

PWAC Pentathlon Cup Guidelines

Intention

- PWAC seeks to promote athletic competition in running a variety of distances from 5k to the marathon. In particular the club recommends participation in the Kent Road Race Grand Prix and Kent Championship events.
- The Pentathlon Cup encourages athletes to compete in at least five of seven traditional distances and the trophy is awarded annually to the winner.

Eligibility

- All fully paid up members of PWAC are eligible for this internal club competition, including second claim club members when representing PWAC.

Permitted Races

- Races must be held on accurately measured road or multi-terrain courses under UK Athletics rules for competition or the local equivalent if overseas.

- Note that parkruns are excluded as they are not held under UK Athletics rules for competition and distances are not always accurately measured.
- Results over seven distances are recorded for Pentathlon Cup scoring. They are the 5kms; 5 miles; 10kms; 10 miles; Half Marathon; 20 miles and Marathon.

Pentathlon Cup Rules

- The Pentathlon Cup season starts on 1st September and ends on 31st August. The presentation of the trophy will normally take place at the annual club awards evening.
- The Pentathlon Cup administrator, supported by the PWAC Committee, will be responsible for maintaining all necessary records and for ensuring that participants are eligible.
- Inclusion in the Pentathlon Cup competition is automatic and based on results achieved, notified to the Pentathlon Cup administrator and published on the PWAC website using: website@paddockwoodac.co.uk

- Athletes must be eligible for the distance run according to UK Athletics rules for competition. Athletes must be aged over 15 years to compete up to 10 kilometres; must be aged over 17 years to compete up to half marathon and must be aged over 18 years to compete up to marathon (all ages must be attained on or before the day of competition).

Scoring System

- Pentathlon Cup scoring will be based entirely on age-grading.
 - The best five scores from different qualifying distances will count. These scores will be expressed as a percentage for each completed distance and the winner will be the club member who achieves the highest average for five different distances.
 - The internationally accepted World Masters Athletics (WMA) age-grading calculator will be used for Pentathlon Cup scoring. The following is a direct link to the latest 2015 tables: <http://www.howardgrubb.co.uk/athletics/wmalookup15.html>
 - Although the tables were originally designed for use in Masters' events they are now used widely to score and compare the complete range of athletics events for both genders and all ages.
- The tables compare an individual's performance with the current world record in the relevant event. An adjustment is made for gender and age before a result is produced, expressed as a percentage of the world record.
 - The following standards have been assigned: Over 35% = Bronze; Over 50% = Silver; Over 65% = Gold; Over 80% = Platinum. Each standard is sub-divided into three levels with increments of 5%, e.g.: 35% = Bronze 1; 40% = Bronze 2; 45% = Bronze 3 and so on up to 90% = Platinum 3.
 - Race results will be published on the PWAC website with Pentathlon Cup age-graded scores already attached. They may also appear from time to time in the PWAC newsletter and there will be a quarterly update on the current overall positions. Any missing results must be notified to the PWAC website administrator within one month of the date of the race to be included for Pentathlon Cup competition scoring.
 - All other enquiries should be addressed to the Pentathlon Cup administrator, John Tolhurst: john.tolhurst@outlook.com
 - **GOOD LUCK AND ENJOY THE COMPETITION!**