

SPENBOROUGH & DISTRICT ATHLETIC CLUB

(Founded 1965)

Princess Mary Athletic Stadium, Bradford Road, Liversedge. WF15 6LW



www.spenac.co.uk

AWARDS Criteria 2022

TROPHY	DISCIPLINE	Criteria
SNR MEN'S MOST POINTS	T & F LEAGUE	Northern Senior league most points achieved
JNR MEN'S MOST POINTS	T & F LEAGUE	Northern Senior and YDL Upper leagues most combined points achieved
U17 MEN'S MOST POINTS	T & F LEAGUE	Northern Senior and YDL Upper leagues most combined points achieved
U15 BOY'S MOST POINTS	T&F LEAGUE	YDL Lower most points achieved
U13 BOY'S MOST POINTS	T & F LEAGUE	YDL Lower most points achieved
U11 BOY'S MOST PROMISING	T & F LEAGUE	West Yorkshire League U11 most points achieved, or most promising, committee vote
SNR WOMEN'S MOST POINTS	T & F LEAGUE	Northern Senior league most points achieved
JNR WOMEN'S MOST POINTS	T & F LEAGUE	Northern Senior and YDL Upper leagues most combined points achieved
U17 WOMEN'S MOST POINTS	T & F LEAGUE	Northern Senior and YDL Upper leagues most combined points achieved
U15 GIRLS MOST POINTS	T & F LEAGUE	YDL Lower most points achieved
U13 GIRLS MOST POINTS	T & F LEAGUE	YDL Lower most points achieved
U11 GIRLS MOST PROMISING	T & F LEAGUE	West Yorkshire League U11 most points achieved, or most promising, committee vote
MOST IMPROVED – MALE	TRACK	Athlete, Coach, Committee member or team manager nomination, with evidence. Winner to be selected by Awards sub committee
MOST IMPROVED - FEMALE	TRACK	Athlete, Coach, Committee member or team manager nomination, with evidence. Winner to be selected by Awards sub committee
BEST INDIVIDUAL PERFORMANCE – FEMALE	TRACK	Athlete, Coach, Committee member or team manager nomination, with evidence. Winner to be selected by Awards sub committee

BEST INDIVIDUAL PERFORMANCE – MALE	TRACK	Athlete, Coach, Committee member or team manager nomination, with evidence. Winner to be selected by Awards sub committee
<i>Steve Anthoney Award</i> MOST IMPROVED FIELD ATHLETE MALE	FIELD	Renamed Athlete, Coach, Committee member or team manager nomination, with evidence. Winner to be selected by Awards sub committee
<i>Sheila Bolland Award</i> MOST IMPROVED FIELD ATHLETE FEMALE	FIELD	Renamed Athlete, Coach, Committee member or team manager nomination, with evidence. Winner to be selected by Awards sub committee
<i>Earnshaw Trophy – MALE</i>	BEST FIELD PERFORMANCE	Athlete, Coach, Committee member or team manager nomination, with evidence. Winner to be selected by Awards sub committee
<i>Sherwood Trophy – FEMALE</i>	BEST FIELD PERFORMANCE	Athlete, Coach, Committee member or team manager nomination, with evidence. Winner to be selected by Awards sub committee
<i>Julian Trophy – BEST INDIVIDUAL PERFORMANCE – FEMALE</i>	CROSS COUNTRY	Rename Athlete, Coach, Committee member or team manager nomination, with evidence. Winner to be selected by Awards sub committee
BEST INDIVIDUAL PERFORMANCE – MALE	CROSS COUNTRY	Added Individual Athlete, Coach, Committee member or team manager nomination, with evidence. Winner to be selected by Awards sub committee
MOST IMPROVED MALE	ROAD RUNNER	Athlete, Coach, Committee member or team manager nomination, with evidence. Winner to be selected by Awards sub committee
MOST IMPROVED FEMALE	ROAD RUNNER	Athlete, Coach, Committee member or team manager nomination, with evidence. Winner to be selected by Awards sub committee
BEST INDIVIDUAL PERFORMANCE – MALE	ROAD RUNNER	Name change Athlete, Coach, Committee member or team manager nomination, with evidence. Winner to be selected by Awards sub committee
BEST INDIVIDUAL PERFORMANCE – FEMALE	ROAD RUNNER	Name change Athlete, Coach, Committee member or team manager nomination, with evidence. Winner to be selected by Awards sub committee
SPEN 20 - (first Spen runner finishing Male/Female)	20 MILE	First finisher in Spen 20, race male or female

U11 GIRLS – MOST POINTS	CROSS COUNTRY	West Yorkshire League Cross Country highest ranked finisher overall
U11 BOYS – MOST POINTS	CROSS COUNTRY	West Yorkshire League Cross Country highest ranked finisher overall
U13 BOYS – MOST POINTS	CROSS COUNTRY	West Yorkshire League Cross Country highest ranked finisher overall
U13 GIRLS - MOST POINTS	CROSS COUNTRY	West Yorkshire League Cross Country highest ranked finisher overall
U15 BOYS – MOST POINTS	CROSS COUNTRY	West Yorkshire League Cross Country highest ranked finisher overall
U15 GIRLS – MOST POINTS	CROSS COUNTRY	West Yorkshire League Cross Country highest ranked finisher overall
U17 BOYS - MOST POINTS	CROSS COUNTRY	West Yorkshire League Cross Country highest ranked finisher overall
U17 GIRLS – MOST POINTS	CROSS COUNTRY	West Yorkshire League Cross Country highest ranked finisher overall
JNR/SNR MEN – MOST POINTS	CROSS COUNTRY	West Yorkshire League Cross Country highest ranked finisher overall
JNR/SNR WOMEN – MOST POINTS	CROSS COUNTRY	West Yorkshire League Cross Country highest ranked finisher overall
MALE – MOST POINTS	GRAND PRIX	Most points accumulated across the 9 races for a male athlete. Scoring is a percentage back from winning athletes time in each race
FEMALE – MOST POINTS	GRAND PRIX	Most points accumulated across the 9 races for a female athlete .Scoring is a percentage back from winning athletes time in each race
<i>Allat Memorial Cup – MOST OUTSTANDING ATHLETE</i>	MALE OR FEMALE	Athlete, Coach, Committee member or team manager nomination, with evidence. Winner to be selected by Awards sub committee
PRESIDENT’S CUP	For services to the club (non-runner)	Selection by current Chair person.

Awards sub-committee to consist of the following:

3 x Team managers, 2 x coaches, 1 x official. If no agreement on a nomination vote to be put to full committee.

CASH AWARDS – JUNIORS {Awarded by coaches/committee for younger athletes}

U11 to U20's

Yorkshire Title = £75.00

Northern Title = £100.00

National Title = £150.00

Only highest award can be claimed.

(Maximum of 2 x events can be claimed per season)

BURSARY AWARDS - Senior athletes, applied for by athlete submitting their times/distances for excellence.

AAA standards for 2021/22 to be used DW has copy

(Maximum of 2 claims per athlete over membership term)

Grade 3 = £75.00

Grade 2 = £100.00

Grade 1 = £150.00

Below standards are grade 3.

Senior Women	
Event	Standard
60 metres	8.05 sec
100 metres	12.6 sec
150 metres	19.1 sec
200 metres	25.7 sec
300 metres	42.1 sec
400 metres	59.2 sec
600 metres	1 min 36.0 sec
800 metres	2 min 17.7 sec
1500 metres	4 min 44.5 sec
1 mile	4 min 59.0 sec
3000 metres	10 min 21.5 sec
5000 metres	17 min 39.0 sec
10,000 metres	35 min 42.0 sec
1500 metres S/C	5 min 38.0 sec
2000 metres S/C	7 min 38.0 sec
60 metres Hurdles	8.90 sec
100 metres Hurdles	15.0 sec
300 metres Hurdles	46.9 sec
400 metres Hurdles	65.5 sec
High Jump	1.60 metres
Pole Vault	3.15 metres
Long Jump	5.25 metres
Triple Jump	10.65 metres
Shot	10.40 metres
Discus	32.35 metres
Hammer	40.75 metres
Javelin	33.75 metres
3000 metres Walk	15 min 40.0 sec
5000 metres Walk	26 min 50.0 sec
10,000 metres Walk	61 min 00.0 sec

Senior Men	
Event	Standard
60 metres	7.15 sec
100 metres	11.1 sec
200 metres	22.4 sec
300 metres	35.3 sec
400 metres	50.3 sec
800 metres	1 min 56.8 sec
1500 metres	4 min 00.5 sec
1 mile	4 min 13.5 sec
3000 metres	8 min 43.5 sec
5000 metres	15 min 19.0 sec
10,000 metres	31 min 48.0 sec
2000 metres S/C	6 min 27.0 sec
3000 metres S/C	9 min 51.0 sec
60 metres Hurdles	8.55 sec
110 metres Hurdles	15.5 sec
400 metres Hurdles	57.2 sec
High Jump	1.90 metres
Pole Vault	4.00 metres
Long Jump	6.45 metres
Triple Jump	13.10 metres
Shot	12.35 metres
Discus	37.25 metres
Hammer	42.55 metres
Javelin	48.10 metres
3000 metres Walk	14 min 00.0 sec
5000 metres Walk	23 min 05.0
10,000 metres Walk	48 min 35.0 sec