



### Runified City 50km incorporating ASA Championships



50km Prize Money						
Men & Women	1st	2nd	3rd	4th	5th	50km Prize money is only available to invited Elite, ASA Championships and athletes who enters and qualify as contenders
Open	R30 000.00	R20 000.00	R15 000.00	R10 000.00	R7 500.00	
35-39	R2 500.00	R1 500.00	R1 000.00			
40-49	R2 500.00	R1 500.00	R1 000.00			
50-59	R2 500.00	R1 500.00	R1 000.00			
60-69	R2 500.00	R1 500.00	R1 000.00			
10km Prize Money - Open to all entrants						
Open	R3 000.00	R2 000.00	R1 000.00			
35-39	R750.00	R500.00	R300.00			
40-49	R750.00	R500.00	R300.00			
50-59	R750.00	R500.00	R300.00			
60-69	R750.00	R500.00	R300.00			
70+	R750.00	R500.00	R300.00			
Juniors	R750.00	R500.00	R300.00			

#### 50KM SEEDING AND STARTING BLOCKS

- All Elite and Provincial athletes and approved contenders must ensure the correct Age Tag is on their race numbers front and back. These athletes will have unique numbers allowing a seeded start ahead of the mass event. Only athletes with unique numbers and correct age tags are eligible for prize money.
- Elite/Provincial/approved contenders must report to the call room and will have a separate warm up area.
- All athletes that enter before the closing date will be seeded according to qualifying time. All late entrants, irrespective of ability, will start with the mass race.

#### 50KM ELITE / PROVINCIAL / CONTENDERS RULES AND QUALIFYING CRITERIA

- Athletes that wish to be eligible to be seeded as a Contender, must be able to fulfil the qualifying criteria listed in the table.
- Any athlete that needs to be considered as an Elite or Contender for prize money must enter by Friday 16 February 2024.
- Contender status is a privilege afforded to athletes that meet the criteria in the table. Please ensure that your contender application is complete. Failure to do so may result in your application being rejected.
- Contenders must prove a performance of either 21.1km or longer.
- As per World Athletics rules, timing will be gun to mat for Elite, Contenders and Provincial athletes.
- Elite/Provincial/Contenders must abide by all World Athletics advertising and shoe regulations and may be subjected to Anti-doping control.
- The top three male and female finishers as well as top three South African Men and Women will be required to attend a medal presentation immediately after finishing. A prize giving for age groups will be held at 11h00 at the race venue.
- Elite, ASA Championships athletes and contenders will receive two race numbers and are therefore not required to wear licence numbers.

Times for Contenders / Prize Money

Dist	Men			Women		
	21.1km	42.2km	50km	21.1km	42.2km	50km
Senior	01:15:00	02:30:00	03:10:00	01:30:00	03:05:00	03:50:00
35-39	01:20:00	02:40:00	03:20:00	01:35:00	03:15:00	04:05:00
40-49	01:25:00	03:15:00	04:05:00	01:40:00	03:51:00	04:50:00
50-59	01:40:00	03:25:00	04:20:00	01:50:00	04:15:00	05:20:00
60-69	01:55:00	03:50:00	04:50:00	02:00:00	04:50:00	06:00:00
70+	02:10:00	04:20:00	05:25:00	02:25:00	05:15:00	06:00:00



## SUNDAY 25 FEBRUARY 2024 POLLOK BEACH SUMMERSTRAND

Time - 50km at 05h30  
- 10km at 06h45

### EPA PARTICIPATION LEAGUE

Enter online at [www.webtickets.co.za](http://www.webtickets.co.za) before 18 February 2024



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