



ATLANTIC ATHLETIC CLUB INCENTIVE AND DEVELOPMENT PROGRAMME

Effective from 1 January 2015

1. Any AAC runner that achieves a faster time than set out below during a calendar year, will qualify for “Elite” status and qualify for free licence, membership and club vest. Only one of these times is required to qualify.

CATEGORY	10 km	21.1 km	42.2 km
SENIOR MEN	32.00 min	71.00 min	2hr 30 min
SENIOR WOMEN	38.00 min	84.00 min	3hr 00 min
VET MEN	35.00 min	79.00 min	2hr 50 min
VET WOMEN	41.00 min	90.00 min	3hr 15 min
MASTER MEN	37.00 min	83.00 min	3hr 00 min
MASTER WOMEN	45.00 min	100.00 min	3hr 30 min
JUNIORS	Committee discretion		
TRACK & FIELD	Committee discretion		

2. Should a runner achieve one of these times after paying for his/her membership, the Club will refund the fee in full. However, the onus is on the runner to let their Club Captain know that they have run the specific time.
3. Free licences, membership and vests may be given to Development Athletes (young athletes from disadvantaged backgrounds and not in formal employment not qualifying under the above category criteria but with potential to do so) at the discretion of the Club Captains.
4. Any AAC runner in good standing with the Club who has achieved a category placing in their AAC Club kit (N/A to trail events) will receive an incentive award.
5. AAC will equal prize money won by runners in any 1st team category in road races:
Maximum R300 per athlete Category A & B
Maximum R200 per athlete for Category C & D
6. Elite runners as defined under point 1 will be given free entry to sanctioned races hosted by AAC.
7. AAC athletes selected for WP or SA Teams will receive the following awards:
Provincial colours: R1 500 each occasion, each athlete (A team only)
SA colours events outside of SA: R4 000
SA Colours local events: R2 000
Assistance with additional costs of travel and kit is subject to Committee discretion
8. All claims must be submitted in writing to the Club Captain within TWO months of the event. **The onus is on the runner to submit the claims.**
9. Incentives due to runners will be paid on a monthly basis to the Elites and otherwise to be determined by the Club captains.
10. Whilst every reasonable effort will be made by the Club to fulfil the terms of this scheme, it is subject to change without notice and is subject to the availability of funds. This is NOT a contract between the runner and the Club.

ROAD RUNNING

Note – “Other” comprises Masters, Grand Masters, Great Grand Masters and Juniors.

CATEGORY A

Comrades, Two Oceans Marathon, and any SA Championship Event.

**Open Category only*

POSITION	OPEN	VETERAN	OTHER
1 ST	R3300	R1650	R825
2 nd	R1650	R825	R400
3 rd	R825	R650	R175
4 th	R650	R500	
*5 th to 10 th	R500	R350 (for 5 th only)	

CATEGORY B

WP Championships, Gun Run Half Marathon and 10km, Knysna Marathon and Half Marathon, Safari Half Marathon, Two Oceans Marathon and Half Marathon, Lighthouse 10km, Cape Town Marathon and 10km, Peninsula Marathon and Half Marathon.

**Open Category only*

POSITION	OPEN	VETERAN	OTHER
1 ST	R1000	R500	R250
2 nd	R650	R350	R175
3 rd	R500	R250	R125
4 th	R350		
5 th	R250		
*6 th to 10 th	R175		

CATEGORY C

All other WPA sanctioned road races with over 500 finishers.

POSITION	OPEN	VETERAN	OTHER
1 ST	R500	R250	R175
2 nd	R350	R175	R125
3 rd	R250	R125	R100

CATEGORY D

All other officially sanctioned ASA road races not included in Categories A, B and C above, with over 500 finishers.

POSITION	OPEN	VETERAN	OTHER
1 ST	R250	R200	R125
2 nd	R200	R125	R100
3 rd	R125	R100	R75

TRACK & FIELD:

NB: Only 1 incentive payment per runner per meeting.

CATEGORY A

SA Championships, SA Masters Championships, and National Invitation Meetings.

POSITION	SENIORS	JUNIORS, VETS & MASTERS
1 st	R1250	R825
2 nd	R825	R450
3 rd	R400	R175

CATEGORY B

WPA Championships, WP Masters Championships, and WP Junior Championships.

POSITION	
1 st	R250
2 nd	R125
3 rd	R100

CATEGORY C

WPA League, Masters League, WPA Junior League, WPA Top Ten and Inter Club Events.

POSITION	SENIORS	U19 JUNIORS
1 st	R225	R125
2 nd	R175	R100
3 rd	R125	R50

TRAIL RUNNING:**CATEGORY A**

PUFFeR, Sky Run, Hout Bay Trail Challenge, Table Mountain Challenge (solo or relay), Three Peaks, Jonkershoek and Helderberg Extreme (long distance) and any other ultra trail event over 25km.

POSITION	SENIORS	OTHER CATEGORIES
1 st	R1250	R825
2 nd	R825	R450
3 rd	R400	R175

CATEGORY B

Jonkershoek, Helderberg Mountain Challenges, VWS (long) Trail and any other mid distance (Under 25km) trail event with at least 200 finishers.

POSITION	SENIORS	OTHER CATEGORIES
1 st	R825	R350
2 nd	R500	R200
3 rd	R425	R125

CATEGORY C

Cape Summer and Winter Series (short courses), Fisherman's Trail and any other short distance (Under 10km) trail events with at least 200 finishers.

POSITION	SENIORS	OTHER CATEGORIES
1 st	R250	R175
2 nd	R175	R125
3 rd	R125	R100

CROSS COUNTRY:**CATEGORY A**

SA Championships and World Veteran Championships (including 4km events).

POSITION	SENIORS	OTHER CATEGORIES
1 st	R1250	R825
2 nd	R825	R450
3 rd	R400	R175

CATEGORY B

WP Championships (including 4km events).

POSITION	SENIORS	OTHER CATEGORIES
1 st	R825	R350
2 nd	R500	R200
3 rd	R425	R125

CATEGORY C

WP and Boland League (excluding 4km events).

POSITION	SENIORS	OTHER CATEGORIES
1 st	R225	R150
2 nd	R150	R100
3 rd	R100	R75