

Technical Manager Road & Cross Country Running

Report to the 2009 BC Athletics AGM

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Sanctioned Events

2008 Review

Welcome newly sanctioned events, including the Vancouver Island Running Association Series, the Prairie Inn Harriers Thetis Lake races, the Mountain Madness events, Chip's Not Dead Yet Memorial Mile, and the one-off Nike+ Human Race.

	Events in BC	Participants (approx)
Sanctioned Road Races	94	125,000
Sanctioned XC/Trail Races	50	6,500
Unsanctioned, Timed Road Races	50	20,000
Unsanctioned, Timed XC/Trail Races	50	10,000
Unsanctioned, Untimed Charity Runs/Walks	100	50,000

22 of 144 sanctioned road or cross country/trail events waived the BCA insurance and provided their own alternate insurance.

2009 Objectives

- Encourage the more competitive unsanctioned events to become sanctioned.

Observations

- Participation in road and particularly trail running continues to grow.
- The Olympics will have an impact on the scheduling of some events in 2010.

Race Series

2008 Review

Series	# Events	# Participants
Provincial Road Running	13*	75,346
Vancouver Island Road Running	8	4,387
Interior Road Running	13	2,000
Northern Road Running	10	1,289
Lower Mainland Cross Country	8	2,179
Vancouver Island Cross Country	3**	187
Interior Cross Country	5***	374

*One event cancelled due to highway closure

**Series split to 3 fall '08 + 3 winter '09 events

***One event cancelled due to highway closure

2009 Objectives

- Restructure the provincial road running series and add a Lower Mainland road running series.

Observations

- Finding sponsors for series of races who are not in conflict with individual event sponsors is a challenge.
- A number of unsanctioned trail running series operate around the province.

BC Championships

2008 Review

Road Running Championships were held at the 5K (Penticton Pounders) and 8K (Lions Gate Road Runners) distances only. No applications were received to host the 10K, half marathon or full marathon distances.

Road Championships participation:

	Jnr M	Jnr F	Snr M	Snr F	Mst M	Mst F
5K	0	0	1	0	8	4
8K	1	1	1	1	21	9

The Cross Country Championships returned to Stanley Park, and were well supported. They will be there again in 2009 (Vancouver Thunderbirds & Hershey Harriers).

Cross Country Championships participation:

Age Group	Male	Female
9 year olds	30	26
10 year olds	20	22
11 year olds	29	17
12 year olds	16	20
13 year olds	17	18
14 year olds	17	14
15 year olds	15	17
Youth	20	28
Junior	32	27
Senior	35	31
Master	47	26

2009 Objectives

- Stage road championships at all distances.
- Improve attendance at all championships.

Observations

- The number of championship eligible athletes attending the road championships is very low, particularly in the Junior and Senior categories.

National Championships

2008 Review

Championship	Top 10 Men	Top 10 Women
10K Road	4 th individual, 1 st team	9 th , 10 th individual, 2 nd team

Half Marathon	6 th individual	None
Marathon	7 th individual	3 rd , 7 th individual
Junior Cross Country	10 th individual, 2 nd team	5 th individual, 2 nd team
Senior Cross Country	9 th individual, 1 st team	6 th , 10 th individual, 1 st team
Masters Cross Country	3 rd individual, 2 nd team (M+F)	1 st , 2 nd individual

2009 Objectives

- Increase BC representation at the championships, and place more BC athletes on the podium.

Observations

- All 2009 championships are in Ontario or Quebec.

International Representation

2008 Review

- Jon Brown 7th place at the Fukuoka International Marathon
- Richard Mosley, selected as an alternate for the BC team in the Chiba Ekiden Relay.
- Suzanne Evans and Jerry Ziak on Team Canada at the Houston Marathon
- Suzanne Evans on Team Canada at the Toronto Waterfront Marathon
- Jon Brown and Cheryl Murphy recorded marathon times in 2008 that make them eligible for selection to the 2009 World Championships in Berlin.
- No BC athletes on the 2008 NACAC or World XC Teams.

2009 Objectives

- Increase BC representation on national teams.

Road Rankings / Quality Performances

2008 Review

Distance (Cutoff)	Certified Courses		Uncertified
	Performances, Male/Female	Athletes, M/F	Performances, Male/Female
5K (16:00/18:30)	17/17	16/15	15/7
8K (26:30/30:00)	34/20	27/13	10/5
10K (33:00/38:00)	57/33	34/21	8/7
Half (1:14:00/1:24:00)	44/15	28/12	7/5
Marathon (2:45:00/3:10:00)	28/32	23/25	0/0

Nationally, BC athletes recorded approximately 30% of the top 100 Canadian performances at 10K, half and full marathon distances.

2009 Objectives

- Increase the number of quality performances recorded by BC athletes.
- Maintain or increase BC representation in the national rankings.

Observations

- Many of our top athletes, particularly the women, are approaching or have turned 40.

BC High Performance Opportunities

2008 Review

The most competitive BC road races, based on the number of performances meeting time requirements for inclusion in the BC rankings:

Event	Performances
Sun Run 10K	59 (38 men + 21 women)
Times Colonist 10K	34 (21 + 13)
Royal Victoria Marathon	34 (16 + 18)
Vancouver International Marathon	25 (15 + 10)
"First Half" Half Marathon	23 (16 + 7)
Scotiabank Vancouver Half Marathon	17 (12 + 5)
Bazan Bay 5K	15 (10 + 5)
Royal Victoria 8K	14 (9 + 5)
Prairie Inn Pioneer 8K	12 (9 + 3)
Icebreaker 8K	12 (7 + 5)

2009 Objectives

- Increase the number of high performance opportunities in BC.

Observations

- The only high performance cross country meet is the BC Championships.
- There has been a decline in competitive 10K races, other than the Sun Run and TC10K, which take place on consecutive weekends.
- Most high performance events are in the first half of the year.
- High performance races usually attract top performers by offering rewards and incentives.

Membership

2008 Review

Approximately 33% of the BCA membership (1550 members) are predominantly road, cross country, or trail runners. Approximately 50% of these are Training members, 25% are recreational, and 25% are competitive (all ages).

2009 Objectives

- Increase the number of annual off-track members of BCA.

Observations

- The number of Senior off-track members is low, particularly women, resulting in small fields of eligible athletes for championships, and small pools from which to select BC athletes to attend Nationals. A number of top athletes in BC, of all ages, choose not to join BCA.

Road Course Certification

2008 Review

14 courses were certified either for the first time or had their certificate re-issued due to changes. 1 Course Measurement seminar held, qualifying 7 new measurers.

	Sanctioned	Unsanctioned	Total
Active certified courses	51	15	66
Uncertified courses that recorded	7	7	14

times meriting inclusion in BC rankings			
Uncertified courses that didn't record times meriting inclusion in BC rankings	50	70	120

*Note, some events include races at multiple distances.

2009 Objectives

- Encourage all courses that may produce noteworthy times to be certified.
- Tentative plans to hold a measurement seminar in Kamloops in preparation for the World Masters Indoor Championships (which includes a half marathon).

Observations

- Although we train new measurers, the number of active measurers remains low.
- Accurate course measurement is a time consuming process (typically taking 1 – 2 days per course). Finding dedicated individuals willing to do this for the benefit of others is challenging. Race directors rarely budget for this as an expense.
- In Canada, certification of courses that are not listed in the IAAF/AIMS joint calendar expires when the course is changed, or after 10 years even if there is no visible change.
- Certification of courses listed in the IAAF/AIMS joint calendar expire when the course is changed, or after 5 years even if there is no visible change.