




SAVE THE DATE!!
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Saturday - **24 February 2024**

Flat & Fast & Circle Route 

ANCO ULTRA Marathon 4 in 1

it is official Comrades and Two Oceans Qualifier

Running start at Welkom Swimming Pool 05:30 and end at 13:00

Wedloop waarvoor ingeskryf word/ Race entered for: All ASA & AFS Road Race rules will apply on race day.

The **GREAT** 48km mindset for Qualifying Race.
The **GREATER** 32km for endurance.
The **GREATEST** 16km for the love of Running.
The **FABULOUS** 10km for FUN & SPEED.
The 5km is for our Families to enjoy and to be
SAVE and part of our love for Running.