

# WREAKE RUNNERS

## CLUB STANDARDS CLAIM FORM 2016

(Club Standard Time Period, 1st Nov 2015 to 31st Oct 2016)



**Members Full Name**

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**Male / Female**

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**Date Of Birth**

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**Age Group**

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*Age at the Start of Year*

**Standard Achieved**

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*5 or above = Standard*

**Distinction Achieved**

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*9 or above = Distinction*

Distance	Race	Date of Race	Time (Chip or Gun)	Standard Achieved	Standard time
<i>Example</i>	<i>Swithland 6</i>	<i>7th June 2015</i>	<i>00:37:44</i>	<i>Silver</i>	<i>00:39:09</i>
5 k					
5 miles					
6 miles					
10 k					
7 miles					
8 miles					
10 miles					
Half Marathon					
20 miles					
Marathon					

**All Club Standards Claim Forms Should Be Handed to Scott Beasley by 31st Oct 2016.**

**Please refer to the Wreake Runners Website for the Standard Times For your Age Group.**

**The Committees Ruling on any Times or Race authenticity will be final.**

*To qualify for an award, you need to achieve the same standard at 5 different distances in one year. You can only qualify for the award of one standard level in any one year. Any properly measured & certified road race can count - you are not limited to championship counters or club supported races. The time achieved must equal or better the standard time. Your time should be taken from the official race results.*