

Troon Tortoises Annual Award Rules

Road Racing

The Men's and Women's Road Racing Champion will be determined on the basis of results achieved over the following distances during the period 1 March to 30 September (*or the date of the Great Scottish Run if later*).

- 5k
- 10k
- 10 miles
- Half-marathon
- Marathon

Only times recorded at the monthly club time-trial will be deemed eligible in the 5k category.

Only official race results (or for the 5k those recorded by the nominated club timekeeper) will be deemed eligible.

Points will be awarded for each distance. The fastest time over each distance will be awarded on a declining basis from 15 points for the fastest time to 1 point for the 15th fastest time with no points awarded thereafter.

The total points for each club member will be determined by adding the four highest points score across the five categories.

The champion will be the member with the highest total score across the relevant four categories.

In the event of a tie times over the 5th distance or other criteria to be determined by the Committee may be used to determine a winner.

Age-graded

The age-grade award will be given to the member achieving the best age-grade result in any of the Club 5k time trial over the calendar year.

Only results recorded by the nominated club timekeeper will be deemed eligible.

Age grade results will be calculated with reference to the tables listed here: [MLDR Road age-grading calculator](#)

In the event of a tie times other criteria to be determined by the Committee may be used to determine a winner.

Cross-country

The Club Cross Country champion will be determined through participation and results achieved at recognised Scottish Athletics Cross-Country events over the season which normally runs from October to the following March.

For each race points will be awarded on a declining basis with 10 points for the fastest time to 1 point for the 10th fastest time with no points awarded thereafter. The total points for each club member will be determined by adding all points achieved across all qualifying races. The champion will be the member with the highest total score. In the event of a tie additional criteria to be determined by the Committee may be used to determine a winner.

Ultra-marathon

The Club Ultra-marathon champion will be determined on the basis of total points obtained from completing any race over the calendar year on the following basis:

- Short (30 to 38 miles): 5 points
- Medium (39 to 69 miles): 15 points
- Long (69-94 miles): 25 points
- Mega (95+ miles): 40 points

In the event of a tie the member completing the single longest race will be deemed the winner. If the result is still a tie the member completing the fastest time over the longest distance will be deemed the winner. If the result is still tied the award may be shared or awarded on the basis of other criteria to be determined by the Committee.

Hill racing

The Club Hill-racing champion will be determined on the basis of the total points obtained from completing any race over the calendar year on the following basis.

Category	Points	Category Length	Points
A	3	Long	3
B	2	Medium	2
C	1	Short	1

The categories are those defined by Scottish Hill Runners. A hill race is one run on hill or mountain terrain and shall be categorised as follows:

Category A

- Should average not less than 50m of climb per km of distance.
- Should not have more than 20% of race distance on road.
- Should be at least 1.5km in length.

Category B

- Should average not less than 25m of climb per km of distance.
- Should not have more than 30% of race distance on road.

Category C

- Should average not less than 20m of climb per km of distance.
- Should not have more than 40% of race distance on road. (
- Should contain some genuine fell terrain.

Race Length Categories

- Category L (long) race is 20 km or over in length.
- Category M (medium) race is over 10 km but less than 20 km.
- Category S (short) race is 10 km or under in length.

In the event of a tie the member completing the most qualifying races will be deemed the winner. If the result is still tied the award may be shared or awarded on the basis of other criteria to be determined by the Committee.