**2020 Incentive Races**

**10km:**

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| **Month** | **Incentive Races** |
| **Feb** | Top Form |
| **Jun** | UWC |
| **Jul** | ASA Championships |
| **Aug** | McKenna & Scott |
| **Sep** | Goodwood Harriers |

**15km:**

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| **Month** | **Incentive Races** |
| **Mar** | Constantia Village |
| **Apr** | Ravensmead |
| **Oct** | Melkbos |

**21,1km:**

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| **Month** | **Incentive Races** |
| **Feb** | Spartan Harriers |
| **Jul** | ASA Championships |
| **Aug** | West Coast |
| **Nov** | Mitchells Plain Titans |

**42,2km:**

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| **Month** | **Incentive Races** |
| **Feb** | Peninsula |
| **Oct** | ASA Championships |

**100km:**

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| **Month** | **Incentive Races** |
| **Jul** | ASA Championships |
| CT Festival of Running |

**Jackpot Races**

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| **Month** | **Incentive Races** |
| **Feb** | Century City |
| **Jun** | UWC |
| **Sep** | Goodwood Harries |