

Nelson Mandela Bay CITY Marathon & 10km

Port Elizabeth • Despatch • Uitenhage

Saturday 29 February 2020

Altona Primary School
Greenbushes, Port Elizabeth

42.2km starts at 06h00
10km starts at 07h00

Organized in accordance with the rules of
ASA and EPA



EPA MARATHON CHAMPIONSHIPS
PARTICIPATION & PRESTIGE LEAGUE EVENT

10KM PARTICIPATION LEAGUE

2020 Two Oceans and Comrades qualifier!

World Athletics (IAAF) certified route

Enter online: <http://entrytickets.net> or at local sport shops



| Position | Open | 35 - 39 | 40 - 49 | 50 - 59 | 60 - 69 | 70+ |
|----------|--------|---------|---------|---------|---------|-------|
| 1 | R35000 | R4000 | R4000 | R4000 | R4000 | R4000 |
| 2 | R16000 | R2000 | R2000 | R2000 | R2000 | R2000 |
| 3 | R 8000 | R1000 | R1000 | R1000 | R1000 | R1000 |
| 4 | R 6000 | | | | | |
| 5 | R 4000 | | | | | |



10km Prize Money – Men and Ladies

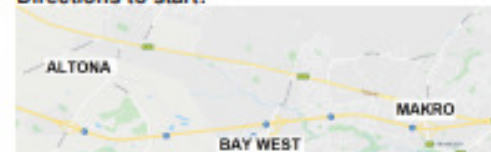
| Position | Open | Junior | 35 - 39 | 40 - 49 | 50 - 59 | 60 - 69 | 70-79 | 80+ |
|----------|--------|--------|---------|---------|---------|---------|-------|------|
| 1 | R 1000 | R400 | R400 | R400 | R400 | R400 | R400 | R400 |
| 2 | R 750 | R300 | R300 | R300 | R300 | R300 | R300 | R300 |
| 3 | R 500 | R200 | R200 | R200 | R200 | R200 | R200 | R200 |

Final Legacy League competition event

2020 Two Oceans and Comrades qualifier!

Enter online: <http://entrytickets.net> or at local sport shops

Directions to start:



Option 1 - Follow Cape Road towards St Albans and turn left into Seaview Road at the Greenbushes Garage.

Option 2 - Follow N2 until Seaview turnoff and turn right into Seaview Road. Turn left into Altona Road.

