

# WYMONDHAM AC

## AWARDS REVISION dated 29 Nov 17

### INTRODUCTION

The current scheme for awarding our athletes is in need of revision as it lacks focus and does not give runners targets to aim for during the year.

With this in mind the committee have agreed some changes to the awards, to be presented during the year and at the annual Awards Party.

### ANNUAL AWARDS:

The following awards will continue to be presented at the Awards Dinner:

Senior Mens Road Runner of the Year  
Veteran Mens Road Runner of the Year

Senior Ladies Road Runner of the Year  
Veteran Ladies Road Runner of the Year

Nominees from the committee based on the age graded results produced at the end of each year from the Race book and voted on by the members prior to the Annual Awards Dinner

Male Cross Country Runner of the year  
Female Cross Country Runner of the Year

Nominees from the committee based on the collated results from the Race book and voted on by the members prior to the Annual Awards Dinner

### Founder Members Shield

Nominated by members when voting for the road and cross country awards and presented to the member with most nominations at the Awards Evening.

## New Awards:

In addition to the above awards, up to 6 new Endeavour awards will be presented to those who have in the view of the **committee and coaches together**, performed consistently well over a range of distances during the year, or overcome injury, illness or other difficulties to return to running. **These awards will replace the Coaches Award.**

## 100 + Points Scheme

This scheme was most in need of revision as it lacked focus and many members were unaware of its existence until the Awards night.

The changes are set out below:

A number of achievement award milestones will be set out which club members can work towards. The aim is to encourage members to participate in races of all distances to earn points and improve. It will also help with individual goal setting and attainment.

Points will be awarded according for to the following table:

<b>RACE DISTANCE</b>	<b>POINTS AWARDED</b>
5 Km	3
5 Miles	5
10Km	6
10 Miles	10
Half Marathon	13
15 Miles	15
20 Miles	20
Marathon	26
Park Run	2

In addition, to recognize that members compete in other events, points will be awarded as follows:

Ultra Distance races (Races in excess of Marathon Distance)	– 30 points
Triathlon (Run element only)	4 points
Orienteering	4 points
Cross Country*	5 points

\*A standard 5 points awarded as cross country distances are not accurate and ladies run shorter races than gents at these events.

For members competing in Track and Field events the following points will apply:

EVENT	POINTS
100m + Hurdles	1
200m	1
400m + Hurdles	1
800m	1
1500m	1
3000mSC	2
5000m	3
10,000m	6
All Field events	1

In addition Bonus points will be awarded as follows:

Participation	Bonus Points Earned
Participation in Grand Prix event (with exception of WAC Races)	Additional 2 points
Participation in Team Relay event for WAC	5 points
Participation in nominated Park run of the Month	2 points
Volunteer Marshall/helper at club races	5 points
Individual Prize Winners (e.g 1 <sup>st</sup> in age group) but excluding Park Runs	3 points
Part of a team earning a Team prize in a race	1 <sup>st</sup> Team – 3 points 2 <sup>nd</sup> Team – 2 Points 3 <sup>rd</sup> Team – 1 point
Participation in club events (Ed Burton series or Winter Time Trial)	2 points
Runners setting new club records	15 points

## **Rules**

- The new scheme would run for the calendar year, starting on 1 Jan and ending on 31 Dec of each year. Only fully paid up members will earn points towards these awards.
- Points will only be earned at affiliated races, that is, races organized by a body or group affiliated to a national body (e.g UKA).
- Distances in between those stated (e.g Chase the Train which is 8.7) will earn points allocated to the distance below. So in this case 10km participation points will be allocated.

Awards will be presented as follows:

100 points in 1 year – Trophy presented on club night  
150 points in 1 Year – Trophy presented on club night  
200 points in 1 year – Trophy presented on club Night.

At the Annual Awards night the top three points scorers for men and ladies on a new “Race Ladder” would receive awards. This should encourage some light hearted rivalry among those leading the table.

## **Conclusion**

The above revisions should ensure that club awards can be earned through out the year and club members can better set themselves targets of achievement and progression.