



UPDATED 2024 BOLAND ATHLETICS ROAD RUNNING TEAM SELECTION CRITERIA

1. GENERAL

- 1.1. In selecting athletes to the SA Championships, priority will be given to the selection of athletes with the potential to qualify for IAAF World Championships Events and to win medals for Boland Athletics
- 1.2. Athletes will qualify for selection, provided that they have competed in the relevant Boland Athletics Road Running Championships.
- 1.3. Athletes, who were sick or injured during the relevant Boland Athletics Road Running Championships, will be considered for the relevant SA Road Running Championships, provided a medical certificate is submitted to Boland Athletics during or before the relevant Boland Athletics Championships.

2. SPECIFIC

- 2.1. To be considered for selection onto a Boland Team to a National Championships, the athlete must achieve the times listed below.
- 2.2. For selection to the Boland Marathon Team, Qualifying Standards must be achieved within 3 months before the SA Marathon Championships.
For the SA Half-Marathon and SA 10km, 5km and Street Mile Championships, only performances at events listed on the BA Fixtures List will be considered for selection.

QUALIFYING TIMES

Category	Street Mile	5km	10km	21km	42km
Junior Men	5:00:00	15:30:00	31:00:00		
Junior Women	6:25:00	19:30:00	36:50:00		
Senior Men	4:25:00	14:25:00	29:30:00	01:05:00	02:15:00
Senior Women	5:50:00	18:50:00	36:30:00	01:21:00	02:35:00
Master men 40+			33:30:00	01:13:45	02:37:00
Master Women 40+			38:30:00	01:30:00	03:00:00
Master Men 50+			38:30:00	01:23:00	02:57:00
Master Women 50+			44:30:00	01:42:00	03:25:00
Master Men 60+			43:30:00	01:34:30	03:22:00
Master Women 60+			48:30:00	01:56:00	03:52:00

- 2.3. Athletes who do not achieve the Qualifying Standards will be selected onto the Final Team at the discretion of the BA Executive Board. In doing this, the Board will take the following factors into consideration, in the specified priority order:
 - 2.3.1 Potential for a medal or potential to end in the top 10.

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 Boland Athletics office at office@bolandathletics.com within 48 hours after the announcement of the team. The appeal should include all information the athlete considers relevant to the selection panel's reconsideration of its decision.

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