

Wilmslow Running Club – Club Races




This is a short note about club races. Its purpose is to help newer members understand how to get involved.

From the Wilmslow RC website:

“Our ethos is simple: The club aims to offer a supportive and friendly environment for all runners keen to improve their performance in road races, cross country and any other events that the club enters at local, regional and national levels.

The emphasis is on healthy competition, and our calendar includes a host of team races. We encourage club members to represent the club in a variety of local and national races – from 4k to half marathons. We run Road, Trail, Fell and Cross Country!”

To facilitate this the club asks members to run a minimum of 7 “club” races per year. Club races can be identified as:

-  The annual WRC summer series, an internal club league based competition
-  Other team competitions such as the Cheshire Road Race Grand Prix and inter-club races
-  Cross County (MACCL League, the “Nationals” , the “Northerns” and the “County Championships”)

WRC Summer Series

The series is a set of around 15 races, defined ahead of the season. Members get points for every race completed, depending upon their finishing position. There is an overall club league and group 1-4 leagues. The points’ tables are updated after each race, so you can track position within the leagues. There is usually a race report and some banter on the website too! It’s all very friendly, and as competitive as you wish to make it.

The minimum number of races to complete in order to qualify for the end of series positions and mug / tee-shirt is 7. Members often do more than 7 as its fun to go to races where there’s lots of blue and gold to compete with! However it’s up to the individual which races they enter. The list of races is decided as early as possible ahead of the season and posted on the website, with a few email prompts as well. All details can be found on the website under the WRC Race Series tab. Members enter themselves onto races.

Example: 2018 race schedule is here

http://wilmslowrunningclub.co.uk/uploads/summerseries/RaceSeries_2018_Races.htm

Example: 2018 main table league points is here

http://wilmslowrunningclub.co.uk/uploads/summerseries/RaceSeries_2018_MainTable.htm

Group 1-4 league points are also shown on the website. For new members you will be allocated to a league based on your early races. After completing a whole series members move up or down the leagues depending upon their final position for that year.

Team Competitions

During the year the team coach and team captains will identify a number of races that they want to compete at as a team.

A big team event is the Cheshire Road Race Grand Prix (CRRGP). For more details see:
http://www.cheshireaa.com/Results/RRGP/cheshire_road_race_grand_prix_2018.aspx

This is a race series that is picked each year (externally) from a number of road fixtures. It comprises a number of open races within the county of Cheshire during the calendar year. There is a mixture of race distances generally from 5k to Half Marathon. WRC try to overlap some of the races with the club WRC Race series in order to get as much attendance as possible. As a club we have done very well at the CRRGP in both as individuals and teams. You will hear about the races from the team captains (Janine and Andrew) and also on the club website.

Other events will crop up through the year, and there will be club communication on them via email and the website.

Cross County

Cross County races are great team events. The team captains will contact you about Cross Country, plus information will be shared on email and the website. Entries are managed by the club captains and must be done in advance. There are three main competitions:

The MACCL League – The Manchester Area Cross County League <http://maccl.co.uk/>. It comprises of 5 races, one per month from October to February. Have a look at the MACCL website for more information. The league chairman is our very own Nick Bishop!

The Nationals, Northerns and County Champs – these are one day race events. The club will sometimes organise transport via a coach. Details will be shared with everyone on email, the website and by the team captains.

Other Information

- When you enter a race, enter the club name as Wilmslow RC
- The WRC Summer Series information is open to the all to view on the website. We like members to add comments however and to do this you need login details. You will have been advised of the general club login details when you joined the club however if you are not sure about your access then please contact Patrick Grannan.
- Members do other races too that are not captured above! This tends to be shared by word of mouth but facebook could be used more for the purpose of sharing information on races.
- All members can join the clubs facebook page. Just go to the page and request to join <https://www.facebook.com/groups/WilmslowRC/>