

Focus Points

- **Participation** Race as many races as possible representing the Club
Take part in Club events
- **Service** Serve your Club mates, serve your friends.
Serve as part of a sub committee, do your club duty by pitching up for race marshalling and do Sunday seconding when it is your turn or when step in to help.
Make sure your club mates reach their goal by pacing.
- **Improvement** Set a seasonal time per distance, and over the year improve the time.

Focus Points

Participation:

Points Awarded to

	Points
- Any ASA Event	1
- Coca Cola League race	5
- Marathon (per event)	1
- Ultra (per event)	2
- Cross Country (per event)	7
- WPA Championship Race	5
- Wild Card (a total of 5 events throughout 2025)	5

Focus Points

Service:

Points Awarded to

- Marshalling at Tygerrun
- Gazebo duty
- Serving on a committee
- Sunday seconding
- Helping a buddy with a GOAL
(as pacing compacity)

Points

5
5
3
3
3

DURBAC
CAPTAINS
CHALLENGE
2025

Focus Points

Improvement:

Points Awarded to

- Set an initial time per distance
- Improve that time per distance

Point

1
1

DURBAC
CAPTAINS
CHALLENGE
2025

Focus Points

Criteria awards

Gold = 95 + points

Silver = 65 - 94 points

Bronze = 40 – 64 points

DURBAC
CAPTAINS
CHALLENGE
2025

