

SPAR Women's CHALLENGE 10km

GRAND PRIX SERIES

PORT ELIZABETH: SATURDAY 21 MARCH, POLLOK BEACH
CAPE TOWN: SUNDAY 5 APRIL, GREEN POINT STADIUM
DURBAN: SUNDAY 21 JUNE, JONSSON KINGS PARK
TSHWANE: SATURDAY 1 AUGUST, SUPERSPORT PARK
MARITZBURG: SUNDAY 16 AUGUST, THE OVAL
JOBURG: SUNDAY 4 OCTOBER, MARKS PARK

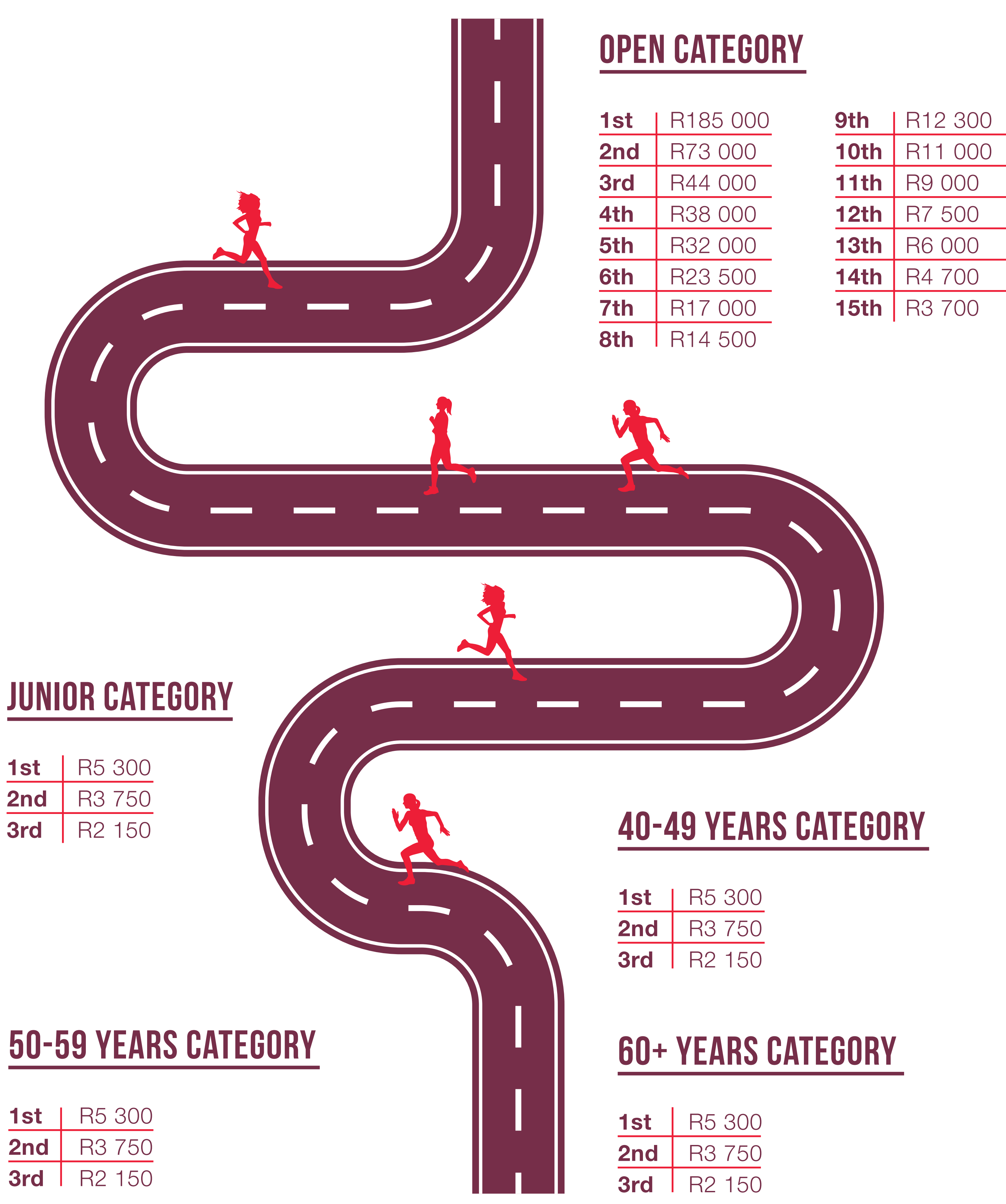


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ELIGIBILITY

The **SPAR GRAND PRIX** is open to female runners from all countries. Runners from outside South Africa need to ensure that they comply with ASA and IAAF rules covering international competition.

PRIZE STRUCTURE



SPAR GRAND PRIX PRIZES

PRIZE FOR THE "BREAKTHROUGH RUNNER OF THE YEAR"

In 2020, a new prize category has been added, namely the **BREAKTHROUGH RUNNER OF THE YEAR**. This prize will be awarded at the end of the **SPAR GRAND PRIX** to a South African athlete who, in the opinion of a panel of judges, has made the most improvement and has also made a significant impact on the series for the first time. This prize is designed for a runner who competes in the junior and/or open categories.

The panel of judges will include the **SPAR GRAND PRIX** Co-ordinator and a representative each from **SPAR, BLD COMMUNICATIONS** and the road running media. The Breakthrough Runner of the Year in 2020 will win **R20 000**.

RULES FOR SCORING POINTS

Points are accumulated by runners across the six races in two ways: **POSITION POINTS** and **TIME INCENTIVE POINTS**. The final points standing is calculated at the end of the series.

POSITION POINTS

Points are accumulated across the 6 races over the year to determine the overall prize-winners at the end of THE SPAR GRAND PRIX.

For each race, in the **OPEN** category, which includes all runners in the race, the winner scores 20 points, second place 19 points and so on, down to 1 point for 20th place.

There are **4 AGE CATEGORIES**: Junior (as defined by ASA and local provincial rules), 40-49 years, 50-59 years and 60+ years. In these categories, the winner in each race scores 5 points, down to 1 point for 5th place.

In each race, the final points are only determined when the race referees sign off the results or when the results of any dope tests or appeals are completed.

TIME INCENTIVE POINTS

Time incentive points, in addition to position points, are awarded to a runner in the following circumstances:

In the **OPEN** category, 10 points are scored by **any runner** who beats the overall winning time set up in the corresponding race in 2019.

In the **AGE** categories, 5 points are scored by **any age category runner** who beats the winning time in that **same age category** in the corresponding race in 2019.

TARGET TIMES FOR INCENTIVE POINTS

	OPEN	JUNIORS	40-49	50-59	60+
PORT ELIZABETH	31:50:00	32:38:00	38:07:00	42:57:00	43:06:00
CAPE TOWN	31:45:00	-	38:27:00	40:52:00	44:01:00
DURBAN	30:59:00	32:36:00	38:36:00	41:10:00	44:54:00
TSHWANE	32:39:00	34:13:00	39:51:00	42:42:00	47:28:00
MARITZBURG	32:24:00	-	39:11:00	41:16:00	46:34:00
JOBURG	33:16:00	35:07:00	39:43:00	42:51:00	50:05:00

JUNIORS

The **SPAR GRAND PRIX** in 2020 in the junior category will consist of **FOUR RACES ONLY**. These are:



Juniors are welcome to run in all 6 races and will win age category or open category prizes as per local prize money structures. In addition, any junior who finishes in the top 20 of any **SPAR GRAND PRIX** race will score points in the open category. However, the specific junior category of the 2020 **SPAR GRAND PRIX** will be scored in just the above 4 races.

THE CLUB COMPETITION

All points scored by a runner will accrue to her club. Should a runner score points in the open as well as an age category, then both these points will accrue. If a club has "branches" in more than one province under the same name, then all the points scored will be added together for the purposes of the club competition.

If a runner changes clubs during the year, points scored after the transfer is complete, as per the rules of transfer, will accrue to the new club, while points scored during her membership of the previous club will remain with that club.

LOCAL RULES

Individual **SPAR GRAND PRIX** races are subject to local provincial and ASA rules according to local race information sheets. All the rules and information in this communication refer only to the **SPAR GRAND PRIX**.

CONTACT

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