

WCAC Endurance Points Competition 2013

Relatively new members Kate Jayden and Bob Freeman won in 2013, both for the first time. As John Driscoll mentioned in his comments, Kate set a British record for the most number of marathons (69) in a year - quite an achievement to set alongside topping the endurance league, as well as amassing the highest performance points score in the league's history! Lisa Davies' and Ellie Robinson's commitment over a variety of surfaces and distances, and help in organising WCAC races, put them well clear in second and third places respectively.

Bob's victory in the 2013 men's competition was due to a combination of both quantity - a mind-boggling 86 races - and quality, both in setting a club age-group best for 10k and, like Kate, breaking the league performance points record. Multiple past winner Andrew Clague came past last year's winner and early 2013 league leader Mark Davies, who clung on to third place despite a spirited finish from regular high finisher Dave Hough.

All four leading men in the 2013 competition ran on a variety of surfaces, Andrew and Dave in particular competing regularly over cross-country, something that only the top seven men and one woman tried. As well as being a fantastically varied and testing branch of the sport in itself, and the traditional mainstay of club winter competition, those who have run cross-country can vouch for its positive effects on road-running performance. The club recognises the value of cross-country by being affiliated to four leagues, so you don't even have to pay entry fees - why not give it a go yourself?

Thanks to John Driscoll once again for his work throughout the year in compiling the tables. If you feel that any of the races you ran were missed from these tables (e.g. those in more far-flung areas), feel free to notify John via the "Contact Us" link at the bottom of the Points Competition WCAC webpage (select "Road Running Endurance Initiative" from query list), which you can also use to offer always welcome opinions on how **your** league should work.

David Alexander