



## AWARD OF NATIONAL COLOURS (2024)

**THE AWARD OF NATIONAL COLOURS IS THE HIGHEST DISTINCTION TO BE AWARDED TO AN ATHLETE AND IS AN HONOUR WHICH MUST BE EARNED ACCORDING TO SPECIFIC CRITERIA AND PERFORMANCE STANDARDS IN MASTERS ATHLETICS AS DETERMINED BY THE EXECUTIVE COMMITTEE FROM TIME TO TIME.**

### PREREQUISITES

1. The athlete must be 35 years or older.
2. The performance claimed must have been achieved by an athlete duly registered with SAMA at the time of the performance.
3. A minimum of 2 (two) years consecutive membership status with SAMA, including the current season, on the date of application.
4. The candidate must have already displayed a positive attitude and behaviour towards Masters Athletics.
5. Formal application on the prescribed form must be made by the province to which the athlete belongs. By submitting the application, the province concerned affirms that it fully supports the award of national colours to the athlete.
6. The candidate must have achieved the national colours standard twice in the same age group, whether twice in the same event, or once each in two different events during 2023 and 2024 only. **No qualification older than 2023 will be accepted.** In the case of the Decathlon and Heptathlon, the standard must only be attained once.
7. National colours can only be awarded **once** per age group.
8. After an athlete has resigned from SAMA and/or has discontinued or interrupted his/her SAMA membership (e.g. injury, relocation overseas, etc.) the athlete must again complete another two years of uninterrupted membership before he/she will be considered for national colours new awards or re-awards.

### RE-AWARDS

A re-award of national colours can only be awarded once per age group and all the prerequisites, i.e. 1 to 8 will apply again.

### ROAD NATIONAL COLOURS

1. Only road races with routes certified beforehand and using electronic timing will be accepted for colours. The route must start and end at the same point or at the same elevation, with judges along the route at the prescribed intervals.
2. The road running/race walking events must be organised by ASA or SAMA e.g. the 10km, 21.1km or 42.2km national road championship. No weekend/fun events will be recognised.
3. Proof of performances on the road must be accompanied by an official results sheet.
4. All other prerequisites as above apply i.e. the standard must have been achieved twice in one distance e.g. 10km, or once in two distances e.g. 10km & 21km in the same age group.

**THE 2024 NATIONAL COLOURS STANDARDS SHALL BE USED AS THE BASIS FOR ASSESSMENT FOR THE AWARD OF NATIONAL COLOURS. DEADLINE FOR APPLICATIONS TO PROVINCIAL SECRETARY IS 31 JANUARY 2025.**