

**Scottish Athletics Limited**  
Road Running and Cross Country Commission

**scottishathletics ROAD RACE GRAND PRIX 2023**

scottishathletics are pleased to announce the return of the **Road Running Grand Prix** for the 2023 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 (5km to marathon) again constituting the 2023 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).

2023 Event	Male		Female	
	A Standard 5 shares	B Standard 2 shares	A Standard 5 shares	B Standard 2 shares
5km	14:20	14:35	16:20	16:35
10km	30:00	30:30	34:30	35:00
10mile	50:00	51:00	56:20	57:20
Half-marathon	65:00	67:00	76:00	78:00
Marathon	2:20:00	2:24:00	2:44:00	2:48:00

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

**Sunday 12<sup>th</sup> March**      **Inverness Half-Marathon** - Bught Park, Inverness  
<https://invernesshalfmarathon.co.uk/>

**Sunday 2<sup>nd</sup> April**      **59<sup>th</sup> Tom Scott Memorial 10mile Race** – Strathclyde Park, Motherwell  
<https://www.tomscottroadraces.com/>

**Sunday 23<sup>rd</sup> April**      **TCS London Marathon** – London, England  
<https://www.tcslondonmarathon.com/>

**Friday 5<sup>th</sup> May**      **Sri Chinmoy Silverknowes 5km** – Silverknowes, Edinburgh  
<https://uk.srichinmoyraces.org/scottish5k>

**Sunday 14<sup>th</sup> May**      **Babcock 10km** – Glasgow Green, Glasgow  
<https://www.babcock10kseries.co.uk/>

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