



Adult Racing League

Highlights 2017

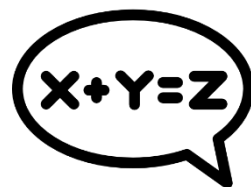
6th October 2017



What is it? Why do we want it?

- Racing league for adults from 1st Jan to 1st Oct
- Recognises everyone's races; all distances; all terrains
- Provides a transparent and objective method to recognise members racing achievements
- Promotes competition and camaraderie within the club
- Generate more communication and visibility of the races we all compete in

How it works

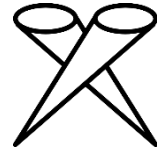


- Earn points for every race you compete in; you choose your own races
- Points are calculated from your **time** and **position** as % of the winner
- The maximum points available are based on the distance of the race
- Example: Guy Fawkes 5 mile road race

Category	Distance (KM)	Finishers	Winning Time Male	Winning Time Female	Max Time Points	Max Position Points	Total Points Available
Road	8.05	365	00:25:29	00:30:14	805	805	1610

Athlete	Gender	Finish Position	Gun Time	Time Points Earned	Position Points Earned	Total Points
L. Rankin	Male	5	00:27:49	737	796	1533
L. Christmas	Male	21	00:30:40	669	761	1430
D. Rankin	Female	105	00:37:58	641	576	1217
P. Howard	Female	150	00:40:57	594	476	1070

Highlights

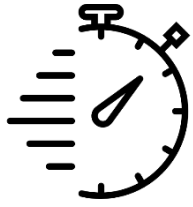


High level stats	
Time spent racing	1,226 hrs
Distance raced	8,226 miles
∑Adults	170
∑Races	252
%Adult members racing	65%

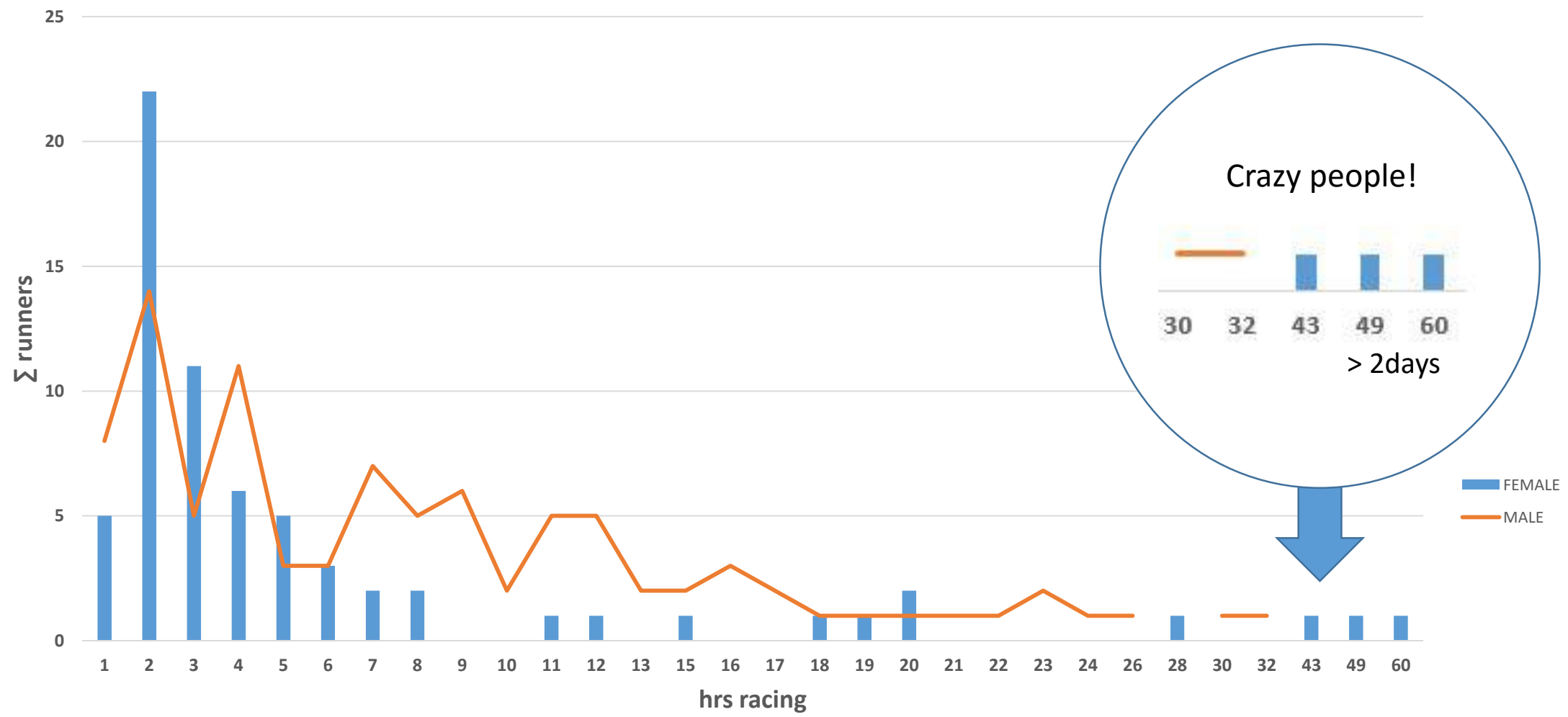
	Male	Female
∑Adults	99	71
Total miles	5,571m	2,655m
Avg. miles	56.3m	37.4m
Total hours	776h	450h
Avg. hours per runner	7h50'	6h20'

Top 10 finishes		
Tom Mortimer	14/15	93%
Lee Stopford	13/16	81%
Gwen Kinsey	4/5	80%
Zoe Wassell	3/4	75%
Jack Turner	10/15	67%

Top racers	
Mark Haslam	21
Nicholas Hitchcroft	18
Lee Stopford	16
Diane Rankin	14
Jo Stevenson	14



Distribution of hours racing



Crazy people!

30 32 43 49 60
> 2days

■ FEMALE
■ MALE

Men's top performances



5k	
Tom Mortimer	14:16
Joshua Dixon	15:41
Alastair Cambell	16:24

10k	
Jack Turner	32:14
Alastair Cambell	32:58
Joshua Dixon	33:37

Half Marathon	
Alastair Cambell	1:11:49
Lee Rankin	1:16:44
Lee Stopford	1:17:22

Marathon	
Robert Gornall	2:43:47
Lee Rankin	2:44:11
Robin Loftus	2:44:42

Outright race winners			
Tom Mortimer	6 wins	Alastair Cambell	2 wins
Jack Turner	4 wins	Robin Loftus	2 wins
Lee Stopford	2 wins	Martin O'Connor	1 win

Ladies top performances



5k	
Zoe Wassell	17:34
Naomi Eaton	18:24
Joanne Fifield	19:33

10k	
Naomi Eaton	38:56
Gwen Kinsey	39:10
Dorothy Liviabella	40:53

Half Marathon	
Dorothy Liviabella	1:28:04
Tegan Hooper	1:36:00
Jo Stevenson	1:46:21

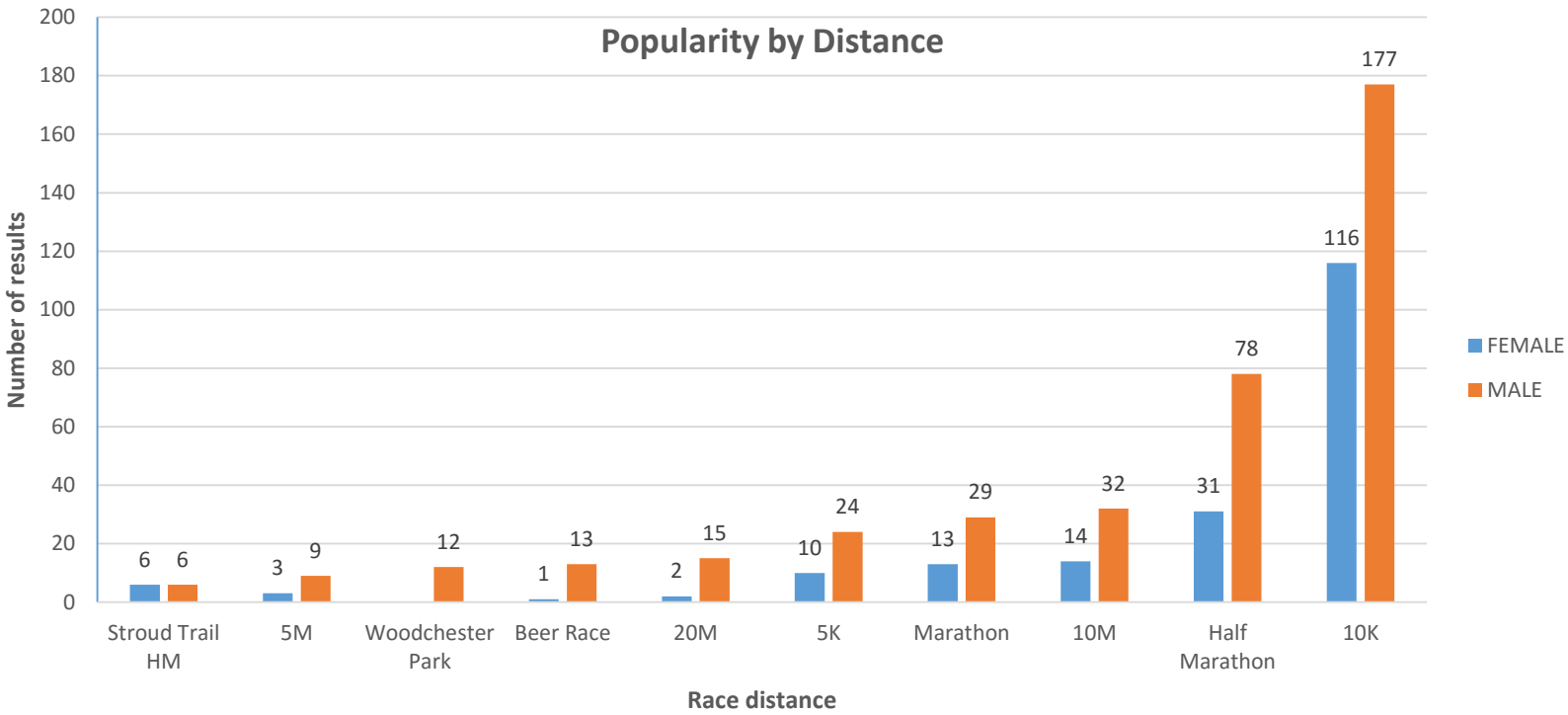
Marathon	
Lucy Baker	3:11:49
Alison Robinson	3:46:47
Diane Rankin	3:50:18

Outright race winners	
Gwen Kinsey	1 win
Zoe Wassell	1 win
Naomi Eaton	1 win

Less normal race(r)s



- **Hayley Stockwell** 3 ultra marathons inc. The Ridgeway 86m (1st V40)
- **Alison Robinson** 10 marathons inc. 4 in 4 days
- **Sabrina Pace-Humphreys** 2x100k ultra marathons inc. Thames Path (10th lady)
- **Alastair Cambell** won the Petra Desert Half Marathon
- **Steve Andrew** 4 half marathons in 4 days
- Keswick to Barrow 43m - Stroud team: **Chris Coombs, Nat Selman, Alan Pitt, Jack Fasham, Antony Hogbin, Martin O'Connor (4th)**
- **Jack Turner** British Mountain Running inc. European trials
- 11 Stroud athletes in Virgin London Marathon
- Full Iron Men – **Darren Jewell, Thomas Farley, Andy Frost, Robin Loftus, Michael Stevenson**



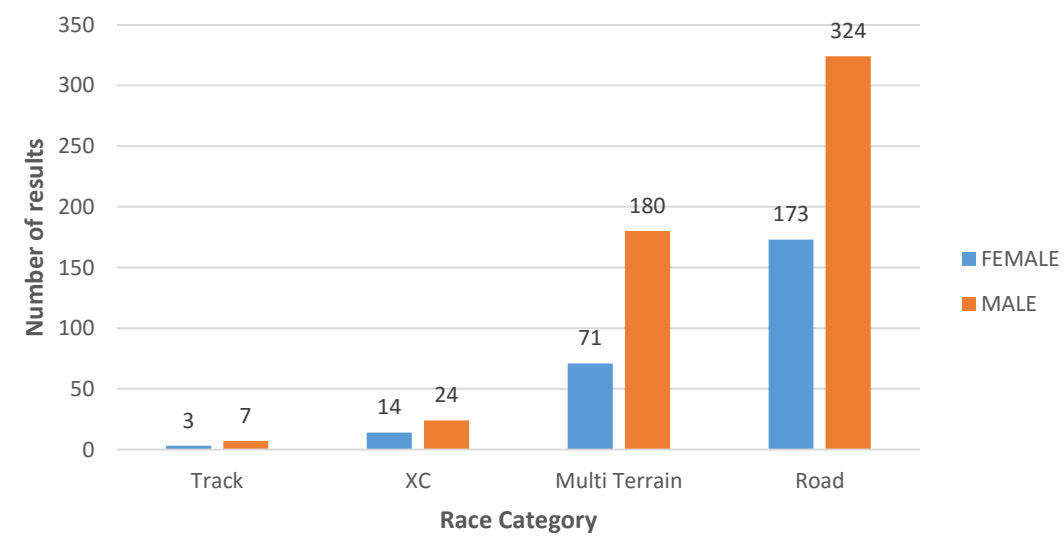
Most popular MT races

Chedworth Roman Trail 10m	18
Forest of Dean Spring HM	13
Stroud Trail Half Marathon	12
Doynton Hard Half Marathon	12
*Woodchester Park	12
*Standish Woodland Chase	10

Most popular road races

*Cherington 10k	64
Minchinhampton 10k	40
*Frampton 10k	37
Bourton 10k	21
Berkeley 10k	21
*Stroud Beer Race	14

Popularity by Terrain



Wrap up



- Please respond to the racing league **survey** that will be sent out in the October 2017 newsletter
- Ideas on how to tune the league for next year are welcome, send an email to membership@stroudathleticclub.co.uk
- All of your individual results are available on the club website in `ATHLETERESULT_ALL_RACES.pdf`
- Thank you to all who participated in the league and congratulations on your achievements this year