

REGULATIONS FOR AWARDING MEDALS AND TROPHIES NWOA SPRINTS

Only BOF members registered as male or female members of NWOA clubs are eligible for medals and trophies

Medals are awarded to the winners of all BOF classes from M/W 10-85, provided they meet the eligibility criteria

Competitors are only eligible for a medal in the class they entered

The first person in each age class will win the medal irrespective of whether they have been beaten by someone in another age class-eg the first M40 will win the medal even if he has been beaten by an M45

You can win a medal by 'Running Up', ie if you enter for a class younger than your age group you are automatically entered into the age class nearest your own. Eg a W55 (WSV) who enters WV will automatically be eligible for the W50 medal. If they wish to compete for the W40 or W45 they must inform the organiser before the event, or the entry team when they enter if they EOD

Trophies are awarded to the fastest male and female in the M and W Open classes (or whichever class the M/W 21's run), irrespective of their age class, subject to eligibility criteria above