



WYMONDHAM ATHLETICS CLUB AWARDS SCHEME 2019

Introduction

As members may be aware, the club has a number of ways of rewarding performances by its athletes throughout the year. Awards are made for road running and cross country, together with coaching and endeavor awards for which all paid up members are eligible to win. In addition the club operates a Points Scheme whereby members earn points by participating in affiliated races and supporting WAC events through participation or volunteering.

All awards will be presented at the annual Awards Dinner held in March each year.

The purpose of this document is to set out the awards available to members and to provide detail about the WAC Points Scheme.

Annual Awards

The following awards are available to all fully paid up members:

Road Running:

Senior Ladies Road Runner of the Year

Senior Mens Road Runner of the Year

Veteran Ladies Road Runner of the Year

Veteran Mens Road Runner of the Year

Nominees will be selected by the club committee based on results produced at the end of each year collated from the Race book, and voted on by the members prior to the Annual Awards Dinner.



Cross Country:

Male Cross Country Runner of the year

Female Cross Country Runner of the Year

Nominees will be selected by the club committee based on results produced at the end of each year collated from the Race book, and voted on by the members prior to the Annual Awards Dinner

Endeavour Awards:

In addition to the above awards up to 6 Endeavour Awards will be presented to those members, who, in the view of the committee and coaches, have performed consistently well over a range of distances and events throughout the year, shown a good level of improvement, or have overcome injury, illness or other difficulties to return to running. These awards are in the gift of the committee and coaches.

Coaches Awards

The recipients of the Coaches Awards are selected by the coaches responsible for each of the groups within the club coaching structure.

Founder Members Shield

This is the club's most prestigious award as the winner is selected by the membership alone when voting for the road running and cross-country awards. When voting, members will be asked to nominate the member they think has made significant contribution and commitment to the club throughout the year. This award will be presented to the member with most nominations.

WAC Points Scheme

The Points Scheme exists to encourage members to participate in races of all distances to in order to earn points towards specific goals and to improve their own performances. Points milestones are set which



members can work towards. It is hoped that it will also help with individual goal setting and attainment.

Points will be awarded according to the tables below:

RACE DISTANCE	POINTS AWARDED
5 Km	3
5 Miles	5
10Km	6
10 Miles	10
Half Marathon	13
15 Miles	15
20 Miles	20
Marathon	26
Parkrun	2

In addition, to recognize that members also participate in other events, the following 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 are awarded to participants in cross-country events, as the distances are approximate and ladies run shorter distances than gents.

To reflect the fact that some members enjoy 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

As well as participation in events members can earn bonus points as follows:

Participation	Bonus Points Earned
Participation in Grand Prix event (with exception of WAC Races)	2 points
Participation in Team Relay event for WAC	5 points
Participation in nominated parkrun of the month	1 point
Individual Prize Winners (e.g 1 st in age group) but excluding parkruns	1 st - 3 points 2 nd – 2 points 3 rd – 1 point
Volunteer Marshall/helper at club races	5 points
Participation in club events (Ed Burton series or Winter Time Trial)	2 points
Runners setting new club records in affiliated races	15 points

There are two points targets for members to aim for:

150 points in 1 year – Winners awarded a trophy in recognition at the annual Award Dinner.

250 points in 1 year – Winners awarded a trophy in recognition at the annual Award Dinner.

Also the top three points scorers for ladies and gents on the “Race Ladder” will receive an award.



Rules for Participation in the WAC Points Scheme

- 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) and over measured and recognized distances.
- Distances in between those stated (e.g Chase the Train which is 8.7 miles) will earn points allocated to the distance below. So in this case 10km participation points will be allocated.

Conclusion

It is hoped that the Awards available will serve to motivate members to compete and represent the club at as many events as possible as well as setting individual targets each year.