A picture containing animal, reptile

Description automatically generated

**JOGGING MADE EASY 5K PERFORMANCE STANDARDS**

To motivate and encourage members to compete in races and work to improve their times, the club operates an awards scheme

Any member of JOGGING MADE EASY you are eligible to achieve a club standard

The aim of the standards is to give each runner, regardless of ability, the motivation and the focus to train for a specific goal

Please be aware of the following rules, which will be strictly adhered to:

1. It is your responsibility to notify Trish Jarvis via email, text, whatsapp or fb of your time (including race & date)
2. It must have been achieved on an officially timed & measured course (watch times will **NOT** be accepted)
3. In order for a time to be registered for a club standard, the person concerned **MUST** have worn a club vest for the event in question & proof provided by means of a photo
4. Parkrun is countable to Certificate in Achievement Athletes Only

Jogging Made Easy Colchester Women’s Club Standards – 5k

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **UNDER 35** | **GOLD** | **SILVER** | **BRONZE** | **ORANGE** | **BLACK** | **CERTIFICATE OF**  **ACHIEVEMENT** |
|  | 0:21:00 | 0:22:30 | 0:24:00 | 0:25:30 | 0:27:00 | 5k |
| **35 – 39** | **GOLD** | **SILVER** | **BRONZE** | **ORANGE** | **BLACK** | **CERTIFICATE OF**  **ACHIEVEMENT** |
|  | 0:22:00 | 0:23:30 | 0:25:00 | 0:26:30 | 0:28:00 | 5k |
| **40 – 44** | **GOLD** | **SILVER** | **BRONZE** | **ORANGE** | **BLACK** | **CERTIFICATE OF**  **ACHIEVEMENT** |
|  | 0:23:00 | 0:24:30 | 0:26:00 | 0:27:30 | 0:29:00 | 5k |
| **45 – 49** | **GOLD** | **SILVER** | **BRONZE** | **ORANGE** | **BLACK** | **CERTIFICATE OF**  **ACHIEVEMENT** |
|  | 0:24:00 | 0:26:30 | 0:28:00 | 0:29:30 | 0:31:00 | 5k |
| **50 – 54** | **GOLD** | **SILVER** | **BRONZE** | **ORANGE** | **BLACK** | **CERTIFICATE OF**  **ACHIEVEMENT** |
|  | 0:25:00 | 0:26:30 | 0:28:00 | 0:29:30 | 0:31:00 | 5k |
| **55 – 59** | **GOLD** | **SILVER** | **BRONZE** | **ORANGE** | **BLACK** | **CERTIFICATE OF**  **ACHIEVEMENT** |
|  | 0:26:00 | 0:27:30 | 0:29:00 | 0:30:30 | 0:32:00 | 5k |
| **60 – 64** | **GOLD** | **SILVER** | **BRONZE** | **ORANGE** | **BLACK** | **CERTIFICATE OF**  **ACHIEVEMENT** |
|  | 0:27:00 | 0:28:30 | 0:30:00 | 0:31:30 | 0:33:00 | 5k |
| **65+** | **GOLD** | **SILVER** | **BRONZE** | **ORANGE** | **BLACK** | **CERTIFICATE OF**  **ACHIEVEMENT** |
|  | 0:28:00 | 0:29:30 | 0:31:00 | 0:32:30 | 0:34:00 | 5k |

Jogging Made Easy Colchester Men’s Club Standards – 5k

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Under 35** | **GOLD** | **SILVER** | **BRONZE** | **ORANGE** | **BLACK** | **CERTIFICATE OF**  **ACHIEVEMENT** |
|  | 00:18:00 | 00:19:30 | 00:21:00 | 00:22:30 | 00:24:00 | 5k |
| **35 – 39** | **GOLD** | **SILVER** | **BRONZE** | **ORANGE** | **BLACK** | **CERTIFICATE OF**  **ACHIEVEMENT** |
|  | 00:19:00 | 00:20:30 | 00:22:00 | 00:23:30 | 00:25:00 | 5k |
| **40 – 44** | **GOLD** | **SILVER** | **BRONZE** | **ORANGE** | **BLACK** | **CERTIFICATE OF**  **ACHIEVEMENT** |
|  | 00:20:00 | 00:21:30 | 00:23:00 | 00:24:30 | 00:26:00 | 5k |
| **45 – 49** | **GOLD** | **SILVER** | **BRONZE** | **ORANGE** | **BLACK** | **CERTIFICATE OF**  **ACHIEVEMENT** |
|  | 00:21:00 | 00:22:30 | 00:24:00 | 00:25:30 | 00:27:00 | 5k |
| **50 – 54** | **GOLD** | **SILVER** | **BRONZE** | **ORANGE** | **BLACK** | **CERTIFICATE OF**  **ACHIEVEMENT** |
|  | 0:22:00 | 00:23:30 | 00:25:00 | 00:26:30 | 00:28:00 | 5k |
| **55 – 59** | **GOLD** | **SILVER** | **BRONZE** | **ORANGE** | **BLACK** | **CERTIFICATE OF**  **ACHIEVEMENT** |
|  | 00:23:00 | 00:24:30 | 00:26:00 | 00:27:30 | 00:29:00 | 5k |
| **60 – 64** | **GOLD** | **SILVER** | **BRONZE** | **ORANGE** | **BLACK** | **CERTIFICATE OF**  **ACHIEVEMENT** |
|  | 00:24:00 | 00:25:30 | 00:27:00 | 00:28:30 | 0:30:00 | 5k |
| **65+** | **GOLD** | **SILVER** | **BRONZE** | **ORANGE** | **BLACK** | **CERTIFICATE OF**  **ACHIEVEMENT** |
|  | 00:25:00 | 00:26:30 | 00:28:00 | 00:29:30 | 00:31:00 | 5k |

**Club Championship League**

On achieving the GOLD Club Standard, you will automatically progress to our Club Championship League.

The aim of this league is to give each runner, motivation and continued focus to train.

How it works: Once you have achieved the Gold Standard Certificate, you will be eligible to earn Championship Points.

Within your age category & over the distance of 5K, 6 x performances will be recorded within the period 31st March 2019/31st March 2020 of your choosing.

Please note: Your base time will be your Gold Standard time for each event.

An accumulation of points over 6 events will decide your position within the table. A trophy will be awarded to the person within their age category with the most points at our AGM Presentation Evening.

**Points Table** **Example: Women’s Gold Standard 50/54 = 25mins (25 – 60secs = 24:00mins = 6 points)**

|  |  |
| --- | --- |
| Reduction in Seconds | Points Gained |
| 90 | 9 |
| 80 | 8 |
| 70 | 7 |
| 60 | 6 |
| 50 | 5 |
| 40 | 4 |
| 30 | 3 |
| 20 | 2 |
| 10 | 1 |

**Please be aware of the following rules, which will be strictly adhered to:**

1. It is your responsibility to notify Trish Jarvis via email, text, whatsapp or fb of your time (including race & date)

2. It must have been achieved on an officially timed & measured course (watch times will **NOT** be accepted)

3. In order for a time to be registered for the points league, the person concerned **MUST** have worn a club vest at the event & proof provided by means of a photo.

4. Parkrun times will not be eligible for inclusion towards performance times