

To qualify for a medal the standard time must be beaten (not equalled) three times in the same season.
 The standard times to be beaten do not have to be all of the same distance.
 Each medal is awarded once only.
 Times may only be from Worcester St Johns CC club events (Not open events)
 It is up to each individual to claim their award. Medals will not be awarded to anyone who does not claim
 Claimants are expected to have helped with organisation, marshalling or other club activity during the season.
 Medals may be claimed by full members or second claim members.
 Medals are presented at the club annual awards ceremony

	Juvenile	Juvenile	Junior	Senior	Veteran	Veteran	Veteran	Veteran	Veteran	Juvenile	Juvenile	Junior	Senior	Veteran	Veteran	Veteran	Veteran	Veteran		
	Men	Under 14	Under 16	Under 18	18 to 39	40 to 49	50 to 59	60 to 69	70 to 79	80 plus	Ladies	Under 14	Under 16	Under 18	18 to 39	40 to 49	50 to 59	60 to 69	70 to 79	80 plus
10 miles	Gold	0:26	0:25	0:24	0:23	0:24	0:25	0:26	0:28	0:32	Gold	0:28	0:27	0:26	0:25	0:26	0:27	0:28	0:30	0:34
	Silver	0:28	0:27	0:26	0:25	0:26	0:27	0:28	0:30	0:34	Silver	0:30	0:29	0:28	0:27	0:28	0:29	0:30	0:32	0:36
	Bronze	0:31	0:30	0:29	0:28	0:29	0:30	0:31	0:33	0:37	Bronze	0:33	0:32	0:31	0:30	0:31	0:32	0:33	0:35	0:39
15 miles	Gold	0:39	0:37	0:36	0:34	0:36	0:37	0:39	0:42	0:48	Gold	0:42	0:40	0:39	0:37	0:39	0:40	0:42	0:45	0:51
	Silver	0:42	0:40	0:39	0:37	0:39	0:40	0:42	0:45	0:51	Silver	0:45	0:43	0:42	0:40	0:42	0:43	0:45	0:48	0:54
	Bronze	0:46	0:45	0:43	0:42	0:43	0:45	0:46	0:49	0:55	Bronze	0:49	0:48	0:46	0:45	0:46	0:48	0:49	0:52	0:58
19.5 miles	Gold	0:52	0:50	0:48	0:46	0:48	0:50	0:52	0:56	1:04	Gold	0:56	0:54	0:52	0:50	0:52	0:54	0:56	1:00	1:08
	Silver	0:56	0:54	0:52	0:50	0:52	0:54	0:56	1:00	1:08	Silver	1:00	0:58	0:56	0:54	0:56	0:58	1:00	1:04	1:12
	Bronze	1:02	1:00	0:58	0:56	0:58	1:00	1:02	1:06	1:14	Bronze	1:06	1:04	1:02	1:00	1:02	1:04	1:06	1:10	1:18
20 miles	Gold	0:53	0:51	0:49	0:47	0:49	0:51	0:53	0:57	1:05	Gold	0:57	0:55	0:53	0:51	0:53	0:55	0:57	1:01	1:09
	Silver	0:57	0:55	0:53	0:51	0:53	0:55	0:57	1:01	1:09	Silver	1:01	0:59	0:57	0:55	0:57	0:59	1:01	1:05	1:13
	Bronze	1:03	1:01	0:59	0:57	0:59	1:01	1:03	1:07	1:15	Bronze	1:07	1:05	1:03	1:01	1:03	1:05	1:07	1:11	1:19
24.5 miles	Gold	1:06	1:03	1:01	0:58	1:01	1:03	1:06	1:11	1:21	Gold	1:12	1:09	1:07	1:04	1:07	1:09	1:12	1:17	1:27
	Silver	1:11	1:08	1:06	1:03	1:06	1:08	1:11	1:16	1:26	Silver	1:17	1:14	1:12	1:09	1:12	1:14	1:17	1:22	1:32
	Bronze	1:18	1:16	1:13	1:11	1:13	1:16	1:18	1:23	1:33	Bronze	1:24	1:22	1:19	1:17	1:19	1:22	1:24	1:29	1:39
25 miles	Gold	1:07	1:04	1:02	0:59	1:02	1:04	1:07	1:12	1:22	Gold	1:13	1:10	1:08	1:05	1:08	1:10	1:13	1:18	1:28
	Silver	1:12	1:09	1:07	1:04	1:07	1:09	1:12	1:17	1:27	Silver	1:18	1:15	1:13	1:10	1:13	1:15	1:18	1:23	1:33
	Bronze	1:19	1:17	1:14	1:12	1:14	1:17	1:19	1:24	1:34	Bronze	1:25	1:23	1:20	1:18	1:20	1:23	1:25	1:30	1:40
30 miles	Gold	1:21	1:18	1:15	1:12	1:15	1:18	1:21	1:27	1:39	Gold	1:28	1:25	1:22	1:19	1:22	1:25	1:28	1:34	1:46
	Silver	1:27	1:24	1:21	1:18	1:21	1:24	1:27	1:33	1:45	Silver	1:34	1:31	1:28	1:25	1:28	1:31	1:34	1:40	1:52
	Bronze	1:36	1:33	1:30	1:27	1:30	1:33	1:36	1:42	1:54	Bronze	1:43	1:40	1:37	1:34	1:37	1:40	1:43	1:49	2:01