Race Captain’s Report 2022

2022 Was a great year for race participation. Some of our favourite venues didn’t return this year but there was plenty of participation for those events that took their place.

Overall, we had 35 different events in the Champions League, 44 Men and 69 Women taking part.

The competition itself remained close until the end with Aiveen winning the Women’s and Henry the Men’s. The margin was close 5 points separated 1st and 2nd place for women and 3 for the men.

With the exception of the Crowle 10K (where we had an incredible 41 members taking part ) the most well supported events were parkruns.

Again, as always – some races fill up almost immediately they are released, and others take a while. I’m conscious of the fact that we need to offer something that gives all members the chance to participate so I avoid allocating champions league races that sell out in hours rather than days – especially where it would involve significant travel.

Last year I reported that the take up of cross-country was a little lack-lustre – well 12 month has made a huge difference and this is now going well thanks to Shaun and George for organising. Some great support from team green at these events too make it special and is something that the club ia keen to promote and support.

The Joggers 10k – a great evening and well supported evening in the June sunshine and a credit to all the members who volunteered their time to ensure it was a success. Planning starts on this year’s event soon.

As I’ve already mentioned above, where parkrun was scheduled for the champions league it was well attended – so with that in mind we’re going to those local events we didn’t get to last year. I’m keen also to support our local friends with their events such as The Plums 10K, The Buzzards, Black Pears and so on. Keeping it local keeps the cost down for everyone. An exception to this is Rhayader which was well attended by the club last year– though looking at the elevation involved I’m not entirely sure why!

Finally – I’ve added a new competition this year that is running in parallel with the champions league fixtures that are scheduled at parkruns - a handicap competition. Each participant is allocated a “par time” based on their previous 10 parkruns. My aim is to level the playing field so that a 39min finisher can compete with a 20 min finisher. Of course I don’t want to apply \*any\* pressure to those that just want to run for fun and I’ll be happy to not record results for those that would rather keep it non-competitive. Enjoyable running is what I aim to promote.

But – for those that do want a bit of a challenge - the maths is done – the handicaps are ready – and we wait to see how it goes at Gloucester on Saturday!