between Aug. 27, 2017 and May 2018.

### How to Prepare for Comrades Marathon - Rad Season

As most South Africans know, the Comrades Marathon is run between Pietermaritzburg and Durban on an annual basis. The direction alternates between the cities annually, resulting in the 'Up Run' and 'Down Run' The Comrades route meanders through what is called the Valley of a Thousand Hills in KwaZulu-Natal in South Africa.

### Comrades Marathon Route: The Down Run Profile, Map ...

•Marathoners safe to drink 04-0.8 L/hr •Slower, thinner athletes most at risk of over-hydration in activity > 3 hours. •Salty sweaters need to replace electrolytes during exercise to avoid hyponatremia. Marathon Hydration Levels and Body Weight Loss

### Fluids Electrolytes Hydration

10km – Comrades Sprint; 21.1 km - Comrades Legends Half Marathon; 45 km - Half Comrades90km; 90 km - Comrades Legends Ultra; Plan your run wisely! Bring sufficient nutrition, water and energy drinks with you - or plan ahead so your course covers your nutrition and fluid needs on race day. ENTRY FEE#

### RACE FOR COMRADES LEGENDS INFORMATION

Robert Mtshali was the first unofficial black runner in the 1935 Comrades Marathon, finishing his race in a time of 9 hours and 30 minutes. His efforts were not officially recorded as government and race rules of the time stipulated that, in order to compete in the Comrades Marathon, you had to be a white male.

### Comrades Marathon - Wikipedia

Comrades Marathon 2020 has an entry cap of 27 500, and there will be no extensions to this. International entries are also capped and have a limit of just 2500. So if you are an international runner, you will also need to be quick with your entry.

### Secure You Comrades Marathon 2020 Registration | Africa ...

Comradesis a (the most?) famous ultramarathon that takes place between Durban and Pietermaritzburg in South Africa. Each year (normally) the direction of the route alternates. This year (2019) it was an 'Up' (~87km) run to Pietermaritzburg. In 2020 it is a Down (~90km) run so will start in Pietermaritzburg and end in Durban.

### Comrades Marathon 2019 - The race and the place | Running ...

Comrades Marathon winner Nick Bester in ICU after vicious attack Published by Nidha Narrandes on August 30, 2020 Nick Bester (60), who is most fondly known for winning the Comrades Marathon in 1991, and is also an ironman triathlete, was savagely attacked by three men while he was training on Saturday [August 29].

### Comrades Marathon winner Nick Bester in ICU after vicious ...

2018 Comrades Marathon entrants who make a minimum donation of R50 to the charity of their choice or to the Amabeadibeadî Charity Drive will automatically be entered the Comrades Toyota Win-a-Car Competition. Leading auto-manufacturer, Toyota South Africa, has donated a second Toyota Corolla Quest to the Comrades Marathon Association (CMA) this year, affording the CMA the opportunity to run ...

### Comrades Toyota win-a-car competition for Comrades ...

After unsuccessful attempts in 1918, 1919 and 1920, Clapham was eventually loaned R2 and received the blessing of The Comrades of The Great War to name his event the Comrades Marathon. Now, 98 years and 94 races later, the Comrades Marathon is as famous for its race day camaraderie as it is for the mighty distance that runners are required to ...

### A Brief History of the Comrades Marathon | SA Country Life

\* Bester, 60, the 1991 Comrades champion, was training for a 200-kilometre (125-mile) endurance race being staged to raise funds for victims of the coronavirus pandemic.. Bester was also attacked 10 years ago while training and in 2016 sustained injuries when rescuing a friend who was in danger of being attacked by a shark.. The Comrades ultra marathon was first run in 1921 and is staged ...

### Former Comrades Ultra Marathon Winner Bester Assaulted ...

The Comrades Marathon Association will accept substitutions for the 2020 Comrades Marathon during the window period starting on 16 March 2020 and ending on 16 April 2020. No late substitutions will be accepted. An Admin Fee of 15% of the entry fee will be deducted by the CMA from the withdrawing athlete. The CMA will then refund all withdrawing ...

### Comrades Marathon 2020 | Online Entries

The running community is sharing messages of support for the 1991 Comrades winner. Bester, who won the Comrades Marathon on an up-run year, also came in second twice on a down-run year.

### Former Comrades Marathon Winner Brutally Attacked While on ...

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