



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 1st 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.

Male Members		Elite	Gold	Silver	Bronze
5km	Senior	16:30	18:00	19:30	21:30
	V40	18:00	19:30	21:00	23:00
	V50	19:00	20:30	22:00	24:30
	V60	20:30	22:00	23:30	26:00
	V70	22:30	24:30	26:30	29:00
10km	Senior	34:00	37:00	40:00	44:00
	V40	37:00	40:00	43:00	47:00
	V50	39:00	42:00	45:00	50:00
	V60	42:00	45:00	48:00	53:00
	V70	46:00	49:00	52:30	58:00
10 miles	Senior	59:00	1:03:00	1:07:00	1:12:30
	V40	1:03:00	1:07:00	1:11:00	1:16:30
	V50	1:06:00	1:10:00	1:14:00	1:21:00
	V60	1:10:00	1:14:00	1:18:00	1:25:30
	V70	1:15:00	1:19:00	1:23:30	1:31:30
Half Marathon	Senior	1:17:00	1:22:00	1:27:00	1:34:00
	V40	1:22:00	1:27:00	1:32:00	1:39:00
	V50	1:26:00	1:31:00	1:36:00	1:45:00
	V60	1:31:00	1:36:00	1:41:00	1:51:00
	V70	1:36:30	1:41:30	1:47:30	1:58:00
Marathon	Senior	2:45:00	2:55:00	3:05:00	3:20:00
	V40	2:56:00	3:06:00	3:16:00	3:31:00
	V50	3:06:00	3:17:00	3:28:00	3:49:00
	V60	3:17:00	3:29:00	3:40:00	4:03:00
	V70	3:30:00	3:44:00	3:56:00	4:22:00

Club Standard Awards – Female Standards

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

Female Members		Elite	Gold	Silver	Bronze
5km	Senior	18:30	20:00	22:00	24:00
	V35	20:00	21:30	23:30	25:30
	V45	21:00	22:30	24:30	27:00
	V55	22:30	24:00	26:00	28:30
	V65	24:30	26:30	29:00	31:30
10km	Senior	38:00	41:00	45:00	50:00
	V35	41:00	44:00	48:00	53:00
	V45	43:00	46:00	50:00	56:00
	V55	46:00	49:00	53:00	59:00
	V65	50:00	53:00	57:30	1:04:00
10 miles	Senior	1:05:00	1:09:00	1:15:00	1:23:30
	V35	1:09:00	1:13:00	1:19:00	1:27:30
	V45	1:12:00	1:16:00	1:22:00	1:32:00
	V55	1:16:00	1:20:00	1:26:00	1:36:00
	V65	1:21:00	1:25:00	1:31:30	1:42:00
Half Marathon	Senior	1:26:00	1:32:00	1:40:00	1:50:00
	V35	1:31:00	1:37:00	1:45:00	1:55:00
	V45	1:36:00	1:42:00	1:50:00	2:01:00
	V55	1:42:00	1:48:00	1:56:00	2:08:00
	V65	1:47:30	1:53:30	2:02:30	2:15:00
Marathon	Senior	3:05:00	3:19:00	3:35:00	3:52:00
	V35	3:16:00	3:30:00	3:46:00	4:05:00
	V45	3:27:00	3:42:00	4:04:00	4:28:00
	V55	3:38:00	3:55:00	4:18:00	4:44:00
	V65	3:51:00	4:10:00	4:34:00	5:03:00