



Clifton Cunningham

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Report Timeline: September 1, 2018 – August 31, 2019

Committees

BC Athletics thanks all members of the BC Athletics Committees, which volunteer their time to contribute to athletic programs in our communities. If you are interested in learning more about the committees and how you can be involved, please reach out to the Technical Manager.

Road Running Committee

- Jordan Myers (Chair)
- Frank Stebner
- Bob Reid
- Geoffrey Buttner
- Jake Madderom
- John Machuga
- Eric Chene
- Jared Hulme
- Lissa Zimmer

Cross Country Committee

- Colin Dignum
- Hilary Stellingwerf
- Dawn Copping
- Alex Ulaszonek
- Sue Northey
- Brian Nemethy
- Rachel Cliff
- Malindi Elmore
- Katelynn Ramage (Board Rep)

Strategic Plan Initiatives

Athlete Development

Sport Development

- Presence at the BC School Sports Cross Country Championships.
- Revision of BC Super Series to include U20 in the awards categories.
- Provide information to inquiries about the forming a club in their local areas.
- Work with the Tech. Mgr. Track & Field to deliver the BCEP XC Camp.
- BCA presence at major road event expos (Sun Run, TC10k, BMO Marathon, Victoria Marathon).

Sport Performance – Athlete Identification

- Submit results of Certified / Sanctioned events to Athletics Canada Rankings.
- Developing standards for selection of BCA National Road Teams.
- Selection of BCA National Road teams based on achievements in rankings and team standards.

Sport Performance – Training and Competitions

- BCA presence at Provincial Road Championships, identification of winners, presentation of medals with Board Chair or Vice Chair.
- BCA presence at the Provincial Cross Country Championships, oversee, assist in awards and feedback of event.
- Selection and travel arrangements for BC XC Team competing at the National XC Championships.

Canadian Road Race Championships (2017-2018)

- **5k – Yorkville Toronto 5k, September**
 - 2018 – BC Team – Natasha Wodak 1st, Max Trummer 8th, Ryan Brockerville DNF
 - Notable BC results: Luc Bruchet 2nd, Evan Esselink 4th (ON at time, now BC), Justin Kent 5th
 - 2019 – Athletics Canada will not be hosting a 5km Championship. AC is taking bids for future 5k Championships.
- **10k – Ottawa 10k (IAAF Gold), May**
 - 2019 – BC Team – Justin Kent 2nd 29:58.3, Brendan Wong 6th 30:43.2, Robyn Mildren 7th 34:34.2
 - Notable BC results: Dylan Wykes 1st 29:55.5, Kevin Coffey 7th 30:52.3, Natasha Wodak 1st 32:30.8, Malindi Elmore 2nd 32:57.0, Kinsey Middleton 6th 34:15.6, Jen Moroz 11th 36:06.3
- **Half Marathon – Manitoba Marathon (June)**
 - 2019 BC Team – Dylan Wykes 4th 1:07:36.8, Dayna Pidhoresky 2nd 1:14:03.4, Robyn Mildren 3rd 1:15:33.4
 - Notable BC results: Malindi Elmore 1st 1:11:06.7, Nic Browne 8th 1:11:40.7
- **Marathon – Toronto Waterfront Marathon, October**
 - 2019 BC Team – Malindi Elmore, Dayna Pidhoresky
 - BC Athletes debuting – Evan Esselink, Robyn Mildren
 - 2018 Notable BC Results – Cam Levins 1st 2:09:24 (CR), Kinsey Middleton 1st 2:32:09

Canadian Cross Country Championships

- 2017-2018 National Cross Country Championships have been hosted in Kingston, ON
 - 2018 BC Team results please see Cross Country Committee Report 1.5.
- 2019-2020 National Cross Country Championships will be hosted at Clearbrook Park in Abbotsford, BC, by a local organizing committee of members from various BCA clubs.

Technical Leadership

Coaching

- Clubs and coaching members receive communication about positions and opportunities to be part of the BC Cross Country Team at Nationals.
- Sport Coach Courses, Distance and Road Running + Making Ethical Decisions (Oct 4 Penticton, Nov 14 South Surrey)
- Road Running instructor course scheduled for October 25th in Victoria.
- Coaching Mentorship learning opportunities are scheduled for the BC XC and AC XC Championships in October and November.

Event Directors

- Provincial Race Directors Conference with Triathlon BC, held the end of February 2019. 50 Event Directors attended, approximately 33 from Road, Trail and Cross. The remaining from Triathlon BC.
- The Technical Manager will be meeting with Triathlon BC in September to determine speakers and topics for the 2020 Conference, scheduled for March 6 at Fortius.
- Communicating the benefits of sanctioning to Event Directors, that are or are considering sanctioning their event with BC Athletics.
- Evaluation of Sanctioning Process and recent moves by other PSO's to take sanctioning process online.

Competition

Competitions

- The BC Athletics Calendar of events, continues to be one of the most comprehensive and complete listing of events. The BC Athletics Summer Student, has begun building out the 2020 calendar (see fixtures report). The January to March will be posted shortly, with the remainder of the year to follow in October.
- Events that are not sanctioned with BC are receiving the "Sanctioning FAQ" that was prepared this year. Events that have sanctioned in the past with BCA, receive reminders to submit their new sanctioning applications and post event follow ups until their PESF has been submitted.
- For the 2018-2019 Provincial Championships (5k, 8k, 10k, Half and Marathon) cycle, comes to an end with the Half Marathon at the GoodLife Fitness Victoria Marathon in October. 2020-2021 Championship Events have been selected through a bid process, events listed below.
- The BC Super Series events calendar, will now match the Championship hosting cycle and be set for two years at a time, rather than yearly.

BC Provincial Road Race Championships (2018-2019)

- 5k – St. Patrick’s Day 5k
- 8k – Steveston Icebreaker 8k
- 10k – TC10k
- Half Marathon – Goodlife Fitness Victoria Half Marathon
- Marathon – BMO Vancouver Marathon

BC Provincial Road Race Championships (2020-2021)

- 5k – St. Patrick’s Day 5k, March
- 8k – Prairie Inn Harriers Pioneer 8k, January
- 10k – Vancouver Sun Run, April
- Half Marathon – Scotiabank Vancouver Half Marathon, June
- Marathon – Goodlife Fitness Victoria Marathon, October

BC Provincial Cross Country Championships

- 2017-2018 BC XC Championship were been hosted in Abbotsford, BC at Clearbrook Park.
- 2019-2020 BC XC Championships have been awarded to the Prairie Inn Harriers and the event will take place at Beaver Lakes just outside of Victoria. Registration is opening soon and event details have been posted.

Facilities

- The declining number of certified events is a concern. Looking to host a Measurers seminar in the winter to train new measurers in hopes of increasing the number of certified events. Communicating with Event Directors and Participants the importance of being certified.
- A number of events have cancelled this year, both sanctioned and unsanctioned, due to rising costs, municipal restrictions and a decline across the board of registrations. We continue to provide the Sanctioning FAQ to events and have attracted some, largely from communities outside of the Lower Mainland.

*Organization Capacity**Revenue Generation*

- In the process of renewing sponsorships for the Whistler 50 and moving partners to multiyear relationships. New Event Director was brought onboard for 2018 and focus for 2019 is on increasing event value while maintaining event profit.
- Following up with sanctioned events to submit PESF’s in a timely matter. Working with new events to increase the number of sanctioned events.

Members

- Attending the larger events in the Province to create awareness of BC Athletics. Using the Provincial and Regional series to promote BC Athletics and benefits of becoming a member.

Communication

- Aim to send a quarterly email to Race Directors (sanctioned & non-sanctioned) about development opportunities, best practices and BC Athletics highlights.
- Quarterly emails to High Performance, U20, Senior and Masters athletes about Provincial and National Team opportunities, BC Super Series and key event deadlines, elite application deadlines.
- Working with the other BCA staff to generate and post content to the BC Athletics social media profiles; raising the profiles of athletes, events, officials and the work that BC Athletics does.
- Working toward the recommendations of the Marketing Director to implement an e-newsletter that will be sent regularly to membership and funding stakeholders.
- Management of the BC Super Series social media profiles, website and blog content.
- Oversight of the Whistler 50 event team and their management of the Whistler 50 profiles.

We have been able to grow our social media presence over the past year for BCA, BC Super Series and the Whistler 50. Facebook and Instagram are the primary social media channels.

	Facebook	Twitter	Instagram
BC Athletics	@bcathletics1	@bc_athletics	@bc.athletics
BC Super Series	@bcsuperseries	@bcsuperseries	@bcsuperseries
Whistler 50	@whistler50	@whistler50relay	@whistler50

2019-Aug 27	Facebook	Twitter	Instagram
BC Athletics	1913	2589	2327
BC Super Series	746	417	130
Whistler 50	1935	189	1754

2018-Aug 31	Facebook	Twitter	Instagram
BC Athletics	1366	2467	1727
BC Super Series	142	415	18
Whistler 50	1844	187	82

2017-Oct 1	Facebook	Twitter	Instagram
BC Athletics	1230	2303	1282
BC Super Series			
Whistler 50			

Marketing & Promotion

- Having booths at the larger events expo's to promote events, membership and BC Athletics. Including the Vancouver Sun Run, TC10k, BMO Vancouver Marathon and the Goodlife Victoria Marathon.
- Taking advantage of digital race bag opportunities to promote the BC Super Series, Whistler 50 and BC Athletics.
- Use of BC Athletics flagging tape and banners at events.
- New tent tops were purchased in the spring, all 3 tents now have the current BCA logo.

- Small budget being spent on promoting social media posts to promote BC Athletics. What we do, accomplishments of our membership and value of membership.

Volunteers & Recognition

- The following Road & Cross Country Awards were presented at the Annual Awards Banquet in January.
 - Cross Country
 - U16 Female – Christina Peet Williams & Madelyn Bonikowsky
 - U16 Male – Isaac Baker & Matti Erickson
 - U18 Female – Kendra Lewis
 - U18 Male – Joshua Woolgar
 - U20 Female – Taryn O’Neill
 - U20 Male – Tyler Dozzi
 - Senior Female – Natasha Wodak
 - Senior Male – Luc Bruchet
 - Road Runner of the Year
 - Senior Female – Rachel Cliff
 - Senior Male – Cam Levins

Partnerships

- Work with the Provincial Championships and BC Super Series to foster cooperation and communication, develop relationships between events and mentoring of smaller events by the larger.
- Work with Triathlon BC to develop and deliver Race Directors Conference.

Organizational Management

- Follow up with events that sanction with BC Athletics for timely submission of Post Event Sanctioning Forms.
- Follow up all outstanding invoices and accounts of BC Athletics.
- Actively solicit events to sanction with BC Athletics.

Governance

- Generate and post content to the social media channels and blog, to recognise volunteers, to inform the membership, drive awareness and increase the number of members and sanctioned events.
- Update areas of the website that need clarification, have outdated information or contain broken links.

Events Attended

- Harriers Pioneer 8K
- Icebreaker 8k (BC 8k Championship)
- BC Race Directors Conference hosted with Triathlon BC
- St Patrick's Day 5K (BC 5k Championship)
- Vancouver Sun Run & Expo
- TC10K & Expo (BC 10k Championship)
- BMO Vancouver Marathon (BC Marathon Championship) & Expo
- Vancouver Island Runners Association AGM
- Under Armour Eastside 10K
- Pacific Spirit Run
- Goodlife Fitness Victoria Marathon (BC Half Marathon Championship) & Expo
- Whistler 50 Relay & Ultra
- BC Cross Country Championships
- BC High School Cross Country Championships
- BCA BCEP M2M Pacific Distance Carnival, 10,000m National Championships
- BCA BCEP XC Camp registration and setup
- BCA Annual Awards Banquet
- Sport BC Annual Awards Banquet
- Sport BC Meetings
- viaSport – Sportscape Meetings and Focus Groups
- BCA AGM & Board Meetings
- BCA Road Running Committee Meetings
- BCA Cross Country Committee Meetings
- Athletics Canada AGM (May 2019, Semi-AGM (Dec 2018)
- Canadian 10km Road Championships

Statistical Addendum

Road & Trail Race finishers to August 31

Year	Events in Calendar	Finishers	Sanctioned Events	Sanctioned Finishers	Certified Events in BC
2019	362	147,257 ytd	148	91,845 ytd	31
2018	351	169,077 (121,766 same time last year)	151	125,268 (99,240 same time last yr)	28
2017	360	159,644	154	116,244	37
2016	380	172,357	163	159,171	43

Observations

- Events may include races at multiple distances. Not all distances in an event may be certified.
- The distinction between road races and off-road events (cross country, trail, and mountain running) is increasingly blurred, as more events are held in parks and on dykes that may include a combination of surface types.
- The Vancouver Sun Run 10K remains the largest single race in Canada (33,883 finishers in 2019), and the largest event weekend. The Sun Run is 35% of all BCA Sanctioned event entries.
- The Squamish 50 is now the largest trail event nearly 1000 finishers across 3 distances (50 miles / 50k / 23k). The largest sanctioned trail event is the Emperor's Challenge 778 finishers across 3 distances (20k/4k/2k).

BC Championship Participation

- 2019 5k Champions: John Gay (14:06)(BC All-Comers Record) and Natasha Wodak (15:35)
 - Sarah Inglis (15:28)(BC All-Comers Record) was not a member on the day of the event.
- 2019 8k Champions: Kevin Coffey (24:36), Andrea Lee (29:07)
- 2019 10k Champions: Matt Noseworthy (32:05), Sarah Inglis (32:34)
- 2019 Marathon Champions: Rob Watson (2:25:09) and Catrin Jones (2:52:51)
- 2018 Half Marathon Champions: Sean Chester (1:11:00) and Natasha Wodak (1:11:45)

Championships	2019 Eligible Finishers			2018 Eligible Finishers		2017 Eligible Finishers		2016 Eligible Finishers	
	M	F	Event Finishers	M	F	M	F	M	F
5K	79	52	1226	77	57	63	41	63	44
8K	33	28	371	32	21	14	6	14	12
10k	19	14	7540	19	16	44	26	57	34
Half Marathon				18	20	29	24	27	16
Marathon	27	15	4236	26	8	13	9	12	13

Top 20 Competitive Road Races – On Certified Courses (ytd)

Event	Distance	Month	Area	2018		2019		19-Rank
				Com.Score	18-Rank	Com.Score	Diff	
Sun Run	10	Apr	LM	35,746	1	35,222	- 524	1
St Pats	5	Mar	LM	35,108	2	34,788	- 320	2
Eastside	10	Sep	LM	33,516	3	-	-	
Van Half	21.0975	May	LM	32,974	4	33,177	203	3
Scotiabank Half	21.0975	Jun	LM	32,481	9	33,173	692	4
TC10K	10	Apr	VI	32,885	6	33,043	158	5
First Half	21.0975	Feb	LM	32,219	10	32,766	547	6
Pioneer	8	Jan	VI	32,909	5	32,126	- 783	7
Van Marathon	42.195	May	LM	30,033	18	32,110	2,077	8
Bazan Bay	5	Apr	VI	32,663	7	31,916	- 747	9
Victoria Half	21.0975	Oct	VI	32,502	8	-	-	
Summerfast	10	Jul	LM	31,161	13	31,606	445	11
Victoria 8K	8	Oct	VI	31,188	12	-	-	
Icebreaker	8	Jan	LM	30,602	16	31,254	652	12
Cobble Hill	10	Jan	VI	30,598	17	30,205	- 393	13
Longest Day	5	Jun	LM	30,857	14	29,586	- 1,271	15
Victoria Marathon	42.195	Oct	VI	30,789	15	-	-	
Sooke	10	Apr	VI	28,481	27	29,391	910	16
Cedar	12	Feb	VI	29,563	22	29,326	- 237	17
Comox Half	21.0975	Mar	VI	29,358	23	28,834	- 524	18
Hatley Castle (NC)	8	Feb	VI	27,860	31	28,456	596	19
Fall Classic	10	Nov	LM	29,740	20	-	-	

Performances of the top 20 males & females are calculated and added together.

BC Athletics Regional Race Series

Series	# Events				# Finishers			
	2016	2017	2018	2019	2016	2017	2018	2019
BC Super Series (Provincial Series)	12	11*	12	12	61,543	56,399	57,874 (52,496 ytd)	54,234 ytd**
Lower Mainland Road Running	11	9	9	9	9,862	8,971	9,429 (7,002 ytd)	6,806 ytd**
Vancouver Island Road Running	7	8	8	8	3,107	2,923	2855	3,038
Interior Road Running	9	8*	8	8	1,348	828	1,443	1,387
Lower Mainland XC	9	9	8	8	1,760	2,028	1620	**
Interior XC	5	5	5	5	606	551	583	**

* One event cancelled. **2019 events still to take place.

2019 BC Super Series

10 of 12 races are completed as of August 31, the top 3 are listed with their points and number of events they have competed at in brackets.

- Men – Rob Watson 3561 (4), Tony Tomsich 3541 (6), Craig McMillan 3369 (4)
- Women – Natasha Wodak 3766 (4), Robyn Mildren 3549 (4), Andrea Lee 3402 (6)

Race	2019 Finishers	2018 Finishers	2017 Finishers
Harriers Pioneer 8K	547	481	492
Steveston Icebreaker 8K**	371	308	
“First Half” Half Marathon	1842	1,535	0*
St Patrick’s Day 5K	1226	1,404	1,206
Vancouver Sun Run 10k	33883	33,622	32,252
TC10k	7540	6,746	6,837
BMO Vancouver Marathon	4236	3,757	
BMO Vancouver Half Marathon**			6557
Longest Day 5k	712	737	752
Scotiabank Vancouver Half Marathon	3331	3,504	3,500
Summerfast 10k	546	402	419
Fresh Air Midsummer 8k**			119
Under Armour Eastside 10k	***	2427	2,158
Goodlife Fitness Victoria Half Marathon	***	2739	
Goodlife Fitness Victoria Marathon**			1068
	54,234	57,662	48,523

* “First Half” Half Marathon was cancelled in 2017 due to weather.

** Only the distances that were in the series that year are counted in the total.

*** Events still to take place.

Road Rankings / Quality Performances

The time listed is the time cut off to be top 3 or top 15. In the top 15, the number of BC athletes in the top 15 is noted (). Marks noted from legal drop / separation courses.

2019 (ytd)

Distance	Male			Female		
	Top 3 BC	Top 3 CAN	Top 15 CAN (BC)	Top 3 BC	Top 3 CAN	Top 15 CAN (BC)
5K	14:13	14:06 (1)	15:02 (8)	16:34	16:26 (2)	17:29 (10)
8K	25:05	25:05 (3)	27:45 (15)	26:21	26:21 (3)	32:09 (14)
10K	29:56	29:55 (2)	31:06 (5)	32:57	32:57 (3)	36:07 (8)
Half	1:06:47	1:05:11 (0)	1:07:43 (4)	1:11:07	1:11:07 (3)	1:17:43 (7)
Marathon	3:00:10	2:15:19 (0)	2:59:29 (2)	2:37:19	2:32:15 (2)	3:44:34 (3)

Fall marathon season still to occur.

2018

Distance	Male			Female		
	Top 3 BC	Top 3 CAN	Top 15 CAN (BC)	Top 3 BC	Top 3 CAN	Top 15 CAN (BC)
5K	14:38	14:16 (1)	14:53 (8)	16:27	16:03 (2)	17:07 (10)
8K	24:59	24:59 (3)	27:22 (15)	27:15	27:15 (3)	29:39 (14)
10K	30:44	29:59 (2)	31:12 (4)	33:20	33:12 (2)	34:55 (8)
Half	1:05:59	1:04:08 (2)	1:07:07 (4)	1:12:30	1:11:52 (2)	1:15:50 (6)
Marathon	2:34:04	2:18:00 (1)	2:24:06 (1)	2:40:06	2:32:09 (2)	2:46:30 (4)

2017

Distance	Male			Female		
	Top 3 BC	Top 3 CAN	Top 15 CAN (BC)	Top 3 BC	Top 3 CAN	Top 15 CAN (BC)
5K	14:40	14:24	15:53 (7)	16:43	16:14	17:01 (5)
8K	24:34	24:04	25:26 (7)	27:39	27:39	29:46 (10)
10K	30:37	30:07	31:28 (6)	33:55	33:50	35:20 (6)
Half	1:06:59	1:05:09	1:07:42 (3)	1:13:30	1:13:19	1:16:43 (6)
Marathon	2:40:43	2:22:04	2:30:51 (1)	2:48:33	2:36:51	2:51:49 (4)

2016

Distance	Male			Female		
	Top 3 BC	Top 3 CAN	Top 15 CAN (BC)	Top 3 BC	Top 3 CAN	Top 15 CAN (BC)
5K	14:33	14:08	15:01 (8)	16:51	16:10	17:05 (5)
8K	23:56	23:55	25:43 (11)	28:00	27:35	31:19 (14)
10K	30:43	30:26	31:31 (7)	35:19	33:35	36:01 (5)
Half	1:08:42	1:03:58	1:09:24 (3)	1:16:52	1:12:04	1:20:18 (5)
Marathon	2:29:00	2:18:45	2:30:29 (3)	2:37:50	2:34:00	2:50:56 (5)



Road Rankings Observations

- These are performances by competitive BC Athletics / AC members only. Non-member BC residents may have run quicker, but are not included in the rankings.
- **Athletes/coaches are encouraged to submit performances for inclusion in the rankings, particularly when set out of province and/or out of country.**
- Other provinces are not as diligent as BC to submit results of Sanctioned / Certified events to the national rankings. The 8k for instance, all results are from BC events.
- Rankings pulled from Athletics Canada website - <http://athletics.ca/calendar-rankings/rankings/>



BCs Largest Events (by recorded finishers)

Rank (ytd)	Event	2019
1	Vancouver Sun Run 10K (BCSS #5) & Mini Sun Run	33883
2	BMO Vancouver Marathon (BC Championship, BCSS #7), Half Marathon, 8K, Relay and Kids Run	14039
3	Seawheeze Half Marathon**	9031
4	TC10K (BC Championship, BCSS #6) & Thrifty Foods Family Run	7540
5	Scotiabank Vancouver Half Marathon (BCSS #9 & LMRRS #6) & 5k	5372
6	Run for Water Half Marathon, 10k, 5k**	2579
7	First Half Marathon (BCSS #3)	1842
8	West Van Run 10k**	1751
9	Boogie The Bridge Half Marathon, 10k, 5k, 1k**	1715
10	Whistler Half Marathon, 30K, 10K, 5K & Kids Run**	1431
*2019 Top 10 size, based on the events that have taken place to date. A number of fall events are still to take place. Both sanctioned and unsanctioned events are included. Total of all distances.		
**Unsanctioned.		
Rank	Event	2018
1	Vancouver Sun Run 10K (BCSS #5) & Mini Sun Run	33788
2	BMO Vancouver Marathon (BC Championship & BCSS #7), Half Marathon, 8K, Relay and Kids Run	14104
3	Seawheeze Half Marathon**	8509
4	TC10K (BC Championship, BCSS #6) & Thrifty Foods Family Run	6796
5	Goodlife Fitness Victoria Marathon, Half (BC Championship & BCSS #12) & 8K	5941
6	Scotiabank Vancouver Half Marathon (BCSS #9 & LMRRS #6) & 5k	5520
7	Fall Classic Half Marathon, 10k, 5k	2745
8	Run for Water Half Marathon, 10k, 5k**	2612
9	Under Armour Eastside 10K (BCSS #11 & LMRRS #9)	2427
10	Boogie The Bridge Half Marathon, 10k, 5k, 1k**	2020
Rank	Event	2017
1	Vancouver Sun Run 10K (BCSS #4) & Mini Sun Run	32586
2	BMO Vancouver Marathon, Half Marathon (BC Championship & BCSS #6), 8K, Relay and Kids Run	12635
3	Seawheeze Half Marathon**	9774
4	TC10K (BCSS #5) & Thrifty Foods Family Run	6901
5	Goodlife Fitness Victoria Marathon (BC Championship & BCSS #12), Half & 8K	5882
6	Scotiabank Vancouver Half Marathon (BCSS #8 & LMRRS #6) & 5k	5654
7	Run for Water Half Marathon, 10k, 5k**	2801
8	Fall Classic Half Marathon, 10k, 5k**	2413
9	Boogie the Bridge Half Marathon, 10k, 5k**	2249
10	BMO Okanagan Marathon, Half, 10k, 5k	2181