

Maurice Wilson

Strategic Plan Initiatives

- Athlete Development – Sport Performance – Training & Competition
 - Fifteen bids were received to host the five BC road running Championships in 2016 and 2017. The Road Running Committee evaluated the bids, and determined the hosts.
- Athlete Development – Sport Performance – Talent ID & Outreach
 - BC Athletics had a presence at the BC High School Cross Country Championships. Unfortunately the weather did not allow for much engagement with coaches, parents or athletes. Next year we'll aim for more direct contact by inclusion of information in the school race packets.
 - 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
 - Two pilot Road Running Instructor Clinics were held in Kelowna and Burnaby.
- Competition – Competitions
 - The BC Cross Country Championship schedule was adjusted to foster greater participation from our university programs, and to shorten the overall schedule.
 - The provincial road running series has been re-vamped, and will re-launch as the BC Super Series in 2016.
 - The Whistler 50 event received support from the RMOW Festivals, Events & Animation program. Participation in the event grew 20%.
- Competition – Officials
 - Road running was represented in the sub-committee charged with addressing officials recruitment and retention.
 - A course measurement seminar was held, qualifying five new measurers.
- 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 a Race Directors Summit in Calgary in May. Eighteen BC delegates attended, five subsidized by BCA. The 2016 Summit will be held in Victoria in October in conjunction with the GoodLife Fitness Victoria Marathon. The 2017 Summit is scheduled for Ottawa in May.
- Organization Capacity – Recognition
 - Athletics Canada developed a new ranking system, providing Canadian and provincial, 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 was reviewed by the road and cross country committees.

Annual Review

Sanctioned Events

2015 Review

	Events in BC		Finishers (approx)	
	2014	2015	2014	2015
Sanctioned, Timed Road Races	100	100	112,000	107,000
Sanctioned, Timed XC/Trail Races	45	45	9,000	9,000
Unsanctioned, Timed Road Races	65	65	33,500	31,500
Unsanctioned, Timed XC/Trail Races*	90	90	14,000	16,000
Total Timed Races	300	300	168,500	163,500
Unsanctioned, Untimed Charity Runs/Walks	100+	100+	50,000+	50,000+

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

Observations

- The number of events publishing results was almost identical to last year. New events offset discontinued events.
- 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 finishers was down about 5,000 (3%) over 2014, with about 163,500 recorded results across about 300 events. The decline was almost exclusively in road races. Off-road events continued to see an increase. And while most of the largest events in BC saw numbers decline between 5% and 10%, growth in smaller events helped reduce the overall effect.
- Although less than half of all events are sanctioned, almost 71% of participants are taking part in sanctioned events.
- The Vancouver Sun Run 10K remains the largest single race in Canada (33,280 finishers), but has been surpassed by Ottawa Race Weekend as the largest event in Canada.
- The Emperor's Challenge in Tumbler Ridge remains BC's largest off-road race (1,100 entries).

BCs Largest Events (by recorded finishers)

2015 Review

	2014		2015	
	Event	Finishers	Event	Finishers
1	Vancouver Sun Run 10K	36,006	Vancouver Sun Run 10K	33,280
2	BMO Vancouver Marathon, Half Marathon & 8K	13,143	BMO Vancouver Marathon, Relay, Half Marathon & 8K	11,907
3	Oasis Rock 'n' Roll Half Marathon & 10K	9,520	Oasis Rock 'n' Roll Half Marathon & 10K	8,315
4	TC10K & Half Marathon	8,817	TC10K & Half Marathon	8,295
5	Sea Wheeze Half Marathon*	8,216	Sea Wheeze Half Marathon*	7,601
6	Goodlife Fitness Victoria Marathon, Half Marathon & 8K	7,725	Goodlife Fitness Victoria Marathon, Half Marathon & 8K	6,812
7	Scotiabank Vancouver Half Marathon & 5K	5,118	Scotiabank Vancouver Half Marathon & 5K	5,383
8	Run for Water Marathon, Half Marathon, 10K & 5K*	3,741	Run for Water Half Marathon, 10K & 5K*	3,049
9	BMO Okanagan Marathon, Half Marathon & 10K	2,215	Boogie the Bridge Half Marathon, 10K & 5K*	2,114
10	"First Half" Half Marathon	1,930	"First Half" Half Marathon	2,084
	Total	96,431	Total	88,840

* Not sanctioned.

Observations

- Most large events saw a decline in participation in 2015.
- Seven of the ten largest events in BC are sanctioned.
- A further 10 events had 1,000+ finishers.

Race Series
2015 Review

Series	# Events		# Participants	
	2014	2015	2014	2015
Provincial Road Running	15	15	66,512	60,791
Lower Mainland Road Running	11	11	12,463	14,132
Vancouver Island Road Running	8	8	4,988	4,792
Interior Road Running	11	9	2,288	2,003
Lower Mainland Cross Country	10	9	2,307	1,977**
Interior Cross Country	5	5	634	739

* In the Lower Mainland CC Series JD's run 6 events, Yth/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 Vancouver Eastside 10K to the series.
- The Provincial Road Running Series format was re-evaluated during 2015, and will be re-launched in a new format as the BC Super Series in 2016.

BC Championships

2015 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	
	2014	2015	2014	2015	2014	2015	2014	2015	2014	2015	2014	2015
5K	1	0	0	1	8	5	9	5	37	26	16	14
8K	0	1	0	0	8	5	8	6	17	25	7	10
10K	3	2	2	0	6	5	10	9	31	27	18	14
Half	0	2	0	0	8	15	11	13	58	49	31	22
Mar	0	0	0	0	2	2	3	2	22	15	10	6
Total	4	5	2	1	32	32	41	35	165	142	82	66

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

Cross Country Championships participation:

Age Group	Male		Female	
	2014	2015	2014	2015
9 year olds	18	7	15	11
10 year olds	18	13	24	12
11 year olds	16	13	20	9
12 year olds	16	10	26	8
13 year olds	8	11	14	12
Midgets	34	25	28	31
Youth	22	22	21	21
Junior*	29	26	7	18
Senior	37	38	41	32
Master	38	22	9	7
Total	236	187	205	161

* Some Youths ran up in the Junior race.

Observations

- Participation in the road championships was down from 2014.
- The hosts for the 2016 BC Road Running Championships will be:
 - 5K: BMO St Patrick's Day 5k (Vancouver, March)
 - 8K: Fresh Air Midsummer 8K (Kelowna, July)
 - 10K: Vancouver Eastside 10K (Vancouver, September)
 - Half Marathon: BMO Vancouver Half Marathon (Vancouver, May)
 - Marathon: GoodLife Fitness Victoria Marathon (Victoria, October)
- Participation in the JD and Masters races at the BC Cross Country Championships in Nanaimo was significantly down. The JD decline is attributed to reduced participation from the Lower Mainland, and a lack of JD cross country programs offered by most Vancouver Island clubs. The Masters decline is attributed to reduced participation from the Lower Mainland, and competition from the Rock 'n' Roll Vancouver 10K and Half Marathon on the same weekend. Participation in other age groups was comparable or better than recent years.
- The host for the 2016 BC Cross Country Championships will be Nanaimo T&F.

National Championships

2015 Review

Championship	Top 10 Men	Top 10 Women
5K Championship	3 rd , 4 th , 5 th , 7 th individual	1 st , 4 th individual
10K Road	None	2 nd , 5 th individual
Half Marathon	None	2 nd , 3 rd individual
Marathon	8 th individual	3 rd individual
Youth Cross Country	2 nd , 7 th , 10 th individual; 2 nd team	8 th , 9 th , 10 th individual; 2 nd team
Junior Cross Country	8 th individual; 2 nd team	1 st , 6 th individual; 2 nd team
Senior Cross Country	4 th , 8 th individual; 2 nd team	1 st , 3 rd , 10 th individual; 2 nd team
Masters Cross Country	1 st , 4 th Overall individual 1 st M45 individual 2 nd M50 individual	3 rd F50 individual
Junior Mountain Running	2 nd , 3 rd , 4 th individual	None
Senior Mountain Running	1 st , 2 nd , 3 rd , 5 th , 6 th , 7 th , 9 th individual	1 st , 4 th , 6 th , 7 th , 8 th , 9 th individual
Total Individual Medals Won	2014: 16/60 (27%)	2015: 17/60 (28%)

Observations

- Percentage medals won to opportunities was similar to 2014.

International Representation

2015 Review

Event	Canadian Team Size M/F	BC Athletes on the Team M/F
NACAC Cross Country Championships	11/12	1/4
IAAF World Cross Country Championships	11/12	1/4
World Mountain Running Championships	9/4	5/0
Pan American Games Marathon	2/2	1/1
2015 Total	63	17 (27%)
2014 Total	42	12 (29%)

Observations

- Few representative opportunities for road runners in 2015.

2015 Review**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	30:51	32:11	34:23	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	2:37:34	2:49:20	2:43:04	3:02:25	3:55:42

2015

Distance	Male			Female		
	Top 3	Top 10	Top 25	Top 3	Top 10	Top 25
5K	14:33	15:22	16:19	16:22	17:56	19:55
8K	24:27	25:41	28:05	27:13	29:08	33:18
10K	30:44	31:49	34:15	34:01	35:49	39:12
Half	1:04:48	1:11:36		1:15:18	1:20:01	
Marathon*	2:30:15	2:40:18		2:42:52	3:10:39	

* Season incomplete.

Observations

- Very similar standards to last year.
- Athletics Canada switched to a new ranking system this year, and not all results have been loaded into the new system, making deeper rankings less reliable for now.
- Athletes/coaches are encouraged to submit performances for inclusion in the rankings, particularly when set out of province.

2015 Review

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

	2014		2015	
	Event	Competitiveness	Event	Competitiveness
1	Vancouver Sun Run 10K	34,915	Vancouver Sun Run 10K	35,274
2	BMO St. Patrick's Day 5K	34,120	TC10K	33,653
3	Bazan Bay 5K	33,448	BMO St Patrick's Day 5K	33,448
4	Scotiabank Vancouver Half Marathon	33,357	"First Half" Half Marathon	33,116
5	Vancouver International Half Marathon	33,143	Bazan Bay 5K	33,028
6	TC10K	32,682	BMO Vancouver Half Marathon	32,999
7	"First Half" Half Marathon	32,668	Vancouver Eastside 10K	32,686
8	Harriers Pioneer 8K	32,567	Scotiabank Vancouver Half Marathon	32,616
9	GFVM Victoria Half Marathon	32,500	GFVM Victoria Half Marathon	32,523
10	Oasis Rock 'n' Roll Half Marathon	32,358	Harriers Pioneer 8K	32,256
	Average	33,176	Average	33,160

Observations

- The average competitiveness of the top 10 races in BC was very similar to 2014.
- All the top races were sanctioned.
- 20 races scored more than 30,000 points (the same as in 2014), comprising 5 x Half Marathons, 4 x 10K, 4 x 8K, 3 x 5K, and 2 x Marathon.
- The most competitive marathon was the BMO Vancouver Marathon, with 31,741 points.
- The most competitive race in the Interior was the Oliver 10K, with 27,758 points.

Membership

2015 Review

Although difficult to identify all off-track members in the database, in common with all membership types there was a small increase over 2014. Approximately 25% of the BCA membership (1400 members) are predominantly road, cross country, or trail runners. Approximately 65% of these are Training members, 10% are recreational, and 25% 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. A number of club events were cancelled this year due to no one volunteering to organize them.
- The nature of running clubs is moving away from traditional membership based clubs, to more casual meet-ups organized by run crews, outdoor stores, specialty running stores, and event organizers.

Road Course Certification

2015 Review

6 courses (+ 3 calibration courses) were certified either for the first time or were recertified (11 + 3 in 2014).

5 active measurers (8 in 2014).

	Sanctioned		Unsanctioned		Total	
	2014	2015	2014	2015	2014	2015
Active certified courses	70	68	28	30	98	98

*Note, some events include races at multiple distances.

Observations

- A course measurement seminar was held in the fall of 2015, qualifying 5 new measurers, who will hopefully start submitting more courses for certification. A number of other people expressed interest in the course, but were unable to attend. The course may be repeated in 2016.

Events Attended in 2015

- Harriers Pioneer 8K (BC Champs)
- Icebreaker 8K
- "First Half" Half Marathon (BC Champs)
- BMO St Patrick's Day 5K
- Modo Spring Run-Off 8K
- Vancouver Sun Run 10K (including expo booth)
- TC10K (including expo booth)
- BMO Vancouver Marathon (including expo booth)
- Oasis Shaughnessy 8K
- Canadian Half Marathon Championship
- North Face Whistler Half Marathon (including expo booth)
- BlueShore Financial Longest Day 5K (BC Champs)
- Scotiabank Vancouver Half Marathon (including expo booth)
- Summerfast 10K (BC Champs)
- Forever Young 8K
- Vancouver Spirit Run
- Vancouver Eastside 10K
- GoodLife Fitness Victoria Marathon (including expo booth) (BC Champs)
- Whistler 50 Relay & Ultra
- BC Cross Country Championships
- Oasis Rock 'n' Roll Half Marathon (including expo booth)
- Larry Nicholas Memorial XC
- BC High Schools Cross Country Championships
- BCA AGM & Meetings
- BCA Road Running Committee Meetings (x3)
- BCA Cross Country Committee Meetings (x1)
- BCA Masters Committee Meetings (x1)
- AC AGM & Meetings
- AC Race Director Summit
- VIRA AGM
- IRA AGM
- Run Whistler Information Night