



2024 Harriers Pioneer 8K – High Performance Athletes

COMPLIMENTARY ENTRIES

Athletes who have finished a certified 8 km road race within the last 24 months faster than, or near, a set performance standard may be eligible for a complimentary entry to the Harriers Pioneer 8K.

The standard for 2024 is based on an *age-gender performance percentage using 2020 road factors of 83%*.

The adjacent table provides examples of this time standard for an 8 km race at various ages.

Results meeting an equivalent standard at similar certified distance road races such as 5K or 10K within the same time frame will also be considered.

Age	Male	Female
15	26:08	30:15
20	25:14	28:34
25	25:14	28:34
30	25:14	28:35
35	25:31	28:53
40	26:19	29:33
45	27:22	30:39
50	28:30	32:14
55	29:44	34:08
60	31:05	36:16
65	32:33	38:41

To apply for complimentary entry please submit the *2024 Pioneer High Performance Application Form* to Jeff Beddoes, Race Director, at beddoesjeff@gmail.com.

PRIZE MONEY

A regular prize purse of **\$ 850** is available in 2024 to be distributed as shown below.

Place	Male	Female
1 st Open	\$ 200	\$ 200
2 nd Open	\$ 100	\$ 100
3 rd Open	\$ 50	\$ 50
1 st Master (40+)	\$ 75	\$ 75

Note: Master athletes must have turned 40 years old on or before race day, January 14, 2024 to be eligible for master's prize money. Master athletes can win both open and master's prize money.

An *Event Record Bonus* of **\$ 500** is also available for both men and women should the following times be broken:

- Men's Event Record of **22:58**, set in 1985 by Carey Nelson.
- Women's Event Record of **25:28** set in 2013 by Natasha Wodak.

TRAVEL ASSISTANCE

BC Ferries has kindly provided VIRA with some vouchers good for foot passenger travel. These will be given to eligible elite athletes on a first come, first serve basis. Additional travel assistance is limited to a complimentary shuttle between the Swartz Bay ferry terminal and the event venue, a distance of about 4km, and later return.