

Improver Awards

- There are a total of **9** Improver Awards available.
- The qualifying races are divided into **3** race categories and each contains **3** races:

Long Distance	Mid Distance	Short Distance
Pier to Pier	Alan Corke	Club Spring 5k
Hastings Half Marathon	Barry Richards	Hastings 5M
Rye to Hastings	Battle 10k	Club Winter 5k

- The runner who improves their time by the biggest margin will receive an award.
- It is only possible to receive **1** award in each category in a calendar year ie the maximum number of awards available to a runner is **3**.
- Chip times will be used in open races.

Additional Rules

- Those who post a large time improvement may be contacted by email to check the previous year's time was a "best effort" eg you maybe asked if you were pacing someone. Eligibility for an award is decided on an honesty basis.
- Only those eligible to score in the Club Championship at the time of racing will be included in Improver Results (please refer to Club Championship Rules for Juniors & 2nd Claimers).