

## 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:

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

- 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.