



## **ATHLETICS MPUMALANGA**

### *Cross Country Road Running Track and Field*

#### **QUALIFYING FOR THE MARATHON, 21km & 10km SA Championships** GUIDELINE OF THE QUALIFYING TIMES

**Qualifying times for 42,2km: (Minimum of 2 x 42km ran from Nov '19 – August 2020. Team will be announced end of August 2020)**  
**MUST PARTICIPATE IN GREAT TRAIN RACE 32 KM (22 Aug 2020) TO PROOF FITNESS**

**Date: 18 Oct 2020 - Cape Town**

##### **Men:**

Seniors 2:30

40+ 2:40

50+ 2:50

##### **Ladies:**

Seniors 3:10

40+ 3:20

50+ 3:30

**Qualifying times for 21,1km: (Minimum of 3 x 21km ran from Jan 2020 – 23 May 2020. Team will be announced end of May 2020)**

**Date: 25 July 2020 Port Elizabeth**

**Unfortunately no Comrades runner will be consider for team selection**

##### **Men**

Seniors 68:00 min

Juniors 70:00 min

40+ 75:00 min

50+ 85:00 min

##### **Ladies:**

Seniors 87:00 min

Juniors 90:00 min

40+ 93:00 min

50+ 95:00 min

**Qualifying times for 10km. (Minimum of 5 x 10km ran from Jan 2020 – 23 May 2020. Team will be announced end of May 2020)**

**Date: 12 July 2020 – Durban**

**Unfortunately no Comrades runner will be consider for team selection**

##### **Men:**

Seniors & Juniors 33:00 min

40+ 36:00 min

50+ 38:00 min

60+ 45:00 min

##### **Ladies:**

Seniors & Juniors 40:00 min

40+ 42:00 min

50+ 45:00 min

60+ 50:00 min

**Qualifying time must be emailed to selectors:**

**Johanita Bester - [nita.bester@gmail.com](mailto:nita.bester@gmail.com)**

**Janine Botes - [medsenap@gmail.com](mailto:medsenap@gmail.com)**

**Arthur Meneke - [arthur.meneke@liblink.co.za](mailto:arthur.meneke@liblink.co.za)**