

Report on Adult Endurance Group 2022

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The group has a core of about 20 adult members. It continues to grow slowly, mainly by the addition of people who hear about the sessions through the club's regular emails. Typically, a selection of about 15 group members come to each session. The main focus is on training to support road running and cross-country, although many members also run in the Vet's League, particularly the longer races. Most compete in the Oxford Mail XC League and Club Championship Road Races, and in the Mota-Vation series.

Although the athletes generally seem happy with their development and improvements in performance are indeed visible, I think it may be desirable to work towards developing more specific goals for some of them, and this will be a focus for the coming year. Furthermore, Ellie Allsop, who is already making an important contribution to the coaching sessions should qualify as an endurance coach soon, and will be in a position to help with this.