



BEDFORD HARRIERS A.C.

Bedford International Athletics Stadium
Barkers Lane
Bedford
MK42 9SA



Triathlon awards and age grading rules, effective 6th December 2010 to 4th December 2011

Age categories	Male & female	
	-30	
	+30	
	+35	
	+40	
	+45	
	+50	
	+55	
	+60	
	+65	
Competition year	Begins the Monday following the first weekend in December	Ends 1 st Sunday in December
	2011	
	Starts 6 th December 2010	Ends 4 th December 2011
Qualification	Minimum	3 races, swims must be minimum 400mts, must include 1 open water swim
	Entry	Must enter as a Bedford Harrier
	Kit	Club kit does not have to be worn
Category winner calculation	Age grading score calculated by taking the winning time for the appropriate age category and expressing the members time as a percentage of the winners time.	
	E.g. A N Other Triathlon	
	Male 45+ winners time	4 hours 30 minutes
	Members time	6 hours 15 minutes
	Members score 4hrs 30mins divided by 6hrs 15mins	=72%
	This result is carried forward to a league table where all age graded scores are recorded.	
Qualifying races	Any triathlon where age categories are recorded subject to 'qualification' requirements detailed above.	
Scoring	The sum of the members best three scores will count towards the age graded championship.	
Awards	1 st 2 nd 3 rd male & 1 st 2 nd 3 rd female in league table.	(If joint winner then two awards made)
	Subjective awards at the discretion of the sub-committee to be decided by 30 th November.	
Members responsibility	To check their results are included and correctly calculated	

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