**Event: COMRADES LEGEND EXPERIENCE**

**Ultra-Marathon: COMRADES MARATHON 2019**, The Ultimate Human Race

Book:

www.comradeslegendexperience.com

will sell fast!

**Dates:**  06-11 June 2019, 5 night stay, South Africa – Durban

***Join the Comrades Legend experience for the ultimate 2019 Comrades Marathon***

The **Comrades Legend experience** is a unique opportunity for worldwide runners to be mentored by Comrades legend Barry Holland, current world record holder with 46th consecutive Comrades Marathons and interact with legend Bruce Fordyce prior to Comrades Marathon race day.

Once participants arrive in South Africa, Barry Holland will lead participants on a route inspection taking them through all aspects of the Comrades Marathon “up run” route from Durban to Pietermaritzburg.

Comrades Marathon is the world’s largest and oldest ultra-marathon race with a distance of ca. 90 km / 56.1 miles. Run annually since 1921 between Durban and Pietermaritzburg, KwaZulu-Natal Province of South Africa. Comrades 2019 is an “up run” starting in Durban, the direction of the race changes every year and it alternates between the ‘up run’ and ‘down run’.

Completing the Comrades Marathon is a monumental achievement for ever runner, novice or experienced. The atmosphere and crowds supporting this major event is sensational and unique.

Runner participation is capped at ca. 20,000 and runners travel from all over the world to take part. Open to qualified runners over the age of 20 (ASA Rule 20), it is mandatory to complete a qualifying marathon under five hours. During the race an athlete must also reach five cut-off points in specified times to complete the race. The spirit of the Comrades Marathon is known to be embodied by attributes of camaraderie, selflessness, dedication, perseverance, and ‘Ubuntu’ which is a term that roughly translates as humanity towards others.

Whichever Comrades medal you win, this will be a race you will remember forever!

**Package Price 2019**

**Southern Sun Elangeni Hotel: 06-11 June 2019**

ZAR XXX / USD X / GBP X / EUR X per person based on sharing a twin or double room   
ZAR XXX / USD X / GBP X / EUR X supplement per person based on sole occupancy of a room

**What’s included with your travel package:**

* Mentoring by Comrades legend Barry Holland & meet other legends such as Bruce Fordyce – [More information](https://www.sportstoursinternational.co.uk/safe-pair-hands/)
* Comrades Legend staff assistance during race weekend
* Comrades Legend sports shirt for all participants & legend souvenir gift
* Airport transfers arrival & departure Durban, King Shaka International Airport / Hotel
* Luxury hotel for 5 nights Durban beachfront (Thursday, Friday, Saturday, Sunday & Monday), breakfast included
* Durban - Pietermaritzburg Comrades route inspection, lunch & refreshments with Barry Holland (Friday)
* Legend breakfast briefing with Bruce Fordyce and Barry Holland (Saturday)
* Durban to Pietermaritzburg transfer for non-runners / partners (Sunday)
* Dedicated hospitality area at Comrades finish for runners / partners with refreshments (Sunday)
* Pietermaritzburg to Durban transfer post Comrades (Sunday)
* Post Comrades, Aches & Pains lunch party with legends Barry Holland & Bruce Fordyce (Monday)

**ITINERARY**

#### Day 1. Thursday 6 June 2019

On arrival at Durban King Shaka International Airport, you will be met and transferred to your hotel in Durban where you will stay for 5 nights.

AM/PM Durban Exhibition Centre race expo: The Comrades Legend hospitality desk will assist you with scheduled shuttle times to collect your Comrades race number, and goodie bag. Remember your Champion chip must be attached to your running shoes asap.

14h00 Official Hotel check-in time

Lunch and Dinner is at leisure for you own account

Overnight: Southern Sun Elangeni Hotel

#### Day 2. Friday 7 June 2019

#### 07h00-10h00 Breakfast at your hotel is included.

If you arrived late on Thursday and haven’t yet registered for the race, we will assist you with a scheduled shuttle at 08h30 sharp, returning to the hotel by 09h45.

At 10h00 the coach departs on the Comrades Marathon race route inspection tour with legend Barry Holland.

Travel from Durban to Pietermaritzburg for this exclusive race briefing.

12h30 Lunch & refreshments on route included.

15h30 the coach will return to hotel.

Dinner is at leisure and for your own account.

Overnight: Southern Sun Elangeni Hotel

#### Day 3. Saturday 8 June 2019

#### 06h00 Early morning 4km jog on beach front promenade with legend Barry Holland, leg loosener!

#### 08h30 Private Breakfast with Comrades legends Barry Holland and Bruce Fordyce at your hotel is included.

Remainder of day at leisure, Lunch and Dinner for your own account.

It’s time to prepare your final race kit, enjoy your pre-race dinner and get plenty or rest!

Overnight: Southern Sun Elangeni Hotel

#### Day 4. Sunday 9 June 2019 – Comrades Marathon 2019

03h00 Rise and shine, you have trained hard, you have persevered, you’ve got this Comrades Legend experience!

03h30 Race Day breakfast for all Comrades Legend participants (continental race breakfast).

04h15 Coach departs from hotel, drops runners at Durban City Hall Comrades start and continues to Pietermaritzburg with non-runner’s.

05h30 Comrades 2019 “Up run”, Gun start for 94th race.

07h00 Coach arrives in Pietermaritzburg (traffic dependent). Pietermaritzburg orientation tour am. Lunch at leisure, own account.

12h30 Comrades Legend experience hospitality opens for all participants at the Comrades 2019 finish.

17h30 Comrades race day ends, final cut off 12 hours.

18h00 Coach departs for your Durban Hotel.

19h00 Coach arrives at hotel.

Time to relax!

Dinner at leisure.

Overnight: Southern Sun Elangeni Hotel

#### Day 5. Monday 10 June 2019

#### 07h00-10h00 Breakfast at your hotel is included. Remember to pre-book massages at the hotel spa!

#### 12h00 tbc Aches & Pains party at California Dreaming on the beachfront, with legends Barry Holland and Bruce Fordyce. Enjoy a light lunch and share your Comrades stories, a great afternoon celebration party!

#### Remainder of afternoon at leisure to enjoy the beach, Dinner for your own account

#### Overnight: Southern Sun Elangeni Hotel

#### Day 6. Tuesday 11 June 2019

#### 07h00-10h00 Breakfast at your hotel is included.

#### 11h00 Official hotel check-out time and settle your extra’s account.

Transfer to Durban King Shaka International Airport is included. Travel time is ca 45 minutes.

Not included:

* Comrades Marathon registration and Champion Chip, process directly online at [www.comradesmarathon.com](http://www.comradesmarathon.com)
* Flights to / from Durban, King Shaka International Airport (KSIA) – More information
* Hotel and airport porterage on day of arrival and departure is for your own account

***Thinking of staying longer in South Africa?***

See our add on package nights and extensions: – More information (Safaris, Cape Town and any add on extensions can be arranged**)**

How to BOOK

* Register on our WAITLIST **by 15 September 2018** (link [www.comradeslegendexperience.com](http://www.comradeslegendexperience.com) ) and secure your place on the Comrades Legend experience, **to ensure you do not miss out!**

**This is a limited and unique experience with Barry Holland and Bruce Fordyce!**

* + Your booking is waitlisted until you send us your official Comrades Marathon race entry confirmation. You will then receive an official email CONFIRMATION from Comrades Legend Experience, once all participants have been processed.
  + Should you need to substitute your Comrades Marathon entry, you will also be responsible to find a substitute for your Comrades Legend Experience.
* We will remind you to register for the Comrades Marathon race when registration opens, normally 01 September annually. Prospective entrants are encouraged to get their entries in once registration opens to avoid disappointment. **NB: Comrades Marathon will sellout very fast, register early on** [**www.comradesmarathon.com**](http://www.comradesmarathon.com) **!**
* Send us a copy of your official Comrades Marathon 2019 registration as soon as secured

How to PAY & deadlines

* Final balance of payment of your trip is due by XXXXX 2018 due to supplier deadlines / peak season

PAY click button…T&C’s

**Visa, Passport and health information:**

For visa, passport and health information, please refer to the relevant international authorities.

The Foreign & Commonwealth Office (FCO) issues travel advice on destinations, which includes information on passports, visas, health, safety and security and more- More information

**Travel Insurance**

You must ensure that your international travel insurance policy is adequate for international travel and covers you to participate in ultra-marathon running events. Comrades Legend Experience organisers and their suppliers are not responsible for any loss whatsoever. It is your responsibility to obtain international travel insurance.

All South African ground suppliers providing services to Comrades Legend Experience have the necessary public liability and professional indemnity insurances. Our inbound event partner is Crystal Events Africa.

**Comrades Marathon Expo information**

**DURBAN**  
Bonitas Comrades Expo  
Durban Exhibition Centre  
Walnut Road  
Duban

**DATES AND TIMES**

Thursday 6th June 2019: 09h00 – 19h00  
Friday  7th June 2019: 09h00 – 19h00  
Saturday  8th June 2019: 09h00 – 17h00

**FQA – Frequent Questions & Answers**