**Sinead Bents response as Salford Team Captain**

1) This is a male striving for equality, but I haven’t heard 1 male from Salford wanting to run less, especially if bigger races are already 10k.

2) Personally, I struggled with the increase to 8k as a junior to senior therefore would stop me from completing the whole season and on some occasions dropping out of the race after the first half. I also see this with our juniors as if you look at the results and the amount of U20s we have, the league is ill attended by this group partly because of distance. We then have a lot of disinterested athletes and people leaving the sport due to lack of enjoyment.

3) As a physio, in the realms of athletes, this time of year I see majority male athletes who have raced 10k x countries and 10k on the roads with niggles, hardly any women. How is this fair to put women through the same distance who are biologically weaker. Being unable to complete a full season and having to miss out on other races because their body is beaten up from 10k x countries.

I understand some older female may want to run the distance.

My point is 8k is already a debate with younger female athletes so if they want to keep them in the sport maybe 8k and 10k mixed races could be a solution. Bearing in mind results will get tricky.

**Laura Lombard (Salford Harriers)**

Runequal appear to have a completely misjudged sense of what equality means.

I don't want them interfering in a sport they seem not to understand. Of course, I am able to run 10k cross country, but I can't properly race over this distance and I want a xc league that ladies compete in not complete in. So somewhere round about 7/8k is just fine. Also with 5 league races, counties, northerns, nationals, intercounties, it's a packed season already without increasing distances for us. I'm not racing a 10k cross country.

I'd also prefer to race separately from the men as it's far easier to see your competitors particularly with team positions.

I also see a problem with developing and encouraging girls and boys successfully through running to be really great runners by runequals fixation with everything being the same. The mediocre middle which works for no one.

I've really enjoyed racing in this league the past 2 years. The organisers are brilliant and put a massive effort in. I have done some other xc leagues and this is by far the best.

I do wish this could be put to rest. Would it be possible to vote to not raise it again or at least not for another 10 years? Surely there can't be many of these runequal people about, I've certainly never met any.