



# Club Standards Handbook

May 2015

## Aims

The aim of the club standards is to allow runners to test themselves against an age and gender-graded set of performance standards for a variety of distances. The standards cover the 6 key racing distances of

- 5k
- 5 miles
- 10k
- 10 miles
- Half Marathon
- Marathon

The standards break these distances down into 7 qualifying times; Super Platinum, Platinum, Diamond, Gold, Silver, Bronze and Challenge. The qualifying times for each distance are published on the web site and are available from club officials and on the club noticeboard. The qualifying times do not change over time.

Runners achieving a standard qualifying time are announced prior to the Tuesday night regular club run, and may receive an award at the end of the year (see Annual Awards later).

## Making a Claim

Claims are not automatic – a runner must make a claim to achieve a standard. Claims are made by emailing the administrator whose email address is shown on the website. Runners making a claim should state their

- Name
- Standards Age Group
- Race
- Finishing Time

The administrator cross will check with the qualifying times and record a Standard on the web site, the claimant has their standard confirmed by email and inform the Club Chairman so it can be announced at the next club meeting. Runners should not claim a standard for a distance for which they already have the same or higher standard, within their age group, only if they achieve a better standard than has already been recorded for them.

Runners may only claim for races they ran during their membership of the club. It is not necessary to have registered for the race as a Werrington Jogger or run the race in club colours. Races must be certified for competition, measured and results publically available. The Peterborough Parkrun is also accepted for standards claims, but no other Parkrun will be accepted.

When referencing the Standards table the runner must beat or equal the qualifying time listed in order to claim that standard. For instance, in order for a runner to claim a Men's Under 40 Platinum Marathon Standard they must equal or beat (run faster than) the indicated time.

<b>Marathon</b>		
<b>Standard</b>	<b>Under 40</b>	<b>40 - 44</b>
<i>Super Platinum</i>	2:30:00	2:40:00
<i>Platinum</i>	2:50:00	3:00:00
<i>Diamond</i>	3:10:00	3:20:00
<i>Gold</i>	3:30:00	3:40:00
<i>Silver</i>	3:40:00	3:50:00

The only exception to this is the Challenge achievement which can be claimed by any runner finishing that distance in a race, irrespective of their finishing time.

Claims can be made at any time, but runners are strongly encouraged to make a claim for achieving a standard in the same year that the race was held in, in order to ease administration. Claims cannot be made against races where the runner was in a different age category to the current one on the day of the race.

## Age Groups

The age groups for club standards are similar to the age groups used in other competitions, however unlike other competitions the age group under which a runner makes a claim is their age on the date of the race.

Since the qualifying times for standards differ from one age group to another, once a runner has a birthday which takes them from one age group to another, their current standards are re-set. A runner who was previously a Silver Standard 10k runner who turns 40 years old can now re-qualify as a Silver (or different) Standard runner again using the qualifying times that pertain to their new age group. As with the process for making a claim, this age group administration is not automatic and runners are asked to make it clear the administrator when making the first claim in a new age group that they have changed age group, so that previous claims can be re-set.

## Administration

The current standards achieved by runners are shown on the club website. They are also available by email by request, using the email address shown on the website. It is possible that administrative errors creep in from time to time, and in the first instance corrections can be sent to the standards administrator by email. In more complex cases of a dispute any decision in respect of awards of Standards to members can be appealed to the Committee and Chairman whose decision will be final.

All claims for standards in a calendar year must be made by the Closing Date given on the website in order to be considered for annual trophies in that year. The Closing Date is typically 1<sup>st</sup> December.

The Club Standards are not a record of Personal Best times and the register of standards achieved will not be updated to reflect new Personal Best times unless they take the runner into a new qualifying standard.

There is no archive kept for previous years Standards.

## Annual Awards

Claims that are made by runners in the course of the year are recognised at a special awards evening by awarding two different types of trophy; a Triplet and a Super 6. These trophies are awarded in the year in which the runner qualifies for them.

Runners do not need to apply for a trophy – the administrator will consult the claims made during the year to work out which trophies have been qualified for after the annual Closing Date.

### The Super 6

The Super 6 is intended to recognise the breadth of achievement of a runner who can compete in races at the whole range of distances.

Any runner who has made standards claims for all 6 qualifying distances will be awarded a Super 6 Trophy. This award is given irrespective of the qualifying times and is given in the year on which the runner makes their 6<sup>th</sup> claim. All claims must be for different distances and the trophy cannot be re-awarded to the same runner until they change age group. Claims made for standards in an earlier age group do not count towards the six qualifying races – they must all be within the same age group.

### The Triplet

The Triplet Trophy is intended to recognise runners who achieve a minimum athletic standard in three different distances.

Any runner who has made standards claims at 3 different distances will be awarded a Triplet Trophy in the year they make their 3<sup>rd</sup> claim. All claims must be for different distances and within the same age group. Claims made for standards in an earlier age group do not count towards a Triplet Trophy.

A Triplet Trophy is awarded at the lowest level of the three standards claims which make it up; for example a runner with two Silver and one Bronze Standard Claim will be awarded a Bronze Triplet.

Once a claim for a distance has been used in support of a Triplet Trophy the claim cannot be used in support of another Triplet Trophy until either the runner changes age group (in which case all existing claims are re-set) or the runner claims a faster Standard for that distance.

The Standards which contribute towards a Triplet Trophy are those which are the highest achieved by the runner for the distance on the annual Closing Date. A runner progressing from Bronze to Silver standard for a distance in a single year will have their Silver standard used to support their trophy.

Once a specific Standard has been used in support of a Triplet Trophy that Standard will not be used again to support a new Triplet Trophy in any combination.

#### CLARIFICATIONS

A runner making a series of claims during a three or four year period can often lose track of what Award they will qualify for in the coming year. Contacting the administrator in the first instance is

the best way to get clarification. The following scenarios may be useful in understanding the system of awards.

#### STEADY RUNNER

A runner sends in a series of four Standards Claims over two years, all for different distances and all at Bronze Standard. In the year of their third claim they will be awarded a Bronze Triplet. The runner must run those distances at a better standard in subsequent years to claim them as new standards.

#### NEW RUNNER

A runner changes age group and starts with no Standards. They run all six distances in the same year at Silver standard. They are awarded two Silver Triplet awards and one Super 6. The next year they run the same 6 distances, 3 at Silver and 3 at Gold. In that year they are awarded a Gold Triplet – their other three Silver standard times are not better than they have already achieved in their age group so don't qualify as new standards.

#### IMPROVING WITH AGE RUNNER

A runner changes age group and starts with no Standards. They run 3 races at Bronze in the same year and are awarded a Bronze Triplet. Next year they run 2 of the same races, and one at a new distance, all three at Silver standard. In that year they are awarded a Silver Triplet for their three new Silver standards.

#### OCCASIONAL RUNNER

A runner makes a Silver standard claim during a year. Next year at a different distance they make another Silver standard claim. The third year they make a new claim at the same distance, but now at a better Gold standard. In the fourth year they make a new Silver claim for a completely different distance. In the fourth year they are awarded their Silver Triplet.