



2019 SPIRIT OF COMRADES NOMINATION FORM

The Spirit of Comrades Award is presented to a maximum of three people per annum in recognition of individuals who are esteemed to embody the “Spirit of Comrades”.

The criteria are fairly wide but as a guideline, the following factors may be considered:-

- The candidate will have run the Comrades Marathon, most probably on numerous occasions.
- The candidate may in some way be associated as an integral player in the history of the Comrades Marathon.
- Most importantly the candidate may have exhibited a particular act of selflessness, sacrifice, courage or perseverance in a particular race or over a period of years.
- You will be able to nominate your candidate for the Spirit of Comrades Awards by completing this nomination form.

Awards will be awarded at the discretion of The Board.

Should you wish to nominate an individual for this award, please complete this nomination form and send it to the CMA before 31 July 2019.

Name of Nominee:

Address of Nominee:

Postal Code:

Telephone Number of Nominee:

Cellphone number of nominee:

E-mail address of nominee:

In no more than 120 words please let us know why you believe the person nominated above should be awarded the Spirit of Comrades Award. Please attach your motivation.

Nomination submitted by:

Address:

Telephone Number:

Cellphone Number:

Email Address:

RETURN BY 31 JULY 2019 TO THE CMA – email: roxanne@comrades.com fax: 033 897 8660

Post: P.O. Box 100621 Scottsville 3209 KwaZulu-Natal, South Africa