

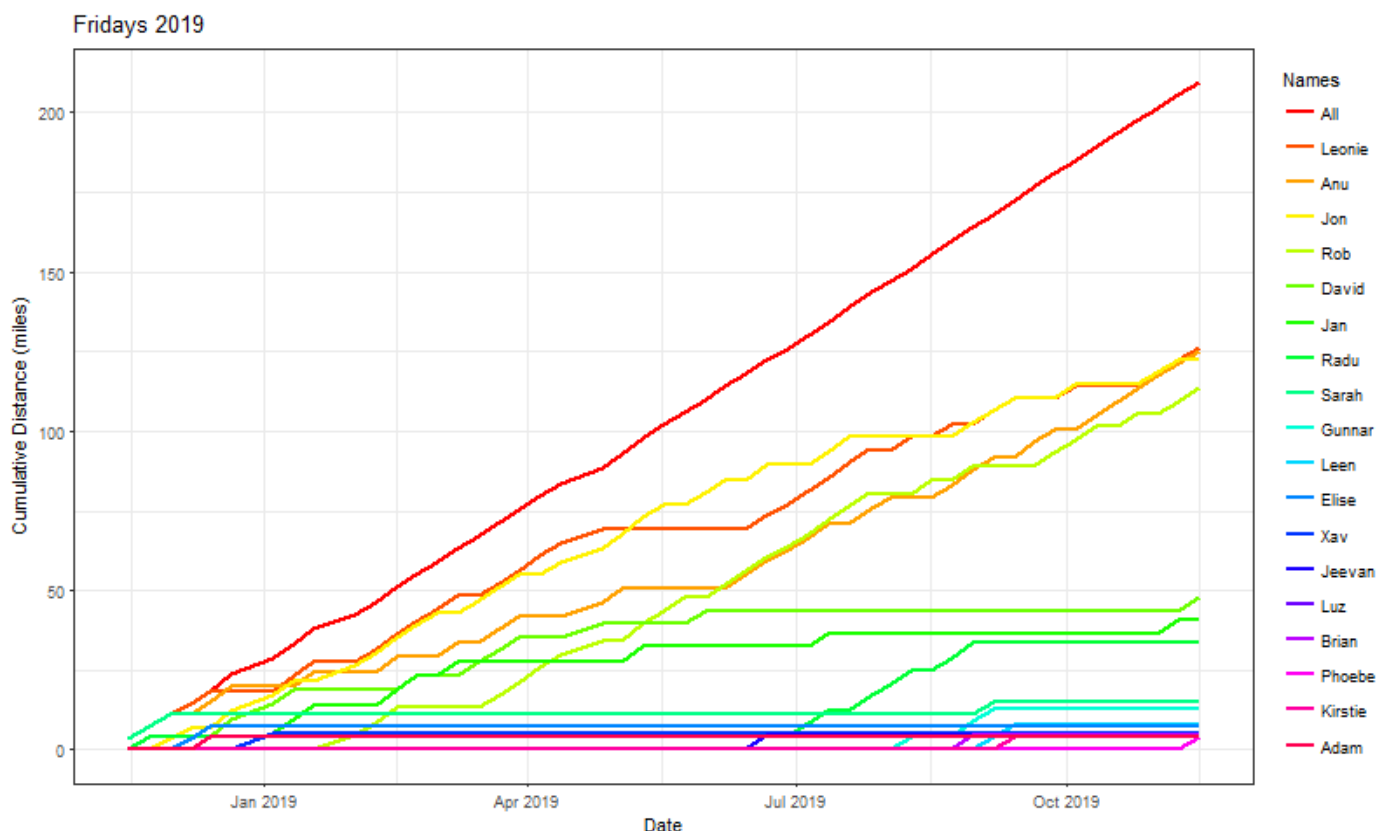
OUCB Statistics Report – November 2019

Statistician - Alecia Nickless,

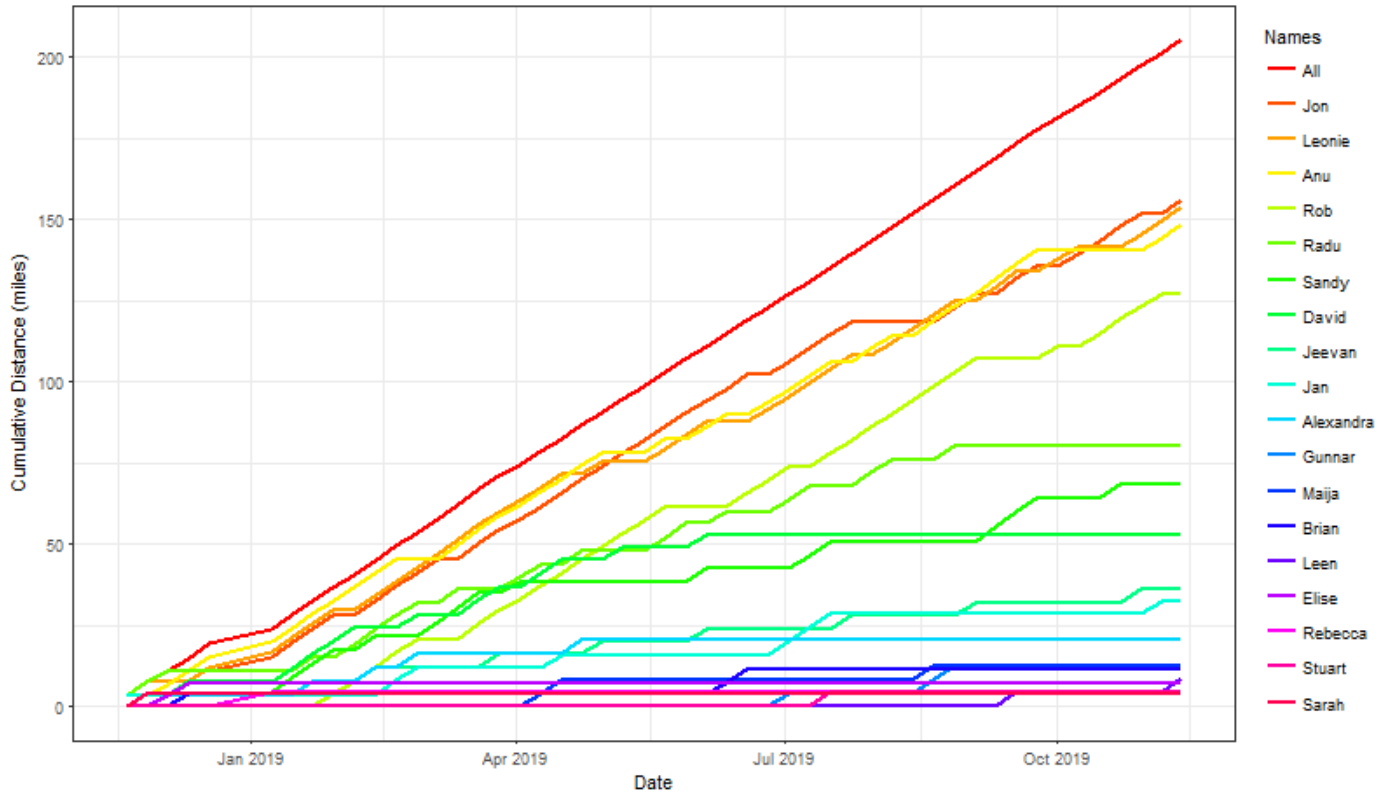
Data Manager – Anu Dudhia

Total Distance Covered – OUCH Regular Runs

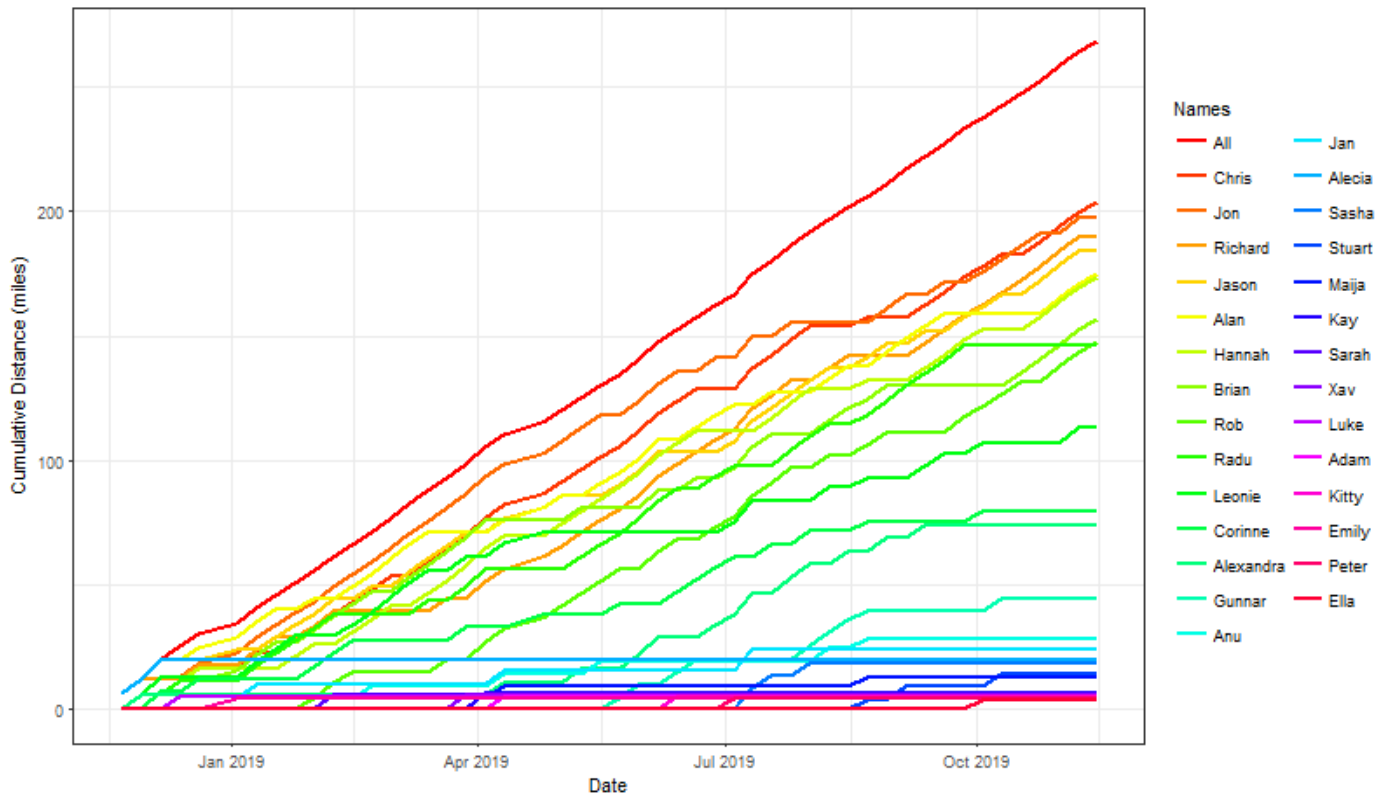
- **Fridays**
 - If you were able to make all the Friday OUCH runs you would have covered 209 miles during the course of 2019.
 - Leonie covered the greatest distance at 126 miles, followed by Anu with 125 miles and Jon with 123 miles.
 - Collectively, 684 total miles were run on Fridays in 2019.
- **Tuesdays**
 - If you were able to make all the Tuesday OUCH runs you would have covered 206 miles during the course of 2019.
 - Jon covered the greatest distance at 156 miles, followed by Leonie with 154 miles and Anu with 149 miles.
 - Collectively, 944 total miles were run on Tuesdays in 2019.
- **Thursdays**
 - If you were able to make all the Thursday OUCH runs you would have covered 269 miles during the course of 2019.
 - Chris was the most regular Thursday runner, covering 204 miles, followed by Jon who covered 197 miles, and Richard who covered 190 miles.
 - Collectively, 2 052 total miles were run on Thursdays in 2019, down from 2 181 total miles in 2018.



Tuesdays 2019



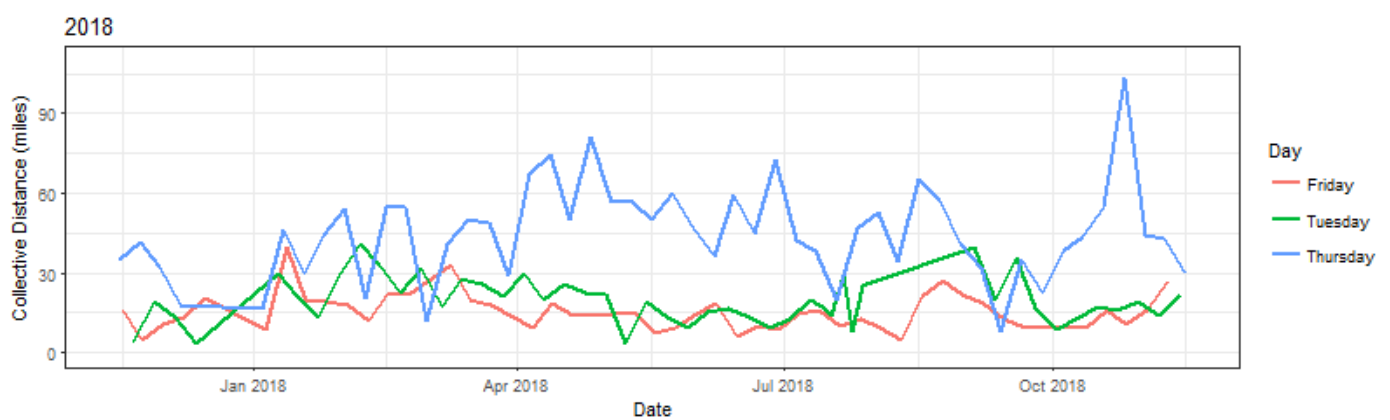
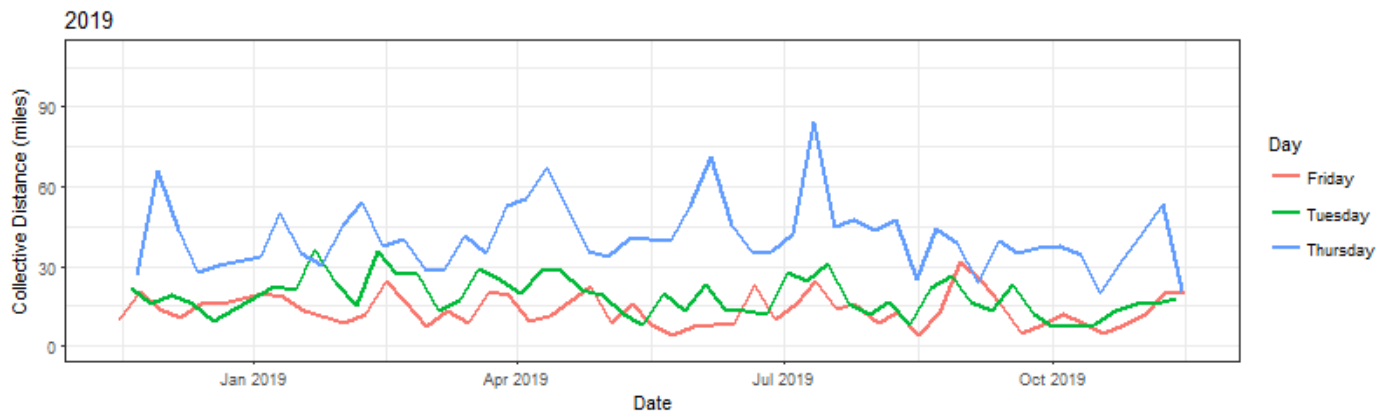
Thursdays 2019



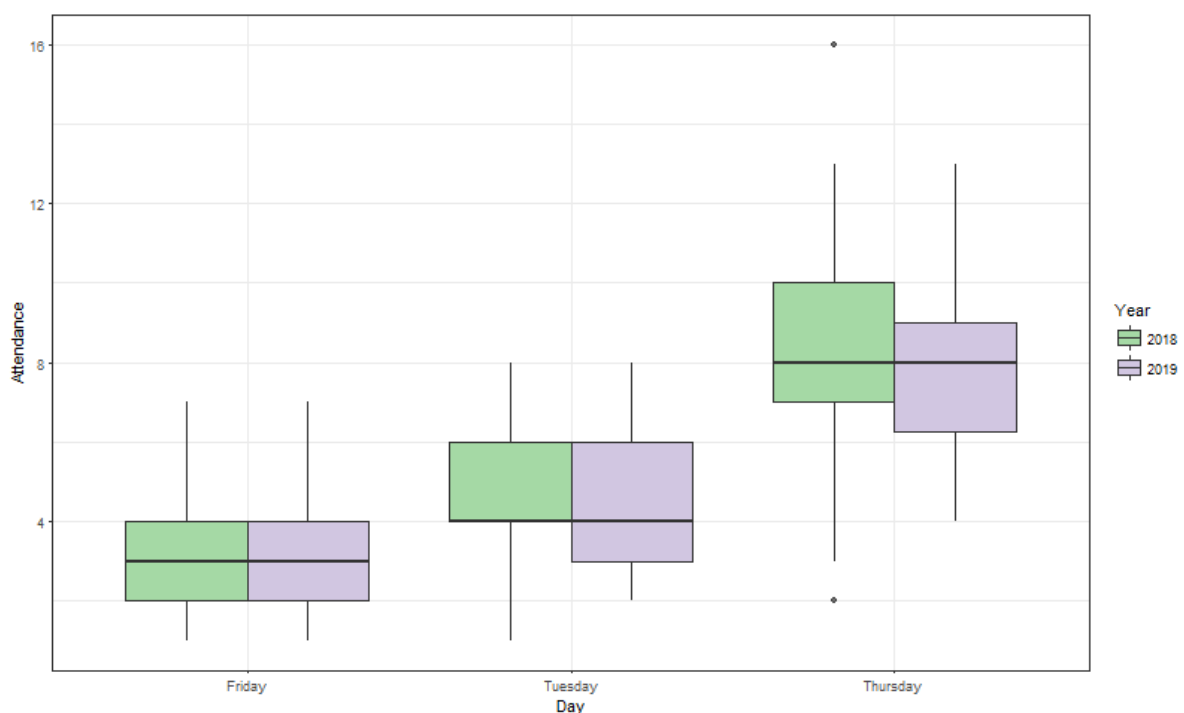
Attendance

2019 – Total collective distance = 3 679 miles (We've run the length of Great Britain {874 miles (Land's End to John o' Groats)} 4.2 times)

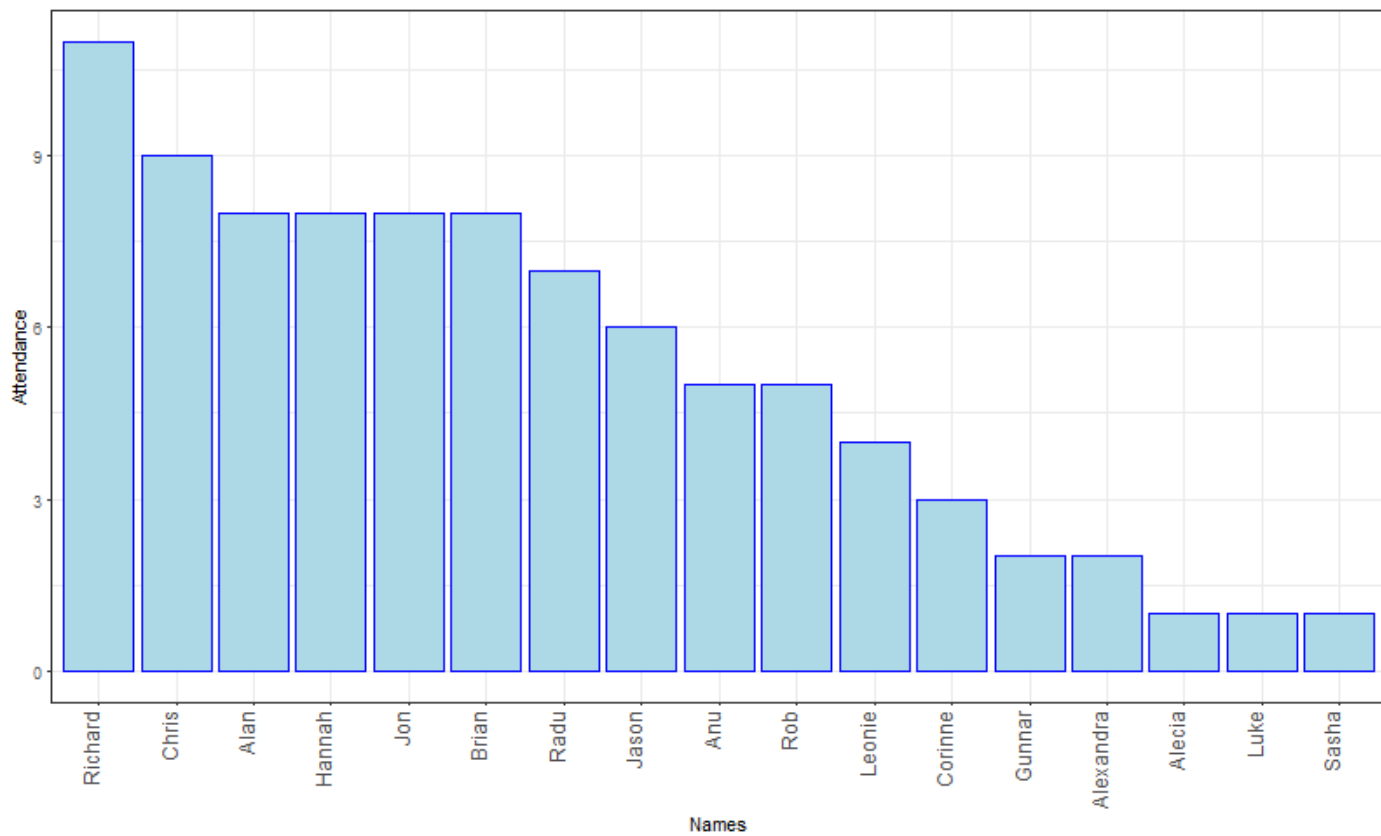
2017 – Total collective distance = 3 779 miles



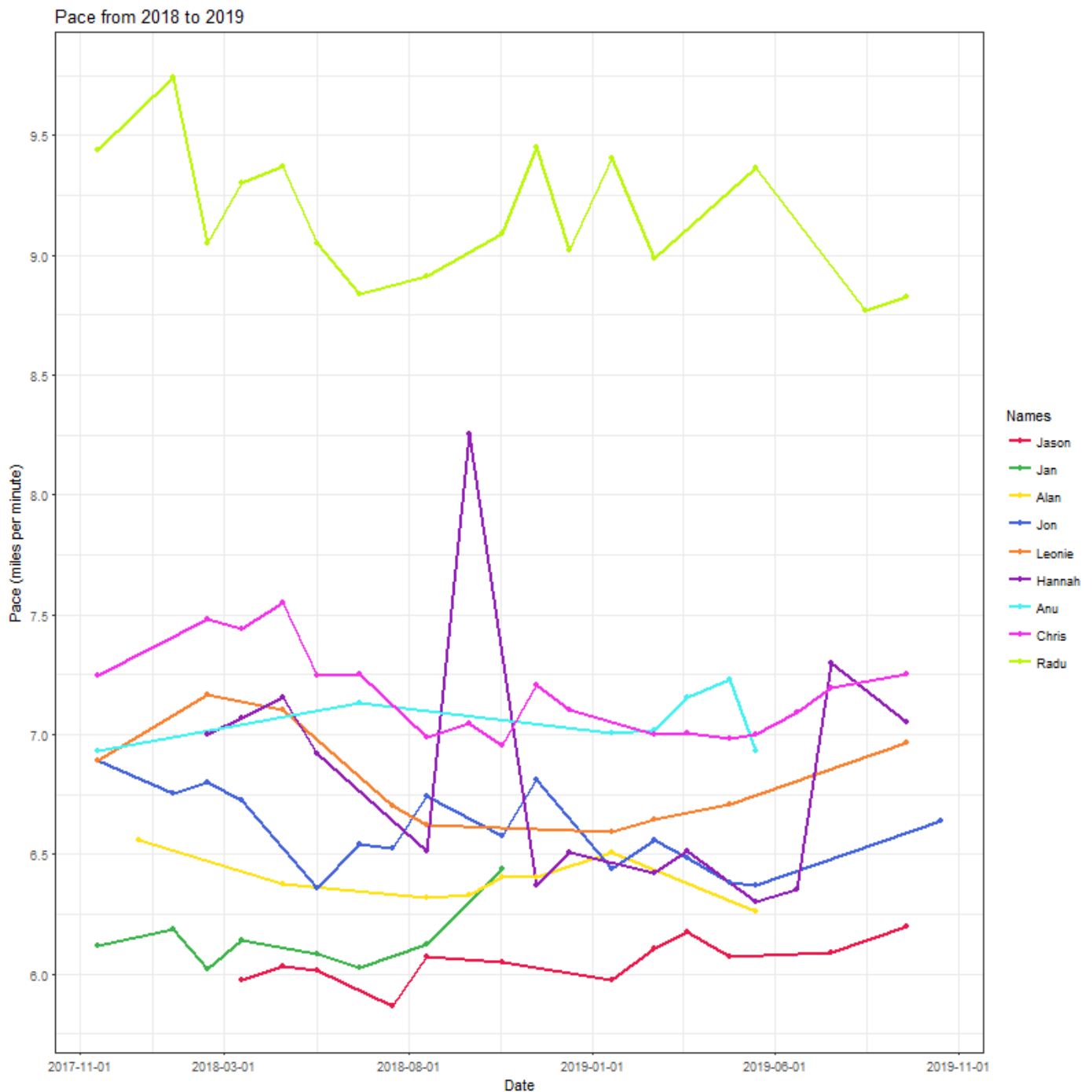
- Friday and Tuesday attendance are very similar to last year .
- Thursday attendance has also stayed very similar, only very slightly lower than last year. The most runners on one night was 13.



Handicap Attendance



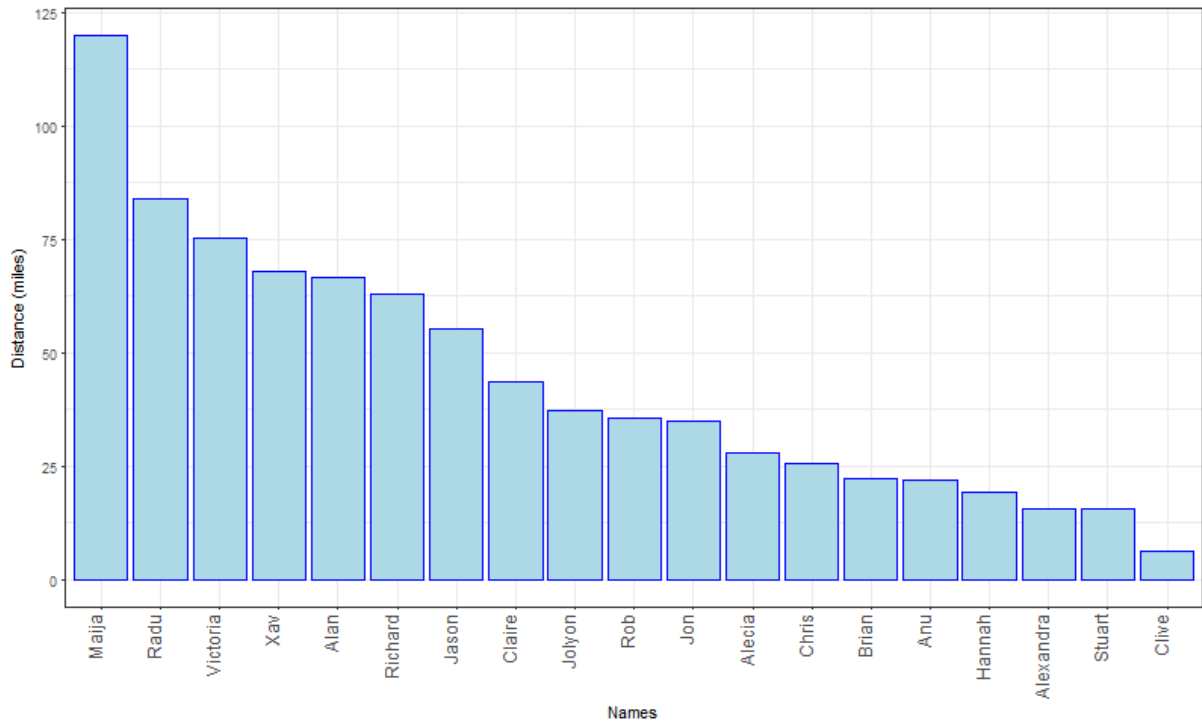
- Richard led the Handicap attendance with 11.
- A total of 89 handicaps were run this year.
- On the 19th of September 2019 we reached the club's 225th Handicap!!



The Handicap paces for runners with more than six attendances over the past two years are shown above.

Races

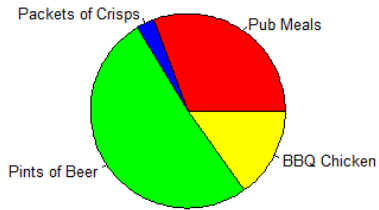
- Results are available for 72 races during the course of the year (including Park Runs) (71 races in 2018). A total of 867 race miles were run with a collective 208 attendances.
- The most attended event with 8 participants was the Chiltern Chase (4 participants in the 15km, 2 in the 10km, and 2 in the 5km), followed by the White Horse Half Marathon with 5 and the Teddy Hall Relays with 4 participants.
- Maija achieved the most race miles by anyone during the course of the year with 120 miles, followed by Radu who ran 84 miles, Victoria who ran 75 miles, Xav who ran 68 miles, Richard who ran 63 miles, and Jason who ran 55 miles.



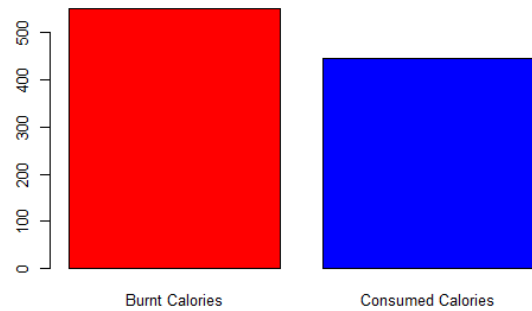
Eating and Drinking

- Beer consumption is on the decline!! (574.5 pints in 2019 vs 625.5 in 2018)
- At total of 445 240 calories were consumed on Thursday OUCH evenings.
- A total of 551 882 calories were burnt, but only 248 279 on Thursday evenings (141 537 on Tuesdays, 102 561 on Fridays and 248 279 on Thursdays).
- Despite the additional calories consumed at this year's incredible Banbury social BBQ, we face the very real risk of withering away into nothingness if the increasing ratio between Burnt Calories : Consumed Calories (currently at 5:4) is not stopped!!

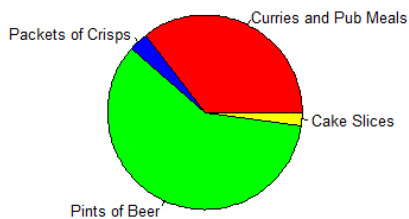
Eating and Drinking 2019



kilocalories



Eating and Drinking 2018



kilocalories



2018 Forecast

- It is very likely that there will be
 - More running
 - More racing
 - More beer and curry consuming



Disclaimer: This report was produced with utter disregard for GDPR. Once you join OUCH, your data belongs to us forever. If you wish to complain about this please send your correspondence to thisemaildoesnotexist@ouch.ox.ac.uk.