

## **STILTON STRIDERS CLUB STANDARDS**

### **RULES**

To qualify for an award you need to achieve the standard time in three different distances in one year. You can only qualify for the award of one standard in any one year. Any properly measured and certified road race can count. The time achieved must equal or better the standard time. Your time should be taken from the official race results. Once you have achieved and submitted particular standard levels within an age group, you can only improve on it by achieving the next level in a future year. When you change age categories you may apply for any standard within your new age group.

The scheme will start on the December 1<sup>ST</sup> each year and finish on November 30<sup>th</sup> the following year, so please start to note your race times ready to submit for the Standards Awards. When you have achieved a standard please forward details to the Awards coordinator.

Awards will be presented at the club dinner held in December.