



**BALEKA**



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Mar - Apr

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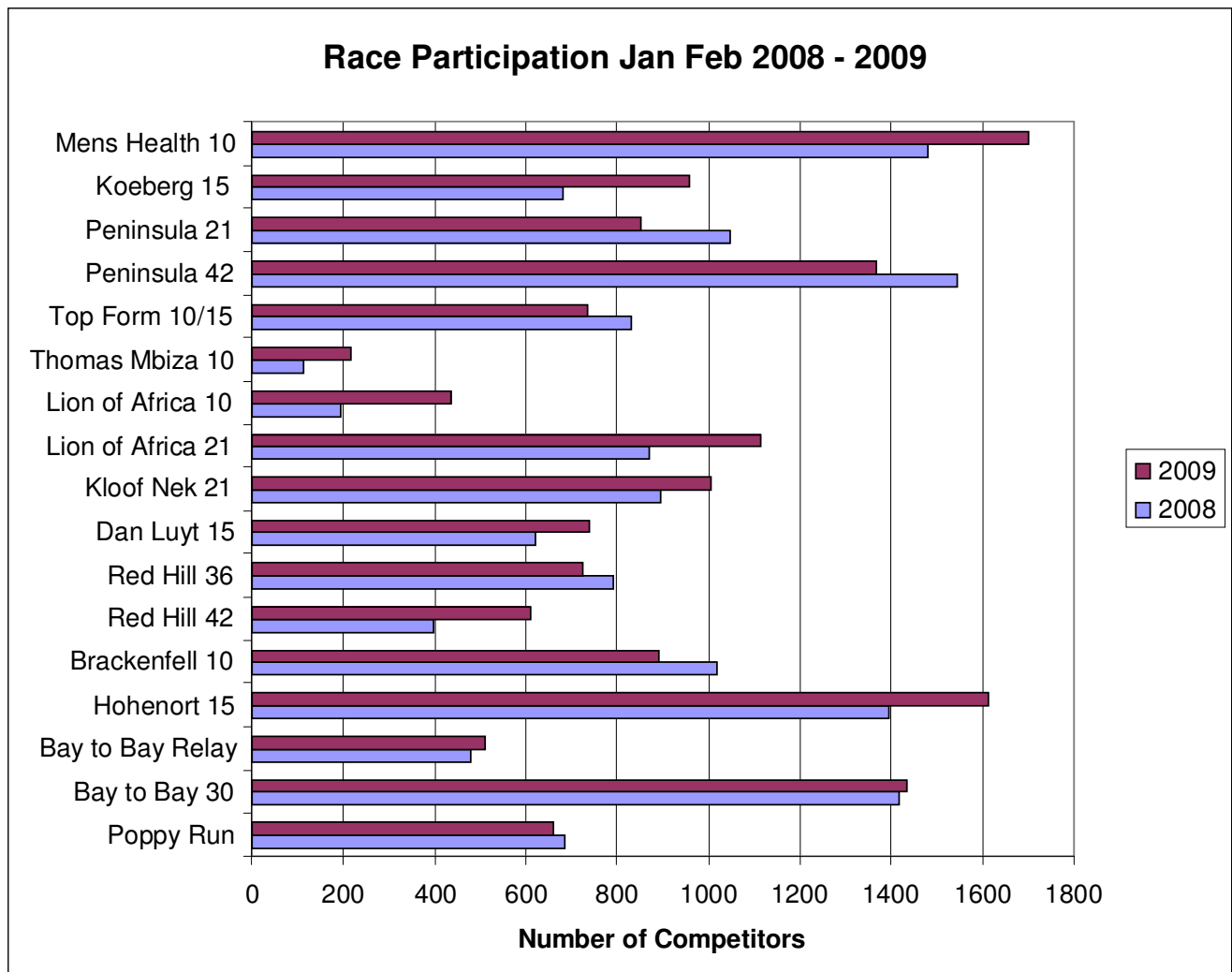
2009

# RUNNING BOOM ?

In a recent press release it was announced that the Old Mutual Two Oceans marathon has shown encouraging growth with over 19000 participants in both races.

In the press release race director Rowyn James stated; **“These figures are very encouraging for us especially as we celebrate our 40<sup>th</sup> anniversary. They also show that interest in road running, and even ultra events, is still high, which is good for the sport in general as many road races have seen a dip in numbers over the past year.”**

So the pertinent question is whether Two Oceans is indicative of a renewed growth in road running in general ? The graph below compares the number of participants for the same WP races in 2008 and 2009.



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## **RUNNING BOOM ?** continued from page 1

So while some races have declined, many have grown. Overall the number of participants has grown by 7.6%, so yes; it appears that Two Oceans is indicative of a general trend. However we need to dig a bit deeper to understand where this growth is coming from.

If we separate the Permanent licensed runners from the Temporary licences we find some interesting data emerging.

Licensed runner participation has grown by 3%. In real terms that is 22 persons per race. Not that dramatic you say ?

The remarkable figure however is the growth in Temporary licensed participants. This is up a whopping 30% from last year; an extra 46 persons per race. Temps now make up 21% of a field. It must be stressed that is an average because some races such as Red Hill only attract 7% temps, while Lion of Africa 10km had over 50% temps.

For instance the growth in the Men's Health 10km was made up entirely of Temp runners, whose numbers grew by 300 from 27% to 41% of the field.

In the Two Oceans Half, 55% of the participants are Temporary licence runners. The challenge to the organisers of other races is to attract them to their races. So far this year it appears to be happening. Let's hope it continues.

## **PLANNING THE RACE CALENDAR FOR 2010**

Meetings to plan the WPA fixtures for 2010 will take place in May, June and July 2009.

**In preparation for these meetings clubs are invited to submit their "wish lists" for events and dates to the WPA office before the end of March 2009.**

Every year WPARR has to handle late requests from clubs to stage a race. Unfortunately the answer is probably NO ! We have a very full calendar with a lot of pressure on the "popular" times of the year. If your event is not included in the initial planning process, then the chances are that there will not be a suitable date that will not clash with some other club's event.



Let's look at some of the guidelines followed in setting the WPA calendar :

- Clubs must apply in writing to stage a new event.
- The fixture list will be planned by the clubs at a series of meetings and the final fixture list will be adopted at the AGM in September.
- Every club will be given the opportunity to stage a race if they wish to.
- Clubs will not be allowed to stage more than 2 races a year unless there is an opening on the calendar that nobody else wants.
- Clubs with existing events will be given date preference where possible. Clubs organizing a second race will be accommodated once all clubs have been given a chance to schedule their first race.
- Each month should contain a balance of distances (10, 15, 21, 42 km etc)
- Where possible there will not be conflicting events on the same date – including cross country events. Two events on the same weekend will be allowed provided they are different distances and in different geographic areas.
- Popular events staged by neighbouring provinces will be considered, but shall not prevent WPA clubs from organizing an event on the same date if they wish to.
- In principle changes of date should be raised at the fixtures planning meetings and should not change after the final fixture list is presented for the AGM.
- Once the final fixture list is adopted any request for a change in date or distance must be submitted to WPA in writing. A change in date will be allowed provided the organizers of other events within 7 days either side of the requested date have no objection. The same restriction shall apply to requests for new events.
- Clubs that cancel events after adoption of the final fixture list shall be subject to a fine and will have to re-apply to host an event in the subsequent year. Previous dates on the calendar will not be guaranteed.

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## **WPA COUNCIL FEEDBACK**

- The next WPA Council meeting takes place at the Tygerberg Clubhouse at Parow track on **Tuesday 31<sup>st</sup> March** at 19h30
- A course for middle and long distance running **coaches** will be presented by Dave Spence at UCT on **15, 16, 20, 21 and 23 April**. Contact the WPA office if you wish to attend.
- The 2009 IAAF rule book is available from the WPA office at a price of R60. The 2009 book is identical to the 2008 edition except for a change in the section on doping. It is also available as a download on [www.iaaf.org](http://www.iaaf.org)
- A booklet containing relevant information about the Cross Country season will be available at the end of April.
- Clubs that wish to **organise a cross country meeting in 2010** should apply before **30 June 2009**.

## LITTER WATCH

**OFFENDERS :** After the Red Hill marathon there were two runners reported by other competitors for irresponsible littering :  
Licence number 2936 from Durbanville AC and  
Licence number 6979 from a club with a "blue vest" will receive official warnings from WPA.

**ORGANIZERS :** Many races are supplying boxes for litter at the refreshment stations but they are not being used effectively. The last box should be placed AT LEAST 200 METRES from the last table.

Another thing that organisers are not doing is to make arrangements to pick up the litter DURING the race, particularly if the wind is blowing.

A classic error noted at the recent Men's Health 10km was that the litter boxes were positioned on the sea side of the pavement. A miss judged throw would result in the sachet ending up on the rocks below ! ALWAYS position litter boxes away from a sensitive area.

**USEFUL TIP :** Many runners sew their race numbers to their vest. If you leave the top edge unsewn it creates a useful pocket to carry your empty sachet until you can dispose of it properly !!



## TV COVERAGE :

ASA owns all TV rights for road races. If SABC (or any other broadcaster) wishes to cover your race, permission must be obtained through the WPA office.

## WPA AWARDS :

The annual WPA Awards function will be held on Sat 3<sup>rd</sup> May at Tygerberg High School, Parow.

## NEW CLUBS :

Three new clubs have been given provisional membership of WPA:

- ACSA (Airports Company of SA)
- Century City
- Itheko Sports AC

## SELECTION FOR ASA 21KM :

Selection of the squad for the WP team to the ASA 21km Champs on 04 July will be done on the basis of performances during March, April and May in distances from 10-21km. There will not be one specific selection event

## CONGRATULATIONS :

To the WPA Senior ladies team of Leanne Juul (Mr Price), Marlize van Schaik (Durbac), Kirsty Weir (Adidas) and Busisiwe Matiwane (Celtics) who won the Silver medal at the ASA Marathon Championships in February

## CLEVER RUNNERS:

1. Which is the only animal that cannot jump ?
2. What is 111,111,111 multiplied by itself ?
3. What is the meaning of the word Kangaroo ?
4. What do butterflies use to taste ?
5. What is ironic about the fact that Thomas Edison invented the light bulb ?

Answers at the bottom of the newsletter

## WPARR RACE OF THE MONTH - JANUARY :

Congratulations to Hewat Athletic Club for the **Poppy Run 15km**. The Race of the Month is awarded to acknowledge a high standard of organisation.

## RACE CANCELLATION :

The Fairbridge Mall 21km organised by Nedbank AC scheduled for Sat 28 March HAS BEEN CANCELLED.

## CROSS COUNTRY CALENDAR :

### 2009 WPACC FIXTURE LIST

<u>DATE</u>	<u>EVENT</u>	<u>CLUB</u>	<u>VENUE</u>
02 May 2009	Relay	Pinelands	Pinehurst Primary School
09 May 2009	1st League	UCT	Tennis Club UCT
16 May 2009	2nd League	UWC	UWC
06 June 2009	3rd League	Brackenfell	Brackenfell High School
*** 14 June 2009	4th League	Stragglers	Strandfontein
20 June 2009	5th League	Eskom Gijimas	Koeberg
18 July 2009	6th League	Bonteheuwel	Pentech
*** 26 July 2009	7th League	MP Titans	Rocklands
01 August 2009	8th League	Fish Hoek	Fish Hoek
15 August 2009	WPACC Champs	WPCC	Keurboompark, Rondebosch
12 Sept 2009	ASACC Champs	ASA	Gauteng-North

\*\*\* Sunday events

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