

Ballycotton '10' 2017 Bonuses.

This year, in an effort to raise the elite standard of the race and to celebrate the 40th annual event, there will be added time bonuses for the Ballycotton '10' on March 12th.

Along with the usual first three prizes (€500, €300 and €200) for men and women and the course bonuses of €500 for a new record (men, Gary Staines 47:00; women, Maria McCambridge 54:20) the following bonuses will apply:

Men: If the winner, not breaking the course record, runs inside 48:30 there will be a bonus of €300. All other runners (outside of first three) breaking 50:00 will receive a bonus of €100 along with their prize.

Women: If the winner, not breaking the course record, runs inside 55:30 there will be a bonus of €300. All other women (outside of first three) breaking 58:00 will receive a bonus of €100 along with their prize.

Only one time bonus can apply for both men and women.

While the women's course record has been improved three times by Maria McCambridge in the past five years, in contrast the men's standard has shown little change. In the history of the race, 48:30 has been broken on a total of 29 occasions (including four times by Noel Berkeley).

Yet only two of those 29 times – Charles Kiplgat in 2004 and Dave Mitchinson in 2005 – has been set in the past 15 years so hopefully this year will see an improvement back to the standards of the past.