**The 50 and 100 Club Awards**

The Club 50/100 awards are not meant to be a competition with anyone else but yourself. They aim to create a source of encouragement throughout the year for those wishing to participate.

Members will automatically be entered for the Club 50/100 (If you would like to opt out, just let the coordinator know). Once members have reached 50 points they will automatically continue to work towards 100. If they do not reach 100 points they will still achieve the club 50 award.

Please also be aware that you **DO HAVE TO WEAR** the club vest/top (**Red/White**) for this, as with the Club's Grand Prix series where it is also mandatory.

We shall be keeping a record of all races and allocating the relevant points to each individual.

The Coordinator for 2025 is Robert Last.

**The Rules**

* You must be a Club member (points count from your membership start date).
* If your age category is changing for the Club 50/100, you must contact the coordinator to advise them of this. Otherwise, your age category will remain that of your first race of the qualifying year.
* Age grading will be as of the 31st December of the qualifying year.
* The Club standards are final with no amendments.
* Your quickest time counts either chip or gun.
* Proof of entry/results page from the organisers is always required. Races within Norfolk will automatically be logged as long as you register as a Dereham Runner (On Total Race Timing, you can do this even if you are not an affiliated runner. For other races you will need to let the coordinator know). For events outside of Norfolk, it is your responsibility to alert the coordinator of the event and provide proof of time (screenshot or link to results).
* Club vest/top (**Red/White**) must be worn in order for races to count. Exceptions to this rule are:
  + Muddy cross country runs (club will advise)
  + Running for charity
  + Competing for Norfolk/Schools Cross Country
  + Competing for University
  + Ultras (where changes of clothing may be required)
  + New Members will be given 4 weeks grace to purchase kit.

If it is proven that the Club vest/top (**Red/White**) has not been worn for an event, then points will not be awarded.

* Fun runs are **excluded.**
* Gain 50/100 points to qualify for a special Club memento.
* Events inclusive 1st Jan - 31st Dec.
* 2nd claim Members are not eligible.

**Qualifying**

All affiliated events as per the distances displayed on the links below.

Any other affiliated race distance, relays and cross country events qualify for 4 points, as do Triathlon runs (over 5k)

Track and Field events – 1 point per event (Maximum 4 events at one meeting)

Certain in-house Club runs will qualify for 4 points (this will be made clear when these runs are promoted) as well as all Club Grand Prix races.

All 'ultra’ distance events (those over marathon distance) are awarded 15 points for a finish.

From 2025, parkruns will no longer count towards the Club 50/100 awards.

**Juniors (16 and under)**

* 10 parkruns will count towards juniors Club 50/100 – 5k and junior (2k) will both be worth 1 point.
* School’s Cross Country – 4 points
* Track events – 1 point per event (Can do up to 4 events at one meeting)
* Quad Kids – 4 points
* Ryston Cross Country – 4 points
* Any other eligible races – scored as adult standards.

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Achieving an age grading club standard   - These are available below

* Platinum - 10  points
* Diamond - 8   points
* Gold - 7   points
* Silver - 6   points
* Bronze - 5   points
* Less than bronze standard 4 points

[Ladies Standards](https://clubbuzz-assets.s3.amazonaws.com/pro/documents/12084/Ladies_Club_Standards2017.pdf?1480612830)

[Mens Standards](https://clubbuzz-assets.s3.amazonaws.com/pro/documents/12082/Mens_Club_Standards2017.pdf?1480612539)