

**2023**

**Athletics Gauteng North**

**Road Running**

**Criteria for Selection of AGN Road Running Teams**

**ASA Championship Events**

The ASA Championship events for 2023 are as follows:  
ASA Marathon Championships - 12 March 2023 - Durban  
ASA 21,1km Championships - 3 June-2023 - GQEBERHA  
ASA 5Km Championships - 17 June-2023 - Johannesburg  
ASA 10km Championships - 04 November -2023 - Mpumalange

**AGN Championship Events**

The AGN Championship events are designed in such a way that it is in line with the National Championships. The right timing of the events and fast and flat courses are important for the final selection of the AGN teams.

The following events will serve as the AGN Championship events in 2023:

AGN Marathon Championships - 28 January 2023

AGN 21,1km Championships - 18 February 2023

AGN 5Km Championships - 02 April 2023

AGN 10km Championships - 08 July 2023 AND Absa Run Your City  
Durban 9 July

**Number of Athletes in AGN Road Running Teams**

The selectors reserve the right to select any number of athletes for an AGN Road Running team with the approval of the AGN Board and within the approved budget for the year.

Teams will usually consist of five Senior Men, five Senior Women, three 40-49 Men, three 40-49 Women, one 50+ Man, one 50+ Women five Junior Men and five Junior Women provided they meet the criteria set in qualification standards. The selectors reserve the right to select upcoming athletes as development athletes even if they did not reach the qualifying criteria.

## Selection Criteria

For the 5km, 10km ,21,1km and Marathon teams, athletes must run at least AGN championship distance races (Marathon Qualifying times from ASA Championships 2022) in the required times as stipulated below. Athletes must run any official road race after or before he/she did not run Qualifying times at Championships. Only if he/she run championships for the required times as stipulated below-

### **A Qualifying times are as follows:-**

	<u>10km</u>	<u>21,1km</u>
<b>Senior Men</b>	32:00	1:07:00
Men 40-49	34:00	1:15:00
Men 50-59	38:00	1:25:00
Men 60+	40:00	1:35:00
Junior Men	37:00	1:20:00
<b>Senior Women</b>	38:00	1:26:00
Women 40-49	45:00	1:34:00
Women 50-59	47:00	1:45:00
Women 60+	52:00	1:55:00
<b>Junior Women</b>	42:00	1:40:00

### **B Qualifying times are as follows:-**

	<u>10km</u>	<u>21,1km</u>
Senior Men	35:00	1:09:00
Men 40-49	36:00	1:17:00
Men 50-59	39:00	1:27:00
Men 60+	42:00	1:37:00
Junior Men	39:00	1:23:00
Senior Women	40:00	1:28:00
Women 40-49	47:00	1:36:00
Women 50-59	49:00	1:47:00
Women 60+	54:00	1:57:00
Junior Women	44:00	1:43:00

	<u>5km</u>	<u>Marathon</u>
Senior Men	17:00	2:35.00
Senior Women	19:00	3:20.00
Junior Men	19:00	-
Junior Women	21:00	-
Men 40-49	18:00	3:15.00
Women 40-49	22:00	3:55.00
Men 50-59	22:00	3:25.00

Women 50-59	23:00	4:15.00
Men 60-69	23:00	
Women 60-69	24:00	
Men 70+	26:00	
Women 70+	27:00	

**B Qualifying times are as follows:-5km**

Senior Men	18:00
Senior Women	20:00
Junior Men	20:00
Junior Women	24:00
Men 40-49	20:00
Women 40-49	23:00
Men 50-59	25:00
Women 50-59	26:00
Men 60-69	26:00
Women 60-69	27:00
Men 70+	28:00
Women 70+	29:00

**Selection of Teams 2022/2023**

The provisional selection of teams will be done after the AGN Championship and clubs will be informed of the selected team. The first three Senior AGN athletes and the first AGN athlete in all other categories at the AGN Championship performance events will automatically be selected, provided they have met the criteria in qualification standards.

Any athlete that is not selected can request the Road Running Commission for inclusion in the team. Such requests must be done within 10 working days after AGN championships any information must be forwarded to Chairperson of the Road Running Commission.

**Yours in Sports**  
**Enoch Skosana**  
**AGN RRC Chairperson**  
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