

Run further Chairman's report 2019.

I think that 2019 has been another successful year for RF and that all runners have found something in the races chosen to suit them. It is getting more difficult to select 12 races with the correct mix of dates, locations etc not because there are fewer but because so many have dates that clash and because so many now have their own sponsors with clashes with ours.

We have been very fortunate with our sponsors and as always would like to record how grateful we are for their support. So big Thanks to Si Berry at Beta for all the Injinji and UD goodies both through the year and at the Prize Giving. Also to Paula at Romneys for all the mint cake, to Jessica at Tent Meals and to Rupert at Mountain Fuel for the powders, bars and more. These companies do get publicity from us via the website, facebook and display boards as well as flags and banners at races. They are always very pleased if they can see orders coming in using the discount codes and also people leaving reviews on their websites or talking about their products on social media. So please all continue to do this to help them. **????? next year. Adidas**

The leader-board has been very competitive this year for both the men's and women's races. Rory was a clear winner but the next places were keenly contested. On the women's I was super pleased to attract some younger faster runners who are worthy winners of a UK ultra running championship. It's a shame neither can be here today but both are out of the country but I am sure the competition there will be even greater next year and I know of two others who are also young and fast who hope to be joining in.

We have no Grand Slam runners again but this is a big ask- staying fit, travelling to the races, getting the time off work and other life commitments. Maybe somebody will have a go next year? The number of runners completing 4 counting races is 26 so very similar to last year and down a bit on the 30 mark. Another 21 did 3 counting races but for a variety of reasons couldn't make it 4- injury, moving away, other hobbies... And loads did 2 races. We need to try to convert them all to do 4! Although I do understand that at the sharp end especially perhaps some target certain key races and have a year plan etc rather than just enter and run everything they fancy as I do- but more slowly. As always there is a reward for 4 races- this year a pot mug, unless it is your first time and so you get the giraffe neck tube.

Our policy for races has not really changed but we are conscious of choosing races that a fair number of our runners will travel to and of helping ROs who need the numbers. We will never please everybody and have 12 races that every runner likes but would always hope they can do 4 or more. Thanks to those who have sent me feedback through the year and have made suggestions for the future and can I please encourage others to do this. We want the series to be for you and what you want.

Andy continues to do an amazing job with the website – especially the news after races and the leader board. He is not running at the moment and has been very busy with his books so it is great that he is prepared to continue to work so hard. **The committee have decided that he should be an honorary life member of RF regardless of whether he is running or not as a mark of our gratitude.**

Finally I am so grateful for Dick, Nick, Kevin and Chris on the committee. I could not do all this without them and they have all made such valuable contributions in different ways. Thanks also to all those who offer help with flags and banners etc.- especially when it is raining. We have tried a policy this year of dividing all the kit in 2 – this has made the logistics of getting it to and from races much easier and also the task of putting it all up and down much less onerous. KN