



KINROSS ROAD RUNNERS

Club Standards

Introduction

Club standards are a set of target times for members to aspire to. They are set over 6 race distances - 5k, 5 miles, 10k, 10 miles, Half-Marathon and Marathon – and are graded from Bronze, through Silver and Gold to Diamond.

The Standards are set in age group bands – Open, V40, V45, V50, V55, V60, V65, V70, V75, V80 and V85+

In order to achieve a Standard, members need to record a time equal to, or faster than, the target time in 4 of the 6 distances. Members do not need to record all 4 times in a single calendar year but have until they move up an age category.

Awards will be made at the Annual Presentation Evening to members achieving a qualifying time in 4 of the 6 distances. Where different standards are achieved across the distances, the award will be at the lowest level achieved. The award will only be given once in the qualifying age group although a further award will be presented where a member subsequently achieves a higher level.

Rules

It is the members' responsibility to submit their times when they achieve a qualifying mark via the form on the website.

Times are to be submitted in whole seconds, rounded down. These should be the official chip time. Personal times may be considered for "gun to chip" races, where these are not wildly different from the official time.

Races must be run over an accurately measured course. For the 5k distance, any Parkrun will be accepted.

Age groups are based on your age on race day.