

**PB Standards****Table 2: Absolute Personal Best Awards**

Awarded for achievement of an all-time best performance during the season.

<b>PB Standard</b>	<b>Improvement Level</b>	<b>Notes</b>
Bronze	<1%	e.g. <12 seconds off a 20 minute 5k pb, <2min 24s off a 4 hour marathon pb.
Silver	1% to 2%	e.g. 12 to 24 secs off a 20 minute 5k pb, 2:24 to 4:48 off a 4 hour marathon pb
Gold	>2%	e.g. > 24 secs off a 20 minute 5k pb, > 4:48 off a 4 hour marathon pb

**Table 3: Age Group Personal Best Awards**

Awarded for achievement of an age group best performance during the season.

<b>PB Standard</b>	<b>Improvement Level</b>	<b>Notes</b>
Bronze	<1%	e.g. <12 seconds off a 20 minute 5k pb, <2min 24s off a 4 hour marathon pb.
Silver	1% to 2%	e.g. 12 to 24 secs off a 20 minute 5k pb, 2:24 to 4:48 off a 4 hour marathon pb
Gold	>2%	e.g. > 24 secs off a 20 minute 5k pb, > 4:48 off a 4 hour marathon pb