

# ANCO Ultra Marathon

**NEW**



## 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

GPS Coordinates  
-27.976266,26.730819

at Welkom Swimming Pool

happy

happy

happy



**06:00** 16km = R70  
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](http://www.goudveldmultisport.co.za)

Fax: 086 461 7265 Mail: [heidi@pgnk.net](mailto:heidi@pgnk.net)

Event manager: Philip Mc Laren 082 452 4569

Technical manager: Hanli v Rooyen 064 684 1355

Safety Officer: Mike Currin 082 820 5956

Inquiry: Heidi Mc Laren 082 896 8062



Categories	Prizes					
	48km Marathon		32km Marathon		16km Marathon	
	Men	Ladies	Men	Ladies	Men	Ladies
1st Open	R500.00	R500.00	R300.00	R300.00	R300.00	R300.00
2nd Open	R300.00	R300.00	R200.00	R200.00	R200.00	R200.00
3rd Open	R200.00	R200.00	R100.00	R100.00	R100.00	R100.00
40	R100.00	R100.00				
50	R100.00	R100.00				
60+	R100.00	R100.00				
Walker					R100.00	R100.00



**COLOR RUN**  
5KM Fun Run  
07:00 @R50  
All finishers medals

**Swimming Pool**  
@ additional Cost  
SHOPPING MALL  
(Main across the street)