

Scottish Athletics Limited
Road Running and Cross Country Commission

scottishathletics Tru Wealth ROAD RACE GRAND PRIX 2022

scottishathletics are pleased to announce the return of the **Tru Wealth Road Running Grand Prix** for the 2022 season.

Established in 2009, the Road Running Grand Prix will incorporate four* of Scotland's biggest and best road races – with the Scottish Road Running Championships (5K to half-marathon) again constituting the 2022 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.

Performances which better the A standard listed earn the athlete five shares. Performances which better the B standard listed earn the athlete two shares (of the overall pot at the end of the season).

2022 Event	Male		Female	
	A Standard 5 shares	B Standard 2 shares	A Standard 5 shares	B Standard 2 shares
5km	14:30	14:45	16:20	16:35
10km	30:00	30:30	34:30	35:00
10mile	50:00	51:00	56:20	57:00
Half-marathon	65:00	67:00	76:00	78:00

The scottishathletics road race championship events included in the grand prix are as follows:

- Sunday 3rd April** **58th Tom Scott Memorial 10mile Road Race** - Strathclyde Park, Motherwell
<https://www.tomscottraces.com/>
- Friday 6th May** **Sri Chinmoy Silverknowes 5km** - Silverknowes, Edinburgh
<https://uk.srichinmoyraces.org/scottish5k>
- Sunday 12th June** **Roon the Toon 10km** - Ayrshire Athletics Arena, Kilmarnock
<http://www.roonthetoon.com/>
- Sunday 2nd October** **Great Scottish Run Half Marathon** - Glasgow Green, Glasgow
<https://www.greatrun.org/events/great-scottish-run/>

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.

Linking the prize-money to standards is about improving the quality and depth of road running in Scotland – which may in turn lead to further competition opportunities.

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

**Unfortunately, the Commission has reluctantly decided that there will be no Tru Wealth Scottish Marathon Championships this year after the cancellation of the Stirling Marathon and no suitable alternative.*