

# WEST END RUNNERS

## CLUB STANDARDS CLAIM FORM



Members full name: \_\_\_\_\_

Male/female: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Age Group: \_\_\_\_\_

(Age at start of the year)

Standard Achieved: \_\_\_\_\_

(5+ distances = Standard)

Distinction Achieved (Y/N): \_\_\_\_\_

(9+ distances = Distinction)

Distances	Race	Date of Race	Time (Chip or Gun)	Standard Achieved	Standard Time
<i>Example</i>	<i>Desford 6</i>	<i>6/4/14</i>	<i>43:25</i>	<i>Silver</i>	<i>43:30</i>
<b>5k</b>					
<b>5 miles</b>					
<b>6 miles</b>					
<b>10k</b>					
<b>7 miles</b>					
<b>8 miles</b>					
<b>10 miles</b>					
<b>Half Marathon</b>					
<b>20 miles</b>					
<b>Marathon</b>					

Please refer to the West End Runners website for the standard times for your age group

The Committees ruling on any times or race authenticity will be final

All club standards claim forms should be returned the club standards officer.