

Every step counts: run, serve, improve



DURBAC

Captains  
Challenge

# Rules and Structure

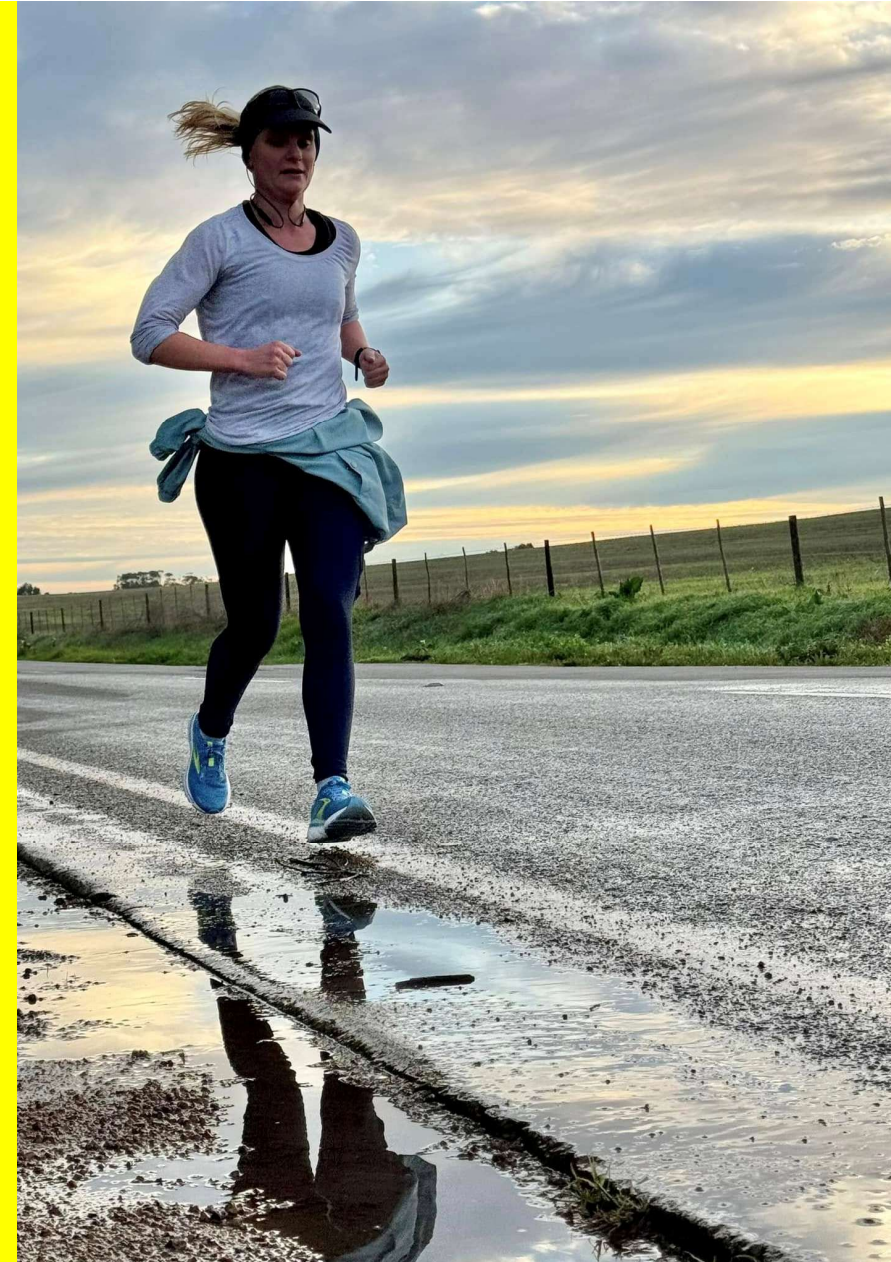
The challenge rewards **participation** in various events, **service** roles, and **improvements**, emphasizing a balance of consistent activity and club support.

- Points are earned from **January 1 to December 31** each year
- Personal bests resetting annually (Previous year PBs not used).
- Members must **validate their own results monthly**, subject to committee verification.
- Top performers receive recognition at the annual awards.

**Gold = 95+ Points**

**Silver = 65 – 94 points**

**Bronze = 40 – 64 points**

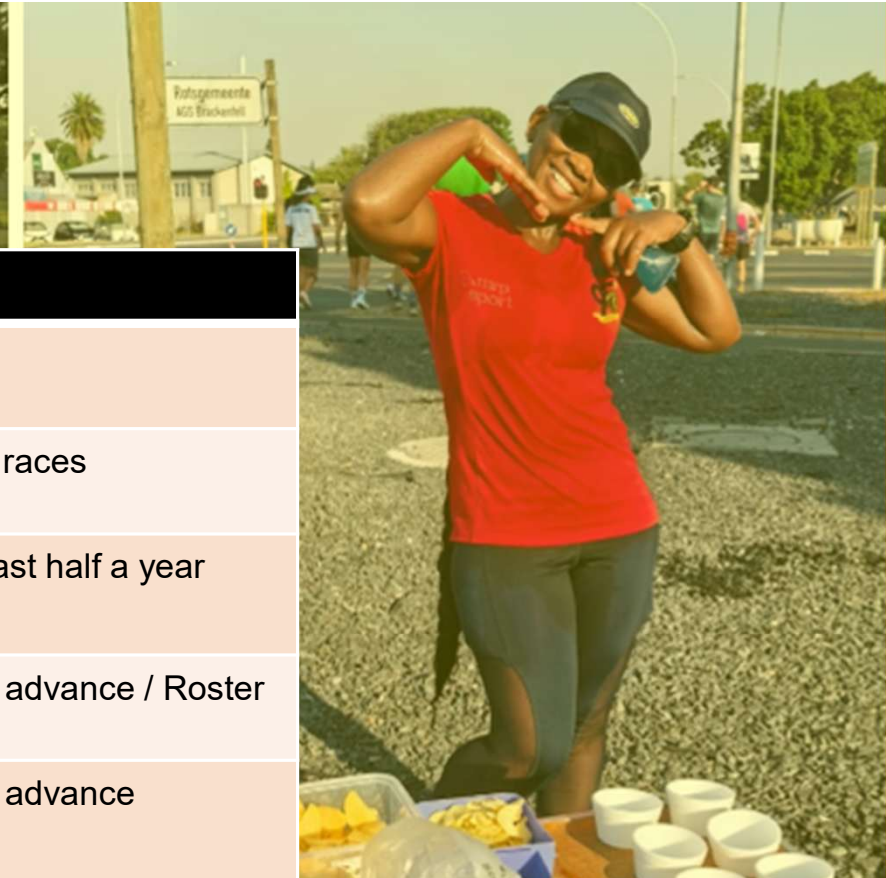


# Participation Points

ACTIVITY	POINTS	NOTES
Any ASA event $\geq 10\text{km}$ and $< 42\text{km}$	1 point per event	All official races
Marathon (42.2km)	2 points per event	Any recognised event
Ultra Marathon ( $> 42.2\text{km}$ )	3 points per event	Any event longer than 42.2km
Coca-Cola league race	5 points per event	Represent DURBAC (10, 15 & 21.1km)
Cross-Country (Age Category)	5 points per event	WPA events
Cross-Country (Relay, Mob)	1 point per event	WPA events
WPA Championship Race	5 points per event	Any official WPA Championship
Battle of the North (BoTN)	2 points per event	Represent DURBAC at Club races
Personal Best (PB)	+1 additional point	<ul style="list-style-type: none"> <li>➤ Achieving a PB at any of above events within the year (excluding BotN, XC)</li> <li>➤ If race is shorter than marked distance (e.g. 400m short on 21.1km) it does not count towards club standards but you will get a challenge point</li> </ul>

# Service Points

ACTIVITY	POINTS	NOTES
Marshalling at Tyger Run	5 point per event	Official club duty
Gazebo duty	5 points per event	Setup & Pack up at races
Serving on DURBAC committee	3 points per event	Must serve for at least half a year
Sunday Seconding duty	3 points per event	Runners to apply in advance / Roster
Cross-Country Seconding duty	3 points per event	Runners to apply in advance



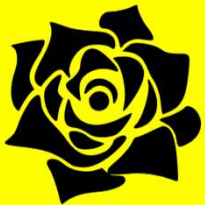
# Recognition & Awards

Top performers are celebrated at the annual awards evening, with recognition for Gold, Silver, and Bronze achievers. These awards highlight excellence in participation, dedication, and contribution, motivating members to engage actively across all facets of the challenge.



# Success

- **Example Path to Gold (95 pts):** 1 Ultra (4) + 2 Marathon (6) + 7 Half Marathons (14) + 10 x league races (15km & 10km = 50) + 4 XC (20) + 2 x BoTN (6)
- **Example Path to Silver (65 pts):** 2 Marathon (6) + 6 x Half Marathon (12) + 5 x League Races (25) + 1 x 10km (1) + 3 x XC (15) + 3 x BoTN (6)
- **Example Path to Bronze (40 pts):** 1 x Half Marathon (4) + 3 x League Races (15) + 5 x 10km (5) + 2 x XC (10) + 3 x BoTN (6)



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