



ATHLETICS MPUMALANGA
Cross Country Road Running Track and Field

QUALIFYING FOR THE MARATHON, 21,1KM AND 10KM SA Championships
GUIDELINE OF THE QUALIFYING TIMES

Qualifying times for 42,2km: (Minimum of 2 x 42km ran from Nov '17 – 18 Aug'18)

Date : 23 Sept 2018 - Cape Town

Men:

Seniors 2:30

40+ 2:40

50+ 2:50

Ladies:

Seniors 3:10

40+ 3:20

50+ 3:25

Qualifying times for 21,1km: (Minimum of 3 x 21km ran from Jan '18 – 09 July 2018)

Date : 28 July 2018 - Port Elizabeth

Unfortunately no Comrades runner will be consider for team selection

Men

Seniors and Juniors 68:00

40+ 75:00

50+ 85:00

Ladies:

Seniors and Juniors 88:00

40+ 92:00

50+ 95:00

Qualifying times for 10km. (Minimum of 5 x 10km ran from Jan '18 – 12 Sept 2018)

Date : 29 Sept 2018 - Middelburg

Men:

Seniors + Juniors 33:00

40+ 36:00

50+ 38:00

60+ 45:00

Ladies:

Seniors + Juniors 40:00

40+ 42:00

50+ 45:00

60+ 50:00

**Qualifying time must be emailed to both selectors: Johanita Bester - nita.bester@gmail.com
Janine Botes - medsenap@gmail.com**