



BRAINTREE & DISTRICT ATHLETIC CLUB

BDAC ENDURANCE AWARDS

The BDAC Endurance Awards will be based on road race performances over the 12 months starting from January 1st until December 31st.

To be considered, you must be over 18 and report your race date, description and time to Simon or Josie indicating whether or not a PB has been achieved. You must be a 1st claim club member and unless representing a charity, wearing your Club Vest. The race must be officially measured although parkruns are not eligible.

Please report any track results so that the Club can keep records although they will not count towards an Endurance Award.

AGE CATEGORIES

Your Age Category will be the age that you were at the start of the Award Season (Jan 1st)

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 5 km to 10 km. 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 of at least 10 Miles including at least one 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 two cross country leagues that the Club takes part in. Participation is collected automatically from result sheets. Two Trophies: Male & Female

THE PB CHALLENGE TROPHY

This will be awarded for the most PBs achieved over all distances. Two Trophies: Male & Female.