

Medals

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| Senior Men: | 1st, 2nd, 3rd individuals 1st, 2nd, 3rd Club Teams, - 3 to score |
| Senior Women: | 1st, 2nd, 3rd individuals 1st, 2nd, 3rd Club Teams - 3 to score |
| Master Men: | 1st, 2nd, 3rd individuals in each category M35 M40, M45, M50, M55, M60, M65, M70 & M75 1st, 2nd, 3rd Club Teams, M35 category only - 3 to score |
| Master Women: | 1st, 2nd, 3rd individuals in each category W35, W40, W45, W50, W55, W60 & W65 1st, 2nd, 3rd Club Teams, W35 category only - 3 to score |

In team events athletes may only score in the category for which they declare.

CHAMPIONSHIPS MEDALS Half Marathon

1st, 2nd, 3rd, Women Individuals - 1st, 2nd, 3rd, Men Individuals
1st, 2nd, 3rd, Women's Team (3 to score) - 1st, 2nd, 3rd, Men Team (3 to score)
1st, 2nd, 3rd, Master Women W35, 40, 45, 50, 55, 60 - 1st, 2nd, 3rd, Masters Men M40, 45, 50, 55, 60, 65, 70
1st, 2nd, 3rd, Master Women Team W 35 (3 to score) - 1st, 2nd, 3rd, Master Men Team M 40 (3 to score)

Club Official..... Date _____