



## NIMRA Ultra Mountain Race Series trophy (annual award)

### Purpose...

To recognise NIMRA runners who are willing to climb those extra metres and race those extra miles, just for the fun of it.

### Award Criteria...

- Competitors must be NIMRA members at the start of the racing season.
- Race at least two Ultra Mountain Races in the year from January 1<sup>st</sup> to end of October.
- Combined race distances must total at least 100 miles/ 160 KM.
- Total ascent per race should be at least 3000 ft/ 1000 m.
- There is one annual prize awarded to highest scoring male or female competitor.
- Best two scores count for series points.
- Scoring calculated as follows:
  - Male competitor: Points based on the men's winning time \* 1000/ runners finish time.
  - Female competitor: Points based on the women's winning time \* 1000/ runners finish time.
- For fairness across the ages the following age adjustments are used (see example in image):
  - Up to V40 0%
  - V40 – V50 5%
  - V50 to V60 10%
  - V60 to V70 15%
  - V70+ 20%
- Members wishing to be considered for the award are to put themselves forward, supplying:
  - details of their races (including distances and ascent per race).
  - verifiable proof of the winners' time, and
  - their results.
- Details are to be sent to the Award contact (below).
- Trophy is to be awarded to the runner with highest score at end of the NIMRA racing season.

Name	Age Category	Winner (M)	Runners time	Points	AGE ADJ	AGE ADJ
WINNER	OPEN	4.09	4.09	1000	1000	0%
	V40	4.09	4.31	949	996	5%
	V45	4.09	5.02	815	855	5%
	V50	4.09	5.29	773	850	10%
	V55	4.09	5.14	796	875	10%
	V60	4.09	6.25	654	753	15%
	V65	4.09	7.35	556	640	15%
	V70+	4.09	7.37	555	666	20%

**Award contact:** NIMRA Chairman: Ciarán McAleenan, [ciaran@uphillcoach.com](mailto:ciaran@uphillcoach.com)



## Inspirational Runner Award (occasional award)

The record of those proposed should be self-evident when reviewed in detail.

### Purpose...

To pay tribute to the outstanding achievements of NIMRA members and recognise their service to the mountain running community.

### Award Criteria...

- In recognising inspired performance nominees for the award must:
  - have demonstrated ongoing mountain running achievements at a high level individually or as a member of a team.

and/ or

  - have shown substantial and outstanding volunteer contributions in support of NIMRA and the wider mountain running community.
- Individuals nominated for the Inspirational Runner Award must have conducted themselves throughout their sporting career in a manner that brought credit to themselves and to NIMRA.

### Nomination and Award process...

- Nomination for the Inspirational Runner Award is only available after a substantial period of regular participation or involvement with NIMRA.
- Nominees for the award must be current members of NIMRA, however recently deceased former NIMRA members may also be considered for the award.
- Any current NIMRA member can make a nomination, at any point during the year.
- Nominations are to be sent to the Award contact (below).
- Nominations are to be accompanied by a statement of how the nominee meets the Inspirational Runner Award criteria (no more than 500 words)
- In the autumn of each year the NIMRA committee will consider all nominations received and select an award recipient (**Please note:** NIMRA reserves the right not to make an award in any given year).

**Award contact:** NIMRA Chairman: Ciarán McAleenan, [ciaran@uphillcoach.com](mailto:ciaran@uphillcoach.com)