

## **Icenian Trophy Rules**

The winning club is the club with the lowest overall sum of time behind the winner for the best 10 runners which include at least two M/W20-, two M/W21-45 and two M/W50+, as well as at least four M and four W.

Also, to count for the trophy:

M10s should run at least white, M12s at least yellow, M14s at least orange, M16s at least light green, M18s at least green, M20s at least blue, M21s brown, M35s - M45s at least blue, M50s - M55s at least green, M60+ at least light green.

W10s should run at least white, W12s at least yellow, W14s at least orange, W16s at least light green, W18s at least light green, W20s at least green, W21s at least blue, W35s - W45s at least green, W50+ at least light green.

Women will be counted separately from men, otherwise all classes doing the same course will be counted together (ie the time behind the 1st man will be used for men and the time behind the 1st woman for women).