

2015 ASWD ROAD RUNNING TEAM SELECTION PROCESS (Updated 09012015)

Qualifying races for ASWD Team to 2015 SA 10km Champs					CRITERIA FOR SELECTION OF ASWD ROAD RUNNING TEAMS 1. GENERAL 1.1 In selecting athletes to the SA Championships, priority will be given to the selection of athletes with the potential to win medals for ASWD. 1.2 Athletes will qualify for selection, provided that they have completed in the relevant ASWD Road Running Championships and 50% of nominated trial races. 1.3 Athletes, who were sick or injured during the relevant ASWD Athletics Road Running Championships and trials will be considered for the relevant SA Road Running Championship, provided a medical certificate is submitted to ASWD Athletics during or before the relevant ASWD Athletics Championships. 2. SPECIFIC
Date	Race	Distance	Status		
1	06/12	Velskoen	10km	Trial 1	
2	13/12	Palm Tyres	10km	Trial 2	
3	24/01	Schoemanshoek	10km	Trial 3	
4	28/01	Top Gear	10km	Trial 4	
5	07/02	Diaz	10km	ASWD Champs	
6	11/02	McDonald's 2 McDonald's	10km	ASWD Champs	
	28/02	SA 10km Champs (Pretoria)	10km	ASA Champs	
Qualifying races for ASWD Team to 2015 SA ½ Marathon Champs					
Date	Race	Distance	Status		
1	24/01	Schoemanshoek	21.1km	Trial 1	
2	28/02	Infantry School Cango	21.1km	Trial 2	
3	11/04	KKNK	21.1km	Trial 3	
4	25/04	Wimpy Outeniqua	21.1km	Trial 4	
5	23/05	Wilderness	21.1km	ASWD Champs	
	25/07	SA 21.1km Champs (PE)	21.1km	ASA Champs	
Qualifying races for ASWD Team to 2015 SA Marathon Champs					
Date	Race	Distance	Status		
1	28/02	Infantry School Cango	42.2km	Trial 1	
2	11/07	Knysna Forest	42.2km	Trial 2	
3	21/11	Die Vlakte	42.2km	ASWD Champs	
	26/09	SA 42.2km Champs (Mossel Bay)	42.2km	ASA Champs	

2. SPECIFIC (continued)

2.1 To be considered for selection onto an ASWD Team to a National Championships, the athlete must achieve to times listed below.

QUALIFYING TIMES

Category	10km	21.1km	42.2km
Junior Men	33.30	1:19:00	----
Junior Women	40.00	1:31:00	----
Senior Men	32.00	1:09:30	2:35:00
Senior Woman	35.30	1:23:00	3:15:00
Master Men 40+	35.30	1:16:00	2:50:00
Master Women 40+	42.00	1:33:00	3:25:00
Master Men 50+	40.00	1:25:00	3:10:00
Master Women 50+	45.00	1:44:00	3:40:00
Master Men 60+	44.00	1:35:30	3:40:00
Master Women 60+	50.00	1:57:30	4:00:00
Master Men 70+	49:00	1:46:00	----
Master Women 70+	59:00	1:59:30	----

2.2 For the team to the SA Marathon Championships, performance must be achieved during the past 12 months. For selection for SA Half-Marathon and SA 10km Championships, only performances at events listed on the ASWD Fixture List as listed above will be considered for selection.

2.3 Athletes who do not achieve the Qualifying Standards may be selected onto the Final Team at the discretion of the ASWD Executive Board. In doing this, the Board will take the following factors into consideration, in the specified priority order:

- 2.3.1 Potential for medal or potential to end in the top 10.
- 2.3.2 Demographics of the team.
- 2.3.3 Development in general.
- 2.3.4 Venue / Costs / Budget available

- 2.4 Teams will be announced asap after the respective championships. The following restriction on races will then apply to selected team members.
- 2.4.1 Athletes selected for an ASWD team will not be allowed to run certain races during the following time periods:
- 2.4.1.1 **10km team** – No race longer than 12km in the 14 days preceding the ASA 10km Championships.
 - 2.4.1.2 **21.1km team** – No race longer than 15km in the 21 days preceding the ASA Half Marathon Championships.
 - 2.4.1.3 **42.2km team** – No race longer than 21.1km in the 30 days preceding the ASA Marathon Championships.
- 2.4.2 Any athlete transgressing the aforementioned arrangement at para 2.4.1 will automatically be removed from the team and will also be prohibited from entering as an individual athlete at the respective ASA Championships. **(as per ASA rule and decision taken in Durban on 8 Feb 2009 – “athlete selected for a Provincial Team and withdrawn from the team will not be allowed to participate as an individual athlete and will automatically be disqualified”).**

3. APPEAL

- 3.1 An athlete not in the team announced, has the right to appeal in writing for reconsideration of the decision. The appeal must be made to the ASWD Athletics office at manager@aswd.co.za within 48 hours after the announcement of the team. The appeal should include all information the athlete considers relevant to the selection panels reconsideration of its decision.

4. PROVISIO

- 4.1 The EB of ASWD, in the final analysis, reserves the right to limit team numbers in accordance to budget restraints / financial affordability and the like at any given time preceding team announcements.
- 4.2 The EB of ASWD may, again depending on budget restraints and at their sole discretion, decide to reward individual performances, PB's and the like of individual team members at the respective ASA Championships.