

Scottish Athletics Limited
Road Running and Cross Country Commission

scottishathletics ROAD RUNNING GRAND PRIX 2015

scottishathletics is pleased to announce the return of their Road Running Grand Prix for 2015 season.

Established in 2009, the Road Running Grand Prix will incorporate five of Scotland's biggest and best road races – with the Scottish Road Running Championships (5K to marathon) again constituting the 2015 SAL Road Running Grand Prix Series.

The format will be a £2000 prize pot for Male athletes and a £2000 prize pot for Female athletes which will be shared, based on athlete performances across the year.

Athletes will earn 'shares' of their prize pot by running faster than the suggested A and B standards below at each of the races. We hope the standards will motivate our leading athletes to compete against each other regularly and stretch each other to get as many athletes as possible beyond the performance standards.

After the final race of the Grand Prix, the prize pot will be divided amongst the athletes based on the number of shares they have achieved across the race series.

2015	Male		Female	
	A Standard	B Standard	A Standard	B Standard
	5 shares	1 share	5 shares	1 share
Tom Scott 10 Miler (5th April)	50:00	50:40	56:20	57:00
Silverknowles 5k (29th April)	14:35	14:45	16:14	16:24
Stirling 10k (13th September)	30:00	30:20	34:07	34:27
Inverness Marathon (27th September)	2:20:13	2:22:13	2:50:00	2:52:00
Glasgow Half Mara (4th October)	66:00	67:00	76:00	77:00