

The Long Distance Running chairs have been busy during the last year.

We were excited to bring back a full Road Grand Prix with seven races. The 2022 Road Grand Prix includes races in Massachusetts, Rhode Island, Vermont, and New Hampshire. Three of the races were carry-over races from the 2020 Grand Prix and the remaining four bid to be a part of the series.

As of the meeting, we have held five Grand Prix races. There are 942 unique participants and 38 potential iron runners who have completed all five races to date. Here are the races by the numbers.

Primary Bank Super Sunday 4 Miler Feb 13, 2022

456 Finishers

- 195 Women
 - 131 were 40+ (67% of the field)
 - 15 open teams
 - 9 40+ teams
 - 7 50+ teams
 - 6 60+ teams
 - 1 70+ team
- 261 men
 - 155 were 40+ (59% of the field)
 - 18 open teams
 - 12 40+ teams
 - 9 50+ teams
 - 8 60+ teams
 - 2 70+ teams

New Bedford Half Marathon Mar 20, 2022

479 Finishers

- 182 Women
 - 100 were 40+ (55% of the field)
 - 17 open teams
 - 12 40+ teams
 - 11 50+ teams
 - 4 60+ teams
- 297 men
 - 161 were 40+ (54% of the field)
 - 22 open teams
 - 11 40+ teams
 - 8 50+ teams
 - 6 60+ teams
 - 1 70+ teams

M&T Bank Vermont City Marathon

120 Finishers

- 38 Women
 - 25 were 40+ (66% of the field)
 - 6 open teams
 - 4 40+ teams
 - 4 50+ teams
- 82 men
 - 47 were 40+ (57% of the field)
 - 14 open teams
 - 8 40+ teams
 - 4 50+ teams
 - 1 60+ teams

Bobby Doyle 5 Miler August 14, 2022

344 runners Total

- 128 women,
 - 83 were 40+ (64% of the field)
 - 12 open teams
 - 9 40+ teams
 - 6 50+ teams
 - 4 60+ team
- 216 men
 - 68 were 40+ (58% of the field)
 - 15 open teams
 - 9 40+ teams
 - 5 50+ teams
 - 5 60+ teams
 - 1 70+ teams
 - 1 80+ teams

AutoFair New Hampshire 10 Miler, August 28, 2021

208 runners Total

- 155 women
 - 105 were 40+(68% of the field)
 - 12 open teams
 - 12 40+ teams
 - 8 50+ teams
 - 5 60+ teams
- 224 men
 - 126 were 40+(56% of the field)
 - 16 open teams

- 11 40+ teams
- 7 50+ teams
- 6 60+ team
- 3 70+ teams

The sixth race of the Grand Prix is the Lone Gull 10K which will be held Sunday, September 25th. The seventh of the series is the BiggSteps 5K which will be held Sunday, November 13, 2022 in Needham.

As we look forward to 2023, we are planning the 2023 Road Grand Prix we encourage members to recommend championship caliber races. We are also looking at additional championship opportunities for our membership.

MASTERS UPDATE:

Here is a quick review of some of the changes in participation from 2019 (the last “normal” pre-covid year) to this year’s grand prix for **masters** teams.

The women’s masters participation was very similar from 2019 to 2022 with 2 more teams in 2022.

2019	2022
WOMEN	
40+ 12 teams	40+ 12 teams
50+ 9 teams	50+ 11 teams
60+ 4 teams	60+ 4 teams

However, the half marathon (New Bedford both years) had a noticeable decrease in men’s teams in 2022.

2019	2022
MEN	
40+ 17 teams	40+ 11 teams
50+ 11 teams	50+ 8 teams
60+ 5 teams	60+ 6 teams
70+ 1 team	70+ 1 team

The 5 mile race (Bridge of Flowers in 2019 and Bobby Doyle in 2022) had a small increase in women’s masters teams, but a small decrease in men’s teams.

WOMEN	
40+ 6 teams	40+ 9 teams

50+ 5 teams	50+ 6 teams
60+ 4 teams	60+ 4 teams

2019	2022
MEN	
40+ 9 teams	40+ 9 teams
50+ 8 teams	50+ 5 teams
60+ 6 teams	60+ 5 teams
70+ 2 teams	70+ 1 team

The 10 mile race (same race, different names Mello 10 miler/Autofair 10 miler) had slightly more women's masters teams and the same number of men's masters teams in 2022 than in 2019.

WOMEN	
40+ 10 teams	40+ 12 teams
50+ 8 teams	50+ 8 teams
60+ 3 teams	60+ 5 teams

2019	2022
MEN	
40+ 10 teams	40+ 11 teams
50+ 7 teams	50+ 7 teams
60+ 6 teams	60+ 6 teams
70+ 2 teams	70+ 3 teams

The marathon had the most significant difference from 2019 to 2022. However the marathon was a Spring marathon in VT in 2022 and a Fall marathon in MA in 2019, which may have contributed to the differences.

WOMEN	
40+ 6 teams	40+ 4 teams
50+ 5 teams	50+ 4 teams

2019	2022
MEN	
40+ 6 teams	40+ 8 teams
50+ 6 teams	50+ 4 teams
60+ 1 teams	60+ 1 teams

Summary:

We are pleased to see there has not been a significant or drastic decrease in masters teams in any of our races this year, despite ongoing COVID concerns and a two-year hiatus from being able to run the full 7 race grand prix.

It is notable that the men's 70+ participation is increasing but we have not yet had our first women's 70+ team score in the grand prix.

These numbers are reassuring and we expect increasing masters participation in the future.

Thank you,
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