

ROAD RUNNING INCENTIVES FOR 2015

Grade A (R1 000)

	10 km	15km	21.1 km	42.195 km	100 km
Senior men	29:15	44:45	63:30	2:18:30	7:00:00
Men 35-39	31:00	46:30	65:45	2:23:00	7:15:00
Men 40-44	31:30	48:00	68:15	2:30:00	7:30:00
Men 45-49	32:15	49:30	71:15	2:35:00	9:00:00
Men 50-54	33:00	51:00	74:00	2:40:00	10:30:00
Men 55-59	35:30	54:20	78:00	2:56:30	11:15:00
Men 60-64	38:00	58:00	82:00	3:13:00	12:00:00
Men 65-69	40:00	61:30	88:30	3:25:30	12:50:00
Men 70+	45:00	66:30	95:15	3:37:00	13:40:00
Junior men	30:00	46:45	-	-	-
Senior women	34:15	52:45	76:00	2:48:00	9:00:00
Women 35-39	36:00	55:30	80:00	2:53:00	9:15:00
Women 40-44	38:00	58:30	84:00	2:58:00	9:30:00
Women 45-49	39:30	60:45	87:00	3:07:30	10:45:00
Women 50-54	40:45	62:45	90:00	3:15:00	12:00:00
Women 55-59	43:30	67:00	97:00	3:35:00	12:45:00
Women 60-64	45:00	71:00	1:42:00	3:50:00	13:30:00
Women 65-69	49:30	75:30	1:48:15	4:10:00	14:15:00
Women 70+	55:00	85:15	2:06:00	4:52:00	15:00:00
Junior women	35:30	54:30	-	-	-

Grade B (R500)

	10 km	15km	21.1 km	42.195 km	100 km
Senior men	29:30	45:00	64:00	2:20:30	7:15:00
Men 35-39	31:15	47:00	66:45	2:25:30	7:30:00
Men 40-44	31:45	49:00	70:00	2:32:00	7:45:00
Men 45-49	33:00	50:45	73:00	2:40:00	9:15:00
Men 50-54	34:00	52:30	76:00	2:48:00	11:00:00
Men 55-59	36:30	55:45	80:00	3:06:00	11:45:00
Men 60-64	38:45	59:00	84:30	3:20:00	12:30:00
Men 65-69	40:45	62:30	92:30	3:32:30	13:20:00
Men 70+	47:00	69:00	1:40:00	3:45:00	14:10:00
Junior men	30:30	47:45	-	-	-
Senior women	34:45	53:30	77:15	2:52:00	9:15:00
Women 35-39	36:45	56:30	81:15	2:57:00	9:30:00
Women 40-44	38:30	59:15	85:00	3:02:00	9:45:00
Women 45-49	40:00	61:30	88:30	3:12:00	11:00:00
Women 50-54	41:15	64:00	92:00	3:22:00	12:30:00
Women 55-59	44:30	68:30	99:00	3:43:00	13:15:00
Women 60-64	46:15	72:45	1:44:30	4:02:30	14:00:00
Women 65-69	50:30	77:00	1:51:00	4:25:00	14:45:00
Women 70+	56:15	86:30	2:08:45	5:07:00	15:30:00
Junior women	36:30	56:00	-	-	-

Grade C (R250)

	10 km	15 km	21.1 km	42.195 km	100 km
Senior men	29:45	45:15	64:30	2:22:30	7:30:00
Men 35-39	31:30	47:30	67:30	2:28:00	7:45:00
Men 40-44	32:15	49:30	70:30	2:35:00	8:00:00
Men 45-49	33:45	52:00	74:30	2:44:30	9:30:00
Men 50-54	35:00	54:00	78:00	2:56:00	11:30:00
Men 55-59	37:30	57:15	82:00	3:17:00	12:15:00
Men 60-64	39:45	61:00	86:45	3:26:00	13:00:00
Men 65-69	41:45	63:45	96:30	3:37:30	13:50:00
Men 70+	49:00	71:30	1:44:15	3:53:00	14:40:00
Junior men	31:00	48:30	-	-	-
Senior women	35:15	54:30	78:30	2:55:45	9:30:00
Women 35-39	37:15	57:15	82:30	3:01:30	9:45:00
Women 40-44	39:15	60:00	86:00	3:07:30	10:00:00
Women 45-49	40:45	62:30	89:45	3:17:30	11:15:00
Women 50-54	41:45	65:00	94:00	3:30:00	13:00:00
Women 55-59	45:30	70:00	1:41:00	3:51:00	13:45:00
Women 60-64	48:00	74:15	1:46:45	4:11:30	14:30:00
Women 65-69	52:00	78:30	1:54:00	4:40:00	15:15:00
Women 70+	57:30	87:45	2:11:30	5:20:00	16:00:00
Junior women	37:30	57:45	-	-	-

1. Incentive races

Each year a number of races will be selected as "incentive races" for which the incentives will be paid.

The selected races for 2015 include the Coca Cola League races, the Winter Team challenge races and the WPA and ASA championships:

10 km:

Century City Express (28 February)
Voet of the Wine Route (24 May)
Dave Spence Memorial (16 June)
McKenna Scott Pinelands (2 August)
MedihelpTekkie Challenge (5 September)
ARD 3 Vlei (13 September)
Bakgat 10 (7 October)
EdgemeadClassic (28 November)

ASA 10km championships (28 February)

15 km :

Constantia Village K-WAY (7 March)
Fairbridge Mall (18 July)
Beachcomber (5 December)

21.1 km:

Leapfrog (18 April)
Atlantis (22 August)
Hewat Cape Town Festival (27 September)

ASA Half Marathon championships (25 July)

42.2 km

Vital WinelandsMarathon (14 November)

ASA Marathon championships (26 September)

2. Positions at SA Championships

Senior (Open) men:	1 - R1000 11-20 - R150	2 - R750 21-30 - R75	3 - R500 4-10 - R250	
Senior (Open) women:	1 - R1000 4-5 - R250	2 - R750 6-10 - R200	3 - R500	
40 - 49 men:	1 - R1000	2 - R750	3 - R500	4-5 - R250
40 - 49 women:	1 - R1000	2 - R750	3 - R500	4-5 - R250
50 - 59 men:	1 - R1000	2 - R750	3 - R500	
50 - 59 women:	1 - R1000	2 - R750	3 - R500	
60+ men:	1 - R1000	2 - R750	3 - R500	
60+ women:	1 - R1000	2 - R750	3 - R500	
15 - 19 men:	1 - R750	2 - R500	3 - R250	4-10 - R150
15 - 19 women:	1 - R750	2 - R500	3 - R250	4-10 - R150

3. Team positions at SA Championships

- 1st team – R250 for each member
- 2nd team – R150 for each member
- 3rd team – R100 for each member

4. Western Province records

R2 000 in all categories, paid once the course has been validated. This incentive will be paid for a WP record on any certified course.

Note:

- Both men's and women's age categories include Junior, Senior, 40-49, 50-59, 60-69, 70+
- An athlete can win only one incentive per calendar year per distance for WP records, i.e. if an athlete sets two 10km records, two 21km records and one marathon record, he/she will receive three incentive payments.

5. Western Province championships

Prize money and medals will be awarded at WP Championships.

The WP Championships for 2015 are:

10 km:	Edgemead Classic (28 November)
21.1 km:	Atlantis (22 August)
42.2 km:	Vital Winelands Marathon (14 November)
100 km :	Hewat Festival of Running (26 September)

- Prize money and medals will be awarded in 10 year age groups Senior through to 70+. Juniors only for 10km. 100km no categories above 60+
 - 1st place : R1000
 - 2nd place : R750
 - 3rd place : R500
- Prize money will be reduced if there are less than 4 entrants in an age category.
4 and more entrants = 100%. 3 entrants = 75%, 2 entrants = 50%, 1 entrant = 25%

6. Bonus incentives

If a runner achieves as best performance any of the following incentive totals in the WP Championships plus the special incentive races, he/she will earn bonus incentives as shown:

5 or more Grade A times:	R1 000
5 or more Grade B times:	R750
5 or more Grade C times:	R500

These bonus incentives will not be limited to a calendar year, i.e. the minimum of five performances can be set over any period. As soon as the athlete accumulates five qualifying times, the incentive is paid and the athlete then starts from zero again. The lowest incentive will be paid in each case, i.e. if an athlete achieves four Grade B and one Grade C times, he/she will receive R500; two Grade A and three Grade B times will earn R750.