

## **EMAC Road Running Report for AGM**

The Road Running League and Championships were reinstated in 2024 after a short break. The format remained largely unchanged from previous years, with only a few administrative tweaks.

The Championship events (5 Mile, 10K, and Half Marathon) were reasonably well attended, and we saw some outstanding performances. However, with three medals available in each age category, nearly everyone who participated ended up receiving a medal.

The League, on the other hand, saw lower participation. Only four runners completed the minimum of three races needed to qualify for an average WAVA score. One possible reason for the low turnout could be the lack of age-category awards—only the overall winner received recognition. Given that past winners have achieved WAVA scores above 90%, it may have discouraged others from taking part unless they were confident of reaching that level (not in my wildest dreams!).

To address these issues, several changes have been made to the League format for 2025:

- Members can now choose which races to run and submit their times via a Google Form.
- Only one race is required to be included in the rankings.
- Medals will be awarded to the top three in each age category.
- Championship event medals will be replaced by age-category medals within the League.

So far, the feedback has been very positive—no negative comments received—and we've already had 25 individual race performances submitted.

Trevor Bunch 10/04/2025