

Calderglen Harriers Performance Award Rules

1. The Season

- a. The season starts on 1st October each year and finishes on 30th September the following year.
- b. The 2008 awards will be backdated to start from October 1st 2007 running through to September 30th 2008.

2. Eligibility

- a. Only fully paid up members of the Harriers are eligible. This means that Harriers and Sports Club fees must be fully paid up by the end of January of the current season or alternative payment arrangements agreed with the committee.
- b. To demonstrate a real commitment to the club, eligibility requires completion of any two of the following four conditions:
 - i. that a minimum of approximately 50% of all club training sessions are attended throughout the season (Monday and Thursday sessions only to count)
 - ii. participation in a minimum of five (5) Calderglen Harriers Grand Prix events throughout the qualifying season
 - iii. participation in a minimum of 4 Calderglen Harriers' team events (relay, road or cross-country) at Championship level (District, Scottish or British) throughout the qualifying season.
 - iv. Assistance or participation in at least one Calderglen Harriers running event such as Trail Race, West Highland Way, Trossachs Training Camp or in the general running of the club.

3. Qualifying Races

- a. Any road or track 5k, 10k, 10mile, half marathon and marathon race.
- b. The races must be on accurate courses (either officially measured or verified by checking the times of other well known competitors in the race).
- c. Trail or cross-country races are not acceptable due to the difficulty in accurately measuring such courses.

4. Declaration of Results

- a. Official results only to count.
- b. Results must be submitted on the declaration form.
- c. Results to be submitted to any member of the Awards' Committee.
- d. A print out of the official results must be submitted with the declaration form.
- e. It is each Harrier's responsibility to obtain a copy of the official results for any race which they are declaring for an award.

- f. It is each Harrier's responsibility to obtain confirmation from the event organiser or otherwise that the course is accurately measured and to present the evidence with their results declaration.
- g. Results must be submitted in good time to enable awards to be prepared and certainly no later than the end of the qualifying season (30th September).

5. PB's

- a. Beginners or members without a previous results profile at a specific distance must run three qualifying races at each distance before that distance can count for a PB (i.e. 3 x 5k races must be run and the official results submitted before a 5k PB can be set on the third or subsequent 5k). The exception to this rule is the marathon distance where a PB can be established from the second marathon onwards. The 3 qualifying races can take place within the current season or anytime in the 2 years prior to the start of the current season.
- b. On entering a new 5 year age group (V35 onwards), the new target PB is based on your previous age group PB **plus** 1%. This rule does not apply to U20 to U23 to senior progression.
- c. A summary of your existing absolute and current age group PB's at each race distance must be submitted to the Awards' Committee before any new PB's can be considered.
- d. It is at the Awards' Committee's discretion to judge whether the progression in PB's is genuine and hence is eligible for consideration. i.e. we will reject any PB's where there is suspicion of throwing an event to give an impressive improvement on the next event.

6. Awards

- a. An award is given for any combination of THREE Gold, Silver or Bronze Performance Standards or THREE PB's which must be achieved at THREE different distances (e.g. 5k, 10k and 10 miles) in the same season.
- b. The award (Gold, Silver or Bronze) associated with each possible combination of Performance Standards/PB's are listed in the Award Table.
- c. Performance Standards are listed in the Performance Standard Tables.
- d. A maximum of one Performance Standard and one PB award can be obtained per person per year.
- e. The Awards' Committee's decisions on awards are final.
- f. The awards will be in the form of specially commissioned and engraved Calderglen Harriers medals.
- g. Where possible, a prize fund will be established. If finances allow and at the discretion of the Harriers Committee, voucher/cash/goods awards may also be made.
- h. Awards will be presented at the annual club dance in October or at an alternative Harriers event in the autumn.

7. Awards' Committee

- a) A small committee will be formed to collect and assess the performance and PB information from the members on a regular basis. The initial members of this committee will be:
- i) Scot Hill
 - ii) Alan Derrick (Coach)
 - iii) Russell Couper (Race Secretary)

Award Table

The award (standard or pb) is based on the following system:

Gold = 1 point

Silver = 2 points

Bronze = 3 points

An award is based on 3 events as described in Rule 6a. To calculate the award, the average of the points for the 3 events is calculated and rounded to the nearest whole number. For example

Example 1

Event 1: Gold Standard = 1 point

Event 2: Gold Standard = 1 point

Event 3: Bronze Standard = 3 points

Average = 1.7 which rounds to 2. Hence a Silver award is achieved.

Example 2

Event 1: Gold Standard = 1 point

Event 2: Gold Standard = 1 point

Event 3: Silver Standard = 2 points

Average = 1.3 which rounds to 1. Hence a Gold award is achieved.