



TOTALSPORTS TWO OCEANS MARATHON ELITE ATHLETE ENTRY CRITERIA 2026

	HALF MARATHON		ULTRA MARATHON					
Distance	10km	21.1km	42.2km	50km	56km	80km	89km	100km
Male	Sub 30:00 / Sub 32:00 at altitude	Sub 65:00 / Sub 68:00 at altitude	Sub 02:30	Sub 03:10	Sub 03:55	Sub 05:30	Sub 06:10	Sub 07:00
Female	Sub 37:00 / Sub 00:40 at altitude	Sub 81:00 / Sub 84:00 at altitude	Sub 03:00	Sub 03:55	Sub 04:10	Sub 06:45	Sub 07h30	Sub 08h30

*Please note that qualifying times must be run within the official qualifying period, beginning on 01 July 2025.

The following criteria will also apply for consideration to be included in the 2026 Elite Field:

1. Top 10 athletes from the previous 2 years in both the TTOM Half Marathon and the Ultra Marathon.
2. Top 10 athletes from the previous 2 years in the Comrades Marathon.
3. Athletes who have earned the status of National Athlete.
4. Athletes ranked on the ASA Top 10 Senior Ranking Lists.
5. 10 Fastest South Africans in each distance (top 5 male and top 5 female) in the current year.
6. Other circumstances, achievements etc. but to be discussed with Elite Athlete Manager.