



OMMIEDRAAI AC

AWARDS CRITERIA 2023



All awards shall be based on participation in events during the 2023 calendar year.

Athlete of the Year

Based on outstanding and consistent performance across distances throughout the year.
Overall Female and Male athletes with the highest overall score as determined by the criteria.

Age Category Awards

Based on outstanding and consistent performance across distances throughout the year.

Elite Athlete of the Year

Based on outstanding and consistent performance representing WP throughout the year.

Sports Personality of the Year

A sportsman or sportswoman who has captured the public's imagination during the year.

The person must have shown commitment to consistent improvement in their performance, dedication to supporting and helping other athletes, and willingness to assist in ensuring that the club is able to succeed. A person who represents and promotes the club well throughout the year, unselfishly upholding the values and ethos of the club.

All of these truly embody the Ommiedraai spirit

Most Improved Athlete(s)

Based on improved performance across different distances throughout the year.
He/She must be a club member for at least 24 months.

Most Promising Athlete(s)

A new athlete to the club (running for less than 24 months) who have shown commitment to training and development of their running and shown potential in terms of their performance and participation in future events

Club Champion – Long League

Completing the most longer distance races (21.1km and more)

Club Champion – Short League

Completing the most shorter distance races (less than 21.1km)

Club Champion

Completing the most races (overall)

Big 5 Award

Completing any Ultra Marathon and 4 standard marathons



Long Race Incentives

At least 15 long races (21.1km and more)

Short Race Incentives

At least 25 short races (less than 21.1km)

Hiker of the Year

Selected by the Club President - M.Shahmieg Allie



There are 92 qualifying race options on the WPA fixtures calendar this year.

10kms	11-16kms	Half Marathons
36 events	19 events	21 events
30-36kms	Marathons	Ultras
4 events	6 events	5 events

AWARDS CRITERIA & SELECTION PROCESS:

1. The Ommiedraai Annual Awards evening is hosted by the club to recognize members' achievements over the **past calendar year**.
2. In order to be eligible for an award, members must have completed (for the club) a minimum of **15 races for the calendar year**.
3. Awards are categorized and given to members in their **respective 10-year age categories** and may be split into 5-year age categories when groupings are substantial:
 - Under 20 – Junior
 - 20-29 – Open
 - 30-34 – Senior
 - 35-39 – Senior
 - 40-44 – Veteran
 - 45-49 – Veteran
 - 50-54 – Master
 - 55-59 – Master
 - 60-69 – Grandmaster
 - 70+ Grandmaster
4. Age categories are determined based on the members' age on 1 January each year.
5. Awards will be given to the top three male and top three female athletes in each category.
6. In the event that there are fewer than 3 members in a specific age category, point 2 shall not apply.



7. In the event that there are less than 3 members registered with the club in a specific age category, each member in that specific age category shall be awarded. For example, if there are only two grandmaster females registered with the club, both female grandmasters shall be awarded according to their performance.

8. The awards committee shall determine 'Performance' as follows:

- A log shall be kept and maintained listing each member's race completed and their respective times for the year, as recorded by the Race Official.
- Races will then be categorized in each of the standard distances. Standard distances are considered to be 10km, 15km, 21.1km, 30km, and 42.2km.
- A formula has been determined using the **10km base** whereby a member is awarded a specific number of points per race. The points base uses a scale of 100, with the most points awarded to the member who had run the fastest average pace.

MINUTES	POINTS
30	100
31	99
32	98
33	97
DESCENDING 1 THEREAFTER	DESCENDING 1 THEREAFTER

If a member completes a race greater than 10km, the points will be multiplied by the distance of the race divided by 10

example 



Member A completes a 21.1KM in 2:15:05

Points allocated: 2:15:05 = 135.08 minutes in total

$135.08 \div 21.1 \times 10 = 64.02$ min for 10KM.

64min @ 10KM = 66 points [(30-64) +100]

66 points x 21.1 ÷ 10 = 139.26 points will be allocated to the member for that race.

- The calculation or points shall be determined based on the members 15 best races for the year, allocated per category, known as the 'Performance Race Table'.
- The 'Performance Race Table' has been determined based on the number of WPA races for a full year. (i.e. +/- 45% of WPA races during the year is 10KM, hence 7 out of 15 has been allocated)

Performance Race Table: 15 races for the year

- 42.2km – 2 races
- 21.1km - 4 races
- 15km - 1 race
- 30km - 1 race
- 10km - 7 races

Note: If a member has not completed the required number of races per distance, the highest distance below that distance can be taken, and in a case of a 10km, the distance above can be rebased to 10km.

