



Records and Rankings Guidelines

1. For records achieved from 1 January 2006 onwards an [application](#) must be submitted.
2. At the 31 December 2104 the list of records, open and age will be frozen. A combined list has been created which contains the best results per age group regardless of surface. These are considered to be the current records unless a record application is submitted or errors justified.
3. From 1 January 2015 a record is achieved if the athlete betters the best result regardless of surface (Road or Track).
4. Records can be claimed for the distances, times and age categories as outlined in the table below:

Distance Records	Time Records	Age Categories
50km	6 hours	Under 25
100km	12 hours	25 - 29
200km	24 hours	30 - 34
500km	48 hours	35 - 39
1000km	6 days	40 - 44
50 miles	10 days	45 - 49
100 miles		50 - 54
500 miles		55 - 59
1000 miles		60 - 64 and so on

5. In determined age records, age is considered to be the age of the applicant on race day.
6. Rankings will be sourced from AURA races where the course has been certified, World and Commonwealth championships and records and rankings applications. International events may be considered provided they carry an IAU Label.
7. Appeals will go to the committee for adjudication.
8. Race directors of ranking eligible events are asked to provide results in Excel format, please include nationality and birthdate of runners or age on race day or the day the event is completed.