

# **NEW FOREST RUNNERS**

## **BADGE SCHEME**

### **What is the Badge Scheme?**

It is your own personal challenge.

It allows you to gauge your performance year by year.

It is age related.

### **When does it happen?**

Every year beginning 1<sup>st</sup> January – 31<sup>st</sup> December.

You can take part in as many races as you like during the year, only 3 races are required to qualify.

### **How can I take part?**

- 1 Take a look at the Badge Scheme form appropriate to you (Men/Ladies/Juniors). This has the relevant times for each badge (bronze, silver, gold, diamond) and each age category.
- 2 Keep a record of your official times and dates of races.
- 3 Having taken part in numerous races during the year, select your 3 best races of varying distances eg. Wilverley timed run, 5km and 10 miles.
- 4 Look at your age category and take your times and see which badge zone you fall into.
- 5 Fill out the appropriate claim form (the bottom part of the badge list form)
- 6 Send your completed form with £2 to the Badge Scheme organiser no later than the 31<sup>st</sup> December.

Entering each year gives you a good indication of your annual performance. As the years roll on it is very heartening to know your times are as good as ever, or you may find like a 'fine wine' improving with age.

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