



## INCENTIVE PROGRAMME

Effective from 01.01.2022

Any full member of AAC in good standing with the Club who achieves a category placing while competing in AAC colours (N/A to trail events), will be awarded monetary incentives as detailed below.

1. All claims must be submitted in writing to the Captain within TWO Months of the event. The onus is on the athlete to submit the claims. The Captain is not required to track race results to identify AAC athletes who qualify for incentives.
2. Athletes must wear AAC apparel when appearing on the podium at any prize giving in order to qualify for incentive payments.
3. Incentive payments will be paid on a monthly basis at month-end.
4. Whilst every reasonable effort will be made by the Club to fulfil the terms of this programme, it is subject to change without notice and is **subject to budgetary constraints and the availability of funds**. This is **NOT** a contract between an Athlete and the Club.
5. AAC athletes selected for WP or SA Teams will receive the following awards:
  - Provincial colours R 1500 each occasion, each athlete (A team only)
  - SA colours R 4000 if travelling beyond RSA.  
R 2000 if within RSA.  
(Athletes must complete the event to qualify)

Assistance with additional costs of travel and kit - subject to Committee discretion.

### PAYMENTS SCHEDULE

#### ROAD RUNNING

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

##### **CATEGORY A:**

Comrades, Two Oceans Marathon and 21km, Cape Town Marathon, S.A. Championships

POSITION	OPEN	VETERAN	OTHER
1	R3300	R1650	R 825
2	R1650	R 825	R 400
3	R 825	R 650	R 175
4	R 650	R 500	-
5	R 500	R 350	-
6 – 10	R 500	-	-

##### **CATEGORY B:**

WP Championships, Gun Run 21 or 10, SAD Safari Half Marathon, SPAR Ladies 10, Cape Town 12, Peninsula Marathon & Half Marathon.

POSITION	OPEN	VETERAN	OTHER
1	R1000	R 500	R 250
2	R 650	R 350	R 175
3	R 500	R 250	R 125

**CATEGORY C:**

All other WPA sanctioned road races with over 500 finishers.

POSITION	OPEN	VETERAN	OTHER
1	R 500	R 250	R 175
2	R 350	R 175	R 125
3	R 250	R 125	R 100

**CATEGORY D:**

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

POSITION	OPEN	VETERAN	OTHER
1	R 250	R 200	R 125
2	R 200	R 125	R 100
3	R 125	R 100	R 75

**TEAM PRIZES:**

AAC will equal team prize money awarded in road races (1<sup>st</sup> team only) subject to:

Maximum R300 per athlete Category A & B

Maximum R200 per athlete Category C & D

**TRACK & FIELD**

Only 1 incentive payment per athlete per meeting.

Minimum 10 athletes starting in the event (including preceding heats combined).

**CATEGORY A:**

S.A. Championships, SA Masters Championships, National Invitational Meetings

POSITION	SENIORS	JUNIORS VETERANS & MASTERS
1	R1250	R 825
2	R 825	R 450
3	R 400	R 175

**CATEGORY B:**

WP Championships, WP Masters Championships, WP Junior Championships.

POSITION	ALL
1	R 250
2	R 125
3	R 100

**CATEGORY C:**

League Meetings, Masters Meetings/Leo Benning, WP Junior League, Cape Milers Club.

POSITION	SENIORS	OTHERS
1	R 225	R 125
2	R 175	R 100
3	R 125	R 50

## **CROSS COUNTRY**

### **CATEGORY A:**

SA Championships, World Veteran Championships, including 4 km events.

<b>POSITION</b>	<b>SENIORS</b>	<b>OTHERS</b>
1	R 1250	R 825
2	R 825	R 450
3	R 400	R 175

### **CATEGORY B:**

WP Championships, including 4 km events.

<b>POSITION</b>	<b>SENIORS</b>	<b>OTHERS</b>
1	R 825	R 350
2	R 500	R 200
3	R 425	R 125

### **CATEGORY C:**

WP and Boland League, including 4 km events.

<b>POSITION</b>	<b>SENIORS</b>	<b>OTHERS</b>
1	R 225	R 150
2	R 150	R 100
3	R 100	R 75

## **TRAIL RUNNING**

### **CATEGORY A**

PUFfer, Hout Bay Trail Challenge, Table Mountain Challenge, Three Peaks, CTUTC,

<b>POSITION</b>	<b>SENIORS</b>	<b>OTHER OFFICIAL PRIZE CATEGORIES</b>
1	R1250	R 825
2	R 825	R 450
3	R 400	R 175

### **CATEGORY B**

Jonkershoek, Helderberg, VWS (long), Otter Trail, Fisherman's Trail, any trail event in SA over 25km.

<b>POSITION</b>	<b>SENIORS</b>	<b>OTHER OFFICIAL PRIZE CATEGORIES</b>
1	R 825	R 350
2	R 500	R 200
3	R 350	R 125

### **CATEGORY C**

Cape Summer Series, Boland Farm Events with Minimum 250 runners.

<b>POSITION</b>	<b>SENIORS</b>	<b>OTHER OFFICIAL PRIZE CATEGORIES</b>
1	R 250	R 175
2	R 175	R 125
3	R 125	R 100

**ATLANTIC IS SERIOUS ABOUT TOP PERFORMING ATHLETES AND IS PROUD OF ITS POLICY OF RECOGNISING THEIR ACHIEVEMENTS**