



Club Standards

Application Form

Name:

DOB:

Category:

Standard Applied For:

Please provide your qualifying times and details in the boxes below:

| Distance | Race | Date of Race | Time | Standard Achieved | Standard Time |
|---------------|------|--------------|------|-------------------|---------------|
| 5K | | | | | |
| 5 Miles | | | | | |
| 6 Miles | | | | | |
| 10K | | | | | |
| 7 Miles | | | | | |
| 8 Miles | | | | | |
| 10 Miles | | | | | |
| Half Marathon | | | | | |
| 20 Miles | | | | | |
| Marathon | | | | | |

All standards and categories can be found on the club website.

All club standards claim forms should be returned the Club Captain & Vice Captain to be reviewed.



Club Standards

- **Why do we have club standards?**

The club standards are designed to give everyone a goal to aim for. It acts as a motivational tool and people can track their own progression from this. Rather than thinking it is all about finishing in the Top 8/Top 4 runners, each individual can set their own targets.

- **How do I qualify?**

To qualify for a standard you must have achieved the standard time for the below:

- **3 category A distances**
- **1 Category B distances**

All times must be achieved at recognized athletic affiliated events with accurately measured courses (no fun runs, cross country or off-road events). All times must be recorded during the calendar year (Jan-Dec) Awards cannot be back dated from previous race times achieved.

To qualify for a Distinction Standard, you must achieve a standard time for all 10 distances

- **Which award will I get?**

The award you get will depend on the times you have achieved. For example, if you achieve all times within the Silver category, you will receive the Silver award. If you were to run 3 Silver standard times with the 4th time being Bronze or below, you will only qualify for the Bronze award.

If you change age category during the season, your times will be based upon the age you were on the day of the race.

- **When do I get my certificate?**

Certificates will be awarded on the club presentation night.

- **How do I apply for my club standard?**

You will need to submit an application form, which can be found on the club website. You will need to provide all qualifying times and the races you completed. This will need to be sent to the Club Captain & Vice Captain to be reviewed and verified.