

WCAC Endurance Running Competition.

Introduced some 11 years ago, principally to encourage our senior and older distance runners to try surfaces other than the hard road, and to support the club in team competitions. It is time to take stock.

There have been small changes to the structure, but the basics of the competition are: You get a point for each genuine race you take part in. Additional points are obtained by taking part in competitions which the club supports, such as leagues and county and higher championships. For road and track races, additional points are gained by improving performance. Also, if you help at a WCAC organized event instead of running – another bonus point.

A comparison of 2018 participation with that for 5 years earlier (2014) provides some interesting observations:

| | All events (athletes) | CC | Fell | Multi-Terrain | Road | Track | Total Perfs |
|--------|--------------------------|----|------|---------------|------|-------|----------------|
| Male | | | | | | | |
| 2014 | 56 | 8 | 5 | 22 | 55 | 3 | 442 |
| 2018 | 57 | 26 | 7 | 36 | 54 | 13 | 719 |
| Female | | | | | | | |
| 2014 | 19 | 5 | 3 | 6 | 18 | 5 | 208 |
| 2018 | 29 | 14 | 4 | 14 | 28 | 6 | 341 |

The numbers above do **not** include parkruns. In 2014, of the 9 females who took part in parkruns, one ran only parkruns while 2 of the 29 males in parkruns stuck to that discipline. In 2018, with a performance qualification required to qualify for a point for a parkrun, the numbers taking part remained very similar – one more female and 2 fewer males. The number of actual PR performances which qualified in 2018 was less than half that in 2014 for males, but unchanged for females.

Comparing the numbers taking part in 2014 with 2018, we see ***an increase in the number of females overall, but virtually no change in the number of males*** (which is disappointing particularly as most Cheshire clubs have increased their numbers taking part in road races significantly in the past 3 years or so). However there has been ***a significant increase in the number of performances for males*** despite little change in their numbers; for females the increase in performances is in line with the increase in numbers taking part. Across the disciplines there has been ***a pleasing increase in cross-country, MT and track events participation*** (particularly for men). The increases for females are more in line with the increase in numbers –so track participation is a bit disappointing. Fell running for both sexes has not yet taken off.

Road racing is the predominant occupation of virtually all of our endurance runners.

If anyone has suggestions, comments etc on this competition please contact the organizer, John Driscoll (jld@sunnyfield.co.uk). I am not suggesting any changes for 2019.

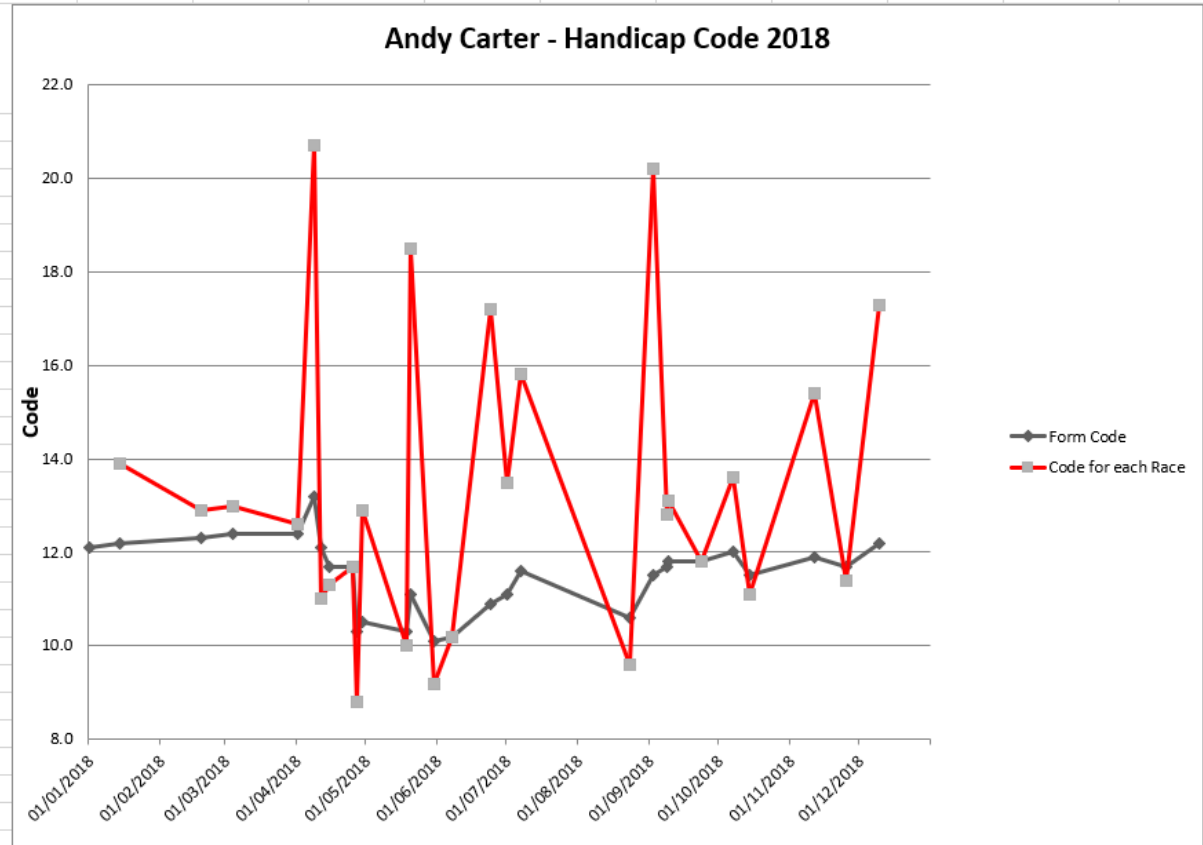
Below is an attempt to provide more information on the handicap system I use for road races. Invented in 2004 by George Bunner, I have been involved with its development almost from the start. It is based on the golf handicap principle, and to illustrate I have the agreement of Andy Carter and Angela Tegg, our competition winners in 2018, to show how their handicaps have changed race by race during 2018. I am thinking of trying to compile the information for all of our road runners, but it will take a bit of time to set up.

John Driscoll
January 2019

ANDREW CARTER

Endurance Handicap Profile 2018 - Remember! The higher the number, the slower the performance!
 parkruns are only included if performance is better than "current form"

| Date | Event | Performance (Code for race) - RED LINE | Form Code after race (Used for next race) - BLACK LINE |
|------------|--------------------------|---|---|
| 01/01/2018 | start of year | | 12.1 |
| 14/01/2018 | Abergele (BL), 5 mile | 13.9 | 12.2 |
| 18/02/2018 | Caernarvon 10K (BL) | 12.9 | 12.3 |
| 04/03/2018 | Chester 10K | 13.0 | 12.4 |
| 01/04/2018 | Crewe 10K | 12.6 | 12.4 |
| 08/04/2018 | Manchester Marathon | 20.7 | 13.2 |
| 11/04/2018 | Chester Spring 5 mile | 11.0 | 12.1 |
| 15/04/2018 | Whitley 10K | 11.3 | 11.7 |
| 25/04/2018 | Borders League 4.6 mile | 11.7 | 11.7 |
| 27/04/2018 | Mid-Cheshire 5K | 8.8 | 10.3 |
| 29/04/2018 | Chester HM | 12.9 | 10.5 |
| 18/05/2018 | Christleton 5K | 10.0 | 10.3 |
| 20/05/2018 | Liverpool 'R/Roll' Mara | 18.5 | 11.1 |
| 30/05/2018 | Wirral Seaside 5K | 9.2 | 10.1 |
| 07/06/2018 | City of Manchester 5K | 10.2 | 10.2 |
| 24/06/2018 | Wilmslow HM | 17.2 | 10.9 |
| 01/07/2018 | Alderley Edge Bypass 10K | 13.5 | 11.1 |
| 07/07/2018 | Run Tatton 10K | 15.8 | 11.6 |
| 23/08/2018 | Mid-Cheshire 5K | 9.6 | 10.6 |
| 02/09/2018 | South Cheshire 20 mile | 20.2 | 11.5 |
| 08/09/2018 | NW Road Relays | 12.8 | 11.7 |
| 09/09/2018 | Lake Vyrnwy HM | 13.1 | 11.8 |
| 23/09/2018 | Southport Seaside 10K | 11.8 | 11.8 |
| 07/10/2018 | Chester Marathon | 13.6 | 12.0 |
| 14/10/2018 | New Brighton 5ml (BL) | 11.1 | 11.5 |
| 11/11/2018 | Chester 5 mile (BL) | 15.4 | 11.9 |
| 25/11/2018 | Wilmslow Festive 10K | 11.4 | 11.7 |
| 09/12/2018 | Stockport 10 mile | 17.3 | 12.2 |



ANGELA TEGG

Endurance Handicap Profile 2018 - Remember! The higher the number, the slower the performance!

parkruns are only included if performance is better than "current form"

| Date | Event | Performance (Code for race) - RED LINE | Form Code after race (Used for next race) - BLACK LINE |
|------------|-------------------------|---|--|
| 01/01/2018 | | | 19.4 |
| 14/01/2018 | BL 5 mile, Abergele | 18.1 | 18.7 |
| 21/01/2018 | 4 Villages HM | 18.9 | 18.7 |
| 11/03/2018 | Wrexham 20 mile | 21.0 | 19.0 |
| 28/03/2018 | Wirral Seaside 5K | 19.7 | 19.0 |
| 08/04/2018 | BL 5 mile, Mold | 20.2 | 19.1 |
| 11/04/2018 | Chester Spring 5 mile | 17.8 | 18.5 |
| 15/04/2018 | Whitley 10K (GP) | 18.1 | 18.3 |
| 22/04/2018 | London Marathon | 21.0 | 18.6 |
| 25/04/2018 | BL 4.6 mile | 20.5 | 18.8 |
| 18/05/2018 | Christleton 5K | 18.2 | 18.5 |
| 29/05/2018 | South Cheshire 5K | 20.0 | 18.6 |
| 30/05/2018 | Wirral Seaside 5K | 21.3 | 18.9 |
| 24/06/2018 | Hollins Green 5K (GP) | 22.6 | 19.3 |
| 26/06/2018 | South Cheshire 5K | 19.7 | 19.3 |
| 01/07/2018 | Southport HM | 21.2 | 19.5 |
| 21/07/2018 | Park Run | 18.6 | 19.1 |
| 28/07/2018 | Wrexham (HT) 10K | 17.6 | 18.3 |
| 26/08/2018 | Ellesmere 10K | 19.8 | 18.5 |
| 09/09/2018 | Wirral HM, New Brighton | 20.1 | 18.6 |
| 14/10/2018 | BL 5 mile, New Brighton | 18.4 | 18.5 |
| 18/11/2018 | Conwy HM | 19.8 | 18.6 |

