

UPDATED 2024

Athletics Gauteng North

Road Running

Criteria for Selection of AGN Road Running Teams

ASA Championship Events

The ASA Championship events for 2024 are as follows:
ASA 50km Championships - 25 february-2024 - GQEBERHA
ASA 10km Championships - 10 March-2024 - Johannesburg
ASA Marathon Championships - 28 April 2024 - Durban
ASA 21,1km Championships - 01 June-2024 - GQEBERHA
ASA 5Km & Mile Championships - 26 October -2024 - Bloemfontein

AGN Championship Events

The AGN Championship events are designed in such a way that it is in line with the National Championships. The right timing of the events and fast and flat courses are important for the final selection of the AGN teams.

The following events will serve as the AGN Championship events in 2024:

AGN Marathon Championships-09-November-2024/5 Jacaranda.

AGN 10km Championships-27-January-2024 Wonderpark.

AGN 21,1km Championships-06-April-2024 at Irene Running Festival 21km and ASA ABSA Run Your City Gqeberha-06-April-2024 only Invited Athletes will be considered and the Two Oceans 21,1km Race 14-April-2024 will also be considered for selection.

AGN 5Km Championships -21 September-2024 EXXARO.

AGN Mile Championships -10 August-2024.

NOTE: Any Athletes that will be representing ASA on the day of Championships will be selected According to the performance.

Number of Athletes in AGN Road Running Teams

The selectors reserve the right to select any number of athletes for an AGN Road Running team with the approval of the AGN Board and within the approved budget for the year.

Teams will usually consist of five Senior Men, five Senior Women, three 40-49 Men, three 40-49 Women, one 50+ Man, one

50+ Women five Junior Men and five Junior Women provided they meet the criteria set in qualification standards. The selectors reserve the right to select upcoming athletes as development athletes even if they did not reach the qualifying criteria.

Selection Criteria

For the Mile, 5km, 10km, 21,1km and Marathon teams, athletes must run at least AGN championship distance races (Marathon Qualifying times from **ASA Championships 2023 to 28 January 2024**) in the required times as stipulated below. Athletes must run any official road race after he/she did not run Qualifying times at Championships. Only if he/she run championships for the required times as stipulated below-

Qualifying times are as follows: -

	<u>10km</u>	<u>21,1km</u>
Senior Men	33:00	1:08:00
Men 40-49	34:00	1:15:00
Men 50-59	38:00	1:25:00
Men 60+	40:00	1:35:00
Junior Men	38:00	1:25:00
Senior Women	38:00	1:28:00
Women 40-49	45:00	1:34:00
Women 50-59	47:00	1:45:00
Women 60+	52:00	1:55:00
Junior Women	45:00	1:45:00

	<u>5km</u>	<u>Marathon</u>
Senior Men	17:00	2:40.00
Senior Women	19:00	3:25.00
Junior Men	19:00	-
Junior Women	21:00	-
Men 40-49	18:00	3:15.00
Women 40-49	22:00	3:55.00
Men 50-59	22:00	3:25.00
Women 50-59	23:00	4:15.00
Men 60+	23:00	
Women 60+	24:00	

Selection of Teams 2024/2025

The provisional selection of teams will be done after the AGN Championship and clubs will be informed of the selected team. The first three Senior AGN athletes and the first AGN athlete in all other categories at the AGN Championship performance events will automatically be selected, provided they have met the criteria in qualification standards.

Any athlete that is not selected can request the Road Running Commission for inclusion in the team. Such requests must be done within 10 working days after AGN championships any information must be forwarded to Chairperson of the Road Running Commission.

Yours in Sports

Enoch Skosana

AGN RRC Chairperson

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