



Absa RUN YOUR CITY SERIES SA ELITE PROGRAMME
#BeatYourBest

INTRODUCTION

The goal of the Absa RUN YOUR CITY Series SA Elite Programme is to provide South African runners with the opportunity, events, and incentive rewards to run the 10k faster than they ever have before, and to regain their status as world class runners in the 10k distance.

The Absa RUN YOUR CITY Series has developed the following guide to provide information, guidelines, and additional details for elite athletes about the Absa RUN YOUR CITY SA Elite Programme.

Please read through this document carefully and contact us if you have any questions or queries.

Shanice Swartz is the Absa RYC Series Elite Athlete Manager, so please feel free to contact her on the contact details provided below. Please direct any special requests in writing to Shanice.

The Absa RUN YOUR CITY Series values the contribution that managers, coaches, and athletes make to the overall success of the Absa RUN YOUR CITY Series events.

GOOD LUCK with your training, and we hope to see blistering fast times and PB's in 2022.

Sue Forge
Absa RUN YOUR CITY Series
Stillwater Sports

Absa RUN YOUR CITY Series Elite Athlete Manager
Shanice Swartz
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2022 Absa RUN YOUR CITY SERIES EVENT DETAILS

Absa RUN YOUR CITY CAPE TOWN 10K

Date: 15 May 2022
Website: www.capetown10k.com
Facebook: @CapeTown10k
Instagram: @CapeTown10k
Hashtags: #RunYourCity #AbsaRunYourCity

Absa RUN YOUR CITY DURBAN 10K

Date: 10 July 2022
Website: www.durban10k.com
Facebook: @Durban10k
Instagram: @Durban10k
Hashtags: #RunYourCity #AbsaRunYourCity

Absa RUN YOUR CITY JOBURG 10K

Date: 24 September 2022
Website: www.joburg10k.com
Facebook: @Joburg10k
Instagram: @Joburg10k
Hashtags: #RunYourCity #AbsaRunYourCity

Absa RUN YOUR CITY SERIES SA ELITE PROGRAMME

Absa RYC Series SA Elite Programme – Cape Town

The **top 30 men and top 30 women** athletes ranked the South African Road Running Performance List as at 25 April 2022 will be invited to participate in the Absa RYC Series SA Elite Programme and receive a personal invitation to participate in the Absa RUN YOUR CITY CAPE TOWN 10K.

- **GROUP A**

The **top 10 ranked male athletes and top 10 ranked female athletes** will have the following elements covered by the Absa RUN YOUR CITY Series:

- Entry Fee
- Flights
- Shuttle transport
- Accommodation (3 nights)
- Meals
- Event day Elite Athlete accreditation

- **GROUP B**

The **top 11-20 ranked male athletes and top 11-20 ranked female athletes** will have the following elements covered by the Absa RUN YOUR CITY Series:

- Entry Fee
- Shuttle transport (if needed)
- Accommodation (1 night sharing)
- Meals
- Event day Elite Athlete accreditation
- Note: Inter-city travel to the city is excluded

- **GROUP C**

The **top 21-30 ranked male athletes and top 21-30 ranked female athletes** will have the following elements covered by the Absa RUN YOUR CITY Series:

- Entry Fee
- Event day Elite Athlete accreditation

Absa RYC Series SA Elite Programme – Durban

The **top 30 male finishers and top 30 female finishers** at the Absa RUN YOUR CITY CAPE TOWN 10K will be invited to participate in the Absa RUN YOUR CITY DURBAN 10K.

- **GROUP A**

The **top 10 male finishers and top 10 female finishers in Cape Town** will have the following elements covered by the Absa RUN YOUR CITY Series:

- Entry Fee
- Flights
- Shuttle transport
- Accommodation (3 nights)
- Meals
- Event day Elite Athlete accreditation

- **GROUP B**

The **top 11 - 20** (men/women) will have the following elements covered by the Absa RUN YOUR CITY Series:

- Entry Fee
- Shuttle transport (if needed)
- Accommodation (1 night sharing)
- Meals
- Event day Elite Athlete accreditation
- Note: Inter-city travel to the city is excluded

- **GROUP C**

The **top 21 – 30** (men/women) will have the following elements covered by the Absa RUN YOUR CITY Series:

- Entry Fee
- Event day Elite Athlete accreditation

Absa RYC SA Elite Programme Event – Joburg

Elite athletes will be invited by invitation only.

PROGRAMME RULES

1. All South African athletes who are listed on the South African Top 30 Performance List (men/women) qualify for the Absa RUN YOUR CITY Series SA Elite Programme.
2. The Absa RYC Series Elite Athlete Manager will be in contact with qualifying Elite Athletes to personally invite them to participate in the Absa RYC Series SA Elite Programme.
3. It is the responsibility of the Elite Athlete to accept/decline the invitation to join the Absa RYC Series SA Elite Programme.
4. Submission of acceptance does not guarantee inclusion. An acceptance that is missing any of the requested data will automatically be rejected.
5. Acceptance into the Absa RYC Series SA Elite Programme will close three weeks prior to each event:
Absa RUN YOUR CITY CAPE TOWN 10K – 25 April 2022
Absa RUN YOUR CITY DURBAN 10K – 1 June 2022
Absa RUN YOUR CITY JOBURG 10K – 1 August 2022
6. No late acceptances will be considered.
7. There are no additional charges for being in the Absa RYC Series SA Elite Programme. Any Elite Athlete who meets the necessary criteria to be in the Absa RYC Series SA Elite Programme, but fails to accept the invitation, is automatically deemed to have declined and will not be eligible to start in the Elite Batch and not eligible for incentive prize money.
8. Incentive Prize Money will only be awarded to Elite Athletes who are in the Absa RYC Series SA Elite Programme and were accepted to start in the Elite Batch.
9. Elite Athletes consent to their name being disclosed on the Absa RUN YOUR CITY website and social media pages.
10. The Absa RUN YOUR CITY Series retains full discretion to invite and/or accept additional Elite Athletes to the Absa RUN YOUR CITY Series SA Elite Programme. The decision is final and cannot be contested.
11. The full list of the Absa RYC Series SA Elite Programme Elite Athletes will be published on the Absa RUN YOUR CITY website 14 days prior to race day.
12. It is mandatory for all Elite Athletes to attend the Elite Athletes Technical Meeting at the Race Hotel prior to each event.
13. All Elite Athletes will need to verify their personal details, IDs/Passports, banking details, licence numbers and kit at the Elite Athletes Technical Meeting.
14. The Absa RUN YOUR CITY Series attracts international participation and as such there are restrictions on advertising on clothing for all Elite Athletes. It is

important that Elite Athletes adhere to these rules as covered in the World Athletics Advertising regulations and ASA rules.

15. Elite Athletes will be checked at the start and any athlete not in compliance will not be allowed to start in the Elite batch and will be downgraded to Batch A and therefore no longer be considered an Elite Athlete eligible for incentive prize money.
16. Elite Athletes may be contacted for the official press conference and/or post-race interviews. The details of how and where invited athletes would need to be, will be discussed nearer the time.
17. The Absa RUN YOUR CITY Series reserves the right to change the details of the Absa RUN YOUR CITY Series SA Elite Programme at its sole discretion and will timeously communicate such changes.

Absa RUN YOUR CITY Series - PRIZE MONEY

Absa RUN YOUR CITY Series - PRIZE MONEY						
EVENT PRIZE MONEY - ALLCOMERS						
	CAPE TOWN		DURBAN		JOBURG	
	Male	Female	Male	Female	Male	Female
1	R30 000,00	R30 000,00	R30 000,00	R30 000,00	R30 000,00	R30 000,00
2	R20 000,00	R20 000,00	R20 000,00	R20 000,00	R20 000,00	R20 000,00
3	R15 000,00	R15 000,00	R15 000,00	R15 000,00	R15 000,00	R15 000,00
4	R10 000,00	R10 000,00	R10 000,00	R10 000,00	R10 000,00	R10 000,00
5	R9 000,00	R9 000,00	R9 000,00	R9 000,00	R9 000,00	R9 000,00
6	R7 000,00	R7 000,00	R7 000,00	R7 000,00	R7 000,00	R7 000,00
7	R6 000,00	R6 000,00	R6 000,00	R6 000,00	R6 000,00	R6 000,00
8	R5 000,00	R5 000,00	R5 000,00	R5 000,00	R5 000,00	R5 000,00
9	R4 000,00	R4 000,00	R4 000,00	R4 000,00	R4 000,00	R4 000,00
10	R3 000,00	R3 000,00	R3 000,00	R3 000,00	R3 000,00	R3 000,00
11	R2 000,00	R2 000,00	R2 000,00	R2 000,00	R2 000,00	R2 000,00
12	R1 000,00	R1 000,00	R1 000,00	R1 000,00	R1 000,00	R1 000,00
13	R1 000,00	R1 000,00	R1 000,00	R1 000,00	R1 000,00	R1 000,00
14	R1 000,00	R1 000,00	R1 000,00	R1 000,00	R1 000,00	R1 000,00
15	R1 000,00	R1 000,00	R1 000,00	R1 000,00	R1 000,00	R1 000,00
	R115 000,00	R115 000,00	R115 000,00	R115 000,00	R115 000,00	R115 000,00
	R690 000,00					

Absa RUN YOUR CITY SERIES SA ELITE ATHLETE - INCENTIVES

- These incentives apply to the Absa RUN YOUR CITY DURBAN 10K EVENT **ONLY**
- Only SA athletes who are part of the Absa RUN YOUR CITY Series SA Elite Programme are eligible for the Absa RUN YOUR CITY Series SA Elite Athlete incentives

Absa RUN YOUR CITY SERIES INCENTIVES SA ELITE ONLY Absa RUN YOUR CITY DURBAN 10K ONLY			
MEN'S TIMES		WOMEN'S TIMES	
sub 30:00	R 2 000,00	sub 34:00	R 2 000,00
sub 29:50	R 3 000,00	sub: 33:50	R 3 000,00
sub 29:40	R 4 000,00	sub 33:40	R 4 000,00
sub 29:30	R 5 000,00	sub 33:30	R 5 000,00
sub 29:20	R 6 000,00	sub 33:20	R 6 000,00
sub 29:10	R 7 000,00	sub 33:10	R 7 000,00
sub 29:00	R 12 000,00	sub 33:00	R 12 000,00
sub 28:50	R 16 000,00	sub 32:50	R 16 000,00
sub 28:40	R 20 000,00	sub 32:40	R 20 000,00
sub 28:30	R 24 000,00	sub 32:30	R 24 000,00
sub 28:20	R 28 000,00	sub 32:20	R 28 000,00
sub 28:15	R 32 000,00	sub 32:15	R 32 000,00
sub 28:10	R 36 000,00	sub 32:10	R 36 000,00
sub 28:05	R 40 000,00	sub 32:05	R 40 000,00
sub 28:00	R 100 000,00	sub 32:00	R 100 000,00
sub 27:50	R 120 000,00	sub 31:50	R 120 000,00
sub 27:40	R 140 000,00	sub 31:40	R 140 000,00
sub 27:30	R 160 000,00	sub 31:30	R 160 000,00
sub 27:20	R 180 000,00	sub 31:20	R 180 000,00
Sub 27:10	R 200 000,00	Sub 31:10	R 200 000,00
sub 27:00	R 250 000,00	sub 31:00	R 250 000,00

Prize Money / Incentive Payments

1. Please note that all prize money / incentive winnings are subject to South African Tax Law and anti-doping results and can take up to 3 months to process.
 - a. Athletes accepted in the Absa RYC Series SA Elite Programme who fail to attend the Elite Athlete Technical Meeting without apology or good reason will be docked 10% of their prize money / incentives.
 - b. Athletes who win an award and fail to be present for prize giving for any reason other than doping control or medical will be docked 10% of their prize money / incentives.

2. Prize money / incentives will be paid 30 days after the event, provided that:
 - a. the result is not subject to the outcome of any anti-doping testing
 - b. the following information has been emailed through to shanice@stillwatersports.com
 - Copy of SA ID book
 - SARS tax number
 - Completed Bank Details Form
 - Proof of bank details (from bank)

3. Prize money / incentives will not be paid until ALL the required documentation has been submitted.