

# OUCH Statistics 2010/11

Event	Distance		Runners	Tot Miles
Bedford 1/2 M	13.1	M	2	26.2
Santas on the Run	2	M	6	12.0
Wokingham 1/2 M	13.1	M	1	13.1
South Downs Way Challenge 15M	15	M	2	30.0
South Downs Way Challenge 20M	20	M	1	20.0
Silverstone Half Marathon	13.1	M	1	13.1
Teddy Hall Relays	3.6	M	2	7.2
Fradley 10k	10	k	1	6.2
Ox5 Run	5	M	1	5.0
White Horse Half Marathon	13.1	M	2	26.2
London Marathon	26.20	M	1	26.2
Maidenhead Easter 10	10	M	4	40.0
Silverstone 10k	10	k	1	6.2
Charlton-on-Otmoor (Motavation)	4.10	M	2	8.2
Blenheim 7k	7	k	1	4.3
Oxford Town and Gown	10	k	13	80.8
Headington RR Club 5km Race 2	5.00	k	1	3.1
Bletchingdon (Motavation)	4.26	M	2	8.5
Bagley Wood fun run	5.50	k	3	10.3
Ridgeway Relay	9.10	M	1	9.1
Thame 10k	10.00	k	2	12.4
Watlington 10k	10.00	k	1	6.2
Jericho 10k	10.00	k	1	6.2
Boneshaker Duathlon	10.00	k	3	18.6
Round Norfolk Relay	7.20	M	1	7.2
Medmenham 10M	10.00	M	1	10.0
Headington RR Club 5km Race 4	5.00	k	1	3.1
BMAF 10k Champs, Exmouth	10.00	k	1	6.2
Amsterdam Marathon	26.20	M	1	26.2
Cirencester Off-road Duathlon	4	M	1	4.0
			<b>61</b>	<b>456.0</b>

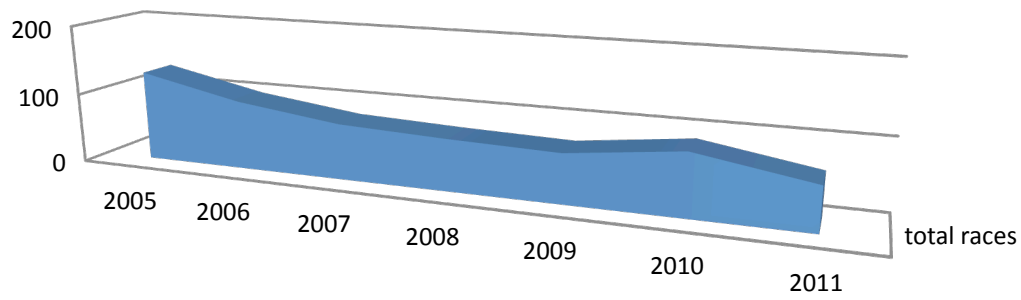
By person (3 or more races)	racess	miles
Jason	10	90.8
Stuart	9	64.9
Chris L	5	27.2
Madeleine	4	47.5
John C	4	18.9
Alan	3	29.3
Simon	3	26.5
Emily	3	22.4

Total Number of Runs	2011
Tuesdays	147
Thursdays	589

Calories	racess	Thurs	Tues	Tot
Used	45595	276830	57330	379755
Consumed		619923		

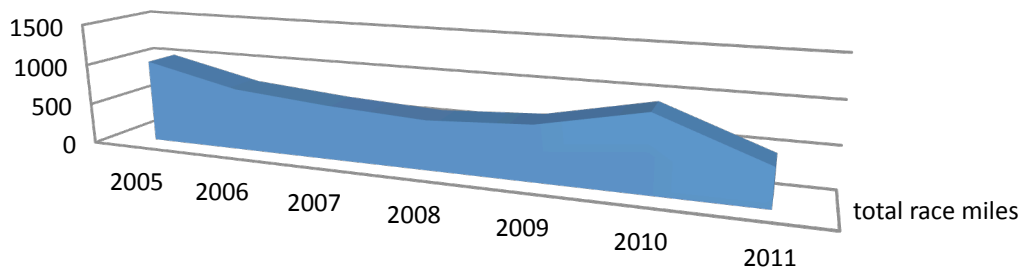
Food and Drink consumed	2011
Packets of crisps consumed	294.5
Pub meals (inc. chips) consumed	441.75
Pints of beer consumed	1030.75

### total races



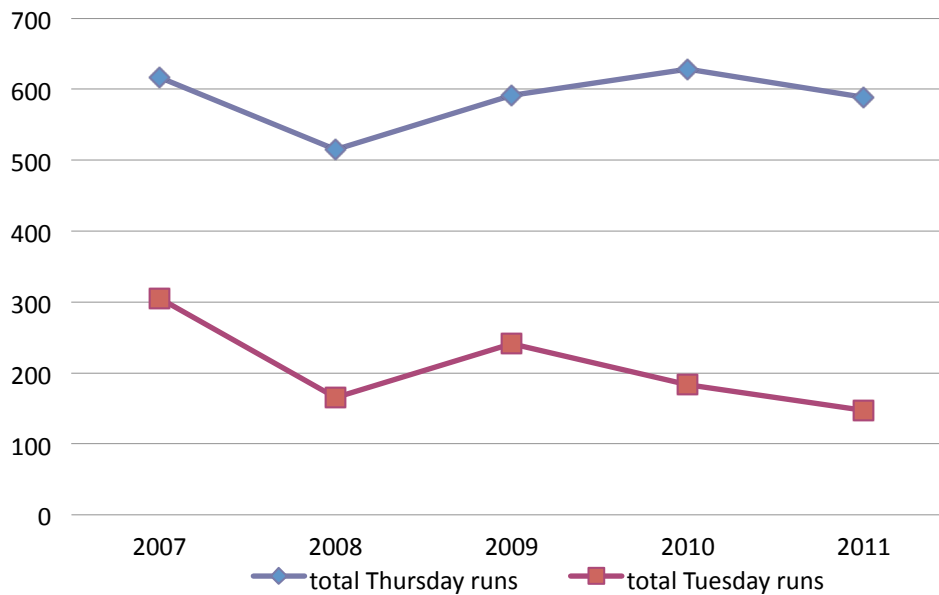
	2005	2006	2007	2008	2009	2010	2011
total races	129	98	79	73	69	87	61

### total race miles



	2005	2006	2007	2008	2009	2010	2011
total race miles	1014.27	756.5	656.8	593.6	659.6	911.8	456.0

### Weekly runs



Handicap runs	Total	(NTTs removed)
Phelim	12	11
Madeleine	11	11
Victoria	11	11
Simon	10	8
Jolyon	10	10
Alan	9	6
Richard	7	7
Ben	6	2
Julie	6	4
Stuart	6	6
Anu	6	5
Lizzie	5	5
Emily	4	4

