



**2024 CGA Road Running Prize Money Breakdown and Selection Times**

**Marathon (42km) Provincial Championships Prize Money:**

<b>Category</b>	<b>Position</b>	<b>Men</b>	<b>Women</b>
Senior	1	R3 000	R3 000
	2	R1 500	R1 500
	3	R 750	R 750
Veteran	1	R1 000	R1 000
	2	R 750	R 750
	3	R500	R500
Master	1	R1 000	R1 000
	2	R750	R750
	3	R500	R500
Grand Master	1	R1 000	R1 000
	2	R750	R750
	3	R500	R500

**Half Marathon (21km) Provincial Championships Prize Money:**

	<b>Position</b>	<b>Men</b>	<b>Women</b>
Senior	1	R1 500	R1 500
	2	R750	R750
	3	R300	R300
Veteran	1	R500	R500
	2	R300	R300
	3	R200	R200
Master	1	R500	R500
	2	R300	R300
	3	R200	R200
Grand Master	1	R500	R500
	2	R300	R300
	3	R200	R200

**10km Provincial Championships Prize Money:**

	<b>Position</b>	<b>Men</b>	<b>Women</b>
Senior	1	R1000	R1000
	2	R500	R500
	3	R300	R300
Veteran	1	R500	R500
	2	R300	R300
	3	R200	R200
Master	1	R500	R500
	2	R300	R300
	3	R200	R200
Grand Master	1	R500	R500
	2	R300	R300
	3	R200	R200

**5km Provincial Championships Prize voucher/money:**

	<b>Position</b>	<b>Men</b>	<b>Women</b>
Senior	1	R750	R750
	2	R500	R500
	3	R300	R300
Junior	1	R500	R500
	2	R300	R300
	3	R200	R200

**1Mile/ Street Mile Provincial Championships Prize voucher/Money:**

	<b>Position</b>	<b>Men</b>	<b>Women</b>
Senior	1	R700	R700
	2	R500	R500
	3	R300	R300
Junior	1	R500	R500
	2	R300	R300
	3	R200	R200

## 2024 CGA Road Running Selection/ Qualifying Times

### 42km (To select a Marathon Team) Qualifying times:

MEN Senior 2h30; 40+ 2h40; 50+ 2h50; 60+ 3h00

WOMEN Senior 3h00; 40+ 3h20; 50+ 3h30; 60+ 3h55

### Half Marathon (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

### 5km Qualifying times:

Category	5 km
Junior Men	16:00
Junior Women	19:00
Senior Men	15:45
Senior Woman	18:30
Men 40+	17:30
Women 40+	20:00
Men 50+	18:30
Women 50+	21:30
Men 60+	20:30
Women 60+	23:30
Men 70+	-----
Women 70+	-----

Qualifying times for Mile will be shared in due time.