

Technical Manager Road & Cross Country Running

Report to the 2012 BC Athletics AGM

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Sanctioned Events

2012 Review

	Events in BC		Participants (approx)	
	2011	2012	2011	2012
Sanctioned Road Races	98	98	120,000	121,000
Sanctioned XC/Trail Races	46	46	7,500	8,000
Unsanctioned, Timed Road Races	50	60	21,000	32,000
Unsanctioned, Timed XC/Trail Races*	40	45	8,000	10,000
Unsanctioned, Untimed Charity Runs/Walks	100+	100+	50,000+	50,000+

* Does not include school competitions.

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

Observations

- Continued growth in both the number of events in BC, and the number of participants.
- More events are imposing race caps and selling out. At least 10 events sold out in 2012.
- New events in 2012 included Kamloops Marathon, Surrey Marathon, Game of Life, Brickyard Beast, Steve King Classic, Halfmoon Bay 10K, Holiday Hustle, Great Salmon Run, Squamish 50.
- The new events offset discontinued events including Tread the Shed, Diez Vistas, UBC Open, Rotary Seawalk Run, Willis Greenaway Half, Grizzly Bear, Bike Barn, Farmer Road, Oktoberfest Brewski-Daddle.
- More corporate events are entering the Vancouver market, using the sport as a promotional tool for their brand, as opposed to sponsoring existing events (e.g. Lululemon, Starbucks, Energizer, MEC). Most of these events do not seek sanctioning, because they do not consider themselves as “competitive races”, despite publishing finish times.
- Municipal requirements and pressure on public facilities are making it increasingly challenging for race directors to host events, particularly in popular locations.
- Continued growth of participation in obstacle course style runs (Spartan Run, Warrior Dash, Tough Mudder, etc.). Particularly attractive to younger ages (20 – 39). But outside BCA’s scope to sanction.
- The Vancouver Sun Run remains the largest running event in Canada (~50,000 entries).
- The Emperor’s Challenge in Tumbler Ridge remains BC’s largest off-road race (880 entries).

Race Series

2012 Review

Series	# Events		# Participants	
	2011	2012	2011	2012
Provincial Road Running	15	15	70,512	69,422
Lower Mainland Road Running	11	11	5,192	5,549
Vancouver Island Road Running	8	8	5,388	4,924
Interior Road Running	11	8	1,730	1,429
Northern Road Running	10	10	1,264	1,356
Lower Mainland Cross Country	10	10*	2,058	2,243**
Vancouver Island Cross Country	-	-	-	-
Interior Cross Country	5	6	450	445

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

** One event remaining.

Observations

- The Interior Road Running Series was reduced from 11 to 8 races in 2012 (with the prospect of one event returning in 2013).
- Two changes to the Timex BC Series will be made in 2013, further emphasizing the high performance purpose of this series.
- Many clubs and associations are struggling to find volunteers to organize events, coordinate series, and manage clubs.
- Cross country is being re-established as a minor sport in PACWest (formerly BC Colleges' Athletics Association).

BC Championships

2012 Review

Road Running Championships were held at the 5K (St Patrick's Day, Vancouver), 8K (Shaughnessy, Vancouver), 10K (Sun Run, 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	
	2011	2012	2011	2012	2011	2012	2011	2012	2011	2012	2011	2012
5K	1	0	0	0	10	20	6	18	30	32	14	12
8K	0	1	0	1	4	4	7	6	10	14	1	1
10K	0	5	1	1	26	34	20	31	51	46	30	32
Half	0	0	0	0	10	12	5	25	17	46	12	24
Mar	1	0	0	0	10	7	4	4	16	15	6	9
Total	2	6	1	2	60	77	42	84	124	153	63	78

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

Cross Country Championships participation:

Age Group	Male		Female	
	2011	2012	2011	2011
9 year olds	23	23	22	11
10 year olds	21	23	26	23
11 year olds	23	18	22	27
12 year olds	16	19	24	24
13 year olds	15	15	14	22

14 year olds	12	16	13	18
15 year olds	5	6	7	17
Youth	18	15	15	12
Junior*	19	12	8	21
Senior	18	52	25	27
Master	50	46	13	16
Total	220	244	189	218

* Some Youths ran up in the Junior race.

Observations

- Participation in many championships was up.
- The same clubs / values will host the BC Road and Cross Country Championships in 2013. The bid processes for hosting in 2014/15 will take place in the summer of 2013.
- The participation of BC Colleges in the Cross Country Championships helped boost the Senior numbers.
- The timing of the Cross Country Championships relative to BC High School and University competitions remains a challenge, and reduces the pool of athletes available for BC Team selection for Nationals.

National Championships

2012 Review

Championship	Top 10 Men	Top 10 Women
10K Road	6 th , 9 th , 10 th individual; 1 st team	4 th , 10 th individual; 1 st team
Half Marathon	5 th individual	4 th , 8 th individual
Marathon	None	None
Junior Cross Country	7 th individual; 2 nd team	6 th individual; 1 st team
Senior Cross Country	1 st , 5 th individual; 1 st team	3 rd , 4 th , 6 th individual; 1 st team
Masters Cross Country	1 st (M35), 1 st , 2 nd , 3 rd (M40) 2 nd , 3 rd (M45) 2 nd (M60) 1 st , 2 nd , 3 rd (M65) 2 nd (M70)	1 st (F35), 1 st , 2 nd (F40), 1 st , 2 nd (F45), 1 st (F50) 1 st , 2 nd (F55) 2 nd (F65)
Junior Mountain Running	None	None
Senior Mountain Running	2 nd , 3 rd , 5 th , 7 th , 8 th , 9 th individual	1 st , 2 nd , 3 rd , 5 th individual

Observations

- A good number of top-10 placing, but relatively few podium positions.
- No BC athletes showed interest in running the Marathon Championship in Ottawa.
- Thanks to Maureen de St Croix (Ocean Athletics) and Jerry Tighe (Hershey Harriers) for hosting the 2012 Canadian Cross Country Championships.
- Our team success in the Cross Country Championships is partially due to Ontario not declaring teams.

International Representation

2012 Review

Event	Canadian Team Size M/F	BC Athletes on the Team M/F
NACAC Cross Country Championships	12/6	3/1
World Mountain Running Championships	7/4	2/4
Bolder Boulder 10K	3/3	1/1
Olympic Marathon	3/0	0/0
World Half Marathon Championships	0/0	0/0
Chiba Ekiden Relay	3/4	0/0
Total	45	12 (27%)

Observations

- There was no World Cross Country Championship in 2011.
- The Bolder Boulder 10K conflicted with the Canadian Marathon Championships.
- The Chiba Ekiden Relay conflicted with the Canadian Cross Country Championships.

Road Rankings / Quality Performances

2012 Review

With the AC Rankings maintaining more comprehensive rankings, different metrics are being used to measure success this year. Performances required to make top 3, top 10 and top 25 will be tracked.

Distance	Male			Female		
	Top 3	Top 10	Top 25	Top 3	Top 10	Top 25
5K	14:55	15:16	16:00	17:01	18:01	19:27
8K	24:52	26:36	29:02	28:44	30:41	32:53
10K	30:59	32:04	33:35	35:12	36:57	39:01
Half	1:07:29	1:10:04	1:16:25	1:18:38	1:22:17	1:27:18
Marathon*	2:35:55	2:43:34	3:05:06	2:47:36	3:04:21	3:31:23

* Season incomplete.

Observations

- Athletes/coaches are encouraged to submit performances for inclusion in the rankings, particularly when set out of province.
- Few top men chose to run a marathon this year.

BC High Performance Opportunities

2012 Review

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

	2011		2012	
	Event	Competitiveness	Event	Competitiveness
1	Sun Run 10K	35,054	Sun Run 10K	34,544
2	TC10K	33,479	Bazan Bay 5K	33,772
3	Scotiabank Vancouver Half Marathon	33,050	TC10K	33,767

4	St. Patrick's Day 5K	32,910	Victoria Half Marathon	33,354
5	Bazan Bay 5K	32,880	"First Half" Half Marathon	33,057
6	Victoria Half Marathon	32,628	St. Patrick's Day 5K	32,607
7	Longest Day 5K	32,179	Scotiabank Vancouver Half Marathon	32,585
8	Victoria 8K	32,085	Vancouver International Half Marathon	32,418
9	"First Half" Half Marathon	32,060	Harriers Pioneer 8K	32,041
10	Vancouver International Half Marathon	31,817	Longest Day 5K	31,994
	Average	32,814	Average	33,014

Observations

- The average competitiveness of the top 10 races in BC increased by 200 points over 2011, despite the top ranked Sun Run declining by 500 points.
- Three of the top four events were on Vancouver Island.
- The most competitive marathon was the BMO Vancouver Marathon, with 30,942 points.
- The most competitive race in the Interior was the Penticton Lakeside Resort 5K, with 27,772 points.

Membership

2012 Review

Although difficult to identify off-track members in the database, in common with all membership types there was an increase over 2011. Approximately 25% of the BCA membership (1300 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 are struggling to find volunteers to coordinate club activities and oversee operations, making the succession of clubs and events challenging.

Road Course Certification

2012 Review

20 courses (+ 4 calibration courses) were certified either for the first time or were recertified (14 in 2011).

8 active measurers (6 in 2011).

	Sanctioned		Unsanctioned		Total	
	2011	2012	2011	2012	2011	2012
Active certified courses	60	64	19	24	79	88

*Note, some events include races at multiple distances.

Observations

- A lack of active measurers outside of the Vancouver area (1 in Victoria). Aim to host a course measurement seminar in 2013.

Events Attended in 2012

- Icebreaker 8K
- "First Half" Half Marathon (BC Champs)
- Dave Reed 5K
- Bazan Bay 5K
- St Patrick's Day 5K (BC Champs)
- Vancouver Sun Run 10K (including expo) (BC Champs)
- Times Colonist 10K (including expo)
- Vancouver Marathon (including expo)
- Mothers Day 5K
- Whistler Half Marathon (including expo)
- Sandcastle 10K
- Longest Day 5K
- Summerfast 10K
- Squamish 10K
- Richmond Oval 10K
- Canadian 10K Championships
- Surrey Marathon
- Victoria Marathon (including expo) (BC Champs)
- Whistler 50 Relay & Ultra
- BC Cross Championships
- Canadian Cross Country Championships
- Road Running Committee Meetings (x2)
- Cross Country Committee Meetings (x1)
- JD Committee Meetings (x1)
- BCA AGM & Meetings (x2)
- AC AGM & Meetings
- IRA Meetings (x1)
- LMRRS Meetings (x1)
- VIRA Meetings (x1)

Guidelines Published

- How to time a race
- Sanctioning FAQs