

Improver Awards

- There are a total of **6** 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
Rye to Hastings	Barry Richards	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 i.e. 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 years' time was a "best effort" e.g. you may be asked if in the previous year you were pacing someone, socially running with someone, recovering from injury or the sweep. Eligibility for an award is decided on an honesty basis.