

5KM 10KM 21.1KM 42.2KM 48KM

# BNAC MARATHON 2026

SPONSORED BY MEAT WORLD & FRIO FOODS



500  
FREE  
SHIRTS



COMRADES  
QUALIFIER



48KM  
CHALLENGE



MEDALS  
FOR ALL  
FINISHERS



CGA-SANCTIONED  
RACE



## SUN, 19 APRIL

BENONI NORTHERNS  
SPORTS CLUB

1 BRODIGAN STREET  
NORTHMEAD  
BENONI

START 6:00 21/42/48KM  
TIME 6:15 5/10KM



Online entries  
close 15 April

[CLICK HERE TO  
ENTER](#)



EARN VITALITY POINTS

5KM 300 10KM 600 21.1KM 1500 42.2KM 3000 48KM 3000



rules

1. The race is run in accordance with the rules of ASA and CGA. Athletes indemnify the national, provincial, and regional bodies, sponsors, and organisers of the race against all or any actions of whatsoever nature that may arise out of their participation in the race.
2. Registered athletes, who must be members of a club affiliated to ASA to wear their club colours, must wear their 2026 license number (front and back).
3. Non-registered athletes must purchase a temporary license to run in the 10km, 21.1km, 42.2km & 48km events. Only foreign athletes can purchase a temporary license to run the 48km event. South African athletes MUST be registered with a club to run an ultra. Temporary licenses can be purchased with entries. Temporary-licensed athletes must wear plain clothing with the issued temporary license numbers.
4. Licensed athletes who do not wear their 2026 license numbers must purchase a temporary license or face disqualification.
5. Licensed athletes not wearing Club colours may face disqualification.
6. Race number to be worn on the front of the vest on top of the provincial A.S.A license number not concealing "the sponsors' logos" at the top of the license.
7. 10km minimum age is 15 years; 21.1km minimum age is 16 years and 42.2km & Ultra minimum age is 20 years. Numeric age category ID tags are to be worn on the back and front of the vest, and clearly visible. Proof of age must be produced on request on the day.
8. Walkers are welcome for the 5km, 10km and 21.1km events. Walkers must comply with international walking rules.
9. Walkers must wear identifying W's clearly visible back and front of their vests.
10. Wheelchair athletes are welcome but due to safety reasons may only participate in the 21.1km race. Only the following wheelchair makes may compete: a normal athlete chair or a rugby, basketball or tennis wheelchair. Other types of wheelchairs will not be accepted due to safety reasons.
11. No seconding allowed.
12. 6-hour cut-off for the marathon & 6-hour 30-min for ultra marathon.
13. Proof of age for prize winners may be required and to be presented to referees before prize-giving. Prizes will be withheld until all necessary details of the winners are confirmed.
14. No blades, cyclists or mechanically operated devices are permitted.
15. Regrettably, no animals will be allowed on the route of the race.
16. No refunds will be entertained.
18. Foreign athletes may not run with a provincial license unless they are domiciled within the Republic. All foreign athletes will be required to purchase a temporary license or face disqualification.
19. Foreign athletes are not allowed to run in South African club colours unless such Club exists in their country of origin, or they are in possession of a refugee status permit or are naturalized citizens of RSA. (Refer to IAAF Rule 4).
20. Wearing headphones/earphones is prohibited.
21. Athletes may not run with another athlete's race number.
22. The race organiser retains the right to refuse entry and eject persons under the influence of drugs or alcohol who are disorderly or engage in inappropriate behaviour vandalism or evade paying for admission.
23. Runners participating without buying a race entry will also face disqualification and will not be entitled to any benefits associated with the race and will be liable for a double entry fee charge.
24. Habitual offenders (those who regularly participate without purchasing a race entry) will be called to a CGA disciplinary.
25. Objections must be lodged within 30 minutes before or after prize-giving in writing to the chief referee accompanied by R500, which is refundable if the appeal is upheld.
26. Athletes are only eligible for prize money for the race they have entered.
27. All athletes participate at their own risk. Athletes acknowledge by entering the event that they are medically fit to participate. All athletes must supply the name and contact number of their next of kin on both the race numbers and entry form.
28. Littering is not allowed. Athletes are to dispose of any litter in appropriate bins. Athletes can be disqualified if they litter.
29. Electronic timing will be done by Chamberlains Timekeeping in partnership with FinishTime on the 10KM, 21.1KM, Marathon and Ultra events.. The timing chips will be fixed to race numbers. The 5KM will be manually-timed.
30. To ensure that you are accurately recorded in the Race Results, you MUST wear the race number supplied which is associated with the details you provided during the entry process.
32. Marathon & ultra marathon qualifying times are automatically submitted to Comrades by Chamberlains Timekeeping in conjunction with FINISHTIME

**PRIZEGIVING**

10KM & 21.1KM AT 9AM  
42.2KM & 48KM AT 11AM

**GOLD MEDALS**

First in each category for  
Ultra, Marathon, Half  
Marathon and 10km

**SILVER MEDALS**

First 10 in 48km, 42.2km  
and first 10 in 21.1km

**Electronic Timing**

10KM  
21.1KM  
42.2KM  
48KM

**OPEN MEN & WOMAN****Ultra**

1st R2000  
2nd R1500  
3rd R1000

**Marathon**

1st R1500  
2nd R1000  
3rd R800

**Half**

1st R1000 (Runners &  
Walkers)  
2nd R600 (Runners &  
Walkers)  
3rd R400 (Runners & Walkers)

**10KM**

1st R600 (Runners & Walkers)  
2nd R400 (Runners &  
Walkers)  
3rd R300 (Runners & Walkers)

**VETERAN MEN & WOMAN (each)****Ultra**

1st R1000

**Marathon**

1st R800

**Half**

1st R450

**MASTER MEN & WOMAN (each)****Ultra**

1st R1000

**Marathon**

1st R800

**Half**

1st R450

**GRANDMASTER MEN & WOMAN (EACH)****Ultra**

1st R1000

**Marathon**

1st R800

**Half**

1st R450

**ULTRA**

R400 (pre entry)  
R350 (60+, blind runner & seconder)  
R450 (late entry)

**MARATHON**

R350 (pre entry)  
R300 (60+, blind runner & seconder)  
R400 (late entry)

**HALF**

R280 (pre entry)  
R250 (60+, blind runner & seconder)  
R320 (late entry)

**10KM**

R220 (pre entry)  
R150 (60+, blind runner & seconder)  
R260 (late entry)

**5KM** R120

**TEMPORARY LICENCES**

R60 for 10KM  
R70 for 21.1KM  
R200 for 42.2KM  
R200 for 48KM

*(Temp licences for the ultra are for foreign athletes only. Local athletes must be registered with a club to run an ultra)*

**T-SHIRTS**

R150

**SCAN TO ENTER**

**MANUAL ENTRIES AT BENONI NORTHERNS SPORTS SHOP FROM 1 FEBRUARY 9AM TO 5PM MONDAY TO FRIDAY & 9AM TO 1PM ON SATURDAYS**

**Late Entries at Benoni Northern Sports Club**

**Friday, 17 April 2026** from 10:00 to 19:00

**Saturday, 18 April 2026** from 9:00 to 17:00

**RACE DAY** from 4:30 until 30 minutes before the race

**NO REFUNDS**

**MEDALS TO ALL FINISHERS**

**FREE T-SHIRTS TO THE FIRST 250 ULTRA ENTRANTS**

**FREE T-SHIRTS TO THE FIRST 250 MARATHON ENTRANTS**

prizes

fees