# OUCH Statistics Report - November 2017

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## Total Distance Covered – OUCH Regular Runs

#### Fridays

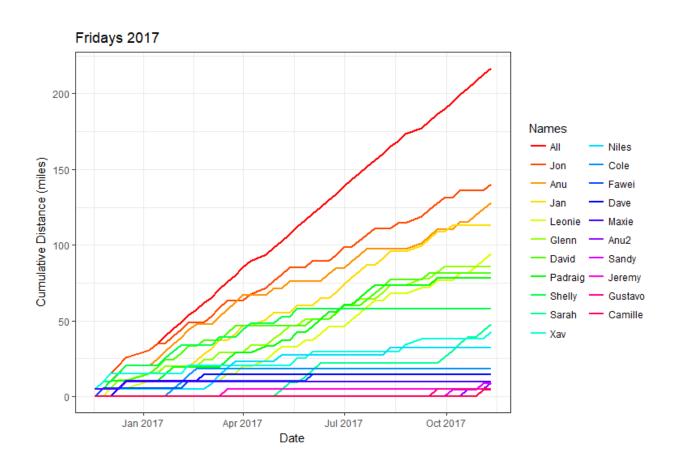
- o Total distance run on Fridays was 216 miles during the course of the year.
- Jon covered the greatest distance at 140 miles, followed by Anu with 128 miles and Jan with 113 miles.
- o Collectively, 989 total miles were run on Fridays.

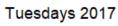
#### Tuesdays

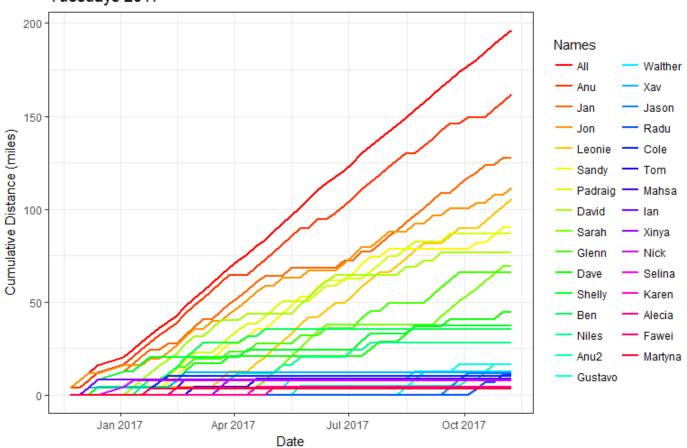
- o Total distance run on Fridays was 196 miles during the course of the year.
- Anu covered the greatest distance at 161 miles, followed by Jan with 128 miles and Jon with 112 miles.
- o Collectively, 1 192 total miles were run on Tuesdays.

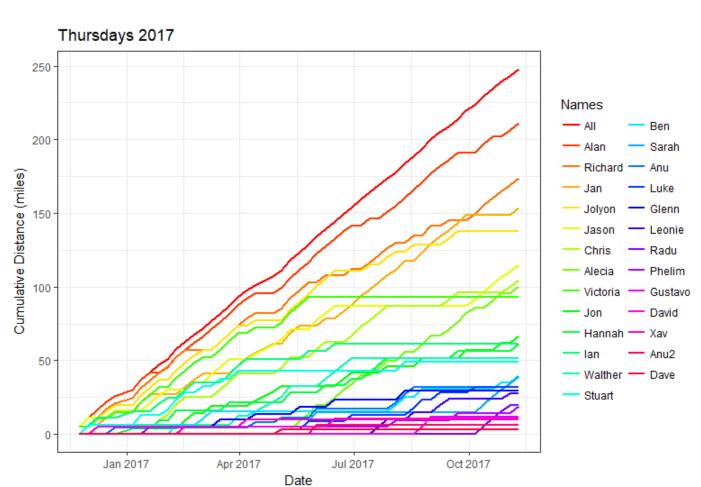
### Thursdays

- o Total distance run on Thursdays was 248 miles during the course of the year.
- Alan was the most regular Thursday runner, covering 211 miles, followed by Richard who covered 174 miles, and Jan who covered 154 miles.
- o Collectively, 1 659 total miles were run on Thursdays.



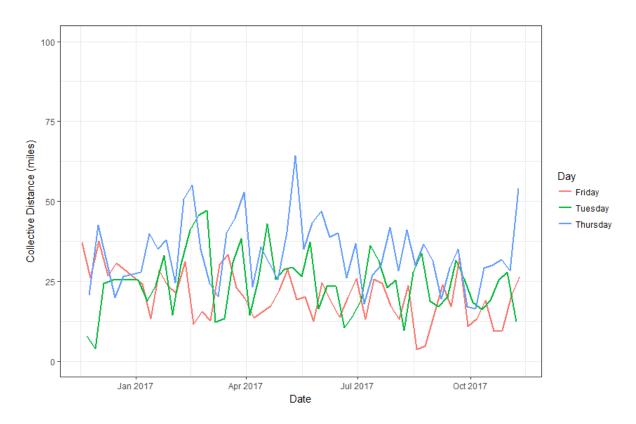




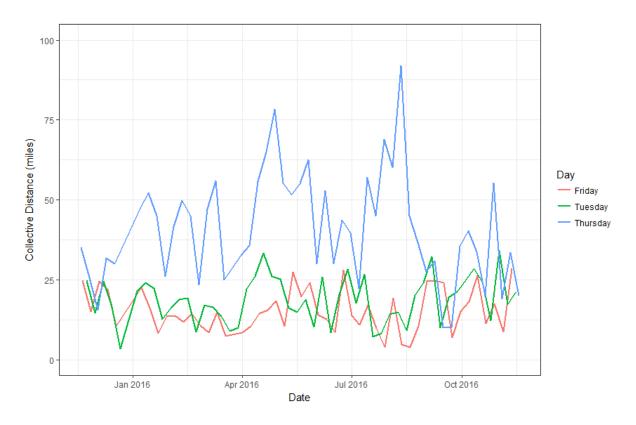


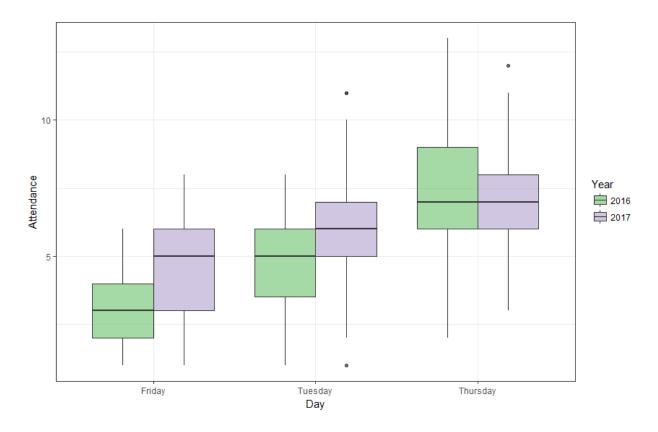
## Attendance

2017 – Total collective distance = 3 841 miles (We've run the length of Great Britain {874 miles (Land's End to John o' Groats)} 4.4 times)



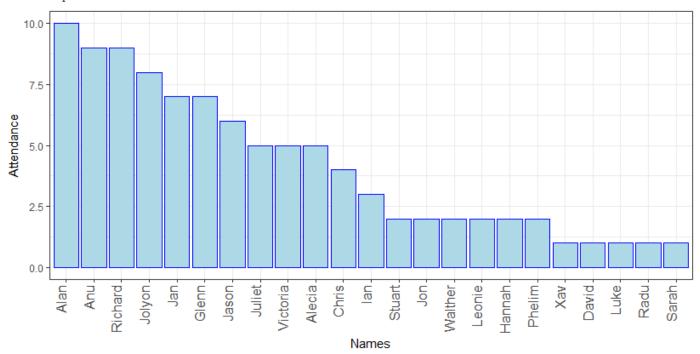
2016 - Total collective distance = 3 753 miles





- Friday and Tuesday attendance are on the rise compared to 2016
- Thursday attendance in 2017 was similar to 2016, but we may not be making sufficient use of the summer evenings to get in a few long runs, as was done in 2016.

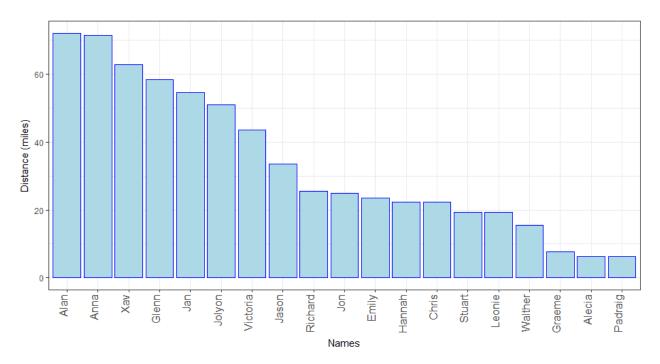
# Handicap Attendance



- Alan leads the Handicap attendance with 10.
- A total of 90 handicaps were run this year.
- On the 17<sup>th</sup> of August 2017 we reach the club's 200<sup>th</sup> Handicap!!

#### Races

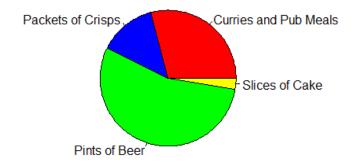
- Results are available for 58 races during the course of the year (including Park Runs). A total of 643 race
  miles were run with a collective 114 attendances. The most attended event with nine participants was the
  Oxford 10km Town and Gown, followed by the Oxford Half Marathon with 7 participants.
- This is very slightly down from last year where 62 races were recorded (between AGM to AGM). The collective attendance in 2016 was at 117 with 647 total miles run.
- Alan achieved the most race miles by anyone during the course of the year with 72.1 miles, followed by Anna who ran 71.5 miles, Xav who ran 62.8 miles, Glenn who ran 58.4 miles, and Jan who ran 54.7 miles.



## Eating and Drinking

- Beer drinking has remained remarkedly consistent (although this may increase if the Fifth Thursday of the Month Pub Crawl Runs take off).
- Crisps consumption is on the decline (Juliet may be to blame for this phenomenon, as Richard is now the primary crisp supplier).
- At total of 373 811 calories were consumed
- A total of 464 723 calories were burnt, (144 292 on Tuesdays, 119 667 on Fridays and 200 764 on Thursdays)

### **Eating and Drinking**



## 2018 Forecast

- It is very likely that there will be
  - o More running
  - o More beer drinking
  - More curries consumed (especially now that the Club has brought back the old format of selecting from all available curries and sides, which it had attempted to curtail for about two weeks).





