

South Africa's *Most Beautiful*
Road Race

Enter the 2015 SPAR GRAND PRIX

The SPAR Grand Prix is the only competition of its kind in South African road running. It allows outstanding women runners to score points over the series of 5 SPAR Women's 10km races, and be eligible for cash prizes and other rewards.

SPAR 
WOMEN'S
— 10km/5km RACE —

GRAND PRIX SERIES

SPAR 

OBJECTIVES OF THE SPAR GRAND PRIX

- To consolidate the SPAR Women's 10km Challenge Series as the largest and most prestigious women's road running series in the country.
- To encourage as many women runners as possible to enter the 5 SPAR Women's 10km Challenge races and to score points in the SPAR Grand Prix.
- To make the competition as inclusive as possible by offering runners in the various age categories an opportunity to compete within these categories.
- To improve the standard of the races by awarding bonus points for fast times, again within age categories.

SPAR GRAND PRIX RULES

- This is a competition where individual runners score points in the 5 SPAR Women's 10km Challenge races. These points are accumulated over the series.
- Runners do not have to run in all 5 races to score points, but more races will result in more points.
- Although runners from all over the world are welcome at the SPAR races, and all participants are eligible to win prizes as advertised in that particular race, the SPAR Grand Prix will only register points scored by female runners with South African citizenship. Should a non-South African citizen finish in a points-scoring position in any race, those points will not be awarded to anyone.
- For purposes of the SPAR Grand Prix, race results will not be reworked and positions will not be adjusted by removing ineligible or disqualified runners.
- In any race, normal ASA and IAAF rules apply. Points are scored based on the final race results as issued by the race referees after any doping tests and/or appeals are completed.
- No account will be taken of weather conditions in the race when awarding points for achieving target times. All courses are certified to be exactly 10km long.
- A situation may arise where an athlete scores points in an age category (veteran or master), and then moves to an older age category (master or grand master) during the course of the Series, and scores points in the older category. In this case, the top 3 positions in BOTH age categories involved, before the athlete in question moves up to an older category, will be calculated at that point and the relevant proportional amount of the total prize money for the series allocated. From the next race onwards, a 'new' competition will begin in both age categories and the remaining portion of the prize money will be allocated at the end of the series.
For a detailed explanation of this rule, contact the Grand Prix co-ordinator.

CONTACT

For more information on the SPAR Grand Prix, please contact:

Ian Laxton - The SPAR Women's Challenge Coordinator on 083 376 2181 or email Laxton@telkomsa.net or visit www.spar.co.za

TARGET TIMES FOR INCENTIVE POINTS

	Open	40-49	50-59	60+	Junior
Cape Town	33:03	38:25	40:17	48:32	36:16
Port Elizabeth	32:27	38:32	40:58	42:25	35:46
Durban	33:06	39:39	41:24	43:27	35:27
Pretoria	33:32	39:34	41:38	50:36	36:07
Johannesburg	34:34	41:03	41:22	45:12	39:17

Rules for Scoring Points in the Grand Prix

In the 2015 SPAR Grand Prix, there will be two parallel competitions, namely, open and age category competitions. All runners compete in the open category, whereas only runners eligible by virtue of their age are eligible to win prizes in the category competitions.

1. THE OPEN COMPETITION

Runners accumulate position points in the open competition as follows:

Position points:

20 points for 1st place, 19 for 2nd, 18 for 3rd, and so on down to 1 point for 20th place

Points are awarded to runners who finish in these positions, irrespective of their age category.

Runners accumulate time-incentive points in addition to position points as follows: all runners who beat the overall winning time in the corresponding race in 2014 will score 10 points.

2. THE FOUR AGE CATEGORY COMPETITIONS

In the 2015 SPAR Grand Prix, there will be separate competitions for the following age categories: Junior, 40-49 years, 50-59 years and over 60 years (as defined by ASA rules). Within these age categories, position points will be awarded as follows: 5 for 1st place, 4 for 2nd, down to 1 point for 5th place in each category.

Runners accumulate time-incentive points in addition to position points as follows: all runners who beat the winning time in the relevant age category of the corresponding race in 2014 will score 5 points.

DATES OF RACES

Cape Town	Sunday 29 March (Green Point Stadium)
Port Elizabeth	Saturday 9 May (Pollock Beach grass area, Summerstrand)
Durban	Sunday 7 June (Sahara Kingsmead Stadium)
Pretoria	Saturday 29 August (Supersport Park, Centurion)
Johannesburg	Sunday 11 October (Wanderers Club)

AWARDS

OPEN CATEGORY

Prizes will be awarded to the top 15 finishers on the SPAR GRAND PRIX points table after the final race in Johannesburg in October 2015, as follows:

Position	Prize	Position	Prize	Position	Prize
1st	R150 000	6th	R15 000	11th	R6 000
2nd	R50 000	7th	R10 000	12th	R5 000
3rd	R30 000	8th	R9 000	13th	R4 000
4th	R25 000	9th	R8 000	14th	R3 000
5th	R20 000	10th	R7 000	15th	R2 000

AGE CATEGORIES

(Junior, 40-49, 50-59 and over 60 years)

Position	Prize
1st	R4 000
2nd	R3 000
3rd	R1 500

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