

SECTION 14 – RUNNING

1. Team Composition

- 1.1 Regional teams shall be comprised of twenty (20) runners who have met the qualifying times listed in para 6. A runner, who was not able to qualify due to operational reasons, may be considered upon approval of the respective Regional Sports Manager (RS Mgr).

2. Rules

- 2.1 The competition shall be conducted in accordance with the Athletics Canada Rules and By-Laws, supplemented by the Ottawa Race Weekend administrative guidelines and in accordance with the CAF Sport Championships Operation Manual.

3. Suspensions

- 3.1 Reference Section 5 – Suspensions, for infractions that may be applied to any sport.

4. Championship Format

- 4.1 The Championship shall consist of four (4) separate races as listed in para 5. CAF member who submitted their qualification time, will only be permitted to enter the race for which they have entered a qualifying time. CAF member who submitted a qualification time for more than one event, will only be eligible to enter in one (1) race of the CAF National Running Championship.

5. Events

- 5.1 The Canadian Armed Forces National Running Championship shall consist of the following races:
- Marathon;
 - Half Marathon;
 - 10 km; and
 - 5 km.

6. Qualifying Times

- 6.1 The qualifying times listed below are the minimum qualifying times that a CAF runner must have achieved on a certified course, at a sanctioned race no more than fourteen (14) months prior to race day.
- 6.2 Proof of times must be forwarded by the RS Mgrs to the host unit Mgr FS(&R), prior to the deadline stated in the General Instruction.
- 6.3 In some cases, local Mgr FS(&R) may establish another deadline prior to the one establish in the General Instruction.
- 6.4 Under extenuating circumstances (such as deployments) a CAF member who did not have the opportunity to run in a race during the fourteen (14) month time requirement, may submit an application for consideration in writing to the MCAFS, through their RS Mgr within the deadline established above.

Race Distances	Marathon		Half Marathon		10 Km		5 Km	
Age Categories	Male	Female	Male	Female	Male	Female	Male	Female
Under 19	3:10:00	3:40:00	1:25:00	1:35:00	36:00	42:00	17:30	21:00
20-24	3:10:00	3:40:00	1:25:00	1:35:00	36:30	43:00	18:00	22:00
25-29	3:10:00	3:40:00	1:30:00	1:40:00	37:00	43:30	18:00	23:00
30-34	3:10:00	3:40:00	1:30:00	1:40:00	38:00	44:30	18:30	23:30
35-39	3:15:00	3:45:00	1:35:00	1:45:00	39:00	48:00	20:00	25:00
40-44	3:20:00	3:50:00	1:40:00	1:50:00	41:00	50:00	21:30	25:00
45-49	3:30:00	4:00:00	1:42:00	1:52:00	43:00	52:30	23:00	28:00
50-54	3:35:00	4:05:00	1:45:00	1:55:00	45:00	56:00	25:00	31:00
55 & over	3:45:00	4:15:00	1:55:00	2:10:00	50:00	60:00	25:00	40:00

7. Equipment

- 7.1 It is mandatory that all participants wear both the singlet provided for the race by the CAFSO and their race number.

8. Injury Prevention

- 8.1 It is important that injury prevention strategies are reviewed by all members of the team, coaches, officials, athletic trainers, and organizers. Please refer to Section 6 for further injury prevention information pertaining to this sport.

9. Awards

- 9.1 The first and second place finishers, male and female, in the 5km, 10km, half and full marathon events will be presented with medals emblematic of the Canadian Armed Forces National Running Championship. All awards are based on the "chip time". Gold and silver medals will be awarded within each race category for each race distance (male & female) so long as there is a minimum of five (5) participants in that race category. If there are less than five (5) participants in a particular race category for any given race distance (male & female) only a gold medal shall be awarded (as per 2006 National RS Mgr Meeting minutes).
- 9.2 The Environmental Shield Award shall be awarded to the winning team of CAF Runners formed to represent the Navy, Army or Air Force environment. This award promotes teamwork in an inherently individual sport exemplifying what it means to be a member of the Canadian Armed Forces. It is presented to the environment with the highest combined age-performance percentage, generated by the 2015 WMA Road age-grading calculator.
- Each environment is encouraged to submit a team of four (4) runners;
 - Each team must have a runner representing all four (4) distances; and
 - Each team must have at least one (1) female runner (regardless of race distance).

- 9.3 For the CAF National Running Championships, the age categories for Men and Women are broken down as follows in every events for the purpose of the CAF awards presentation established by the sanctioned race:
- “Open” (Age = under 40);
 - “Masters” (Age = 40 - 47); and
 - “Senior” (Age = 48+).
- 9.4 Ages for the above categories apply as of the day of the competition.
- 9.5 Any monetary award won by an athlete competing under the CAF National Running Championship is to be handed over to CFMWS in accordance with the [QR&Os: Volume III - Chapter 208 Fines, Forfeitures and Deductions](#) (208.45 – Deductions for Recovery of Additional Payment Received in Performance of Duties).