

ROAD RUNNING TEAM SELECTION CRITERIA FOR 2020

It is mandatory for athletes to compete in at least one of the Provincial championships if they want to be considered for selection. Selection occurs one month (30 days) before the SA Champs. Athletes who wish to be considered need to submit a qualifying time (with race name and date) in writing to the office at least 30 days before the South Africa Championships.

10km CGA CHAMPS Birchwood 10km – 19 April 2020
21.1km CGA CHAMPS Profix Scaffolding 21km – 26 April 2020
42.2km CGA CHAMPS Jeppe Marathon – 09 February 2020
Mile CGA CHAMPS Tembisa Street Mile - 25 October 2020

CGA Selection Times:

42km Qualifying times:

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|-------|--------------|-----------|-----------|----------|
| MEN | Senior 2h30; | 40+ 2h40; | 50+ 2h50; | 60+ 3h20 |
| WOMEN | Senior 3h00; | 40+ 3h20; | 50+ 3h30; | 60+ 3h55 |

21KM Qualifying times:

| | | | | |
|-------|--------------|-----------|-----------|----------|
| MEN | Senior 1h08; | 40+ 1h10; | 50+ 1h18; | 60+ 1h28 |
| WOMEN | Senior 1h15; | 40+ 1h25; | 50+ 1h33; | 60+ 1h40 |

10KM Qualifying times:

| | | | | | |
|-------|----------------|----------------|-------------|-------------|------------|
| MEN | Junior 34 min; | Senior 31 min; | 40+ 34 min; | 50+ 38 min | 60+ 40 min |
| WOMEN | Junior 40 min; | Senior 38 min; | 40+ 42 min; | 50+ 44 min; | 60+ 52 min |

ASA Dates to diarise for 2020:

The ASA SA Marathon Championships – .18October 2020 Cape Town

The ASA SA 10km Championships – 12July 2020 in Durban

The ASA SA Half Marathon Championships – 25 July 2020 in Port Elizabeth