

## **Criteria Manitoba Runners' Association Male and Female Runner of the year**

- **The runner must be a member of Manitoba Runners' Association/Athletics Manitoba.**
- **Demonstrated personal performance worthy of recognition by their fellow members. This performance may take the form of achievements in competitiveness and/or personal improvement in our sport.**
- **Displayed sportsmanship by their conduct for fairness, respect for other road runners, and has shown graciousness in winning or losing. They have been role models for the sporting community.**
- **Demonstrated commitment to the sport of Road Racing in Manitoba. This commitment reflects the "giving back" to our sport in the form of supporting its community members.**
- **Freely helps others to enjoy the sport of Road Running, in the form of coaching, volunteering at road race events, supporting the growth of road running in Manitoba, volunteering at fund raising events for the MRA.**