

Summer 5k Series Round up

Now that the Summer 5k season is over I thought I would do a quick write up of how we got on just to round it all off. I hope you will find some of the below of interest and that it encourages to give it another go next year.

Thank You

First of all, thank you to Fred, my partner in crime in organising the series this year. Your experience in running events really showed. It was a pleasure to work with you. There was a lot behind the scenes with the council that you had to do as well so thanks very much.

14th June HXR event crew – thank you to everyone who turned up on the night. Together we created a great atmosphere and I like to think an excellent event.

Particular thanks to:

Ollie and his daughter for being there so early in the afternoon and your help with the van

Charles and Phil Britton – again for helping with set up and the car park. It really made a difference you being there so early.

Bob and Doug for organising the marshals and finish funnel

Eithne and Natasha – you are just legends when it comes to organising the catering. That was one huge headache that Fred and I didn't have to worry about (once we got you the right urn!)

If anyone has a largish van, we can use next year, it would be very helpful transporting equipment from the store to the Rye.

Can I also just say a big thank you to Gary Marsh for the time he spent handing over to Fred and myself. It is always much easier to take over something well established.

Also, a big thanks to Simon and the committee – several of you answered daft questions, provided practical support and guidance along the way.

The stats:

I am sure you want to hear a bit more about how we did so I have picked out a few items of interest from the results spreadsheets.

Signing up and Attendance

Overall, we had 64 runners sign up for numbers (a few lost / forgotten numbers / safety pins as well)

59 members signed up and 5 guests

There were just 5 runs this year due to the cancellation at Datchet and with one of the runs being our own no one ran more than 4 races.

10 runners ran 4 races

10 people ran 3 races

16 individuals participated in 2 events

22 Handy Crossers only ran in one (hope we didn't put you off!)

For those who can count this means that 6 members paid their £10 and unfortunately were unable to make it to the start line of any of the races. That said, I believe those 6 were all there on 14th June, and I saw a couple of them supporting at other races. It is always good to see friendly faces on the side lines so if you are unable to run for any reason do consider coming along anyway to support these events.

Speedsters

As always, the summer series attracted some of our fastest runners with the chance to put themselves up against the best from the other clubs. We had 5 women go sub 25 at least once and 9 men going sub-20 of which 5 also went below 19 minutes which is rapid!

Fastest Women

Karen Letham – 22:55 running as a guest. Hopefully you worked out how to rejoin!

Charmaine Fowler-Jones – 23:05

Ellen (coach) Fulcher – 23:27

Fastest Men

Dom Reed – 18:05

Fred Newton – 18:09

Matt Ryan – 18:27

Improvers

I also looked to see who made the most improvement over the summer improving race by race. In the men Gareth, Irfan and Guy did particularly well running at least three times and improving with each race they ran. Craig stacked the deck a bit by taking a stop at the portaloos in the Wargrave run so his improvement may otherwise not have been quite so dramatic!

Name	Catego	Club	Guest Y/N	# of Race	WAR	BJ	HX	MAC	MS	Slow-Fast Spread
Guy D'Arcy-Evans	MV60	HX		4	23:21:00	23:04:00		22:44:00	22:27:00	00:54
Craig Harrison	MV50	HX		2	25:10:00	23:59				01:11
Gareth Ward	MV50	HX		3	33:46:00			28:35:00	27:33:00	06:13
Irfan Akram	MV40	HX		4	29:12:00	28:59:00		27:23:00	27:08:00	02:04
Simon Jenkins	MV60	HX		2				26:39:00	26:30:00	00:09
Pandav Mahato	MV40	HX		2	19:34	19:22				00:12
Ian Snudden	MV50	HX		2		29:36:00		29:16:00		00:20

In the ladies ranks everyone must have tried particularly hard at Wargrave as improvements were more mixed with no one managing to sustain improvements race after race. That said Cara was 1 minute and 3 seconds faster in the last race than she was in the first and Liz and Helen also posted better runs after their first attempt.

Name	Category	Club	Guest Y/N	# of Races	WAR	BJ	HX	MAC	MS
Helen Moseley	FV40	HX		4	27:10:00	26:27:00	26:30:00	26:49:00	
Liz D'Arcy-Evans	FV50	HX		4	25:28:00	25:11:00		26:19:00	25:58:00
Cara Frank	FS	HX		4	26:07:00	25:43:00		25:54:00	25:05:00

There were also some improvers in the men as well who like me couldn't quite sustain it for the whole series. I guess it is all about horses for courses. The going was pretty firm for all the races so maybe only heat can be an excuse. I will leave it to you to decide which you think were the easiest / hardest courses.

Name	Category	Club	Guest Y/N	# of Races	WAR	BJ	HX	MAC	MS
Fred Newton	MS	HX		3	19:04:00	18:09:00		19:01:00	
Dave Pascoe	MV50	HX		4	24:36:00	24:52:00		23:47:00	24:03:00
Ian Langham	MV50	HX		4	24:40:00	24:34:00		24:02:00	24:36:00
Andrew Hamor	MV60	HX		3	25:36:00			25:08:00	25:47:00
Graham Arnott	MV40	HX		3	21:38:00	21:27:00		21:43:00	
Dominic Reed	MS	HX		4	18:19:00	18:05:00		18:27:00	18:22:00

How did we do against the other clubs

The first 8 men and the first 6 women home from each club are scored at each event and rankings determined. Below is the outcome with us nicely in mid-table. Burnham, Maidenhead and Datchet tend to have much bigger teams than us so this is a creditable result. Well done everyone.

Overall League	Rank M	Rank F	Rank by Rank
BJ	2	1	1
MAC	1	3	2
DD	3	2	3
HX	4	5	4
MS	5	4	4
WAR	6	7	6
RS	8	6	7
CRC	7	8	8

Social Media Gurus

When posting about events on Facebook it is always reassuring to get reactions, questions and supportive comments. You might not realise it, but it does make the job much easier. Thank you to everyone who did. Special note to Sarah Cuthbert our most regular team photo organiser and to Dave Pascoe you always seemed to be one of the first to comment on or like the posts (don't let me down on this one).

Car Sharing Champion

Can I give a shout out to Helen Moseley as the most active person promoting car sharing this season. It is not always easy in any evening to organise with people coming from various locations, but it is a good thing to do. Let's see if we can do more of this for the upcoming cross-country season when the distances are a bit further.

What's Next

Next up cross country where the courses are a bit longer, more undulating and hopefully muddier. Maybe, we need to practice not stopping at the top of the hill on our Thursday night runs! That said the cross countries are just as welcoming and accessible to everyone. Do consider attending those events as they are great fun and the tea at the end tastes even better!