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The Comrades Marathon Association (CMA) has confirmed the race date for #Comrades2021. Following the outcome of discussions held on 28 September between CMA with ASA and KZNA, it was confirmed that the 2021 Comrades Marathon has been scheduled to take place on the 13th June meaning it will remain unchanged from the 2nd Sunday in June on which it has been staged for the past several years.

2021 COMRADES MARATHON RACE DATE

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10km - Comrades Sprint; 21.1 km - Comrades Legends Half Marathon; 45 km - Half Comrades 90km; 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

COMRADE MARATHON GUIDELINES training comrades marathon If you are an experienced runner, but your Half Marathon time is slower than 2:15 or you have completed Comrades, you can follow the Bronze programme. It is however important to follow the pacing guidelines in this programme. The biggest single threat to you finishing Comrades is getting ...

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For a Sub 12 hour or Vic Clapham Comrades Marathon finish, you should be able to run 5km in 30 minutes, 10km in 62 minutes, a

half marathon in 2:18 and 42km in 4:50. (It's important to note, particularly for new runners and Comrades novices that you may not be running these times when you start training for Comrades but you should be able to run them by the beginning of May)

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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

Comrades Marathon Association reserves the right to accept or reject any entry, subject to the rules of IAAF, ASA, KZNA and CMA. AGE RESTRICTION. The minimum age requirement is that the athlete must be 20 years or older on the day of the Comrades Marathon. RESTRICTION ON ENTRY. The Comrades Marathon is restricted to club registered runners only.

Comrades Marathon 2020 Race Information | Africa Marathons

There are 27,500 entry places (2,500 international entries) and runners must complete the course in under 12 hours, also reaching a number of cut-off points at allocated times to continue in the race. Runners must have completed an official 'qualifying' marathon in under 4 hours and 50 minutes to enter this prestigious event.

Comrades Marathon | Official Comrades Travel Partner ...

On Thursday, the 95th edition of the ultra-marathon was officially called off. Roughly 2,500 foreign and 25,000 South African entries were received for the 2020 Comrades Marathon. No refunds for ...

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Clapham asked for permission to stage a 56-mile (90 km) race between Pietermaritzburg and Durban under the name of the Comrades Marathon, and for it to become a living memorial to the spirit of the soldiers of the Great War. He approached the 'Comrades of the Great War', a returning soldiers veterans association to underwrite the race.

Comrades Marathon 2020 Race Information | Africa Marathons

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