



# BEDFORD HARRIERS A.C.

Bedford International Athletics Stadium  
Barkers Lane  
Bedford  
MK42 9SA



<b>Triathlon age grading rules</b>		
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 <sup>st</sup> Sunday in December
	2010	
	Starts 8 <sup>th</sup> December 2009	Ends 5 <sup>th</sup> December 2010
Qualification	Minimum	3 races
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	
Scoring	The sum of the members best three scores will count towards the age graded championship.	
Awards	1 <sup>st</sup> male & 1 <sup>st</sup> female in league table.	
Members responsibility	To check their results are included and correctly calculated	

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