

Dear Nick and MACCL,

Following the item posted on the MACCL website regarding the equal distances for Match 4, Kenworthy Woods, we at Chorlton Runners noticed that feedback was invited, so we asked our members if they would like to make any comments, regarding the equal distances at that race (whether in favour or against), or any more general feedback about the race. Please find below the comments we received in the order they were made.

Thanks, as always, for all your efforts in organising the league, and we hope these comments will be of interest.

Chorlton Runners Committee

Male Participant:

*"Very happy to see equal distances. Presumably easier from an organisational point of view as it didn't require adding some extra arbitrary loop to make up the distance for the men.*

*I'd also like to see the final race of the day alternating between men and women. The current setup gives the impression that the men's race is the 'headline event'"*

Male Participant:

*"I enjoyed the atmosphere and the race - steady rather than spectacular for me. I certainly didn't feel cheated of an extra 1600m, although perhaps I can kid myself that I'd have caught a few more runners who set off too fast. Or maybe not. The different distances for men and women have always seemed contrived to me. There's far more difference in speed and stamina between older and younger runners of whatever sex than there is between men and women, so if there really is an organisational need for different distances (e.g. because of time available or maximum numbers of runners), why not base it on age groups? I'd have no problem in running in mixed races as long as we can all be nice to each other."*

Male Participant:

*"Much preferred it.*

*Banter with the ladies when they get back about the course is better when we're the same.*

*Maybe the next step is to alternate the order the races start.*

*I love the lie in, but fairness and all that."*

*"Also:*

*We can churn up the course before the women if we go first.*

*And we'd be there for their start, which admitted I'm not always currently."*

Female Participant:

*I must admit I like the fact that we get to watch [the men] with course at its worse. But I agree - equal distances and potentially alternate the order (or will changing start time be just too much for people to get their head round?)*

*But it is great getting the layers on, grabbing a mug of tea and smugly watching the men run knowing you've done your bit so I guess we should let [the men] experience that too.*

Female Participant:

*"I thought it was a fantastic day, and running the extra distance was no issue. It was well organised and the general atmosphere and feedback on the day was great.*

*Personally, I like getting the race out of the way early, but my only concern that running the women's race last may potentially put off slower runners who may be worried about keeping the Marshalls out on the course for longer. I do feel that the depth of speed within runners has reduced over the last few years, particularly in CR.*

*But, once again I'm so glad MACCL have finally done this and I hope equal distance remains permanent. Well done team."*

Female Participant:

*"In the past we've always been asked at or straight after an event, which I feel at the time of course I don't want to run any further. I liked the fact we were just told that was the distance and we all managed it, tackled it in our own way as you would any run.*

*I enjoy running before the men, the cheering is oh so sweeter but I agree with Emma, it's only fair to let the men experience it in the eyes of parity."*

Female Participant:

*"I agree with everything said above. Really happy with men and women running the same distance. Also keen to see an alternating last race."*

Female Club Member:

*"I didn't run on Sat but would like to see more XC where women run the same distance, quite a few fell runs see men & women running together and I don't think anything about it!"*

Female Club Member (volunteer marshal at Match 4):

*"As a marshal having the men do the slightly shorter distance meant less waiting around at the end. No walking back from more remote parts of the course or clearing up while it was getting dark. The field still seemed nicely spread out over that distance and suitably challenged."*

Male Participant:

*"8km was great, I didn't notice the missing mile and just pushed a bit harder up the hills to max my effort.*

*More #unequal distances wherever possible please, as well as more xc race fixtures within a mile or two of my house too 😊"*

Female Participant:

*"I think it's great that the distance was equal. Surely the next step in all of this is men and women running together like we do in so many other races?"*