



## CLUB AWARDS SCHEME

Earning a Falmouth Running Club (FRC) award is an impressive but manageable achievement for many runners in the club. The awards give runners an incentive to improve their race times and they are also a useful training tool to monitor progress. We will trial the awards scheme this year and will run from 1st April 2024 to 31st March 2025. If successful it will be continued. Awards will probably be given out at the AGM in April 2025.

The awards are age-graded, making them fairer and achievable for more members. Your age category is your age on race day. Therefore, if your birthday means you change age category part way through a year, races run before your birthday must meet the times of the lower age category, but the next age category times apply achieved after your birthday.

There are 6 distances from which to choose, and to qualify for an award you must achieve the required time, (or completion for the Serpentine award) for at least 4 different distances within the year 1st April to 31st March the following year.

The committee decision on whether a course is deemed to be accurately measured is final. However, we generally accept parkrun times for 5k standards.

The award times have been calculated with a consistent formula that approximately the following World Masters Athletics (WMA) age grades:

Diamond - 80%

Platinum - 75%

Gold - 70%

Silver - 65%

Bronze - 60%

Copper - 55%

Tin - 50%

Serpentine - Complete race in any time.

It is your responsibility to check if you have achieved a qualifying time of the award level you are aiming for and it is also your responsibility to submit your results for verification and approval.

Email your results to [falmouthrunningclub@gmail.com](mailto:falmouthrunningclub@gmail.com) with the email titled 'Awards submission'.