

# **WAC Road Running Managers Report AGM**

Weston Athletic Club now has over **150** members an increase on 2009. 2010 has been a year of achievement for a number of our members with 135 Personal Bests recorded and several members achieving category placings.

## **26 of our members ran full marathons in 2010**

13 of these were in London along with Gloucester, Cornwall, Paris, Isle of Wight, Eden Project, New Forrest, Isle of Man, Edinburgh and Taunton.

We also had several members competing in coastal Marathons and some of them did challenges which included 3 marathons in 3 days.

A group of 10 members also took on the 3 peaks challenge. Which means they had to walk and run up the 3 highest peaks in England, Scotland and Wales and all within a 24 period including the transport to each of the mountains. The team did it within the time scale and completed the last mountain with only 6 minutes to spare.

I hear they are planning an even bigger 24 hr challenge in the Snowdonian Mountain range this year ....more details from Annette.

Some members also tackled Lands End to John O Groats last year and two managed to complete the ride in 21 days. Bryan completing the ride in a record time for any club member.

Our Tri section continues to be strong with new members having a go at these races. Good Example was Burnham Tri where 13 members competed and it was good to see some new names competing in this event.

Some members did half and full Iron Man competitions in Hawaii, Spain ,Lanzarote and Bolton.

In case anyone is unsure what an Ironman involves it is a 2.25 mile swim, 112 mile cycle ride followed by a full marathon run. No mean achievement just to finish.

Our popular training nights on Mondays, Tuesdays and Thursdays continue to be well supported. Tuesday's and Thursdays are organised by our Head Coach Ian. For 2010 we have additions to our Coaching Team with Stuart, Kev, Annette and Ian Purnell all taking the 1<sup>st</sup> level of coaching qualification. Some of our coaches are now looking at adding more variety to our training nights and an example of this are the recent night runs organised by Pete and Neale which have been great fun and have proven very popular. Also we now have the Handicap 5k which was the brainchild of Kira and both she and Ian have worked very hard to introduce this new interesting and competitive element to our training. It has proven to be a great success. We hope to add more variety and interest to your training in the coming months.

Moving on to the Social side we had a great year of social events organised by our Social Secretary Dave.

Rogers & Vals BBQ  
Steve & Clares Hash run and BBQ  
The Presidents Breakfast Run  
Two Camping Weekends at Charmouth & Wimbleball.  
Festive Training Night.  
The Not Cracker run and breakfast  
The Strawberry Line run and BBQ  
Wyvern Wipe Out Mini Olympics  
Ten Pin Bowling  
Go Kart Racing  
14 Social Runs with cakes or biscuits  
Our first "Night Run"  
The prom Curry Night  
And of course the Awards Night.

Not many clubs can boast that level of social activity and I am sure you will agree reflects the success of our club.

## **On to our club races for 2010**

Onto our 2010 races

### **The 2010 Hangover 10k      Jim**

- A record 218 Finishers in 2010

### **Beacon Batch      Rob**

- Another great field with 95 finishers. The female course record being broken for the second year running. This year by Clare Prosser in 36.02 well over a minute off of the previous record set in 2009.

### **Mendip Muddle**

- Last year we had a record 288 cross the finishing line!!
- A donation of £1,500 To RNLI.
- So for 2011 we are looking for someone new to take on this very popular race. If you are interested in being race director or just taking on one element of the race you can be sure to get great support from Bryan and everyone else involved.

### **Christmas Cracker 2010**

This year we were very lucky with a window in the awful December weather allowing us to let the race go ahead. If we had planned the race 1 week earlier or 1 week later we would have had to cancel the race due to snow and ice.

A record 1540 finishers crossed the line. £4500 donated to Weston Hospicecare, £750 to Help The Heroes and £250 to Royal British Legion The Hospice also expect to raise £10,000 from runners sponsorship.

### **Our largest event which is of course the Weston Prom Run Series**

2010 was a year of two halves for the prom race.

January to May we contended with the sea front development works culminating in a complete closure of the prom in May. Race was diverted along toll road with support from council and lots of marshals.

We then kicked off the new series in September with a completely new promenade and a record 262 runners.

**1846** runners crossed the finishing lines of the 9 prom run events This was just 2 less than 2009 and considering the disruption we faced at the start of the year is a fantastic result.

We had 333 entries from WAC Members = Avg of 37 per race.

As always we had great support from everyone to allow us to run these races. This includes not just the members but their wives, husbands, partners, families, mums, dads, non running members and other friends of the club. Without their support these races would not happen.

Over the past financial year we have donated over £10,000 to local charities. This equates to over £65 from each and every club member.

The races also allow us to invest in club kit and help fund the social events I mentioned earlier.

### **Club Championship for 2010.**

106 Members competed and ran a total of 820 championship races between them.

#### **Ladies**

3<sup>rd</sup> Place      193 pts      Geraldine

2<sup>nd</sup> Place      271 pts      Lesley

Once again WAC Ladies Club Champion for 2010 with 300 pts. Ladies & Gents is Pam

**Now the men where there was a clear winner but only 10 points separated the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> place and was contested right up until the final race.**

#### **Men**

5<sup>th</sup> Place      526 pts      2009 winner Neale Jarrett

4 <sup>th</sup> place	578 pts	Martin Hurcombe
3 <sup>rd</sup> place	579 pts	Josh Harris
2 <sup>nd</sup> Place	588 pts	Dave Broadbent

WAC Mens Club Champion for 2010 with 632 pts is Bryan

**Barry Hotlegs Cup** Dave Broadbent.

**Most Improved Runners**

Josh..

Lesley.

**Tri Athlete Awards**

Tri Athlete of the Year went to Phil Richards.

Presidents Triathlon Bowl. Tracy Lewis.