

Maurice Wilson

Strategic Plan Initiatives

- Athlete Development – Sport Performance – Training & Competition
 - Athletics Canada added a 5K Road Race and Youth Cross Country to the National Championship calendar.
 - The Road and Cross Country Committees developed selection criteria for athletes to represent BC at both Championships, as well as reviewing the selection criteria for existing championships.
- Athlete Development – Sport Performance – Talent ID & Outreach
 - Results of the BC High School Cross Country Championships were analysed, and top-50 finishers who are not members of BC Athletics were identified and communicated to clubs.
- Coaching – Coach Education
 - Delivered two pilot Road Running Instructor Clinics in Vancouver and Victoria. A third is scheduled for Kelowna in January.
- Competition – Competitions
 - BC was unsuccessful in bidding to host any Canadian Road Running Championships in 2015 through 2018.
 - The BC Cross Country Championship schedule is being reviewed to better align with LTAD and to foster greater participation from our university programs.
- Competition – Officials
 - Road running was represented in the sub-committee charged with addressing officials recruitment and retention.
- Organization Capacity – Members
 - A Members Only area has been added to the BCA website, providing discount codes for goods and services and event entries.
- Organization Capacity – Communications
 - Quarterly communication sent to BC race directors with information highlighting subjects like spam legislation, personal information protection legislation, the AC Summit, etc.
 - AC hosted an inaugural Race Directors Summit in Toronto in October. Eight BC delegates attended in person, plus two for the online sessions. The Summit was judged a success, and will be repeated in Calgary in May 2015.
- Organization Capacity – Recognition
 - A new Road Running Stats page was added to the BCA website, linking to BC and Canadian, Open and Age-Group rankings at 5K, 8K, 10K, Half and Full Marathon distances.
 - The process by which athletes are nominated and winners determined for annual awards is being reviewed by the road and cross country committees.

Annual Review

Sanctioned Events

2014 Review

	Events in BC		Finishers (approx)	
	2013	2014	2013	2014
Sanctioned, Timed Road Races	112	110	110,000	112,000
Sanctioned, Timed XC/Trail Races	48	55	9,000	9,500
Unsanctioned, Timed Road Races	60	65	35,000	33,500
Unsanctioned, Timed XC/Trail Races*	50	90	10,500	14,000
Total Timed Races	270	320	164,500	169,000
Unsanctioned, Untimed Charity Runs/Walks	100+	100+	50,000+	50,000+

* Does not include school competitions, or novelty / obstacle course competitions.

Observations

- More events in small communities across BC were discovered this year, leading to an increase in the total number of events tracked. The additional events were primarily small trail runs.
- There are now almost as many off-road (cross-country, trail and mountain running) events as road events in BC. However, the average size of off-road events is considerably smaller.
- Overall participation was up marginally over 2013, with about 169,000 recorded results across about 320 events.
- Given no shows and DNFs this represents over 200,000 registered participants.
- Although only just over half of all events are sanctioned, almost 72% of participants are taking part in sanctioned events.
- The Vancouver Sun Run remains the largest running event in Canada (~46,000 entries), but events such as the Ottawa Race Weekend are closing the gap.
- The Emperor's Challenge in Tumbler Ridge remains BC's largest off-road race (1,100 entries).

BCs Largest Events (by recorded finishers)

2014 Review

	2013		2014	
	Event	Finishers	Event	Finishers
1	Sun Run 10K	38,900	Sun Run 10K	36,006
2	BMO Vancouver Marathon, Half Marathon & 8K	13,163	BMO Vancouver Marathon, Half Marathon & 8K	13,143
3	TC10K	9,488	Rock 'n' Roll Half Marathon & 10K	9,520
4	Goodlife Fitness Victoria Marathon, Half Marathon & 8K	8,955	TC10K & Half Marathon	8,817
5	Sea Wheeze Half Marathon*	7,607	Sea Wheeze Half Marathon*	8,216
6	Scotiabank Vancouver Half Marathon & 5K	5,673	Goodlife Fitness Victoria Marathon, Half Marathon & 8K	7,725
7	Run for Water Marathon, Half Marathon, 10K & 5K*	4,278	Scotiabank Vancouver Half Marathon & 5K	5,118
8	Victoria Goddess Run Half Marathon, 10K & 5K*	2,777	Run for Water Marathon, Half Marathon, 10K & 5K*	3,741
9	BMO Okanagan Marathon, Half Marathon & 10K	2,568	BMO Okanagan Marathon, Half Marathon & 10K	2,215
10	Boogie the Bridge Half Marathon, 10K & 5K*	1,957	"First Half" Half Marathon	1,930
	Total	95,366	Total	96,431

* Not sanctioned.

Observations

- Most large events saw a decline in participation in 2014. The addition of the Rock 'n' Roll Half Marathon kept overall numbers ahead of last year.
- Eight of the ten largest events in BC are sanctioned.

Race Series
2014 Review

Series	# Events		# Participants	
	2013	2014	2013	2014
Provincial Road Running	15	15	70,570	66,512
Lower Mainland Road Running	10	11	5,749	12,463
Vancouver Island Road Running	8	8	5,328	4,988
Interior Road Running	11	11	2,131	2,288
Lower Mainland Cross Country	10	10*	2,383	**
Interior Cross Country	5	5	629	634

* In the Lower Mainland CC Series JD's run 5 events, Jnr/Snr/Mst run 8 events.

** One event remaining.

Observations

- The increase in participation in the Lower Mainland Series was due to the addition of the Scotiabank Vancouver Half Marathon to the series.

BC Championships

2014 Review

Road Running Championships were held at the 5K (Longest Day, Vancouver), 8K (Pioneer, Victoria), 10K (Summerfast, Vancouver), Half Marathon (First Half, Vancouver) and Full Marathon (Victoria) distances.

Road Championships participation:

	Jnr M		Jnr F		Snr M		Snr F		Mst M		Mst F	
	2013	2014	2013	2014	2013	2014	2013	2014	2013	2014	2013	2014
5K	5	1	1	0	29	8	15	9	39	37	18	16
8K	2	0	0	0	5	8	4	8	31	17	13	7
10K	7	3	3	2	27	6	29	10	50	31	25	18
Half	0	0	0	0	17	8	17	11	44	58	23	31
Mar	0	0	0	0	3	2	7	3	20	22	9	10
Total	14	4	4	2	81	32	72	41	184	165	88	82

Cross Country Championships were held for all age groups in Abbotsford.

Cross Country Championships participation:

Age Group	Male		Female	
	2013	2014	2013	2014
9 year olds	24	18	26	15
10 year olds	24	18	26	24
11 year olds	21	16	22	20
12 year olds	14	16	19	26
13 year olds	16	8	23	14
14 year olds	18	13	15	13
15 year olds	13	21	12	15
Youth	14	22	13	21
Junior*	14	29	11	7
Senior*	37	37	39	41
Master	55	38	20	9

Total	250	236	226	205
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* Some Youths ran up in the Junior race, and some Juniors ran up in the Senior race.

Observations

- Participation in the road championships was down from 2013, largely because some of the host races were not as high profile.
- The hosts for the 2015 BC Road Running Championships will be the same as 2014:
 - 5K: Longest Day 5k (Vancouver, June)
 - 8K: Harriers Pioneer 8K (Saanichton, January)
 - 10K: Summerfast 10K (Vancouver, July)
 - Half Marathon: "First Half" (Vancouver, February)
 - Marathon: Victoria Marathon (Victoria, October)
- The host for the 2015 & 2016 BC Cross Country Championships will be Nanaimo T&F.

National Championships

2014 Review

Championship	Top 10 Men	Top 10 Women
5K Championship	9 th individual	3 rd , 7 th , 9 th individual
10K Road	7 th individual; 1 st team	3 rd , 5 th , 8 th , 10 th individual; 2 nd team
Half Marathon	None	2 nd individual
Marathon	2 nd , 7 th individual	None
Youth Cross Country	3 rd , 6 th , 7 th individual; 1 st team	1 st , 2 nd , 5 th , 6 th individual; 2 nd team
Junior Cross Country	4 th , 5 th individual; 3 rd team	5 th , 6 th , 8 th individual; 4 th team
Senior Cross Country	1 st , 8 th , 10 th individual; 3 rd team	2 nd , 3 rd , 4 th , 7 th individual; 3 rd team
Masters Cross Country	3 rd (M35), 1 st , 2 nd , 3 rd (M40) 2 nd (M45) 1 st , 3 rd (M50) 2 nd , 3 rd (M55) 2 nd , 3 rd (M65)	3 rd (F35), 1 st (F40), 3 rd (F45), 1 st (F50) 1 st (F55) 1 st (F60) 1 st (F70)
Junior Mountain Running	1 st individual	None
Senior Mountain Running	2 nd , 6 th individual	3 rd , 5 th , 6 th , 8 th , 10 th individual
Total Individual Medals Won	2013: 13/48 (27%)	2014: 16/60 (27%)

Observations

- The addition of a 5K Road Championship and a Youth Cross Country Championship provided additional medal opportunities.
- Percentage medals won to opportunities was similar to 2013.
- Thanks to Maureen de St Croix (Ocean Athletics) and Jerry Tighe (Hershey Harriers) for hosting the 2011 - 2014 Canadian Cross Country Championships.

International Representation

2014 Review

Event	Canadian Team Size M/F	BC Athletes on the Team M/F

NACAC Cross Country Championships	12/11	2/2
IAAF World Half Marathon Championships	0/0	0/0
World Mountain Running Championships	7/3	3/2
Commonwealth Games Marathon	0/1	0/0
Chiba Ekiden Relay	4/4	1/2
Total	42	12 (29%)

Observations

- Few representative opportunities in 2014.

2014 Review**2013**

Distance	Male			Female		
	Top 3	Top 10	Top 25	Top 3	Top 10	Top 25
5K	14:40	14:55	15:32	17:11	18:11	18:49
8K	25:01	25:55	27:26	28:09	29:41	31:59
10K	30:32	30:54	33:24	34:47	35:43	38:01
Half	1:06:29	1:11:55	1:17:33	1:17:06	1:18:43	1:26:20
Marathon	2:31:52	2:37:49	3:00:26	2:43:03	2:59:27	3:26:05

2014

Distance	Male			Female		
	Top 3	Top 10	Top 25	Top 3	Top 10	Top 25
5K	14:48	15:06	16:06	16:25	17:33	18:48
8K	24:35	25:52	29:34	27:13	29:10	31:27
10K	30:59	32:18	34:26	34:03	35:58	39:00
Half	1:06:04	1:11:15	1:15:27	1:15:01	1:18:57	1:25:32
Marathon*	2:29:02	2:37:43	3:04:06	2:43:04	3:02:25	4:16:39

* Season incomplete.

Observations

- Depth of performance for the women showed improvement at most distances.
- Depth of performance for the men showed a decline at most distances, other than the half marathon where an increase in the number of competitive opportunities likely contributed.
- Athletes/coaches are encouraged to submit performances for inclusion in the rankings, particularly when set out of province.

2014 Review

The most competitive BC road races, using a competitive measurement that scores the top 20 male and female performances:

	2013		2014	
	Event	Competitiveness	Event	Competitiveness
1	Sun Run 10K	35,495	Sun Run 10K	34,915
2	Bazan Bay 5K	34,144	St. Patrick's Day 5K	34,120
3	TC10K	33,551	Bazan Bay 5K	33,448
4	St. Patrick's Day 5K	33,510	Scotiabank Vancouver Half Marathon	33,357
5	Scotiabank Vancouver Half Marathon	33,108	Vancouver International Half Marathon	33,143
6	"First Half" Half Marathon	32,964	TC10K	32,682
7	Victoria Half Marathon	32,945	"First Half" Half Marathon	32,668
8	Harriers Pioneer 8K	32,763	Harriers Pioneer 8K	32,567
9	Vancouver International Half Marathon	32,506	Victoria Half Marathon	32,500
10	Vancouver Eastside 10K	32,115	Rock 'n' Roll Half Marathon	32,358
	Average	33,310	Average	33,176

Observations

- The average competitiveness of the top 10 races in BC declined slightly over 2013.
- The Rock 'n' Roll Half Marathon was a new event in 2014.
- Five of the top ten races were half marathons.
- 20 races scored more than 30,000 points (22 races in 2013).
- The most competitive marathon was the BMO Vancouver Marathon, with 31,488 points.
- The most competitive race in the Interior was the Kelowna Midsummer 8K, with 28,899 points.

Membership

2014 Review

Although difficult to identify all off-track members in the database, in common with all membership types there was an increase over 2013. Approximately 25% of the BCA membership (1400 members) are predominantly road, cross country, or trail runners. Approximately 55% of these are Training members, 15% are recreational, and 30% are competitive (all ages).

Observations

- Clubs continue to struggle to find volunteers to coordinate club activities and oversee operations, making the succession of clubs and events challenging.

Road Course Certification

2014 Review

11 courses (+ 3 calibration courses) were certified either for the first time or were recertified (27 + 5 in 2013).

8 active measurers (8 in 2012).

	Sanctioned		Unsanctioned		Total	
	2013	2014	2013	2014	2013	2014
Active certified courses	68	70	28	28	96	98

*Note, some events include races at multiple distances.

Observations

- It remains challenging to find measurers available to meet the demand to measure and certify courses. A course measurement seminar had been tentatively planned for 2014, but did not pan out. Will try again in 2015.

Events Attended in 2014

- Pioneer 8K (BC Champs)
- Icebreaker 8K
- "First Half" Half Marathon (BC Champs)
- Penticton Lakeside 5K
- Bazan Bay 5K
- St Patrick's Day 5K
- Vancouver Sun Run 10K (including expo)
- Canadian Marathon Championships
- Sandcastle 10K
- Longest Day 5K (BC Champs)
- Scotiabank Vancouver Half Marathon (including expo)
- Squamish 10K
- CAN/US Racewalk
- Richmond Oval 10K
- Vancouver Eastside 10K
- Pinetree Cross Country
- Spirit of the Shore Half Marathon
- Victoria Marathon (including expo) (BC Champs)
- Whistler 50 Relay & Ultra
- Rock 'n' Roll Half Marathon (including expo)
- BC Cross Championships
- Canadian Cross Country Championships
- BCA AGM & Meetings
- BCA Road Running Committee Meetings (x2)
- BCA Cross Country Committee Meetings (x1)
- AC AGM & Meetings
- AC Race Director Summit
- RRCA Convention
- VIRA Meetings (x2)