## WEST CHESHIRE AC Endurance Competition 2012

First, a brief review of 2011. The small changes made from the previous year seem to have provided a more even distribution of points across the disciplines, particularly when the number of performances in each discipline are compared. I think those who look in detail at the points table will see where points can be gained.

2011 has also been very competitive - in the men's competition Andrew did not take the lead until half way through the year, and the top 3 in the ladies section were not decided until the end of December. I am not resolving the tie between Lisa Davies and Sacha Kendall Woods, so both will get a $2^{\text {nd }}$ place award.

Congratulations to winners Andrew (for the $4^{\text {th }}$ consecutive year) and Mary (for the second time). Congratulations also to Dave Hough and Max Woods for the $2^{\text {nd }}$ and $3^{\text {rd }}$ placings as well as to Lisa and Sacha for their tie. The awards will be presented at the club presentation evening on $20^{\text {th }}$ January - see the WCAC Newsletter for details.

And so to 2012. Already a couple of races have taken place so points are being acquired.
The only change I am making for this year concerns the bonus points for distance. Some of our members venture into events further than the marathon. To recognise that I am proposing "distance bonus" points as follows which will replace the 2011 arrangement :

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\begin{array}{ll}
>10 \mathrm{~K} \text { to } 10 \text { miles }(16 \mathrm{~K}) \text { inclusive } & 1 \text { point } \\
>10 \text { miles to } 15 \text { miles }(25 \mathrm{~K}) \text { inclusive } & 2 \text { points } \\
>15 \text { miles to marathon inclusive } & 3 \text { points } \\
>\text { Marathon to } 50 \text { miles }(80 \mathrm{~K}) \text { inclusive } & 4 \text { points } \\
>50 \text { miles }(80 \mathrm{~K}) & 5 \text { points }
\end{array}
$$

These points will be awarded for one race in each distance range and can be gained for an event on ANY surface (not just on the road).

I am now including genuine Junior athletes (17-19 year olds) after consultation with a couple of coaches after some concerns that it might encourage youngsters to do too much racing particularly on the road.

A reminder that bonus points can be gained in several different ways - only rather a small fraction of you take advantage that you get free entry to cross country league races (particularly the ladies) and the Borders League road running events as the club pays your entry fee!

Enjoy 2012. I look forward to your recording your performances. Thank you to all who have let me know of missed performances - I probably look at the results of around 500 events each year, but still miss some performances. I also appreciate the comments you send in the main change this year is in response to comments received.

We have now said our good-bye's to Max and Sacha who have moved to Surrey, but remained members of the club until the end of 2011. They promise to return at times to see us, remaining as second claim members. Personally, I thank them for their support for the club, enthusiasm and friendship.

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