

## QRWC PERPETUAL TROPHIES

at 18<sup>th</sup> September, 2022

Male	Age	Distance	First Presented	Criteria
David Smith shield	Open	20km	2007	20km stated as Dave Smith race
Open Mens 15km	Open	15km	1978	Stated as 15km Championship
Open Mens Cup	Open	10km	1978	Club 10km Championship
U14 Boys	12,13yrs	2km	2019	Club Championships
U12 Boys	10,11	1.5km	2019	Club Championships
U10 Boys	not yet 10yrs	.75km	2019	Club Championships

### Female

Open Women 15km Shield	Open	15km	2019	Stated as 15km Championship
Open Women 10km	Open	10km	2019	Club Championships
Under 20 Women	18,19	8km	2019	Club Championships
U16 Girls	14,15	4km	2019	Club Championships
U14 Girls	12,13	2km	2016	Club Championships
Under 12 Girls	10,11	1.5km	1979	Club Championships

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**Under 18 Mens 10km** Any male club athlete who is not yet 18 at the time of achieving the best 10km time of the season. Not restricted to the “U18 Group”  
First presented in 2019

**Under 16 Boys 5km** Any male club athlete who is not yet 16 at the time of achieving the best 5km time of the season. Not restricted to the “U16 Group”  
First presented 2014

**Under 18 Girls 5km** Any female club athlete who is not yet 18 at the time of achieving the best 5km time of the season. Not restricted to the “U18 Group”  
First presented in 1982

**Under 10 Girls** Any girl who is not yet 10 and has been friendly and helpful in the Club.  
First presented in 1991. If no suitable candidate – not presented.

**Bill Cook Trophy for Team winning the Fun Relay.** First presented 1981

***Most Outstanding Member.*** This is our most prestigious trophy and is not restricted to athletes. No member can hold it for consecutive years, but may be judged by the Committee for further years that are not consecutive. If no suitable candidate for the year, it will not be presented.

First presented in 2016.