



2026 AGN ROAD RUNNING – SELECTION CRITERIA

1. World Athletics championships events 2026

Date	Name of event	Place
14 March	IAU 50km World Championship	New Delhi, India
19-20 September	Road Running Championships	Copenhagen, Denmark

2. ASA Championship events 2026

Date	Name of events	Place
3 May	Durban International Marathon (42KM Championship)	Durban
27 June	Nelson Mandela Bay (SA Half Marathon, 5km & Mile Championship)	Gqeberha
17 October	Let's go Potch race (SA 10km Championship)	Potchefstroom

3. The AGN championship events are designed in such a way that they are in line with the National championships qualifying times. The right timing of the events, flat and fast courses are important for the final selection of the AGN teams.

The following events will serve as AGN Championship events for 2026

Date	Distance	Name of the race
4 April	AGN 21,1km championship	Irene running festival race
11 April	AGN Mile championship	Green mile
	AGN 5km championship	TBC
30 August	AGN 10km championship	The Linton Corner spring race
24 October	AGN 42.2km championship	Jacaranda city challenge

4. Selection criteria

In order for an athlete to be eligible for the AGN team, an athlete needs to at least participate in the AGN championship distance race. Only if he/she runs championships for the required times or official marathon road races. We also consider the ASA Championship of the current year. Selection qualifying times are listed below.

Race Distance	Mile		5km		10km		21km		42km	
Age Category	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male
Seniors	5:30	4:30	19:30	17:00	38:00	33:00	1:30:00	1:09:00	3:20:00	2:30:00
Juniors (14-19)			22:00	19:00	45:00	38:00	1:45:00	1:25:00		
U/20	7:15	5:45								
14-16 Yrs	7:30	6:00								
11-13 Yrs	7:45	6:45								
40-49 Yrs			22:00	18:00	45:00	34:00	1:35:00	1:15:00	3:45:00	2:35:00
50-59 Yrs			23:00	22:00	47:00	38:00	1:45:00	1:25:00	3:50:00	3:15:00
60+			24:00	23:00	52:00	40:00	1:55:00	1:35:00	3:55:00	3:35:00

5. 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.

The team will usually consist of the following:

- Six (6) senior males and females
- Three (3) veteran males and females
- Six (6) junior males and females
- Other categories should meet the qualifying standards.

The selectors reserve the right to select upcoming athletes for development if they do not meet the qualifying criteria.

6. Selection of teams 2026

The provisional selection of teams will be done after the AGN championship(s) and the clubs will be informed of the selected teams.

The first three (3) athletes in all categories will automatically be selected, provided they have met the criteria in qualification standards.

Any athlete who is not selected can request the Road Running Commission for inclusion in the team. Such a request must be made through the Road Running commission chairperson within 10 days after the AGN championships.

The selection team consist of the following:

E. Skosana- AGN Road Running Commission: Chairperson
TP Aphane- Chairperson of AGN Selection Committee
T. Botsane- Secretary of AGN Selection Committee
M. Lenhoff- Member of AGN Selection Committee
C. Maluleka- Member of AGN Selection Committee

Yours in Sports

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