



# Collingwood AC Club Standards Awards Rules & Explanation



## Club Standards Awards Explanation

- 1) The Club Standards Awards will recognise times set by members for 5km, 10km, 10mile, Half Marathon and Marathon distances run after 1<sup>st</sup> December 2010.
- 2) The times must be set on courses certified as accurate by one of the racing standards bodies such as BAF, RRC, etc.
- 3) Medals are awarded at '*Elite*', '*Gold*', '*Silver*' and '*Bronze*' levels.
- 4) For male members the Awards are granted for the following age-categories; Senior, Vet40, Vet50, Vet60 and Vet70.
- 5) For female members the Awards are granted for the following age-categories; Senior, Vet35, Vet45, Vet55 and Vet65.
- 6) The Club Standards Awards are open to all competing club members, who have paid their annual subscriptions.
- 7) When a new member joins, only races that they compete in after joining the club will count towards the Club Standards Awards.
- 8) The objectives of the Club Standards Awards are:
  - > to encourage members to represent the club in local races;
  - > to encourage members to compete in and support local races; and
  - > to recognise and encourage improvement by members.
- 9) Club members must compete in races wearing a club vest or club top to be granted a Club Standards Award.
- 10) The race time published on the Collingwood Website will be used for the Awards.
- 11) If a race result is given using a 'Chip Time' and a 'Gun Time', then the 'Chip Time' will be used for the Awards.

## **Achieving an Award**

- 12) A club member nominated by the committee will administer the Club Standards Awards.
- 13) The member must advise the Awards Administrator in person or by email that they have achieved a new standard for their age group.
- 14) The awards are for:
  - > Any New Personal Best that falls within the set standards; or
  - > Any New age category achievements falling within the set standards.
- 15) If a runner has previously reached a standard for a set distance they can only be awarded a medal of a standard above the one that they already have. That is they cannot receive a gold award first and then a bronze.
- 16) The medal will usually be awarded at the next appropriate club night.
- 17) Regular updates on the Awards will be shown on the Club Website and in the Club Newsletter.
- 18) If there is any dispute this will be brought up at the next committee meeting where the Committee's decision will be final.

## Club Standard Awards – Male Standards

- 19) The following table sets out the times required by male members to be granted a Club Standard Award. Revised 01/05/13.

Men		Elite	Gold	Silver	Bronze
5km	Senior	00:16:32	00:17:55	00:19:32	00:21:30
	V40	00:17:30	00:18:57	00:20:41	00:22:45
	V50	00:18:54	00:20:29	00:22:20	00:24:35
	V60	00:20:34	00:22:16	00:24:17	00:26:44
	V70	00:22:36	00:24:29	00:26:43	00:29:22
10km	Senior	00:34:25	00:37:16	00:40:42	00:44:45
	V40	00:36:25	00:39:28	00:43:02	00:47:21
	V50	00:39:20	00:42:38	00:46:30	00:51:09
	V60	00:42:48	00:46:20	00:50:36	00:55:38
	V70	00:47:02	00:50:58	00:55:34	01:01:08
10 miles	Senior	00:56:55	01:01:40	01:07:15	01:14:00
	V40	00:59:40	01:04:36	01:10:28	01:17:31
	V50	01:04:37	01:10:00	01:16:22	01:24:00
	V60	01:10:30	01:16:23	01:23:20	01:31:40
	V70	01:17:38	01:24:06	01:31:48	01:40:56
Half Marathon	Senior	01:15:55	01:22:15	01:29:46	01:38:45
	V40	01:19:05	01:25:40	01:33:28	01:42:49
	V50	01:25:50	01:33:00	01:41:27	01:51:36
	V60	01:33:50	01:41:40	01:50:54	02:02:00
	V70	01:43:30	01:52:08	02:02:20	02:14:34
Marathon	Senior	02:40:05	02:53:25	03:09:10	03:28:20
	V40	02:44:10	02:57:50	03:14:00	03:33:20
	V50	02:58:50	03:13:48	03:31:10	03:52:26
	V60	03:16:20	03:32:40	03:52:00	04:15:17
	V70	03:37:50	03:55:50	04:17:30	04:43:08

## Club Standard Awards – Female Standards

20) The following table sets out the times required by female members to be granted a Club Standard Award. Revised 01/05/13.

Women		Elite	Gold	Silver	Bronze
5km	Senior	00:18:58	00:20:34	00:22:26	00:24:40
	V35	00:19:10	00:20:46	00:22:38	00:24:54
	V45	00:20:22	00:22:04	00:24:04	00:26:28
	V55	00:22:55	00:24:50	00:27:05	00:29:47
	V65	00:26:22	00:28:34	00:31:10	00:34:18
10km	Senior	00:38:52	00:42:08	00:45:56	00:50:32
	V35	00:39:16	00:42:32	00:46:25	00:51:03
	V45	00:41:44	00:45:14	00:49:20	00:54:15
	V55	00:46:58	00:50:50	00:55:30	01:01:02
	V65	00:54:02	00:58:32	01:03:56	01:10:17
10 miles	Senior	01:03:40	01:09:00	01:15:15	01:22:45
	V35	01:04:20	01:09:40	01:16:00	01:23:37
	V45	01:08:22	01:14:00	01:20:50	01:28:51
	V55	01:16:56	01:23:20	01:30:56	01:39:58
	V65	01:28:30	01:35:52	01:44:44	01:55:07
Half Marathon	Senior	01:24:25	01:31:25	01:39:42	01:49:38
	V35	01:25:10	01:32:20	01:40:40	01:50:47
	V45	01:30:32	01:38:04	01:47:00	01:57:45
	V55	01:41:56	01:50:26	02:00:20	02:12:28
	V65	01:57:20	02:07:06	02:18:36	02:32:33
Marathon	Senior	02:53:30	03:08:00	03:25:10	03:45:35
	V35	02:56:22	03:10:50	03:28:10	03:49:10
	V45	03:13:46	03:29:40	03:48:50	04:11:46
	V55	03:40:20	03:58:40	04:20:24	04:46:35
	V65	04:15:44	04:37:20	05:02:14	05:32:38