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**race info race information comrades marathon** Mar 18 2024 date time of race the race will be run on sunday 9 june 2024 starting at 05h30 and finishing at 17h30 route distance it is an up run starting at the city hall in durban and finishing in pietermaritzburg the race distance is approximately 85 9km

**comrades historical results comrades marathon comrades** Feb 17 2024 comrades 2023 comrades 2022 comrades 2019 centenary celebration photo gallery video gallery the ultimate human race breaking news comrades 2024 date 9 june 20242024 direction up runjoin the 2024 race launch live streamqualifying period 1 sep 23 6 may 24 historical results

[comrades marathon wikipedia](#) Jan 16 2024 the comrades marathon is an ultramarathon of approximately 88 kilometres 55 mi which is run annually in the kwazulu natal province of south africa between the cities of durban and pietermaritzburg it is the world s largest and oldest ultramarathon race *comrades marathon winners and record holders of the ultimate* Dec 15 2023 the 96th running of the comrades marathon takes place on sunday 11 june 2023 between durban and pietermaritzburg by james richardson 04 06 2023 18 22 in sport after a two year

**comrades marathon prize money for men and women top 10 finishers** Nov 14 2023 by garrin lambley 23 08 2022 21 00 in sport after a two year coronavirus forced hiatus the 95th comrades marathon will take place on sunday 28 august 2022 photo comrades

[the famous comrades marathon runner s world](#) Oct 13 2023 races places the famous comrades marathon fifty five brutal miles five torturous climbs a ruthless clock the comrades marathon may be the world s greatest race but not because it s

**comrades marathon 2024 route the up run profile map** Sep 12 2023 the comrades marathon route for the up run is a beast the first half of the comrades up route is probably one of the toughest marathons you will ever run the comrades marathon up run route is very different to the down comrades route even though it s the same stretch of tarmac just in reverse

[comrades 2022 drama tears elation and how the ultimate](#) Aug 11 2023 sunday s 2022 comrades marathon was the ultimate reminder of exactly why this gruelling event is accepted as one of the most uniquely south african dates on our sporting calendar

**opening of 2024 comrades entries in one week supersport** Jul 10 2023 entry type and fee south africa 2024 entrants r1 200 rest of africa 2024 entrants r 2 000 international 2024 entrants r 4 500 entry fee is waived for holders of 25 or more comrades medals

**how slow can you run the comrades marathon up run** Jun 09 2023 comrades marathon runners comfort pace of 7 minutes to 7 minutes and 30 seconds per kilometre translates to a feasible average pace for the marathon however i advise them to err on the side of caution and target a slightly slower pace of around 7 minutes and 20 seconds per kilometre for the early stages of the race

[comrades maratona wikipedia](#) May 08 2023 die comrades maratona is die wêreld se oudste en grootste ultramaratona wat elke jaar oor n afstand van ongeveer 90 km gehardloop word die wedloop vind plaas tussen pietermaritzburg en die kusstad durban die rigting van die wedloop word elke jaar gewissel tussen die op wedren vanaf durban en die af wedren vanaf pietermaritzburg ontstaan

**interesting facts about the comrades marathon berea mail** Apr 07 2023 the first comrades marathon the first comrades marathon was held on empire day which was on may 24 1921 on that day 34 runners lined up at the pietermaritzburg city hall to begin a race to

*comrades marathon the seconding guide you need coach parry* Mar 06 2023 by lindsey parry 3 mins read the comrades marathon isn t just another race it s an iconic ultra marathon that captures the hearts of runners and spectators alike for those standing on the sidelines of the comrades marathon

seconding becomes a crucial role offering essential support to runners as they tackle this challenging race

*race history comrades marathon comrades marathon* Feb 05 2023 the comrades marathon was back after a two year break in 2020 and 2021 resulting from the world wide covid 19 pandemic a palpable pall of excitement and anticipation descended over the 13213 athletes from xxx counties around the globe gathered on the start line

**the comrades marathon up run masterclass coach parry** Jan 04 2023 the comrades marathon training masterclass discover the 4 pillars to comrades marathon success how you can implement them in your training so that you arrive on race day well prepared injury free and confident knowing that you ve done exactly what it takes to run your first or best comrades

*how to prepare for comrades marathon rad season* Dec 03 2022 1 get some miles in very similar to marathon training though longer increase your weekly mileage approximately 10 weekly 2 aim for one long run or two a few weeks before the race that is roughly two thirds of the race distance no need to sprint on these training runs as they may end up having a negative effect on the body 3

**weight loss journey leads to comrades marathon race** Nov 02 2022 a comrades marathon runner s weight loss journey led to him completing three comrades marathon races preparing for his fourth this year njabulo khuzwayo is happy to have come this far in his

**83 of sasol marathon participants qualify for comrades** Oct 01 2022 4 mins ago liezl scheepers parys gazette 1 minute read looking forward to the 10km race no less than 83 of athletes participating in the 29 th sasol sasolburg marathon 42 2km race took

**download the new comrades marathon app** Aug 31 2022 aug 14 2022 runners and spectators are urged to download the new official comrades marathon app the app is fun and informative and contains the latest updates on the world s greatest ultramarathon some of the highlights include participant times paces estimates and places in real time interactive course map live map tracking

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