

Interior Running Association

2025 SERIES AWARDS CRITERIA



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INTRODUCTION

This document sets out the criteria for the series awards for the Interior Running Association (IRA) Road and Trail run series.

SUMMARY

Starting in 2023, the Interior Running Association (IRA) modified the criteria for the IRA Road and Trail race series awards to give runners credit for some or all of the IRA races that they volunteer for towards the series age group awards and the iron legs awards.

A summary of the new criteria for the road race series is as follows:

- A. Maximum number of events included in points is best 6 results (for 2025 Road Race (RR) series).
- B. Maximum number of volunteer efforts that can be included in road race series points is 2 volunteer efforts. Note: this also applies to IRON LEGS award for RR.
- C. Minimum number of events that must be run or volunteered to qualify for points for age group awards is 4 events.
- D. Minimum number of events that must be physically run and finish to qualify for points is 3.

The same calculations are used for the Trail series, except that the numbers for each variable change (A = 4; B = 1; C = 3; D = 2)

DETAILED EXPLANATION

Iron Legs & Legs of Steel Awards:

1. For IRA 2025 Road Race Series Iron Legs Award, runners must:
 - a) Run (finish) all 10 IRA RR races, OR

- b) Run 9 races and volunteer at one other race, OR
- c) Run 8 races and volunteer at the two other races.

2 For the IRA 2025 Trail Run Series Iron legs Award, runners must:

- a) Run all 5 Trail races, OR
- b) Run 4 Trail races and volunteer at one other race.

If someone runs and volunteers at the same race, they only get 1 credit, as a runner of the race, towards the iron legs award.

To get a legs of steel award, the runner must qualify for both the iron legs award for road race series and the iron legs award for the trail series.

Series Age Group Awards:

For the series age group awards, priority will be given to run points over volunteer points. **If someone runs and volunteers at the same race, they only get 1 credit, as a runner of the race, towards their age group series award.**

For 2025 Road Run Series:

- a To be considered for an age group for RR series award, a runner must run/finish at least 4 of the 10 races, OR run at least 3 races and volunteer at least 1 other race.
- b A runner's best 6 run results will be added up to get series point total for the runner. If the runner runs less than 6 races, they can get points for volunteering at up to two races that they did not run in. Their volunteer points will be the same as their lowest point score of the races they actually ran. Here are some examples:
 - i. Runner runs 7 RR races and volunteers at 2 races. Their point total will be their best 6 RR run results, i.e. no points used from their volunteer credits.
 - ii. Runner runs 5 RR races and volunteers at 3 races. Their point total will be sum of 5 run results and 1 volunteer point (which is same as their lowest points of 5 run results).
 - iii. Runner runs 4 RR races and volunteers at 4 races. Their point total will be sum of 4 run results and 2 volunteer points (which is the same as their lowest points of the 4 runs).
 - iv. Runner runs 3 RR races and volunteers at 3 races. Their point total will be sum of 3 run results and 2 volunteer points.

- v. Runner runs 3 RR races and volunteers at 1 race. Their point total will be sum of 3 run results and 1 volunteer point.
 - vi. Runner runs 2 RR races and volunteers at 4 races. They do NOT qualify for series awards as they must run at least 3 races.
- c TIE BREAKERS. With this scoring system, runners and volunteers in the same age group may get the same points for the same race, even though one was running and one was volunteering. Thus, there may be more ties in the total series scores in the end. Therefore, the following tie breaking rules were developed and will be used to determine the ultimate placing in the age group.
- i. First test: For the races that all tied runners (of the same age group) competed in together, which runner finished first in their age group the greatest number of times? This person wins the tie.
 - ii. Second test: if still tied after the first test, for all the races that the tied runners competed in together, which runner had the sum of the lowest score for overall placing in the races.
 - iii. Third test: If still tied after the second test, which runner ran/finished in the greatest number of races in the series?
 - iv. Fourth test: If still tied, then runners get the same place in their age group.

For 2025 Trail run series:

- a To be considered for an age group Trail series award, a runner must run/finish at least 3 of the 5 races, OR run at least 2 races and volunteer at least 1 other race.
- b A runner's best 4 trail run results will be added up to get series point total for the runner. If the runner runs less than 4 races, they can get points for volunteering at up to one race that they did not run in. Their volunteer points will be same as their lowest point score of the races they actually ran in. Here are some examples:
 - i. Runner runs 4 Trail races and volunteers at 1 race. Their point total will be their best 4 Trail run results, i.e. no points used from their volunteer credits.
 - ii. Runner runs 3 Trail races and volunteers at 2 races. Their point total will be sum of 3 run results and 1 volunteer point (which is same as lowest of the 3 run results).

- iii. Runner runs 3 Trail races and volunteers at 1 race. Their point total will be sum of 3 run results and 1 volunteer points.
- iv. Runner runs 3 Trail races and volunteers at 0 races. Their point total will be sum of 3 run results.
- v. Runner runs 2 Trail races and volunteers at 2 races. Their point total will be sum of 2 run results and 1 volunteer point.
- vi. Runner runs 2 Trail races and volunteers at 0 races. They do not qualify for series awards.
- vii. Runner runs 1 Trail race and volunteers at 3 races. They do not qualify for series awards.

Again may need to consider tie breaking rules (see above) as there may be more ties.

Other Awards:

The **IRA Runner of the Year Award** criteria has changed for starting in 2025. The male IRA Runner of the Year award will be based on the male runner who had the lowest average placing of their 6 best placings (compared to the other males in each race) from the Road Race and Trail Races Series. Similarly, the female IRA Runner of the Year award will be based on the female runner with the lowest average placing of their 6 best placings (compared to the other females in each race) from the RR and Trail Race Series. Note, the athlete must actually run in at least 6 races in the RR and/or Trail series to be eligible and volunteering at the races does not count for this award.

There is also an IRA award for the highest age graded scores for male (**IRA Willis Greenway Cup**) and female (**IRA Heidi Muckle-Gader Cup**) for the Road Race Series. This is based on the sum of the 6 best age graded percentages from the IRA RR series. Volunteering at a race does not count towards this award.

Finally, there is the **IRA Heinrich Spiller Award of Courage** to honor the runner (male or female) who best personified courage in the face of physical adversity. Nominations for this award are put forward from members of the IRA and voted at the IRA AGM.

A list of previous award winners has been summarized in a document titled “Compilation of IRA Awards” and also on the “Results” page of the IRA website.

REFERENCE MATERIALS

The IRA may mention series awards develop reference documents and resources to assist with the IRA activities. These may include, but not limited to:

- IRA Website – “Results” and “About Us – Resources” tabs
- IRA Operation Manual
- IRA Race Directors Manual
- Compilation of IRA Awards

A copy of the reference materials is available either from the IRA website or upon request from the IRA executive.