



2025 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 2025 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 *2025 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 2025 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 12, 2025 to be eligible for master's prize money. Master athletes can win both open and master's prize money.

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

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