

SHORT INCENTIVES (10km/15km)			LONG INCENTIVES (21.1km/30km/42.2km/56km)		
DATE	EVENT	DISTANCE	DATE	EVENT	DISTANCE
3 Feb	Spartan Harriers Firgrove Challenge	15km/10km	18 Feb	Balwin Cape Peninsula Marathon	21.1km/42,2km
10 Feb	Curro 10km Challenge	10km	24 Mar	Tygerberg	30 km
9 Mar	Constantia Village Totalsports VOB	15km & 15km W	1 Apr	VAC Family Day Half Marathon (Velocity)	21.km
23 Mar	Ravensmead	15km	13 Apr	Two Oceans Ultra Marathon	21,1km/56km
27 Apr	Tymbank Langa Run 4 Freedom	10km	26 May	Slave Route Challenge	21.1km
5 May	UCT Memorial Race	10km	22 Jun	Mamre	21km
18 May	Easterns Kraaifontein	15km	14 Jul	Cape Town Festival of Running	21Km
26 May	Slave Route Challenge	10km	20 Jul	Curro Half Marathon	21km
8 Jun	Sanlam	10km	11 Aug	John Korasie	30km
16 Jun	RCS Gugs Youth Day Race	10km	24 Aug	Blouberg Marathon	42.2km
22 Jun	Mamre	10km	25 Aug	Blouberg Half Marathon	21km
6 Jul	Eersterivier	15km	1 Sep	Khayelitsha Road Race	21km
3 Aug	Elsies River	10km	20 Oct	Sanlam Cape Town Marathon	42,2km
25 Aug	Blouberg	10km	3 Nov	Landmarks Half Marathon	21.1km
1 Sep	Khayelitsha Road Race	10km	23 Nov	MPTitans Road Race	21km
21 Sep	Bakgat	10km	30 Nov	Winelands Marathon & Half Marathon	21.1km/42,2km
28 Sep	Goodwood Harriers Heritage Challenge	10km	<div>*Red text = Coca Cola League Race</div> <div>CLUB CHAMPIONS</div> <div>The club champions (<i>the fastest time in your age category during the year</i>) will only be decided out of these events!</div> <div>THE SHORT AND THE LONG INCENTIVES WILL NOT BE COMBINED, BUT YOU CAN DO BOTH!</div>		
5 Oct	Kloppers/Nedbank	10km			
23 Nov	MPTitans Road Race	10km			
30 Nov	Sportsmans Warehouse Winelands	10km			
*Red text = Coca Cola League Race					

The Incentives are split into two groups: “**Short** – 10km /15km” and “**Long** – 21km/30km/42km/56km”. To qualify you will need to complete 10 or more runs in each group. You can participate in both groups but can’t combine them. **If a race is cancelled, a reserve race will be allocated.**

This incentive will run from February until November. This incentive is usually a cash award. **NB: THE FASTER YOUR TIME – THE GREATER YOUR INCENTIVE**