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# PB AWARDS

The PB Awards have been designed to celebrate and reward every athlete's personal bests and help them on their way to reaching new levels of performance.

## About the PB Awards

- 9 Levels of progression per age group
- For U13, U15, U17, U20 & Senior
- Across all athletics Track & Field events
- For Male and Female athletes
- Inclusion Awards
- Multi Event Awards

Creating a progressive Awards Pathway, which recognises and rewards every athlete's personal best and provides the stepping stones for future success.

Why not take your first steps on the Awards programme?



Dina Asher-Smith

Jazmin Sawyers

Scott Lincoln







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# PB AWARDS

## MARATHON

### Male Award Standards

Half Marathon	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Senior	01:18:30	01:16:30	01:15:00	01:13:30	01:12:00	01:10:30	01:09:00	01:07:30	01:06:00
Marathon	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Senior	02:54:00	02:48:00	02:43:00	02:38:30	02:34:30	02:31:00	02:28:00	02:25:00	02:22:30

### Female Award Standards

Half Marathon	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Senior	01:39:00	01:36:00	01:33:30	01:31:00	01:28:30	01:26:00	01:23:30	01:21:00	01:18:30
Marathon	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Senior	03:40:00	03:32:30	03:26:00	03:20:00	03:13:00	03:07:00	03:01:00	02:55:00	02:50:00

## RACE WALKING

### Male Award Standards

2,000m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	14:30.0	14:00.0	13:30.0	13:00.0	12:30.0	12:00.0	11:35.0	11:10.0	10:50.0
3,000M	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U15	19:50.0	19:10.0	18:32.0	17:55.0	17:20.0	16:47.0	16:15.0	15:45.0	15:16.0
U17	18:32.0	17:55.0	17:20.0	16:47.0	16:15.0	15:45.0	15:16.0	14:48.0	14:21.0
U20 (Junior)	17:20.0	16:47.0	16:15.0	15:45.0	15:16.0	14:48.0	14:21.0	13:55.0	13:31.0
Senior	16:15.0	15:45.0	15:16.0	14:48.0	14:22.0	13:56.0	13:31.0	13:06.0	12:43.0
5,000m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U17	31:00.0	30:00.0	29:03.0	28:08.0	27:16.0	26:26.0	25:39.0	24:53.0	24:08.0
U20 (Junior)	29:03.0	28:08.0	27:16.0	26:26.0	25:39.0	24:53.0	24:08.0	23:25.0	22:43.0
Senior	27:16.0	26:26.0	25:39.0	24:53.0	24:08.0	23:25.0	22:43.0	22:02.0	21:25.0
10,000m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U20 (Junior)	59:33.0	57:45.0	56:00.0	54:23.0	52:48.0	51:17.0	49:50.0	48:25.0	47:00.0
Senior	56:00.0	54:23.0	52:48.0	51:17.0	49:50.0	48:25.0	47:00.0	45:40.0	44:25.0

### Female Award Standards

2,000m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U13	15:10.0	14:35.0	14:00.0	13:30.0	13:00.0	12:35.0	12:10.0	11:50.0	11:30.0
3,000M	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U15	22:18.0	21:27.0	20:40.0	19:57.0	19:16.0	18:37.0	18:00.0	17:25.0	16:52.0
U17	20:40.0	19:57.0	19:16.0	18:37.0	18:00.0	17:25.0	16:52.0	16:20.0	15:48.0
U20 (Junior)	19:16.0	18:37.0	18:00.0	17:25.0	16:52.0	16:20.0	15:48.0	15:18.0	14:49.0
Senior	18:00.0	17:25.0	16:52.0	16:20.0	15:48.0	15:18.0	14:49.0	14:20.0	13:52.0
5,000m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U17	35:00.0	33:50.0	32:42.0	31:38.0	30:38.0	29:40.0	28:45.0	27:51.0	27:00.0
U20 (Junior)	32:42.0	31:38.0	30:38.0	29:40.0	28:45.0	27:51.0	27:00.0	26:10.0	25:21.0
Senior	30:38.0	29:40.0	28:45.0	27:51.0	27:00.0	26:10.0	25:21.0	24:35.0	23:50.0
10,000m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U20 (Junior)	01:07:10	01:05:00	01:03:00	01:01:00	59:10.0	57:20.0	55:35.0	53:50.0	52:15.0
Senior	01:03:00	01:01:00	59:10.0	57:20.0	55:35.0	53:50.0	52:15.0	50:40.0	49:05.0

## STEEPLECHASE

### Male Award Standards

1500m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U17	05:18.0	05:10.0	05:04.0	04:58.0	04:53.0	04:48.0	04:43.0	04:38.0	04:34.0
2000m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U20 (Junior)	07:30.0	07:19.0	07:08.0	06:58.0	06:48.0	06:38.0	06:29.0	06:20.0	06:11.0
Senior	07:08.0	06:58.0	06:48.0	06:38.0	06:29.0	06:20.0	06:11.0	06:03.0	05:55.0
3000m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Senior	11:04.0	10:48.0	10:32.0	10:17.0	10:03.0	09:50.0	09:37.0	09:24.0	09:11.0

### Female Award Standards

1500m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U17	06:30.0	06:18.0	06:08.0	05:58.0	05:50.0	05:42.0	05:36.0	05:30.0	05:25.0
U20 (Junior)	06:08.0	05:58.0	05:50.0	05:42.0	05:36.0	05:30.0	05:25.0	05:20.0	05:15.0
2000m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
U20 (Junior)	09:24.0	09:07.0	08:50.0	08:35.0	08:20.0	08:06.0	07:52.0	07:38.0	07:25.0
Senior	08:50.0	08:35.0	08:20.0	08:06.0	07:52.0	07:38.0	07:25.0	07:13.0	07:01.0
3000m	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Senior	14:25.0	13:57.0	13:29.0	13:03.0	12:37.0	12:13.0	11:49.0	11:25.0	11:03.0

## PB Multi-Event Awards

In addition to the individual PB Awards, athletes can also achieve PB Triathlon and PB Quadrathlon Awards.

- For a **PB Triathlon Award** athletes must compete in one running, one jumping and one throwing event.
- For a **PB Quadrathlon Award** athletes must compete in one sprint, one endurance, one jumping and one throwing event.

### How it works

It couldn't be simpler! For each award level that an athlete achieves in an individual event they score the same number of points as the level number. So if they achieve Level 1 they score one point and if they reach Level 9 they score nine points.

For a **PB Triathlon Award**, simply add together the three point scores from an athlete's best running, best jumping and best throwing events to get their overall score, then find what level they have achieved using the table below. For example, if an athlete achieves Level 4 in the 100m, Level 3 in the long jump and Level 6 in the discus they would score 4 + 3 + 6 = 13 points which would give them a Level 5 PB Triathlon Award. (Please note that to achieve Level 1 athletes only need to add up the scores from two events.)

This is the same principle for a **PB Quadrathlon Award** - just add together the four point scores from an athlete's best sprinting, endurance, jumping and throwing events to find their award level. (As above, Level 1 only requires the scores from two events.)

## MULTI-EVENT AWARDS

### Male & Female Award Standards

PB Triathlon	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Points	2	5	7	10	13	16	18	20	22
PB Quadrathlon	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Points	3	6	10	13	17	20	24	27	30



