

Calderglen Harriers Performance Award/pb Claim Form

Name:

Date of Birth:

Date of Race	Age on Day of Race	Distance	Event	Official Time	Standard Time	pb (Y/N)	Notes

Notes

Qualifying Distance: 5k/10k/10Mile/Half-Marathon/Marathon

Course Officially Measured: Please endeavour to obtain verification from the event organisers that the course is accurate and append evidence.

Official Results: Please append a copy of the official results with your time highlighted. Also provide the address to the results web site if available.

Standard Time: For the absolute or age group performance standard, please refer to the Standards Tables

pb: Please fill in your pb record form with as much historic data as you can remember so that pb's can be easily verified.