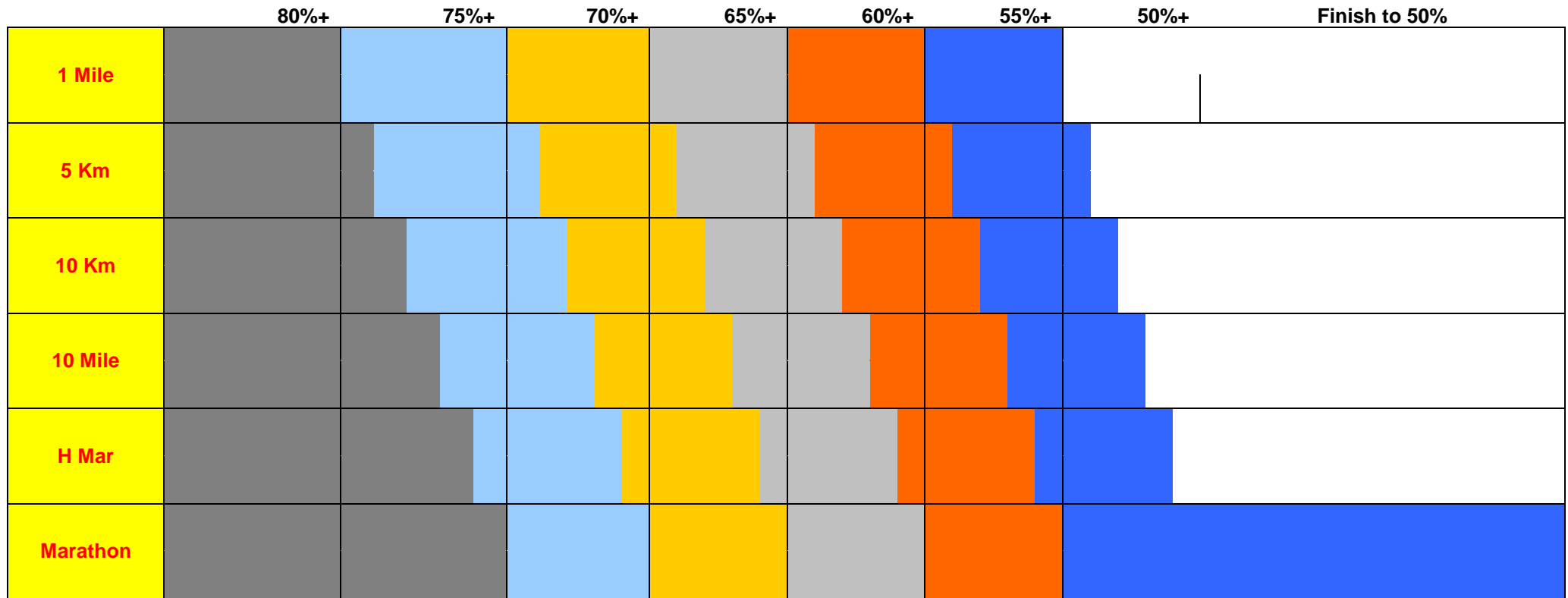


# HOW THE NEW AWARD SCHEME WORKS

AWARD SCHEME QUALIFYING %'S OF WR FOR AGE AND SEX



\* There are now 6 levels of awards

\* The awards are based on the percentage of your run to the world record at that distance for your age and sex.

\* The staggered award bands over distance reflect the achievability for a similar level of ability

\* As you will be awarded in relation to your age, the standards required to achieve each level will change on your birthday each year.

\* A full table for each age and sex group will be available to view on the club website



*example: a 47 yr old woman runs a half marathon in 1hr 58mins, the world leading time for 47 yr old females is 1hr 12mins 2 secs which is 61.04% (72.03/118 minutes) of her time, she therefore narrowly gains a **silver** award for that run.*