



OLDMUTUAL

# SOWETO MARATHON



HOSTED BY THE CITY OF JOHANNESBURG

# SEEDING PROCESS

- All athletes were requested their estimated finish times on their entry forms
- These times were used to allocate seeding for all runners
- Runners are required to arrive and enter the correct seeding pen
- Both gun and nett results will be available, so athletes can be assured that timing starts as you cross the start mat
- Please ensure that you are in your seeding pen 30 minutes before race start
- If there is no more space in your pen, you will be asked to move to the next available pen (lower seeding)
- Seeding pens close 15 mins before race start

