

COMRADES QUALIFIER RACE ACTOM POWER



CALLIES

NEDRAN

Alan

SEA 2014





42KM, 21KM, 10KM & 5KM

All races are timed mat to mat for Vitality points earning.

26 APRIL 8

GERMISTON STADIUM Delville Rd North, Germiston

GPS: S26 13 38.2 E28 10 23.2

ONLINE ENTRIES ONLY

AT: PEAKTIMING.CO.ZA

PRE-ENTRY ONLINE UNTIL: 25 APRIL 2026 AT MIDNIGHT

FREE T SHIRTS TO FIRST 500 ENTRIES FOR THE 42KM AND 21KM RACES ONLY
42,2km R340 / GM R260 21,1km R260 / GM R160
10km R160 / GM R100 5km R100 (All races are timed mat to mat for Vitality points earning.)

TEMP LICENSE FEES:

5km (NA) 10 KM: R60 21 KM: R70 42 KM: R200

START TIMES: 42 + 21KM - 6AM 10KM - 6H15 5KM -06h20

CUT-OFF TIME FOR 42 KM: 6 HOURS HALFWAY CUT-OFF: 3 HOURS

PACEMAKERS / BUS DRIVERS:

There will be 3 pacesetters / bus drivers to assist you in qualifying for Comrades.

VOTES:

Walkers welcome (must comply with cut-off times)
Runners may not start 15 minutes after the gun

T-shirts are available for online pre-order until 31 March 2026 at a cost of R340 Blind runners and Great Grandmasters get free race entry Medals to all finishers

RACE NUMBER COLLECTION:

Race numbers may be collected at Callies offices, Germiston Stadium on Friday 24th April between 5-8pm and on Saturday, 25th April 2026, between 9 and 1pm No entry on day of race.

Rules and regulations must be followed by all runners and walkers. These will be enforced by marshals and traffic officials for everyone's safety.

This race honours Alan Robb, 4 times Callies Comrades winner and leading gold medallist.







RACE RULES

- 1. Run in accordance with ASA and CGA rules.
- 2. No seconding allowed ample water points available.
- 3. Registered athletes must be a member of a club affiliated to ASA and wear club colours with both their provincial 2026 licence numbers and the issued race number on the front of their running vest.
- 4. Unlicensed runners must purchase a temporary licence. Athletes with temporary licences must wear plain clothing, with the temporary licence displayed on the back of the vest and the race number on the front. 5km run does not require a temporary licence
- 5. Athletes indemnify National, Provincial, Regional bodies, or organisers and sponsors against all or any actions of whatever nature arising out of their participation in the race.
- 6. Race number and category ID tags (including juniors) must be worn on front and be prominently visible. Proof of age for prize winners will be required and presented to referees before prize giving. Prizes will be withheld until such proof has been presented.
- 7. No 2, 3 or 4 wheel carts/prams that are mechanically or manually operated by participants, nor wheelchair athletes will be permitted to participate without the special permission of the race organisers and traffic authorities. All such participants must start at the back of the field.
- 8. No pets are allowed to accompany runners.
- 9. It is International athletes responsibility to provide a clearance letter to referees in the event of winning a prize.
- 10. Temporary licensed athletes are eligible for open and categories prizes , provided they have age category tags clearly visible front and back.
- 11. No Ipods, headphones or portable radios are allowed.
- 12. No blades, cyclists or roller blades are allowed.
- 13. Participation at own risk.
- 14. Minimum ages on race day for 10km is 14, 21 km is 16 and 42km is 20.
- 15. Entries are not refundable
- 16. Objections to be lodged within 30 minutes (before or after prize giving) in writing accompanied by R300 which is refundable if appeal is upheld.
- 17. No littering beyond marked points at water points. Carry any litter to next water point. Do your part to care for the environment.
- 18. Marshals and traffic officers to be obeyed at all times.

PRIZES

Open Men & Women Men & Women 40 - 49 Men & Women 50 - 59 Men & Women 60+ Men & Women Junior

		10KM			21KM			42KM		
	1ST	2ND	3RD	1ST	2ND	3RD	1ST	2ND	3RD	
	500	300	200	1000	500	300	2500	1200	700	
1	300			500	300	200	800	600	400	
	200			200			500	400		
	150			200			300			
1	50									

10km prize giving at 07:45 | 21km prize giving at 08:15 | 42km prize giving at 10:00

PARKING & TOG BAGS

Callies parking Marshals and car guards will be clearly identifiable. Please adhere to their guidance to ensure a smooth flow of traffic. Please park in designated areas only. See Parking locations on Callies website at germistoncallies.co.za

PLEASE NOTE: Whilst every care is taken to keep the tog bag area safe and protected, Germiston Callies cannot and will not be held liable for any losses, damage or theft of any nature whatsoever.

ENQUIRIES: Brian Machill 083 700 5977 Tony Gordon 082 373 6166

Email: gch@germistoncallies.co.za