

Ivanhoe Runners Club Handbook 2013



Welcome to Ivanhoe Runners

Welcome to Ivanhoe runners and the new club handbook that has been designed for new members and seasoned Ivanhoe Runners alike. Here we aim to provide newcomers with all the information needed to get the most out of running with us and to settle quickly into the club. For all members, new and old, we hope it will act as a single resource to answer those tricky questions on etiquette and detail that inevitably crop up from time to time. For each section we have provided a summary of the latest information followed by a series of Frequently Asked Questions (FAQ), which should hopefully cover all your queries.

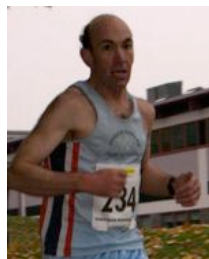
We are governed by a short constitution (included as appendix 1) but don't have many rules or regulations. The ethos of the club is centred on encouraging the enjoyment of running for personal satisfaction, friendship and the achievement of individual and team goals and as such this handbook is intended to inform not dictate. We hope that you find it useful and welcome any feedback, if you have any questions not answered here then please contact any of us and we will be happy to help.



Kev



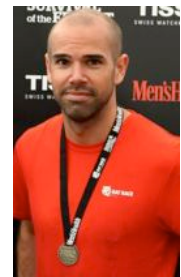
Julia



Martin



Alan



Nick



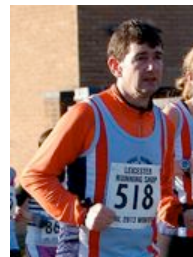
Heather & Laura



Phil



Ruth



Andy



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History

Ivanhoe Runners was started in 1985 by a small group of runners in Ashby-de-la-Zouch. Some of the founders are still members of the club today. We cater for a wide range of abilities and club nights often consist of many different paced groups, ranging from over 10-minute to sub 6-minute mile runners.

Membership

To become a member of Ivanhoe Runners, you will need to complete a membership application form attached to this handbook. Once completed, the form should be handed to a member of the committee. Your subscriptions should be paid by March each year and fees are currently £30 per year. If you join after the July 1st you will pay only two thirds of the fee (£20) in respect of the year joining and new members joining after Nov 1st in any year shall pay one third of the fee (£10) for the remainder of the year. A reduced fee for student membership is also available. Your membership is registered with England Athletics as a member of Ivanhoe Runners. Your subscription should be kept up to date if you wish to enter any race and claim affiliation to Ivanhoe Runners. When your membership expires, you will also be de-registered with England Athletics and will no longer be able to claim affiliation.

“Why I became an Ivanhoe Runner”

This is my story and journey about how I became a member of Ivanhoe Runners, truly one of the best things I've ever done. Two years ago, I was a twenty a day smoker, didn't exercise and had no thoughts or care about what I ate. With my forties fastly approaching I knew changes had to be made. In my first year of non-smoking I put on two and a half stones so I had to start exercising. My friend at work convinced me to give running a go – it was hard at first but I soon got the bug. Shortly I will be doing my first half marathon and have lost the weight I put on. This is down to the continued support of the club through offering advice and training tips to all level of runners. They make you feel welcome and part of the club from day one. If I can do it anyone can, so come down – you won't regret it.

Ivanhoe Robins

Children are catered for by our junior section, the Ivanhoe Robins. The Ivanhoe Robins is “Club Mark” accredited and is aimed at children from the age of 7 - 17. This popular club has a waiting list for membership, but children of Ivanhoe Runners are given priority. Should you have children who are interested, or would like to try running, then the Robins could well be for them. Please ask a member of the committee for details, visit the Ivanhoe Robins website at <http://ivanhoerobins.weebly.com/> or contact the Robins by email: info@ivanhoerobins.co.uk.



Winning Teams!

Training

We meet every Wednesday and Friday evenings at 7pm at Hood Park Leisure Centre for a variety of routes including road and cross-country. More details of training night routine including etiquette and FAQs is given below.

Training night etiquette and FAQ

Wednesday night – winter

This has become the most popular training evening and to ensure that everyone is able to get a good run in with those of a similar pace we are keen to re-introduce a little more structure. Please meet in the foyer of Hood Park at 7pm to start running at 7.15 prompt. This gives 15 minutes to gather into pace groups and warm up. Pace group bibs for the following minute per mile paces: 7, 7.5, 8, 8.5, 9, 9.5 and 10 min/mile will be made available and volunteers will be needed each week to lead groups. There are likely to be 3 or 4 groups depending on attendance and the most appropriate pace for each group will depend on the speed of those present and should be agreed before setting off. Whenever possible all groups should run along the same Ashby winter route at their appropriate pace. This will enable runners struggling to keep up the pace to drop back to a slower group or faster runners to move up a group. Pace group leaders should stop at various points along the route to allow slower/ less experienced runners to rest and/or regroup. The full winter route is approximately 7.5 miles but there are various opportunities to shorten the route to accommodate everyone's training needs.

Wednesday night - summer

During the lighter summer months there is usually the opportunity to run off road on footpaths and trails for a variety of distances. Often everyone will run together as there are natural opportunities to stop and re-group at stiles and gates. Further information about summer training will be given nearer the time.

Friday night training

Whilst the popularity of Friday club nights has been overtaken by Wednesdays, this remains our traditional club night and is a good opportunity for a more informal run followed by a pint or two in the Hood Park bar. Again meet in the foyer of Hood Park at 7pm to set off running at 7.15pm after deciding on appropriate routes and groupings. After the run you are welcome to shower and then meet up in the upstairs bar.

Training nights FAQ:

1. What should I wear?

Road shoes and bright, reflective high visibility gear to ensure that you can be safely seen by traffic at all times.

2. What if I am faster than the pace group that I set off with?

Faster runners are encouraged to loop back at suitable intervals to keep the pace group together and to pause at set points to re-group. If you are consistently faster than your pace group then it is probably time to move up a group.

3. What if I am struggling to keep up with the group?

The group leader will wait at set points along the route to re-group. If you are unable to keep up then you may prefer to drop back and run with a slower group.

4. What if I don't want to do the full route?

There will usually be others within the group who are looking to run a similar distance. Talk to those that you are running with and work out between you who will return to Hood Park at which point. Try to always ensure that no one is left to run alone.

5. Who will be leading the pace groups?

Everyone who is familiar with the route is encouraged to volunteer to lead a pace group and these will work best if different people volunteer each week to share the responsibility.

Coaching

We are fortunate to have qualified coaches amongst our members. Coaching and specific training sessions for example speed or interval training are currently arranged on an ad hoc basis. For 2013, however, we are hoping to offer more formalised sessions to meet demand and will release more information via the newsletters, website and Facebook page.

Racing and Leagues

We participate in various leagues principally the Leicestershire Road Running League LRRL (winter and summer), the Derby Runner Cross Country League (winter) and the Burton and District Summer League. You don't have to commit to participating in races but all are very welcome, whatever your level of experience. You will find that taking part in races is a great way to have fun, bond as a team and improve your running ability so we would encourage you all to have a go. Here you will find details of racing etiquette and FAQs.

LRRL - Winter

These races take place on Sundays usually at 10.30 at various venues across the county. These are closed races only available to members of Leicestershire running clubs. Most runners pay a £3- £4 entry fee but registration fees for all Ivanhoe Runners are paid for by the proceeds of the Ashby 20 race (more of that later). All you need to do is to turn up in your club vest and report to the club table usually found in the main hall of the host venue. The first time you run you will be given a LRRL number which you will need to keep for all winter LRRL races. You will also be given a chip to attach to your laces which should be returned to the table after the run.

LRRL - Summer

These are held mainly on Sunday mornings with an occasional Weds eve race. The summer races are open to all runners and are not subsidised by the club so you will need to enter each race yourself and pay the small entry fee. Details for each race will be given on the club website and Facebook page.

LRRL FAQ:

1. Could you explain the individual and team scoring rules?

These are quite complicated but are explained in the LRRL constitution (appendix 2). The important points are copied here:

“9.1 Individual scoring:

a) In each Winter and Summer League, points shall be awarded to each individual finishing a race as follows:

Men and Women 500 points, 2nd. Men & Women 499 points and so on.

b) For individual League points, the total of the best four results shall count in the overall League placing.

c) If runners have equal total scores the following tests are applied to these best 4 results up to the point where it is possible to separate individual runners:

(i) comparisons of best results;

(ii) comparisons of head-to-head results.

If the above tests do not separate runners a tied result is declared.

9.2 Team scoring and League structure:

a) Each Winter and Summer League men’s competition shall consist of three divisions, the first comprising the top seven Clubs (Men and Men Vets), the second division comprising the next best seven and the third division comprising the remainder. Women’s teams shall consist of three divisions, the first comprising the top 10 teams, the second division comprising the remainder of the teams and the third division comprising all Women’s Vet teams.

b) All races will count into the total team points for the combined (Winter and Summer League) Club positions.

c) Teams shall score in each race using individual League points as follows:

Men - first eight for each Club (including vets).

Women – up to two teams of four for each Club

Men Vets - first four for each Club.

Women Vets – first three for each club

- d) *On the basis of the above team total for each race, the winning team in each Men's or Vet's division will score 20 points, second team 17 points, third team 15 points, fourth team 14 points and so on downwards. In the Women's League points will be 25, 22, 20 19, 18 etc. In the event of an equal score between Clubs on this basis of team points, then the aggregate individual totals as above will determine team positions in each division. Clubs fielding complete teams will always score more League points than Clubs fielding incomplete teams.*

- e) *Promotion and relegation between the three divisions in the Men's competition shall be from one annual League to the next and shall be decided on the basis of the top two Clubs in the second division replacing the bottom two Clubs in the first division and the top two Clubs in the third division replacing the bottom two Clubs in the second division.*

- f) *Promotion and relegation between the two divisions in the Women's competition shall be from one annual League to the next and shall be decided on the basis of the top two teams in the second division replacing the bottom two teams in the first division. “*

Derby Runner Cross Country League

These races are held in winter at various venues across the region. The routes are good old fashioned cross country, often hilly and muddy, and of around 5-6 miles in length.

Once again these are closed races for club members only and the entry fees for these races are fully subsidised by the Ashby 20 for all Ivanhoe Runners. We would encourage all members to have a go - the races are again good fun but also great for improving strength and stamina.

You will need to wear your club vest and appropriate shoes - either cross country spikes, fell shoes or cross country shoes with moulded studs: speak to your captain if you are unsure. When you arrive at the cross country starting point look out for the Ivanhoe Runners club flag and tent, or for your club-mates. Our cross country coordinator Rosie Dear will mark you off on her list. Race numbers or chips are not required. Along the cross country routes there may be hazards such as gates or stiles - you are required to

queue at these and anyone jumping the queue will be disqualified along with the whole of their team.

At the end of the race you will be directed into one of two finishing funnels (male or female) and will be handed a disk with your finishing position on it. Please return the disc to Rosie who will record your position on her sheet.

Burton and District Summer League

We are also a member of the Burton and District Summer League which is a series of about 8 races between April and September over a range of distances up to half marathon. For these races we need 6 men to count for the team score and 4 ladies. One of the races is a relay event and they are all good fun and open to all members. Most of the races are on Sundays though a few are on weekday evenings including the Worthington 5 on Tuesday 25th June which is our own event organised by the club. We need volunteers to help marshal this event, please look out for details nearer the time. To take part in these races you will need to complete an entry form and pay the modest entry fee yourself. Details of the fixtures will be given below and on the website, Facebook page and will be circulated by email.

Races: FAQ

1. How do I travel to a race?

Car parking is often limited so we encourage runners to car-share, meeting at Hood Park on the morning of the race. Details of car sharing are usually announced each week at the training nights and on the Facebook page.

2. What do I wear?

A club vest is needed for all races. If you don't yet have a club vest then contact your Captain, Martin Yeomans or Julia Blewitt-Jenkins or kit man Alistair Chambers in the week leading up to the race. Road shoes are needed for the road races and cross country spikes, moulded studs or fell shoes for the XC league.

3. Am I allowed to wear headphones/ MP3 players?

No. For safety and insurance purposes headphones are not permitted in the majority of races and you will be disqualified if found wearing them.

4. I am a slow runner is there any point me taking part?

We encourage all members to participate in races - they are fun, a great way to meet and bond with your club-mates and one of the best ways to improve your own running ability. As well as running to improve your individual time your performance will contribute to the score of the team. For example, in the LRRL races the first 8 male and first 4 female finishers for the club will score for the team and there are also vets teams for those over the age of 40. Even if you don't come amongst the scorers your efforts will contribute to the team position - each time you beat a runner from another club they will be pushed down the rankings. There are also two schemes to provide additional incentives to race - the Grand Prix Competition and the club Standards (see below).

5. What do I do at the end of the race?

In the spirit of the club we encourage all runners to support each other - it gives club-mates a great boost to see those faster than themselves cheering them on to the finish line. So don't rush off home but go back to the route to shout for your team wherever possible. Don't forget to return your chip or cross country token. Following the cross country races results are collated in a local pub so there is always the opportunity for us to regroup as a team and share a drink. Similarly runners will often meet in a local pub after LRRL races on an ad hoc basis.

6. Are there any prizes to be won?

The various leagues offer individual prizes for the highest finishers overall and in vet categories for men and women as well as team prizes. The LRRL award a prize to runners participating in 100% of races (winter and summer). Full details can be found on the various league websites.

7. What if I was planning to race but am injured?

Even if you are injured you are welcome to come along to the races and cheer on your team-mates who will be very grateful for your support. There are often jobs that you could help with on race day such as helping to collect the XC chips, looking after kit or taking photos of your team mates. In any case if you are injured it would help to let your captain know - they can often provide support and advice whilst you recover.

Club Grand Prix:

The Club holds an internal Grand Prix series every year. The Fixtures Secretary will select eleven races across the year - roughly one a month, which can be any of closed races, open races, road, cross country or fell, and over any distance. These will be well publicised in advance. In each race, the "first" Club man (and woman) home will receive 25 points, the "second" man (and woman) 24 points and so on. At the end of the season, the runner with the most points from their best six races will be the winner. We normally award prizes for first and second male and for the last two years have run a two division structure.

For 2013, to spice things up and make it more open, we are changing the format. Instead of two divisions for each of men and women, we will revert to a single men's division and a single women's division. The other (and most significant change) is that it will not be the "first" Club man (and woman) to finish that will earn the 25 points, but the "best" age performance in the race that will earn 25 points, the second "best" age performance 24 points, and so on. The performances will be judged using globally accepted standards from the World Master Association. These Standards were developed in 1989 under the auspices of WAVA, and were derived from historical performance data and have been revised several times since then to more accurately reflect additional performance data. The tables establish a performance level for each gender for each distance for each age for most standardized distances. In this manner every performer can compare their performance against the standard and against every other athlete's performance against their standard.

The tables can be found at http://www.wcchallenge.org/age_grading.htm and on our website.

Grand Prix FAQ

1. Do I have to run all the Grand Prix races to be in with a chance of winning?

No. Your best 6 races out of the 11 selected will count so in theory you could run only 6 of the grand prix fixtures and still win. In practice the more races you run the higher the score you are likely to get because you could then discount a race if you'd had a bad day.

Time Standards Award Scheme

The main idea of the standards scheme is to give runners in the club a goal as an incentive to improve their training, for which they will be awarded at the end of the year with a certificate appropriate to the standard achieved. This scheme starts and finishes 2 weeks prior to the Presentation Evening, your age for the whole year will be taken as your age on the 1st January.

How does it work?

The time standards for each age group can be found on the Ivanhoe Runners website and in appendix 3:

Men's standards:

http://www.ivanhoerunners.co.uk/index.php?option=com_content&view=article&id=148:mens-standards&catid=14:stnds&Itemid=22

Ladies' standards:

http://www.ivanhoerunners.co.uk/index.php?option=com_content&view=article&id=149:ladies-standards&catid=14:stnds&Itemid=22

The standards depend on your age at the start of the scheme (2 weeks prior to the presentation evening) - this will remain your age group for that year. There are 10 race distances for you to work at ie: 5k, 5 miles, 6 miles, 10k, 7 miles, 15k (can only be used in lieu of a 6 or 7 mile distance), 10 miles, half marathon, 20 miles and full marathon.

The standards range from Bronze, Silver, Gold to Diamond. Use the grid to select the Standard and read off the corresponding time for that distance. (This is the minimum required).

Rules

To be awarded a certificate you must complete at least five of the distances of one standard. To gain a distinction you must qualify for NINE distances of that standard.

Times must be achieved either at recognised athletic affiliated events with accurately measured courses (i.e. races with a race permit and official times

only), parkrun events with an official barcode time, or at the Ivanhoe 20 when verified by a committee member. Proof may be required and fun runs, off-road courses or cross country events cannot be used. Record your times throughout the year and submit your standard claim to your captain Martin or Julia at least two weeks before the awards evening.

Standards FAQ

1. Do parkruns count for the club standards?

Yes. Although Parkrun events don't have a race permit the courses are measured and timed and for many club members this is the only 5k event that they run. When Conkers Parkrun started a couple of years ago the committee at the time voted to allow results to count for the standards and so for consistency we will allow you to include your best Parkrun time.

2. Can I count my time for the Ivanhoe 20 for standards?

Yes. Again a decision was made by the committee a few years ago that runners completing the full 20 mile route the Saturday before the main Ashby 20 could count their time for standards. To do this runners will need to have their finishing time verified by a member of the committee and the use of a GPS watch which will confirm the route taken and finishing time is recommended. The main reason for agreeing this was to encourage members to volunteer to help on race day yet still meet their own running goals.

3. Do cross country races count for standards?

No - these races are run over varying distances and terrain and therefore are unsuitable for comparing against standards.

4. Last year I got a silver standard by meeting the silver standard times in 5 race distances. This year I am on better form and think I can complete silver standard times for all distances – would I get anything extra for this?

Yes – If you can meet the silver standard times in 9 different distances you could “upgrade” your silver standard to a silver standard with distinction. The same applies to holders of bronze, gold and diamond standards. Runners can also go for the distinction straight off if they complete

5. This year I move up an age group. I have got my bronze standard already; can I go for it again now that I am in a new age category?

No – you can only be awarded each standard once. You should now try to make the times for the Silver Standard. The same applies for runners who have silver, gold and diamond standards. The exception to this is if you are now able to meet the standard times in 9 different race distances when you could upgrade to a distinction, see FAQ 4 above.



Ashby 20 Road Race

The Ashby 20 is the flagship event for the club having been run successfully for over 20 years. The race is a popular pre London Marathon training run and is highly regarded by the running community. It has been awarded the British Association of Road Races (BARR) gold standard for its excellent quality and the 2012 race was voted the 8th best in the country in its category (other distances). This means that it really is one of the TOP races in the country and it takes a huge amount of organisation and effort to reach these standards. All club members are expected to help out in the organisation of the race, either in the weeks building up to the event but particularly on race day itself. There are many jobs that need to be filled including baggage collection at Hood Park, filling goodie bags, marshalling, water stations etc. Don't forget that the Ashby 20 races £1000s for the club and for local charities and subsidises many club events including all LRRL winter and XC race fees, club kit and many social events. So make sure that you have been allocated a job and if not see race director Barry Alldread or chief Marshall Alistair Chambers.

Ashby 20 FAQ

1. I'm running a spring Marathon myself - can I enter the Ashby 20 instead of helping?

We organise our own version of the race, the Ivanhoe 20 on the Saturday before the main Ashby 20 race, and encourage you to participate in this to leave you free to volunteer on Sunday's race day. The Ivanhoe 20 race will be started by a committee member and follows the same route, but the route won't be fully marked or marshalled so you should familiarise yourself beforehand and you will need to record your own time and should carry your own drinks/gels. However in the spirit of the club many members turn out to support providing drinks, jelly babies, moral support along the route and/or a welcome at the finish. There is an award for the fastest male and female finisher and there is nothing more satisfying shouting on Sunday's runners knowing that you completed the 20 miles the day before. If you aren't ready for the full 20 miles then many members run a single lap of around 10 miles.

2. I still really want to run the official race on Sunday, is that OK?

If you still want to run on Sunday (eg because you are busy on the Saturday or have a specific training need) then of course you are welcome to enter the Ashby 20 in the usual way but we would ask that you find another way to

contribute to the organisation of the race. This may be by nominating a friend of family member to take over your volunteering role or by taking on a role in the run up to race day, helping to prepare the goody bags or send out race day packs for example.

3. I'm busy on race weekend is there any other way I could help out?

The Ashby 20 race committee starts to plan the race in autumn and there many jobs that they need help with in the run up to race day. Contact the 2013 Race Director, Barry Alldread with your offers of help.

4. Do I get an Ashby 20 hoodie if I run the Ivanhoe 20 or volunteer?

Over recent years there have been hoodies left over from the Ashby 20 and these have been handed to members who ran the full 20 miles on the Saturday or volunteered on Sunday. This has been at the discretion of then Ashby 20 committee and shouldn't be something that is expected by all volunteers. There is a significant cost to providing the hoodies and since the funds of the race go to support the club over the year or are donated to charity the committee may need to review this. It may be, for example, that this year surplus hoodies will be available to buy at a small cost - further information will be given after race day.



The Ashby 20 puts hairs on your chest

London Marathon club places

Each year, due to our membership of UK Athletics along with the quality of the Ashby 20 race, the club is awarded a number of places for the London Marathon, typically 3 or 4. These will be awarded by a club ballot but to be entered into the ballot you need to have gained a minimum of 5 points. One point will be awarded for each of the following:

- (1) Racing in LRRL/BDSL/XC/Grand Prix races 1st Jan – 1st October 2013 (one point for each race run)
- (2) Marshalling at the Worthington 5 mile, National Forest 10k, Ashby 20, Adrian Smith handicap (one point for each race marshalled)
- (3) Holding an Ivanhoe Runners or Ashby 20 Committee or LRRL/Burton League/Cross Country League Coordinator post (one point for each post)

You must have a combination of racing AND marshalling points and you are not able to enter the ballot if you have had a club place in the last 5 years. One discretionary place may be decided by the Chairman/committee but this person must have also met the criteria for the club ballot.

If you meet the above criteria and would like to be entered in the club VLM ballot you must contact Alan Edwards, club secretary providing the list of racing and marshalling points that you have achieved along with your **VLM rejection slip and plastic wrapper** (because that proves it is you who applied) before the end of October. The date of the club draw will be confirmed nearer the time and will be published on the website, by email and on the Facebook page.

London Marathon FAQ

1. I won a club ballot place but am now injured can I defer?

If you get a club place, fill in the paperwork and receive your number or a confirmation email but then cannot run for any reason, you can defer it until the next year (otherwise the place just gets wasted). If you become injured in between winning the ballot place and actually filling in the forms you may wish to contact the club secretary so that the place could be offered to someone else (in the general spirit of the club), although you still have the right to enter and then defer until the next year.

2. I won a place in the club ballot 3 years ago, am I eligible to enter again?

No. You cannot enter the club ballot if you have had a club place in the past 5 years.



Racing and social running



Awards night

Each year, usually in the first week in January we hold our annual awards night. There are a number of awards that you can go for including –

Standards: bronze, silver, gold or diamond standards with or without distinction. See standards section for details.

Grand Prix winners – male and female

LRRL prizes (individual, team, 100% attendance)

Ivanhoe 20 winners (male and female)

The Adrian Smith Handicap trophy

Ironman trophies (for those completing full ironman triathlons)

Most improved runner (male and female)

Team player award (male and female)

The Margaret Hibell Trophy for endeavour

Best newcomer award

Club member of the year – voted by all members of the club

In addition for 2013, the first placed local male and female runners in the Ashby 20 race will be awarded the **Paul Enion Prize**. This is unlikely to be a current member of the club since most Ivanhoe Runners will be helping on the day, but all Ashby 20 finishers who live locally, within postcodes LE65, DE11 and DE12, will be eligible. We hope to encourage the winners of these awards to join the club if not already a member.

History of the awards and biographies

Adrian Smith 10k Handicap

This race is held every year in memory of Adrian Smith, a founder member of the Club who was a keen beginner, like many and inspired by the running boom of the 1980's. Tragically, Adrian collapsed and died from a heart attack while running in a Club handicap race in September 1986 aged just 43. In his

memory the Club has held a 10k handicap race every year, with the modest entry fee being donated to the British Heart Foundation.

Margaret Hibell Endeavour Award

This Club award is made every year to a Club member who has achieved something particularly significant - for example, past winners have completed the legendary Bob Graham Round in less than 24 hours, completed the London Marathon at the age of 80, run over 50 marathons, completed the Ironman triathlon.

Margaret was an early member of the Club and whilst not in the flush of youth provided a fantastic example to other Club members. Not owning a car and not wanting to "put on" others, Margaret was known to walk to races (she was a keen race-walker), run the race then walk home again, often refusing lifts. She completed the London Marathon on several occasions and her passing away was a sad day for the club.

Paul Enion Ashby 20 Prize

Paul Enion was an early member of the Club and a big character. A tough man but with a big heart, Paul was very competitive and never gave up, not appearing to feel pain. One example of that was when training for one event he broke his toe; not wishing to miss any mileage he simply cut a hole in his trainers and carried on running.

He was a keen and successful triathlete, and was tragically killed when training on his bike in August 1992, having been selected to compete for Great Britain in the World Triathlon Championships in Canada in the vet 40 category. Paul was also the inspiration behind the Ashby 20 Road Race, having decided with others to create it after running in a very uninspiring three-lap 20 mile race at Stafford as part of his training for the London Marathon. The Paul Enion prize will be given for the first time to the fastest local runners (male and female) in the Ashby 20.

Club news

Each week there will be a race report which is sent to the local press and uploaded to the Ivanhoe Runner's website. There will be a club newsletter about every 3 months and the Facebook page is another good source of news and information. Important information will also be sent out to the email address that you gave when you registered with the club. Please email club secretary Alan Edwards if you change your email address (or other personal details).

News FAQ

1. The Ivanhoe Runners Facebook group is closed how do I join?

Just let any other member of the group know that you wish to join and they will invite you to become a member of the FB group.

2. I don't do Facebook am I missing out on any information?

All important news, fixtures, race day information, results, social events etc will be upload to the Ivanhoe Runners website and if needed emailed out to all members so you won't miss out on anything other than a bit of chit-chat / banter!

3. Can I contribute to the newsletter?

Yes please! If you have any interesting running related information or news then please get in touch with Publicity officer Ruth Green who would be delighted to include it in the newsletter. We would particularly like to hear from you if you have run an unusual or interesting race so that you could write a race review for the benefit of your club-mates. Ruth will also be contacting individual members over the year with requests for submissions to the newsletter so please help to make the newsletter interesting and informative by agreeing to help!

4. Is there an Ivanhoe Runner's twitter feed?

Hang on a minute; we're not that up to date yet...

Club Kit

You'll need a club vest to participate in league races - these are available from Alistair Chambers, Martin or Julia at a cost of £15. You can also purchase hoodies for £10.

Many of the local running shops (and some of the online running websites) offer a discount to Ivanhoe Runners club members – you may have to show your England Athletics Membership card. These include Derby Runner, Spondon, Debry (look out for club stalwart Dave Mann who works there), Running Fox (Loughborough), Leicester Running Shop, Running Form (Burton) and Sweatshop (online). Links to these stores are given at the end of this handbook.

Kit FAQ

1. Are there any plans to produce high-visibility or other club kit?

We have had a few enquiries about additional club kit for example long sleeve high-viz training tops, polo shirts, jackets and beanie hats and if there is sufficient demand we will be happy to arrange this. Please let us know which (if any) of these items of kit you would be interested in purchasing.



Award winners 2012

2013 Fixture List: provisional

This list will be updated regularly on the club website

Date	Day	Event	League	Terrain
13/01/13	Sun	Bagworth Heath Cross Country	DRXCL	XC
27/01/13	Sun	*Barrow 6 mile	LRRL (W)	Road
10/02/13	Sun	Foremark Cross Country	DRXCL	XC
17/02/13	Sun	*Fosse Meadows Cross Country	DRXCL	XC
24/02/13	Sun	Ashby 5	LRRL (W)	Road
03/03/13	Sun	Holly Hayes woods cross country	DRXCL	XC
10/03/13	Sun	* Kibworth 6 mile	LRRL (W)	Road
14/04/13	Sun	* Markfield 10K	LRRL (W)	Road
28/04/13	Sun	Conkers 5 mile	BDSL	Trail
05/05/13	Sun	* Uttoxeter Half Marathon	BDSL	Road
19/05/13	Sun	Syston 8 mile	LRRL (W)	Road
22/05/13	Weds	Washlands Relays	BDSL	
02/06/13	Sun	Swithland 6 mile	LRRL	Road
18/06/13	Tues	Midsummer 10K	BDSL	
25/06/13	Tues	Worthington 5 mile	BDSL	Road
30/06/13	Sun	Gate Gallop 10k	BDSL	
30/06/13	Sun	Prestwold 10K	LRRL	Road
10/07/13	Weds	Hungarton 7 mile	LRRL	Road
31/07/13	Weds	Joy Cann 5 mile	LRRL	Road
11/08/13	Sun	Belvedere 10K	BDSL	
11/08/13	Sun	Hermitage 10K	LRRL	Road
01/09/13	Sun	John Fraser 10 mile	LRRL	Road
15/09/13	Sun	Tamworth 10 mile	BDSL	

***Grand Prix fixtures are in bold**

2013 Committee contact list

At the Annual General Meeting the Club elected the committee for 2013:

Kevin Sanders – Chairman : kevin.sanders@ihg.com

Alan Edwards- Secretary : alg.edwards@gmail.com

Phil Stevenson – Treasurer: phil_stevenson@ntlworld.com

Martin Yeomans - Men's Captain : mcyashby@aol.com

Julia Blewitt-Jenkins - Ladies Captain : Juliabj72@aol.com

Ruth Green - Publicity Officer: rhgreen@doctors.org.uk

Heather Swan - Social Secretary: heather@swansnest.plus.com

Laura Graves - Social Secretaries: lauralou911@hotmail.com

Andy Lindley - Fixtures Secretary: andyindley@rock.com

Nick Teige - Special Events Organiser: Nicholas.teige@talktalk.net

Other key roles include:

Barry Alldread – Ashby 20 race director

Rosie Dear – Cross Country league coordinator

Alistair Chambers – Kit man

Dave Mann – Worthington 5 race director

Links:

Ivanhoe Runners website: <http://www.ivanhoerunners.co.uk>

Ivanhoe Robins website: <http://ivanhoerobins.weebly.com>

Ashby 20 website: <http://www.ashby20.co.uk/>

England Athletics: <http://www.englandathletics.org/homepage.asp>

Conkers Parkrun: <http://www.parkrun.org.uk/conkers/>

Derby Runner: <http://www.derbyrunner.com/>

Running Fox, Loughborough: <http://running-fox.co.uk/>

Leicester Running Shop: <http://www.leicesterrunningshop.co.uk/>

Running Form, Burton: <http://www.running-form.co.uk/>

Sweatshop: <http://www.sweatshop.co.uk/>

Appendices

1. Ivanhoe Runners Club Constitution
2. Leicestershire Road Running League Constitution
3. Club standard times
4. Membership application form



1.3.2013

Appendix 1: Ivanhoe Runners Club Constitution

IVANHOE RUNNERS Ashby de la Zouch CONSTITUTION (last updated January 2013)

1. The name of club shall be “Ivanhoe Runners”.
2. The object of the club shall be to promote interest in road and cross country running.
3. Full membership of the club shall be open to everyone over 18 years of age.

3a. Members of 7 years of age but under 18 years of age may join the junior section (Ivanhoe Robins) at the nominated membership fee set by the Ivanhoe Robins Committee. Junior members will be limited to attending only those activities which the Committee consider appropriate.

Student membership shall be offered to those members (new or existing) who are in full time education and in possession of a value NUS membership card.

Life membership shall be awarded to any member proposed by a fully paid up member of the club at the AGM, seconded by the committee, and voted by the membership. The number of life members shall be limited to 5% of the total number of full paid members.

All membership levels must be renewed every year.

All membership details must be updated every year.

4. Applicants for membership shall be proposed and seconded by fully paid up members (at least one of whom shall be a committee member) before their membership is accepted.
5. The membership fee shall be a sum agreed by the AGM and shall become due on March 1st of each year except that new members joining after July 1st will pay only two thirds of the fee in respect of the year joining and new members joining after Nov 1st in any year shall pay one third of the fee for the remainder of the year.
6. The subscription shall be an amount determined by the AGM.

7. The officers of the Club shall be Chairman, Secretary and Treasurer. Other offices shall be filled where possible: Publicity Officer, Male and Female Club Captains, Fixtures Secretary (who would normally be the UKA representative), 2 x Social Secretaries and a Special Events Organiser. No Committee member can hold more than two offices. The Committee has the power to co-opt other officers to meet the demands of the Club.
8. Officers will serve for a period of one year but may stand for re-election. The term of office shall run from AGM to AGM.
9. The Committee shall manage the affairs of the Club. The Committee will meet from time to time as it decides. The quorum for transaction of business shall be half of the Committee plus one.
10. The Committee shall have the power to terminate the membership of any member whose subscription is three months in arrears, provided a month's notice shall have been sent to such member either by post or email, addressed according to his or her last known details, informing him or her of the proposed action of the Committee. The member shall be deleted from the England Athletics Ivanhoe Runners membership list and will be deemed to no longer be a member of Ivanhoe Runners.
11. An Annual General Meeting shall normally be held on the 2nd Friday in January at such time and place as may be fixed by the Committee.
12. Extraordinary General Meetings shall be convened by the Secretary on request by either:
 - a. A majority of the Committee.
 - b. A written request by not less than 10 ordinary members.
13. The AGM shall be quorate when the number of paid up members present equals twice the number of serving members of the Committee plus one. The quorum for an EGM shall be one half of the paid up membership plus one.
14. The AGM shall elect the Committee for the following year. All nominations must be proposed and seconded by fully paid up members of the Club. Voting, if necessary, shall be by secret ballot unless the AGM votes otherwise.

15. The AGM shall receive the audited accounts for the previous calendar year, the minutes of the previous AGM and reports of the previous years' activities.

16. The constitution can only be amended by an AGM or EGM; a simple majority of the present and eligible to vote shall be sufficient to carry any alteration.

17. The club may dissolve at any time by written consent of three quarters of the membership. After payment of all debts, the remaining assets shall be used to support the sport of road running in Ashby de la Zouch.

Appendix 2: LRRL Constitution

THE LEICESTERSHIRE ROAD RUNNING LEAGUE

CONSTITUTION AND RULES

(Revised 10/12)

I. NAME

The League shall be called "The Leicestershire Road Running League".

2. OBJECTIVES

The objectives of the League shall be as follows:

- 2.1 To foster team racing in road races and to give added incentive to runners not normally in the prize list.
- 2.2 To encourage the spread and diversity of road races throughout the County.
- 2.3 To ensure good support for local events to enable those events to be staged annually.
- 2.4 To give extra incentive for friendly rivalry and competition.
- 2.5 The League will support and promote where possible, competition and initiatives that encourage road running in the younger age groups.

3. MEMBERSHIP OF THE LEAGUE

- 3.1 Membership of the League shall be open to all Clubs in and around the County of Leicestershire and Rutland which are affiliated to the Governing Body.
- 3.2 Applications to affiliate to the League must be made in writing to the League Secretary and must be submitted to the Management Committee for approval. The annual subscription shall be due after approval.

4. LEAGUE SUBSCRIPTIONS AND FINANCES

- 4.1 Each Club shall make payment to the League of an annual subscription, which becomes due on the Ordinary Meeting after the Annual General Meeting. Those Clubs not paying will be ineligible for awards or voting at meetings.
- 4.2 The amount of the annual subscription shall be decided by the AGM.
- 4.3 The Hon. Treasurer to arrange banking facilities for the League. Withdrawals to require two signatures of the Officers.
- 4.4 The League Chairman may nominate a Chairman's Charity for the year of office. Donations to the Charity will be derived from the League levy on races in that year. The amount of donation shall be decided by the Management Committee and paid after event levies have been collected.

5. MANAGEMENT OF THE LEAGUE

- 5.1 Officers shall consist of a President, Chairman and Chairman-Elect, plus Hon. Secretary and Hon. Treasurer, Results Secretary, Development Officer and Auditor.
- 5.2 The Management Committee shall consist of these Officers plus two delegates from each Club, who must be first-claim members of that Club. Past Presidents shall be ex-officio members of the Management Committee.
- 5.4 *Voting at Management Committees:*
 - a) A Quorum shall be ten delegates.
 - b) No proxy votes shall be allowed.
 - c) Officers of the League shall not have a vote unless he/she is a bona-fide Club delegate for that meeting (see above - each Club may have two delegates).
 - d) In the case of a tie in voting, the Chairman shall have a casting vote.
- 5.5 Meetings shall be held at regular periods to provide smooth running of up-to-date results and issues of League arrangements.

6. ANNUAL GENERAL MEETING

An Annual General Meeting shall be called as soon as possible after the end of the Summer League each year, but no later than November. Written notice shall be at least 30 days in advance to each Club. The business of the Annual General Meeting shall be:

- 6.1 To receive reports from the Chairman and Hon. Secretary.
- 6.2 To receive the Hon. Treasurer's report with the Balance Sheet and Income and Expenditure Accounts for the financial year 1 October to 30 September.
- 6.3 To elect a Chairman-Elect, who will become Chairman the following year and President the year after.
- 6.4 To elect the Hon. Secretary to hold office for the ensuing year.
- 6.5 To elect the Hon. Treasurer and Hon. Auditor to hold office for the ensuing year.
- 6.6 To elect the Results Secretary and Development Officer for the ensuing year.
- 6.7 To elect Life Vice-Presidents.
- 6.8 To amend the Constitution as necessary. Proposed amendments to the Constitution must be submitted in writing to the Secretary in time to be included in the notice of the AGM.
- 6.9 Any other relevant business. Interpretation of the Rules and Constitution will be by the Officers; a quorum shall be three.

6.10 *Voting at Annual General Meeting:*

- a) Decisions shall be made on a simple majority rule.
- b) All Officers and Past Presidents and two delegates from each Club shall be allowed to vote if they are present at the meeting.
- c) No proxy votes shall be allowed.
- d) Voting shall be by show of hands, but any member may ask for a ballot.

- e) Members of affiliated Clubs or Associations may attend the meetings as visitors, but may not take active part in the proceedings.

7. RULES OF COMPETITION

- 7.1 The Rules of Competition shall be as laid down in the current Governing Body Handbook - for ages, distances and first-claim rulings, except where amended as follows:
- 7.2 With the exceptions referred to in paragraphs a) and b) of this rule, only first-claim members of a Club may represent that Club in the League competition.
 - a) First-claim membership of a Club not competing in the League shall not debar an athlete from competing for his/her second-claim Club which is entered in the League.
 - b) Where an athletic first-claim Club does not include all sections of athletics under Governing Body Rules (eg a fell running club), the athlete is eligible to represent his/her second-claim Club in any section of athletic competition for which his/her first-claim Club does not cater (eg road running).
 - c) Women will be recognised as qualifying for veteran category awards at age 40.
 - d) Age restrictions for races must be compliant with current England Athletics Rule Book, Rule 207
 - e) Any Club entering a junior in a LRRL race must have a safeguarding policy, an Officer who holds a current CRB certificate and who must be at that race.
 - f) The wearing of earphones of any kind which could potentially prevent the wearer from hearing instructions before, during or after an event will not be permitted in any LRRL Winter or summer race. Contravention of this rule will result in disqualification.
 - g) Every LRRL race must have a qualified paramedic on duty at the race.
- 7.3 The rules for defining "Club membership", "first-claim status", "hardship exemptions" etc. shall be those in Governing Body Rules except where modified above.
- 7.4 All claims for registration of second-claim members shall be referred via the Secretary to the Committee, whose decision is final.
- 7.5
 - a) In calculating all Men's and Women's individual placings in the Winter and Summer Leagues, all runners will be deemed to remain in the category they are in on the first Winter or Summer League race.
 - b) For the purpose of team awards in the League, Senior Men and Women are eligible to be counted as Veterans from their 40th birthday.
- 7.6 Organising Clubs of League races must take responsibility for arranging, in good time, the Governing Body Officials required, and any expense incurred by those Officials must be offered to be met by the organising Club.

7.7 Disqualification from the League:

- a) Any runner participating in an event qualifying for the Leicestershire Road Running League who runs under someone else's number will be disqualified from the League points system

for the whole of that season in which the event counted.

- b) If runners requiring new computer registered numbers have not registered by three days prior to any Summer League race, then they will not qualify for points to count towards League placings in that race. They may of course still compete in the open race.

8. ALLOCATION OF FIXTURES

8.1 The LRRL programme shall consist of a Summer League and Winter League:

- a) The Summer League shall consist of six races covering distances from five kilometers to half marathon, and to be held between May and September inclusive.
- b) The Winter League shall consist of five races covering distances from five miles to seven miles, and to be held usually between January and March inclusive. Winter League races will be closed races, i.e. open to League Club members only, and will be organised by League Clubs. No guest runners will be allowed to compete.
- c) Where less than 5 races are proposed for the winter league, the committee may designate one or more summer races to count towards winter league awards.

8.2 For both the Summer and Winter Leagues, Clubs wishing to promote a League race for the coming season must submit a written request to the Hon. Secretary prior to the Management Committee meeting at which the League dates will be decided. Prior notice must be given of the date of that meeting. Clubs wishing to promote a race must accept the conditions listed in 8.5.

8.3 Winter League preferences - the dates of the Winter League races shall be decided first. If there are more Clubs wishing to promote Winter League races than the number of dates decided, then the order of preference shall be:

- i) Clubs which have not promoted a League race.
- ii) Clubs which have not promoted a League race in the last Summer and Winter Leagues.
- iii) Any other Clubs - Winter League preference only.

If in the case of ii) or iii) there are more Clubs than fixtures, then a vote will be taken to decide which Clubs have promotions.

8.4 Summer League preferences, for consideration only - for the Summer League, the most suitable races should be selected by a ballot of the Clubs present at the meeting. As far as possible, the following guidelines should be borne in mind;

Even spacing of races throughout the Summer - length of advance notice given by the Club - Governing Body registration - cost of entry - convenience (distance from Leicester, start time) - balancing of long and short races - number of awards and prize list - the aim of the League to encourage new Clubs - the undesirability of undermining established road race fixtures in the County - any other factor considered relevant at the time.

8.5 The following should be accepted by Clubs proposing to organise League nominated races;

- a) For Winter League races, the entry fee will be decided by the Management Committee who will also decide the proportion of the League levy.
- b) For Summer League races, the League levy will be a fixed amount decided by the Management Committee. Event prizes are left up to the promoting Club.

- c) To support Clubs organising races, the League will make available any items of race equipment it possesses, with the understanding that financial recompense shall be made for any losses.
- d) Any Club organising a League race must provide within two weeks a full set of accurate race results to the League Results Secretary, and to a delegate representative of each Club.

9. SCORING AND LEAGUE STRUCTURE

9.1 Individual scoring:

- a) In each Winter and Summer League, points shall be awarded to each individual finishing a race as follows:

Men and Women 500 points, 2nd. Men & Women 499 points and so on.
- b) For individual League points, the total of the best four results shall count in the overall League placing.
- c) If runners have equal total scores the following tests are applied to these best 4 results up to the point where it is possible to separate individual runners:
 - (i) comparisons of best results;
 - (ii) comparisons of head-to-head results.

If the above tests do not separate runners a tied result is declared.

9.2 Team scoring and League structure:

- g) Each Winter and Summer League men's competition shall consist of three divisions, the first comprising the top seven Clubs (Men and Men Vets), the second division comprising the next best seven and the third division comprising the remainder. Women's teams shall consist of three divisions, the first comprising the top 10 teams, the second division comprising the remainder of the teams and the third division comprising all Women's Vet teams.
- h) All races will count into the total team points for the combined (Winter and Summer League) Club positions.
- i) Teams shall score in each race using individual League points as follows:
Men - first eight for each Club (including vets).
Women – up to two teams of four for each Club
Men Vets - first four for each Club.
Women Vets – first three for each club
- j) On the basis of the above team total for each race, the winning team in each Men's or Vet's division will score 20 points, second team 17 points, third team 15 points, fourth team 14 points and so on downwards. In the Women's League points will be 25, 22, 20 19, 18 etc. In the event of an equal score between Clubs on this basis of team points, then the aggregate individual totals as above will determine team positions in each division. Clubs fielding complete teams will always score more League points than Clubs fielding incomplete teams.
- k) Promotion and relegation between the three divisions in the Men's competition shall be from one annual League to the next and shall be decided on the basis of the top two Clubs in the second division replacing the bottom two Clubs in the first division and the top two

Clubs in the third division replacing the bottom two Clubs in the second division.

- I) Promotion and relegation between the two divisions in the Women's competition shall be from one annual League to the next and shall be decided on the basis of the top two teams in the second division replacing the bottom two teams in the first division.

10. AWARDS

Awards shall be made as follows:

10.1 Team Awards - Annual League (combined Winter and Summer results):

- a) Annual (first division) team award;
Men's winning team.
Women's winning team.
Men Vets' winning team (the Norman Kershaw Trophy).
- b) Team commemorative awards;
Men (eight to count) - first division 1st, 2nd - second division 1st, 2nd – third division 1st, 2nd.
Women (four to count) - first division 1st, 2nd, 3rd. Second division 1st, 2nd. Womens Vets
(three to count) – 1st, 2nd, 3rd. backdated to summer 2009
Men Vets (four to count) - first division 1st, 2nd, - second division 1st, 2nd – third division 1st,
2nd.

10.2 Individual Awards - each Winter and Summer League:

- a) Annual individual award (Winter League); Men - 1st (the Jim and Joyce Sharlott Shield)
- b) Individual commemorative awards; Men - 1st, 2nd, 3rd, 4th, 5th, 6th. Women - 1st, 2nd, 3rd, 4th, 5th
Men Vets O/40 - 1st, 2nd, 3rd; O/45 - 1st, 2nd, 3rd; O/50 - 1st, 2nd, 3rd; O/55 - 1st, 2nd;
O/60 - 1st.
Women Vets O/40 - 1st, 2nd, 3rd & 4th.; O/45 - 1st, 2nd; O/50 - 1st, 2nd; O/55 - 1st.
- c) In the individual categories above an athlete will only qualify for one award. Vets will compete in their registered vets category. This applies to both men and women. If a vet athlete wins the series outright, they will be deemed Overall Champion and therefore forgo the Vet's award.
- d) Adversity award (Winter and Summer Leagues combined); For success under handicap - the Norman Kershaw award.
- e) 100% award (Winter and Summer Leagues combined);
An award will be made to men/women runners who finish all Winter and Summer League races in one year.

11. DISSOLUTION

In the event of the dissolution of the League, any retained funds will be given to a like-minded organisation for the primary purpose of promoting road racing in and around the County of Leicestershire.

Appendix 3: Club Standard Times

Senior Men

Senior Under 40				
Distance	Diamond	Gold	Silver	Bronze
5k	16.30	17.30	19.30	23.00
5 miles	27.15	28.45	32.00	38.00
6 miles	33.00	34.45	39.00	46.08
10k	34.15	38.00	40.30	48.00
7 miles	38.30	40.45	45.30	54.15
15k*	52.46	55.30	1.02.15	1.13.00
10 miles	57.00	1.00.00	1.07.15	1.18.00
½ marathon	1.16.00	1.20.00	1.29.00	1.45.00
20 miles	2.01.00	2.08.00	2.23.00	2.46.00
Marathon	2.45.00	2.56.00	3.15.00	3.50.00

Vet (40-44) Men

Vet (40-44)				
Distance	Diamond	Gold	Silver	Bronze
5k	17.00	18.15	20.30	24.00
5 miles	28.00	30.00	33.30	40.00
6 miles	34.00	36.15	40.45	48.10
10k	35.30	37.45	42.30	50.00
7 miles	40.15	42.30	48.00	56.45
15k*	54.45	58.30	1.05.30	1.16.00
10 miles	58.00	1.02.00	1.09.00	1.21.30
½ marathon	1.20.00	1.24.00	1.34.00	1.50.00
20 miles	2.06.00	2.14.00	2.30.00	3.00.00
Marathon	3.00.00	3.10.00	3.30.00	4.06.00

Vet (45-49) Men

Vet (45-49)				
Distance	Diamond	Gold	Silver	Bronze
5k	17.30	19.15	21.45	25.30
5 miles	29.00	31.45	36.00	41.45
6 miles	35.15	38.15	43.30	50.06
10k	36.45	39.30	45.00	52.00
7 miles	41.30	44.30	51.00	58.45
15k*	56.30	1.01.45	1.10.15	1.20.30
10 miles	1.00.00	1.05.00	1.13.30	1.24.00
½ marathon	1.21.00	1.27.00	1.39.00	1.53.00
20 miles	2.10.00	2.21.00	2.40.00	3.15.00
Marathon	3.01.30	3.15.00	3.40.00	4.15.00

Vet (50-54) Men

Vet (50-54)				
Distance	Diamond	Gold	Silver	Bronze
5k	18.15	20.15	23.15	27.00
5 miles	30.15	33.30	38.30	43.30
6 miles	36.30	40.15	46.30	52.00
10k	38.00	41.45	48.15	54.00
7 miles	43.00	47.00	54.30	1.01.00
15k*	58.30	1.05.00	1.15.00	1.25.00
10 miles	1.02.00	1.08.00	1.18.00	1.28.00
½ marathon	1.23.50	1.33.00	1.45.00	2.00.00
20 miles	2.14.00	2.28.00	2.50.00	3.18.00
Marathon	3.03.00	3.20.00	3.50.00	4.24.00

Vet (55-59) Men

Vet (55-59)				
Distance	Diamond	Gold	Silver	Bronze
5k	18.45	21.15	24.30	28.30
5 miles	31.15	35.15	40.45	45.15
6 miles	37.45	42.30	49.00	54.30
10k	39.15	44.00	50.45	56.30
7 miles	44.15	49.45	57.10	1.03.30
15k*	1.00.15	1.08.15	1.19.45	1.29.30
10 miles	1.04.00	1.11.30	1.22.30	1.32.00
½ marathon	1.25.30	1.35.00	1.51.00	2.02.40
20 miles	2.18.00	2.35.00	3.00.00	3.19.30
Marathon	3.04.30	3.25.00	4.00.00	4.33.00

Vet (60-64) Men

Vet (60-64)				
Distance	Diamond	Gold	Silver	Bronze
5k	19.30	22.15	26.00	30.00
5 miles	32.30	37.00	43.00	47.00
6 miles	39.00	44.30	51.30	57.00
10k	40.30	46.00	53.15	59.00
7 miles	45.45	52.00	60.10	1.06.30
15k*	1.02.15	1.11.30	1.24.30	1.34.00
10 miles	1.06.00	1.15.00	1.27.00	1.36.00
½ marathon	1.29.00	1.39.00	1.56.00	2.08.00
20 miles	2.22.00	2.42.00	3.10.00	3.21.00
Marathon	3.10.00	3.36.00	4.13.00	4.42.00

Vet (65-69)Men

Vet (65-69)				
Distance	Diamond	Gold	Silver	Bronze
5k	20.15	23.15	27.30	31.30
5 miles	33.45	38.45	45.15	48.45
6 miles	41.30	46.30	54.30	59.30
10k	43.00	48.30	57.00	1.02.00
7 miles	48.30	54.45	1.04.30	1.09.45
15k*	1.06.00	1.13.30	1.26.00	1.37.30
10 miles	1.11.00	1.20.00	1.34.00	1.41.30
½ marathon	1.35.00	1.47.00	2.05.30	2.15.15
20 miles	2.26.00	2.45.00	3.15.00	3.28.00
Marathon	3.12.45	3.41.00	4.20.00	4.38.30

Vet (70-74) Men

Vet (70-74)				
Distance	Diamond	Gold	Silver	Bronze
5k	20.45	24.15	29.00	33.00
5 miles	35.00	40.30	47.30	51.15
6 miles	42.45	49.00	57.15	1.02.00
10k	44.30	51.00	59.30	1.04.25
7 miles	50.30	58.00	1.07.15	1.13.00
15k*	1.08.30	1.18.00	1.30.00	1.42.00
10 miles	1.13.30	1.25.30	1.40.00	1.46.00
½ marathon	1.39.00	1.54.00	2.15.00	2.22.30
20 miles	2.34.00	2.56.00	3.26.00	3.40.00
Marathon	3.28.30	3.57.30	4.38.00	4.55.00

Vet (75-80) Men

Vet (75-80)				
Distance	Diamond	Gold	Silver	Bronze
5k	21.30	25.15	30.30	34.30
5 miles	36.15	42.15	49.00	52.45
6 miles	43.45	51.00	59.45	1.04.30
10k	45.30	53.00	1.02.00	1.07.00
7 miles	52.00	1.00.15	1.10.00	1.16.15
15k*	1.10.00	1.21.00	1.34.30	1.47.00
10 miles	1.17.00	1.28.00	1.42.00	1.53.00
½ marathon	1.45.00	2.00.00	2.19.15	2.30.30
20 miles	2.42.00	3.06.00	3.35.00	3.52.00
Marathon	3.40.00	4.11.00	4.48.00	5.16.45

Women

Senior Women

Senior Under 35				
Distance	Diamond	Gold	Silver	Bronze
5k	19.30	21.45	24.30	28.15
5 miles	32.30	36.00	40.00	46.30
6 miles	39.30	43.30	48.45	56.30
10k	41.00	45.00	50.30	58.30
7 miles	46.15	51.00	57.30	1.06.15
15k*	1.03.00	1.09.00	1.16.30	1.28.30
10 miles	1.06.45	1.13.45	1.23.00	1.35.30
½ marathon	1.29.00	1.38.45	1.50.45	2.07.45
20 miles	2.24.00	2.36.00	2.55.00	3.20.00
Marathon	3.15.00	3.30.00	3.55.00	4.34.30

Vet (35-39) Women

Vet (35-39)				
Distance	Diamond	Gold	Silver	Bronze
5k	20.30	22.45	25.30	29.00
5 miles	34.00	37.30	42.00	48.00
6 miles	41.00	45.15	50.45	58.00
10k	42.30	47.00	52.30	1.00.00
7 miles	48.15	53.15	59.30	1.08.00
15k*	1.05.00	1.11.30	1.20.00	1.30.00
10 miles	1.10.00	1.17.00	1.26.00	1.38.00
½ marathon	1.34.15	1.44.00	1.56.00	2.12.00
20 miles	2.27.00	2.43.00	3.02.00	3.24.00
Marathon	3.25.00	3.40.00	4.06.00	4.40.00

Vet (40-44) Women

Vet (40-44)				
Distance	Diamond	Gold	Silver	Bronze
5k	21.15	23.30	26.45	30.30
5 miles	35.15	39.00	44.15	50.00
6 miles	42.45	47.15	53.30	60.30
10k	44.15	49.00	55.30	1.02.45
7 miles	50.26	55.30	1.02.30	1.11.00
15k*	1.07.30	1.14.30	1.25.00	1.35.00
10 miles	1.12.30	1.20.00	1.31.00	1.42.00
½ marathon	1.37.30	1.49.30	2.04.00	2.16.00
20 miles	2.33.30	2.50.00	3.12.00	3.34.30
Marathon	3.32.30	3.50.00	4.18.00	4.50.00

Vet (45-49) Women

Vet (45-49)				
Distance	Diamond	Gold	Silver	Bronze
5k	22.00	24.30	28.00	32.00
5 miles	36.30	40.45	46.30	52.00
6 miles	44.30	49.15	56.30	1.04.00
10k	46.15	51.00	57.30	1.06.15
7 miles	52.15	57.45	1.06.30	1.15.15
15k*	1.10.00	1.17.45	1.30.00	1.40.00
10 miles	1.15.00	1.23.00	1.36.00	1.48.00
½ marathon	1.42.00	1.55.00	2.12.00	2.25.15
20 miles	2.40.00	2.57.00	3.22.00	3.45.00
Marathon	3.40.00	4.00.00	4.30.00	5.00.00

Vet (50-54) Women

Vet (50-54)				
Distance	Diamond	Gold	Silver	Bronze
5k	22.45	25.45	29.15	33.30
5 miles	37.45	42.15	48.45	54.00
6 miles	45.45	51.15	59.30	1.07.30
10k	47.30	53.15	1.01.45	1.10.00
7 miles	53.45	1.01.20	1.10.00	1.19.00
15k*	1.12.30	1.20.45	1.35.00	1.45.00
10 miles	1.17.30	1.26.00	1.41.00	1.53.00
½ marathon	1.46.30	1.58.00	2.16.00	2.30.00
20 miles	2.46.30	3.04.00	3.32.00	3.55.30
Marathon	3.47.30	4.12.30	4.45.00	5.15.00

Vet (55-59) Women

Vet (55-59)				
Distance	Diamond	Gold	Silver	Bronze
5k	23.30	26.15	30.30	35.00
5 miles	39.00	44.00	51.00	56.00
6 miles	47.15	53.15	1.02.30	1.11.00
10k	49.00	55.25	1.04.45	1.13.30
7 miles	55.15	1.02.30	1.13.30	1.23.45
15k*	1.15.00	1.24.00	1.40.00	1.50.00
10 miles	1.20.00	1.30.00	1.46.00	2.00.30
½ marathon	1.51.00	2.02.00	2.23.00	2.40.00
20 miles	2.53.00	3.11.00	3.42.00	4.06.00
Marathon	3.55.00	4.25.00	5.00.00	5.30.00

Vet (60-64) Women

Vet (60-64)				
Distance	Diamond	Gold	Silver	Bronze
5k	24.15	27.15	31.45	36.30
5 miles	41.00	46.30	54.30	59.30
6 miles	49.45	56.15	1.04.00	1.12.00
10k	51.00	58.00	1.08.00	1.18.00
7 miles	1.00.45	1.06.15	1.17.45	1.24.45
15k*	1.18.00	1.28.00	1.43.30	1.58.00
10 miles	1.28.00	1.36.00	1.52.00	2.04.00
½ marathon	1.59.00	2.10.00	2.30.00	2.45.00
20 miles	3.05.00	3.20.00	3.51.00	4.12.00
Marathon	4.12.00	4.45.00	5.20.00	5.50.00