

2020 League Race Fixture

	Month	Name of the Race	Date
1	January	Johnson Crane Hire Run/Walk	26/01/2020
2	February	Township Marathon	23/02/2020
3	March	Run Zone Northern Chase	22/03/2020
4	April	Profix Scaffolding Marathon	26/04/2020
5	May	RAC 10km	17/05/2020
6	June	No League Race	
7	July	Northgate Race	05/07/2020
8	August	CGA Trials	TBC
9	September	No League Race	
10	October	50KM SA Championships	TBC
11	November	Alberton Race	15/11/2020
12	December	No League Race	

Selection Criteria for the athlete to be selected to be in the CGA team for the 50KM Inter-Provincial Championships:

- The athlete must at least attend **3 League Races** and walking the **qualifying time of his/her age category**, the club must submit the League race results to the commission
- The athlete must at least attend **4 One hour Challenge**, which takes place every first **SATURDAY of every Month at UNIVERSITY OF JOHANNESBURG STADIUM (SOWETO)**
- It is **compulsory** for every athlete to participate/compete at **the CGA TRIALS** as it is the final selection
- For DEVELOPMENT every kid/athlete must attend the **One hour Challenge** the reason being that on our League race (Road) we don't have 5km & 3km results so, their training progress will be monitored at **One Hour Challenge** by the commission.