

SPAR 

# WOMEN'S

— 10km CHALLENGE —

SPAR   
WOMEN'S  
10km CHALLENGE

GRAND PRIX SERIES



# LADIES Get Ready!

WESTERN CAPE - 2 APRIL

EASTERN CAPE - 6 MAY

DURBAN - 11 JUNE

PRETORIA - 5 AUGUST

PIETERMARITZBURG - 20 AUGUST

JOHANNESBURG - 8 OCTOBER

South Africa's

*Most Beautiful*  
Road Race  
2017

SPAR 

Proud supporter of SA women



# ENTER THE SPAR GRAND PRIX 2017!

For the first time...

- The SPAR GRAND PRIX is open to all women runners irrespective of country.
- There will be six SPAR GRAND PRIX RACES in 2017.
- A new time-based cash incentive has been introduced across all age categories.

The SPAR GRAND PRIX offers female runners the opportunity to score points and win substantial prizes across the series of SPAR WOMEN'S CHALLENGE 10km road races each year.

The 11th SPAR GRAND PRIX will be held in 2017 and the organisers have made significant changes to both the structure of the GRAND PRIX and the financial rewards on offer.

The 2017 SPAR GRAND PRIX will be bigger and better than ever, consolidating its position as one of the most prestigious events in South African athletics.

## THE RACE PROGRAMME

For the first 10 years of its existence, there were five races in the SPAR GRAND PRIX. In 2017, a sixth race to be run in Pietermaritzburg, KwaZulu-Natal, has been added.

The 2017 programme is as follows:

<b>WESTERN CAPE</b>	SUNDAY, APRIL 2	GREEN POINT
<b>PORT ELIZABETH</b>	SATURDAY, MAY 6	SUMMERSTRAND
<b>DURBAN</b>	SUNDAY, JUNE 11	GROWTHPOINT KINGS PARK STADIUM
<b>PRETORIA</b>	SATURDAY, AUGUST 5	CENTURION SUPERSPORT PARK
<b>PIETERMARITZBURG</b>	SUNDAY, AUGUST 20	THE OVAL CRICKET STADIUM, ALEXANDRA PARK
<b>JOHANNESBURG</b>	SUNDAY, OCTOBER 8	WANDERERS CLUB

### ELIGIBILITY

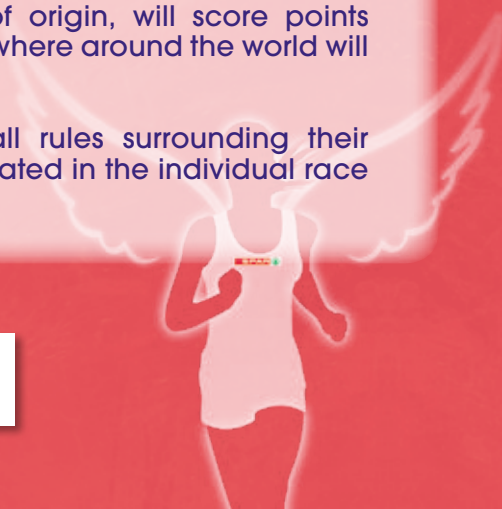
For the first 10 years, the SPAR GRAND PRIX was designed to assist elite local South African athletes to compete at the highest level for substantial prizes on courses that were designed to produce the fastest possible times, at least at the coast. After a decade, the SPAR GRAND PRIX has now become an internationally recognised series, attracting runners from several African countries, as well as the occasional elite runner from Europe and America.

The time has come to step up and move the SPAR GRAND PRIX into the international arena. From 2017 onwards, every runner, irrespective of country of origin, will score points alongside local South African athletes. Thus, runners from anywhere around the world will be eligible to compete for the same prizes and incentives.

Foreign athletes need to ensure that they comply with all rules surrounding their participation in races in South Africa. Such rules are incorporated in the individual race flyers for each race.



Proud supporter of SA women



## OVERALL PRIZE STRUCTURE

The following table lists the prizes that will be awarded by category at the end of the 2017 SPAR GRAND PRIX.

Position	Open	Junior	40-49	50-59	60+
1	173 000	4 800	4 800	4 800	4 800
2	56 000	3 500	3 500	3 500	3 500
3	33 000	1 700	1 700	1 700	1 700
4	28 000				
5	23 000				
6	16 500				
7	12 000				
8	10 500				
9	9 000				
10	8 000				
11	7 000				
12	5 800				
13	4 500				
14	3 500				
15	2 500				
<b>Total</b>	<b>392 300</b>	<b>10 000</b>	<b>10 000</b>	<b>10 000</b>	<b>10 000</b>

## RULES FOR SCORING POINTS IN THE 2017 SPAR GRAND PRIX

Points are accumulated by runners across the six races in two ways: POSITION points and BONUS (time incentive) points.

### POSITION POINTS

In each race, in the **open** category (all runners fall into this category, irrespective of age). The winner scores 20 points, the second finisher 19 points, third place scores 18 points and so on until 20th position across the line, which scores 1 point.

There are four **age categories**: Junior (as determined by ASA rules, as applied in each race), 40-49 years, 50-59 years and 60+ years. In these categories, the winner scores 5 points, the second finisher 4 points and so on, down to fifth place, which scores 1 point.

The more races the athlete runs, the more points she can potentially score.



Proud supporter of SA women





In all cases, the final results as signed off by the race referees will be used to determine the allocation of points. Where dope testing is done, the initial results will be given as “preliminary” until such time as dope testing results are released.

### **TIME INCENTIVE POINTS**

The following table lists the winning times in the 2016 SPAR GRAND PRIX RACES for the open category and each age of the four categories. These times are set as the target times for incentive points in 2017.

For each race, runners who beat the winning time recorded in 2016, in the open category and the respective age group categories, will score bonus points as follows: For every runner who beats the open category time: 10 points. For example, all runners who run faster than 33:24 in Cape Town will score 10 bonus points.

For every runner who beats the relevant age category time: 5 points. For example, all juniors who run faster than 35:38 in Cape Town will score 5 bonus points.

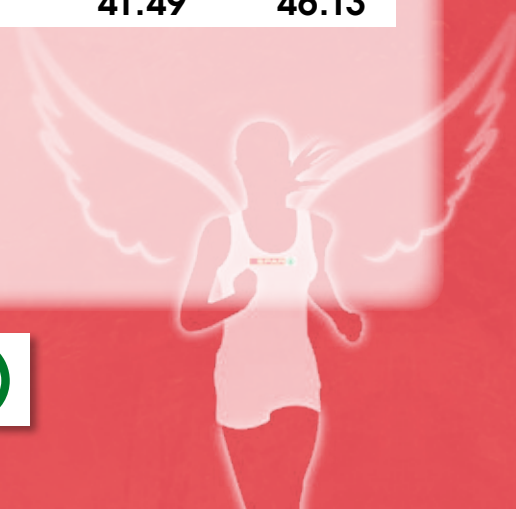
These points will be allocated irrespective of the weather conditions on race day and will not take into account possible changes to routes or venues from year to year. All courses are certified to be exactly 10km long.

### **TARGET TIMES FOR INCENTIVE POINTS**

	<b>Open</b>	<b>Junior</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
<b>WESTERN CAPE</b>	<b>33:24</b>	<b>35:38</b>	<b>37:46</b>	<b>39:43</b>	<b>42:30</b>
<b>PORT ELIZABETH</b>	<b>33:26</b>	<b>36:29</b>	<b>40:21</b>	<b>40:56</b>	<b>43:08</b>
<b>DURBAN</b>	<b>33:26</b>	<b>36:27</b>	<b>35:39</b>	<b>44:22</b>	<b>46:25</b>
<b>PIETERMARITZBURG</b>	<b>34:41</b>	<b>44:59</b>	<b>39:48</b>	<b>47:04</b>	<b>46:25</b>
<b>PRETORIA</b>	<b>35:25</b>	<b>38:22</b>	<b>40:02</b>	<b>41:33</b>	<b>50:12</b>
<b>JOHANNESBURG</b>	<b>34:58</b>	<b>37:58</b>	<b>40:34</b>	<b>41:49</b>	<b>46:13</b>



Proud supporter of SA women



## **THE CLUB COMPETITION**

All points scored by a runner will accrue to her club. Should a runner score points in, for example, both the open and junior categories, all of these points will accrue to the runner's club.

If a club has "branches" in different provinces - all under the same overall name - the points scored by runners living in different provinces will add up to a single total for that club.

Should a runner change clubs from "A" to "B" during the year, she will accrue points to her new club once the full transfer rules within the relevant province have been complied with and the new club can furnish the SPAR GRAND PRIX organisers with a clearance letter from the old club. Points scored for club "A" will remain under that club's total and points scored for club "B" will accrue once the runner has changed clubs.

## **CHANGING AGE CATEGORIES DURING THE YEAR**

Occasionally, a runner will start the year in one age category and move up to another category during the year, finishing in points-scoring positions in one or both categories during the year. But this change in age category could mean that she may not score enough points in either age category to win a prize at the end of the year.

For example, a runner aged 49 in January but turning 50 in May will compete in the 40-49 category for the Cape Town and Port Elizabeth races and in the 50-59 category for the rest of the year.

The SPAR GRAND PRIX rules allow for such a situation as follows: should the runner mentioned above score points in either of the first 2 races as a 40-49 age runner, the 40-49 category will "freeze" after the Port Elizabeth race and proportional prize money will be allocated for this category based on the situation after Port Elizabeth.

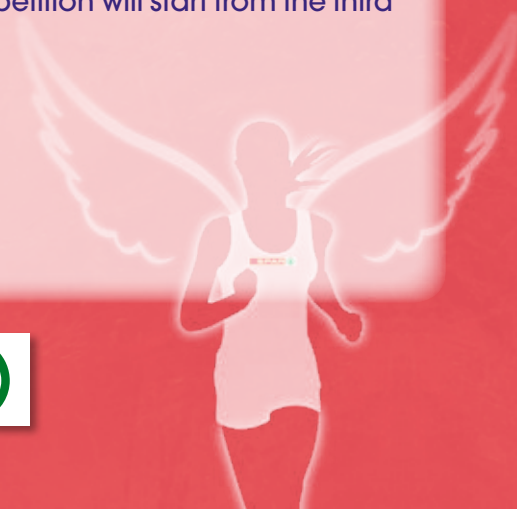
This will mean that 2 out of 6, or 1/3 of the total available, will be allocated, based on the points situation after Port Elizabeth.

From the next race onwards, a "new" 40-49 year competition will begin and at the end of the year, the remaining 4/6 of the prize money will be given.

Similarly, if this runner, when she moves up to the 50-59 category, scores points, the 50-59 year competition will be "frozen" after Port Elizabeth and a new competition will start from the third race onwards with an appropriate split in total prize money.



Proud supporter of SA women





## **TIME INCENTIVE PRIZES**

The SPAR GRAND PRIX has always had, as one of its goals, the pursuit of excellence. The best way to measure excellence is via times over the standard 10km distance.

Now, for the first time in the SPAR GRAND PRIX, cash awards will be made for exceptional time achievements. These will be offered according to the same age categories (open, junior, 40-49, 50-59 and 60+).

The table below lists the fastest times recorded in the various SPAR races over the 3-year period 2014/2015/2016 for each category.

These times are the target times for cash incentives in 2017.

For the winner of each of these categories in each race in 2017, an incentive cash prize of R5 000 (open) and R2 500 (each of the 4 age categories) will be awarded if that person beats the respective time listed below.

Note that these incentives apply only to the winner of that particular category and not all runners, should more than one achieve the target. If there is a dead heat, the incentive will be split between the two runners.

Note that these cash incentives are over and above the bonus points awarded for times mentioned above under "Rules for scoring points".

### **TARGET TIMES FOR INCENTIVE POINTS**

	<b>Open</b>	<b>Junior</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
<b>WESTERN CAPE</b>	<b>32:54</b>	<b>35:38</b>	<b>37:46</b>	<b>39:43</b>	<b>42:30</b>
<b>PORT ELIZABETH</b>	<b>32:27</b>	<b>35:46</b>	<b>38:32</b>	<b>39:58</b>	<b>42:25</b>
<b>DURBAN</b>	<b>33:06</b>	<b>34:52</b>	<b>35:39</b>	<b>39:23</b>	<b>43:07</b>
<b>PIETERMARITZBURG</b>	<b>34:13</b>	<b>40:34</b>	<b>38:36</b>	<b>44:23</b>	<b>46:25</b>
<b>PRETORIA</b>	<b>33:32</b>	<b>36:07</b>	<b>39:34</b>	<b>41:33</b>	<b>46:14</b>
<b>JOHANNESBURG</b>	<b>34:34</b>	<b>36:39</b>	<b>40:34</b>	<b>41:22</b>	<b>45:12</b>



Proud supporter of SA women



### **THE SPAR GRAND PRIX LEADERBOARD**

The SPAR GRAND PRIX co-ordinator will update the Grand Prix leaderboard within 48 hours of the completion of each race. This is available to all runners, clubs and media. Should anyone be interested in receiving this leaderboard, please send the relevant email address (see below) to the co-ordinator.

### **INDIVIDUAL RACE RULES**

All the rules and information in this leaflet refer only and specifically to the SPAR GRAND PRIX. In addition, individual SPAR WOMEN'S 10KM CHALLENGE races in each city/province are subject to local race rules and runners are advised to consult these rules before running. Rules may vary from province to province.

### **CONTACTS**

For more information contact:

Ian Laxton - Co-ordinator of the SPAR GRAND PRIX

on email: [Laxton@telkomsa.net](mailto:Laxton@telkomsa.net) or visit [www.spar.co.za](http://www.spar.co.za)



Proud supporter of SA women

