

## **BDAC ENDURANCE AWARDS FOR 2017**

The BDAC Endurance Awards are based on performance over 12 months, starting from January 1st 2017 until December 31st 2017. All 1st claim club members who achieve the qualifying criteria, and have reported their times to Simon or Josie will automatically be considered. Unless representing a charity you must be wearing your Club Vest to be considered for the Club Awards. Your Age Category will be the age that you were at the start of the Award Season (Jan 1st 2017)

### **AGE CATEGORIES**

Open/Senior	Women aged 18 – 34	Men aged 18 – 39
Veteran	Women aged 35 – 44	Men aged 40 – 49
Supervet	Women aged 45 plus	Men aged 50 plus

### **TROPHIES & CRITERIA**

#### **CHAMPIONSHIP TROPHY**

Based on four races over a distance of 5KM – 10KM. This will be awarded for outstanding effort and performance. One Trophy will be awarded for each age category – total of six trophies.

#### **CHALLENGE TROPHY**

Based on four races over a distance of 10 Miles and to include 1 race greater than 10 miles distance. This will be awarded for outstanding effort and performance. One Trophy will be awarded for each age category – total of six trophies.

#### **MARATHON TROPHY**

This will be awarded for outstanding effort and performance. Two Trophies Male & Female.

#### **ULTRA MARATHON**

This will be awarded for outstanding effort and performance. Two Trophies Male & Female.

#### **X-COUNTRY TROPHY**

This will be awarded for commitment to the x-country season for both leagues. Two Trophies Male & Female

#### **THE PB TROPHY**

The adult endurance personal best award will be judged over any race from 5km and upward (not including Park Runs). Runners will be awarded points based upon the improvement made between their previous and new race times over qualifying distances. Fewer points will be awarded in the case of a personal best being set and consequently the runners with the lowest points totals over the best 3 races will win the award.

An award will be presented for best male and best female athletes.

Runners must notify the Personal Best Award administrators of their times for each race by emailing the race name, date & time to **bdacpb@gmail.com**

#### **Rules Used:**

1. Runners must compete in at least 3 events of 5km and over (not Park Runs).
2. Points will be awarded to runners based upon how close race times are to the previous personal best over the same distance. *i.e. (previous personal best of 100 mins over 10 miles followed by a new personal best of 98 mins would see 98 points being awarded).*
3. The 3 race times with the lowest points totals will be used over the race season and determine award positions.
4. The race season runs from January to December.
5. A runner may chose to reset personal best times every 5 years. In such instances 105 points will be awarded for each race distance regardless of the time set. *This new time will become the runners new personal best.*
6. Runners must advise the committee they wish to rest their personal best times at the start of the race year. This may only be undertaken every 5 years.
7. A runner who has no previous time for an event will be automatically awarded 105 points regardless of time set. The time set will become the benchmark for all future races over this distance.
8. Personal best times will be capped at a maximum of 95% improvement of the previous set time. *For example, a runner who had a personal best of 100 mins over a set distance who then runs the same distance in 90 minutes will be awarded 95 points regardless.*
9. Runners must notify the Personal Best Award administrators of their times for each race by emailing the race name, date & time to **bdacpb@gmail.com**
10. During the setup of this award, runners are required to notify the award administrators of their current personal best time for each distance.