

# Technical Manager Road & Cross Country Running

## Report to the 2010 BC Athletics AGM

Maurice Wilson

### Sanctioned Events

#### 2009 Objectives

- Encourage the more competitive unsanctioned events to become sanctioned.

#### 2009 Review

A number of events fell by the wayside this year, largely due to loss of sponsors. Most notably the HBC Run for Canada (Vancouver & Victoria), KNA 5K (Cranbrook), Kootenay Express (Nelson), Seven Summits Race (Rossland), Coalmont to Princeton (Princeton), Richmond Flatlands 10K (Richmond), and Run the Ridge (Maple Ridge). A few new, smaller events were created.

The World Police and Fire Games were a one-off event.

	Events in BC		Participants (approx)	
	2008	2009	2008	2009
Sanctioned Road Races	94	91	125,000	120,000
Sanctioned XC/Trail Races	50	50	6,500	6,900
Unsanctioned, Timed Road Races	50	50	20,000	25,000
Unsanctioned, Timed XC/Trail Races	50	40	10,000	10,000
Unsanctioned, Untimed Charity Runs/Walks	100	100+	50,000	50,000+

20 of 141 sanctioned road or cross country/trail events waived the BCA insurance and provided their own alternate insurance.

#### Observations

- Participation in road races remains strong, although the Vancouver Sun Run declined in 2009. Notable growth in events on Vancouver Island (TC10K, RVM and VIRA Series).
- Trail running participation continues to grow, with a number of events imposing caps due to course limitations.
- The Olympics will have an impact on some events in 2010, either causing date changes (Vancouver Sun Run, May 9; Kajaks Icebreaker, Jan 17), or cancellation (First Half; Phoenix Mother's Day).

#### 2010 Objectives

- Continue to encourage unsanctioned events to become sanctioned by enhancing the benefits.

### Race Series

#### 2009 Objectives

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

#### 2009 Review

Series	# Events		# Participants	
	2008	2009	2008	2009
Provincial Road Running	13	15	75,346	77,000
Lower Mainland Road Running	n/a	10	3,800**	4,200
Vancouver Island Road Running	8	8	4,387	4,949
Interior Road Running	13	12*	2,000	1,900
Northern Road Running	10	9	1,289	1,464
Lower Mainland Cross Country	8	8	2,179	1,922***
Vancouver Island Cross Country	5	3	231	107
Interior Cross Country	5	6	374	394

\*One event cancelled due to lack of entries

\*\*Events did not operate as a series in 2008

\*\*\*One event remaining

### Observations

- Participation in most series increased in 2009, except for a decline in the Vancouver Island Cross Country Series.

### 2010 Objectives

- Review the policy for BCA financial support of race series.
- Consider support for trail running series.
- Explore the potential to create a provincial cross country series.

## BC Championships

### 2009 Objectives

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

### 2009 Review

Road Running Championships were held at the 5K (Chemainus) and 8K (Saanich), Half Marathon (Gibsons) and Full Marathon (Victoria) distances. No applications were received to host the 10K championship.

Road Championships participation:

	Jnr M		Jnr F		Snr M		Snr F		Mst M		Mst F	
	2008	2009	2008	2009	2008	2009	2008	2009	2008	2009	2008	2009
5K	0	0	0	0	1	7	0	2	8	8	4	5
8K	1	0	1	0	1	15	1	5	21	18	9	12
Half		0		0		3		0		8		6
Mar		0		0		2		3		21		8

Cross Country Championships participation:

Age Group	Male		Female	
	2008	2009	2008	2009
9 year olds	30	28	26	28
10 year olds	20	16	22	34
11 year olds	29	13	17	32
12 year olds	16	16	20	20

13 year olds	17	11	18	12
14 year olds	17	11	14	17
15 year olds	15	7	17	11
Youth	20	21	28	25
Junior	32	21	27	9
Senior	35	36	31	23
Master	47	42	26	16
Total	278	222	246	227

### Observations

- The number of championship eligible athletes attending the road championships remains low (and non-existent in the Junior categories).

### 2010 Objectives

- Stage road championships at all distances by actively encouraging events to host.
- Improve attendance at all championships by more actively promoting them to the membership.

## National Championships

### 2009 Objectives

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

### 2009 Review

Championship	Top 10 Men	Top 10 Women
10K Road	4 <sup>th</sup> , 9 <sup>th</sup> individual, 1 <sup>st</sup> team	5 <sup>th</sup> , 9 <sup>th</sup> , 10 <sup>th</sup> individual, 2 <sup>nd</sup> team
Half Marathon	3 <sup>rd</sup> , 4 <sup>th</sup> individual	None
Marathon	None	None
Junior Cross Country	2 <sup>nd</sup> , 6 <sup>th</sup> individual, 1 <sup>st</sup> team	9 <sup>th</sup> individual
Senior Cross Country	9 <sup>th</sup> , 10 <sup>th</sup> individual, 1 <sup>st</sup> team	4 <sup>th</sup> , 7 <sup>th</sup> individual, 2 <sup>nd</sup> team
Masters Cross Country	3 <sup>rd</sup> individual, 2 <sup>nd</sup> team (M+F)	7 <sup>th</sup> , 8 <sup>th</sup> , 9 <sup>th</sup> individual
Junior Mountain Running	1 <sup>st</sup> individual	1 <sup>st</sup> individual
Senior Mountain Running	3 <sup>rd</sup> , 4 <sup>th</sup> , 9 <sup>th</sup> , 10 <sup>th</sup> individual	3 <sup>rd</sup> , 6 <sup>th</sup> individual

### Observations

- All major 2010 championships will again be in Ontario or Quebec.

### 2010 Objectives

- Increase BC representation at the championships, and place more BC athletes on the podium.
- Bid to host 2011 and 2012 Canadian Cross Country Championships.

## International Representation

### 2009 Objectives

- Increase BC representation on national teams.

### 2009 Review

- Jon Brown selected for the World Marathon Championships, but withdrew due to injury.

- Richard Mosley, Marilyn Arsenault, and Steve Osaduik selected for Canada in the Chiba Ekiden Relay.
- Jason Loutitt and David Jackson on Team Canada at the Toronto Waterfront Marathon.
- Marilyn Arsenault and Justine Johnson on the NACAC and World XC Teams.
- Jason Loutitt, Kris Swanson, Ed McCarthy, Jessalyn O'Donnell, Emily Solsberg, and Gord Minnaker on the World Mountain Running team.
- Kris Swanson, Jason Loutitt, and Ed McCarthy on the Commonwealth Mountain Running team.

### 2010 Objectives

- Increase BC representation on national teams through increased participation at National Championships.

## Road Rankings / Quality Performances

### 2009 Objectives

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

### 2009 Review (to November 30)

Distance (Cutoff)	Certified Courses				Uncertified	
	Performances, Male/Female		Athletes, Male/Female		Performances, Male/Female	
	2008	2009	2008	2009	2008	2009
5K (16:00/18:30)	17/17	39/34	16/15	26/25	15/7	0/0
8K (26:30/30:00)	34/20	47/24	27/13	32/14	10/5	2/1
10K (33:00/38:00)	57/33	38/28	34/21	25/18	8/7	15/6
Half (1:14:00/1:24:00)	44/15	50/23	28/12	31/17	7/5	9/5
Marathon (2:45:00/3:10:00)	28/32	30/19	23/25	25/18	0/0	0/0

### Observations

- A marked increase in the depth of rankings at the 5K, 8K and Half Marathon distances, partly due to more courses being certified.
- A decline in the depth of the 10K rankings, partly due to the loss of events (HBC Run for Canada, and Nike+ Human Race).
- Nationally, BC athletes continue to record more than 25% of the top 100 Canadian performances at 10K, half and full marathon distances.

### 2010 Objectives

- Increase the number of quality performances recorded by BC athletes by providing more quality competitive opportunities.
- Maintain or increase BC representation in the national rankings.
- Implement comprehensive provincial road rankings.

## BC High Performance Opportunities

### 2009 Objectives

- Increase the number of high performance opportunities in BC.

## 2009 Review

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

	2008		2009	
	Event	Performances	Event	Performances
1	Sun Run 10K	59 (38M + 21F)	Sun Run 10K	55 (31M + 24F)
2	Times Colonist 10K	34 (21 + 13)	Royal Victoria Marathon	36 (18 + 18)
3	Royal Victoria Marathon	34 (16 + 18)	Times Colonist 10K	35 (21 + 14)
4	Vancouver International Marathon	25 (15 + 10)	Prairie Inn Pioneer 8K	31 (20 + 11)
5	"First Half" Half Marathon	23 (16 + 7)	"First Half" Half Marathon	27 (19 + 8)
6	Scotiabank Vancouver Half Marathon	17 (12 + 5)	Scotiabank Vancouver Half Marathon	22 (14 + 8)
7	Bazan Bay 5K	15 (10 + 5)	Vancouver International Marathon	19 (12 + 7)
8	Royal Victoria 8K	14 (9 + 5)	Vancouver International Half Marathon	19 (12 + 7)
9	Prairie Inn Pioneer 8K	12 (9 + 3)	Royal Victoria Half Marathon	18 (14 + 4)
10	Icebreaker 8K	12 (7 + 5)	Harry's Spring Run-Off 8K	18 (11 + 7)

## Observations

- The only high performance cross country meet is the BC Championships.
- There has been a marked decline in competitive 10K races, other than the Sun Run and TC10K, which take place on consecutive weekends.
- Successful high performance events directly recruit high performance athletes by offering comp entries and other enticements.

## 2010 Objectives

- Continue to increase the number of high performance opportunities in BC by working with events that support high performance athletes.

## Membership

### 2009 Objectives

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

### 2009 Review

Off-track membership remains similar to 2008. 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).

## 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.
- The ongoing membership review must address membership benefits and perceived value in order to grow the membership.

## 2010 Objectives

- Increase the number of annual off-track members of BCA by raising awareness of membership benefits.

## Road Course Certification

### 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).

### 2009 Review

27 courses were certified either for the first time or were recertified (14 in 2008).

12 active measurers (8 in 2008).

	Sanctioned		Unsanctioned		Total	
	2008	2009	2008	2009	2008	2009
Active certified courses	51	59	15	14	66	73
Uncertified courses that recorded times meriting inclusion in BC rankings	7	4	7	4	14	8

\*Note, some events include races at multiple distances.

### Observations

- Insufficient interest was found to organize a measurement seminar in 2009. Nevertheless, 2 new course measurers took it upon themselves to self-train.

### 2010 Objectives

- Encourage all courses that may produce noteworthy times to be certified by making race directors aware of the benefits of certification.

## Events Attended in 2009

- Prairie Inn Pioneer 8K (BC Champs)
- "First Half" Half Marathon
- St Patrick's Day 5K
- Dave Reed Spring Classic
- April Fool's Run Half Marathon (BC Champs)
- Vancouver Sun Run 10K (including expo)
- Times Colonist 10K (including expo)
- Vancouver Marathon (including expo)
- Phoenix Mother's Day 5K
- Cdn Marathon Championships
- Scotiabank Vancouver Half Marathon
- Yaletown Grand Prix
- Summerfast 10K
- Squamish 10K
- Richmond Oval 8K

- Whistler Spirit Run
- Royal Victoria Marathon (including expo) (BC Champs)
- BC Cross Championships
- Haney-to-Harrison Relay and 100K Ultra
- Canadian Cross Country Championships
  
- BCA AGM (x2)
- Athletics Canada AGM (x1)
- Road Running Committee Meetings (x3)
- Cross Country Committee Meetings (x1)
- Masters Committee Meetings (x1)
- BCA Board Meetings (x2)
- VIRA Meetings (x1)
- IRA Meetings (x1)
- LMRRS Meetings (x2)