

West Cheshire AC Endurance Competition 2013

Attached is what I hope is the final points table for 2013 – please let me know if you think I have missed any of your events.

Congratulations to the two winners of the competition this year – Kate Jayden and Bob Freeman. Both are new recruits to the club; Kate joining in mid-2012 and Bob with effect from 1st January 2013, although he had run for West Cheshire AC in the Borders League races while first claim to Northern Vets prior to that date in 2012.

Little did I think that when I set up the competition 5 years ago after discussions within the endurance runners in the club to attempt to encourage more to run a few more races each year and try out different disciplines, that we would be looking at some very prolific runners.

Kate seems able to run multiple marathons and on a couple of occasions two in one day with only a short break between them. Her initial target in 2013 was to run 50 marathons to cover approximately 2013km in the year. As we now know she broke the British women's record of for most marathons in a year on December 22nd when she ran her 66th at the Portsmouth Waterside multi terrain event and she also broke 4hrs 30 minutes in what was a very tough race and eventually over distance due to high tides. Her targets for 2014 are to achieve membership of the 100 Marathon club and to break 4 hours.

Bob, who has returned to running after some time away from the sport and illness, has a very different approach to achieving his high number of events. He generally runs a Park Run event every Saturday and then a road race on a Sunday of between 5K and half-marathon distance. The feature of Bob's races is the remarkable consistency in his performances.

Congratulations to the 2nd and 3rd placed club members in both the men's and women's competitions who will also get awards at the club's presentation evening on FRIDAY, 7TH MARCH (see the club Newsletter for full details).

The number of events participated in by WCAC members has increased dramatically this year. I am disappointed that we can not seem to get good turn outs in the inter-club competition events. For example the very low turn outs in the four cross country leagues which the club pays out a lot of money for you to run in for free!!

I will be noting Park Runs separately on the list in 2014.

If you have any comments or possibly some one else who might like to organize a competition for the senior and older endurance runners of the club, please let me know.

John Driscoll
3 January 2014