



PINELANDS ATHLETIC CLUB

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## AWARDS POLICY

This policy is the basis upon which any awards will be made to members of the Pinelands Athletic Club and is to be made known to all members via publication on the club's webpage.

### PREAMBLE

An awards committee shall be appointed to monitor the performance of club members during the year.

The committee shall consist of five (5) club members of which at least two are female. One of the members must be a member of the club's main committee. The convenor of this committee need not be that main committee member.

This committee should meet once every three months, to compile a "short list" of contenders for the various awards available.

This committee may be elected at the club's AGM or by the Club committee in January.

### CRITERIA

#### **MONTHLY AWARDS**

***(Awarded monthly on Club Night)***

##### **ATHLETE OF THE MONTH**

***(Voucher)***

- Based on performance during the month while running for Pinelands Athletic Club.
- Consistent good performances within the month or a single exceptional performance in any age category. This is not necessarily the first Pinelands finisher, but rather includes personal bests, podium finishes and other note-worthy achievements.
- An athlete can win this award more than once a year.

##### **COMMITTEE AWARD**

***(Voucher)***

- Normally at the discretion of the committee, but performances at non-road events (Ironman, Adventure Running, trail runs etc.) should be considered.

- A significant backroom activity by a club member, with the exception of a race organiser, as he/she receives an Honorarium.
- A club member may win this award more than once a year.

## **ANNUAL AWARDS** ***(Awarded at annual prize giving)***

### **ATHLETE OF THE YEAR (Male and Female)** ***(Floating Trophy + Miniatures)***

- Based on consistent outstanding performances throughout the year.
- Individual exceptional performances can also be considered.
- Regular “athlete of the month” recipients will be considered.
- A Junior athlete who has had outstanding performances in the year should be considered.
- No cash will be awarded.
- Three athletes will be nominated from which the winner will be decided. The runners up will receive a miniature.

### **CLUB CHAMPIONSHIPS** ***(Vouchers)***

- Any athlete recording the fastest time in their age category in the Club’s Incentive Runs from January to November over 10km, 15km, 21km, and 42km is deemed to be the club champion.
- The championship list will be updated occasionally and placed on the club’s webpage and the notice board.

***NOTE:*** All events to be completed within the official cut-off times of each event.

### **MOST IMPROVED ATHLETE OF THE YEAR** ***(Tim Low Floating Trophy + Miniature)***

- Based on the level of improvement in performance of an athlete throughout the year (based on the athlete’s ability).
- This is not necessarily a novice – any athlete showing improvement throughout the year will be considered.

### **NOVICE ATHLETE OF THE YEAR** ***(Floating Trophy + Miniature)***

- Any athlete who has started running for the first time and who has not previously belonged to a running club nor ran races as a temp runner (except fun runs).
- Has shown improved times, and an eagerness and enthusiasm throughout the year.

## **MOST SPIRITED ATHLETE OF THE YEAR** *(Floating Trophy + Miniature)*

- An athlete who is at most runs and shows a keen enthusiasm.
- Always smiling and encourages those ahead and behind.
- Not necessarily a 'back of the pack' runner.

## **BACK OF THE PACK ATHLETE** *(Once-off award)*

- This award should go to an athlete who shows determination, is at most races, but only manages to place near the back of the pack.

## **JUNIOR ATHLETE OF THE YEAR** *(Kevin Mulder Floating Trophies + Miniatures) (Male and female)*

- Regular and consistent outstanding performances throughout the year.

## **MOST IMPROVED JUNIOR** *(Kevin Mulder Floating Trophies + Miniatures)*

- Junior athletes who have shown improved results throughout the year.

## **TRAIL RUNNING ATHLETE OF THE YEAR (Male & Female)** *(Floating Trophies + Miniatures)*

- Regular and consistent outstanding performances at trail runs of various distances.
- Regular podium finishes in the various age groups must be considered, taking into consideration the competition in the respective age group at a particular race.
- Partaking in ultra-trail runs (e.g. PUFfeR/African X) should be taken into account.

## **CROSS COUNTRY ATHLETE OF THE YEAR (Male & Female)** *(Floating Trophies + Miniatures)*

- Regular and consistent outstanding performances during the season.
- Must complete six or more of the eight meetings in the year.
- Must complete the Western Province (WP) Cross Country Championships.

## **CROSS COUNTRY MOST IMPROVED ATHLETE** *(Ann McKenzie Floating Trophy + Miniature)*

- Regular cross country athlete who shows the most improvement over the cross country season.
- Not necessarily a front runner.

## **CROSS COUNTRY MOST SPIRITED ATHLETE** *(Once off award)*

- A 'back of the pack' athlete who shows determination, dedication, eagerness and enthusiasm.

## **ADAM AND EVE COMPETITION (Male & Female)** *(Floating trophies + article of clothing)*

- An athlete covering the highest "mileage" during the period from 1 January to 30 November at all official road runs, trail runs, cross countries, relays and official walking events with auditable results.  
**NOTE:** *All events to be completed within the official cut-off times of each event.*
- Trail runs and events outside WP are allowed but athletes must advise the convenor of this competition of these events within 2 weeks of the event. They need to provide auditable results within 6 weeks of the event they wish to claim mileage for.
- Progress of this competition will be displayed periodically on the notice board and the club's webpage.
- The top ten male and female club members with the highest mileage obtained between 1 January and 30 November of each year will receive a certificate at the end of the competition. Additionally, those achieving over 1000km will receive an article of clothing.
- Floating trophies are awarded to the athletes (male and female) with the highest mileage obtained.

## **PODIUM FINISHERS** *(Once off Award)*

- Any athlete who, during the year has five (5) or more podium finishes will qualify for this award, i.e. in any official road and trail run an athlete must finish first, second or third in their age category on five (5) or more occasions.

## **CHAIRMAN'S AWARD**

- This award is presented at the discretion of the club's chairman

## **SERVICE AWARD**

*(Ken Macdonnell Floating Trophy + Miniature)*

- Any club member (except a current member of the club's main committee) who provides a notable service in one way or another to the club during the year.

## **HEAVY METAL AWARD**

*(Floating Trophy + Miniature)*

- Based on performances on the track and field circuit throughout the year

## **TIME TRIAL AWARD**

*(Floating Trophy + Miniature)*

- Goes to the club member who has run the most time trials during the year until the end of November (based on the results from the timing system, and the weeks the timing system was used)

## **INCENTIVES**

### **ROAD**

*(Cash Awards)*

- There are two options available. The "long" and the "short" incentive runs.
- The short is made up of 10km and 15km races taken from the official WPA fixture list.
- The long is made up of 21km, 30km, 42km, and 56km races taken from the official WPA fixture list.  
To qualify for the incentive, athletes must do ten or more of the 'long' or the 'short' races. Athletes may participate in both the 'long' and 'short' Incentive Schemes, but will not qualify for the incentive by combining long and short events together to obtain a total of 10 runs. **NOTE:** *All events to be completed within the official cut-off times of each event to qualify for an incentive.*
- Points are scored for each incentive run completed, based on the finishing time, age of the athlete and the distance of the run.
- At the end of the competition (November) each athlete's ten best points are added together and a dividend is paid out from the incentive cash pool as determined by the club's committee.

## **CROSS COUNTRY**

**(Item of clothing or running apparel)**

- Both the club and WP Athletics offer a cross country incentive.
- To qualify for a **club incentive**, members must run in any six (6) of the seven (7) cross country events in the year in any category. The six (6) events can be either six (6) league events or five (5) league events and the WP Cross Country Championships. The running of the WPA Championship is no longer compulsory to be eligible for the club's incentive. If there is a cross country relay event during the season, it won't count as a league event and therefore will NOT be included.
- If an athlete is deemed medically unfit to do the WP Cross Country Championship (by doctor's certificate) AND has completed five (5) of the six (6) cross country league events, the athlete shall be eligible for the club incentive award.
- To qualify for the **WPA incentive**, members must complete five (5) of the six (6) league events.

### **PLEASE NOTE:**

- If there are no suitable candidates for the above awards, then no award is to be made.
- Selection of the above award winners shall be ratified by the club's committee based on the justification criteria provided.

**NB! Any club member who is repeatedly cautioned about wearing incorrect club colours while at an official race may become ineligible for any of the above awards or incentives and they can be refused membership for the following year.**