NG GEMEENTE BEDELIA, WELKOM - FONDSINSAMELINGSGELEENTHEID
INLIGTING

ANCO Ultra Marathon

4 in 1 Qualifier for Comrades

First round = 16km (Bronze)
Second round = 32km (Silver)
Third round = 48km (Gold)
5km Colour Run (Coper)

Race held according to IAAF, ASA and AFS rules

Saturday - 9 March 2019
WELKOM
at Welkom Swimming Pool

16km = R70
06:00
32km = R100
48km = R150
Temporary License = R50

Qualified time for Comrades
(48km - 50km) is 6 hours

07:00 5km Colour Run (R50)

Pre-Entries: form at
www.goudveldmultisport.co.za
Fax: 086 401 7265 Mail: heidi@pgnk.net
Event manager: Philip Mc Laren 082 452 4569
Technical manager: Hanli v Rooyen 084 684 1355
Safety Officer: Mike Currin 082 820 5956
Inquiry: Heidi Mc Laren 082 896 8062

ANCO Enterprises
MINING & ENGINEERING EQUIPMENT

Swimming Pool @ addisional Cost
5KM Fun Run @R50
All finishers medals
(Mai across the street)