



The purpose of Smiletastic was to provide motivation to get out and do what you'd planned on your training programme. An inclusive challenge that was not about speed or distance where everyone could feel part of it.

It started so simply, then I added some other bits to make it more interesting and it just grew... into a monster! An average week saw 100-120 emails with some weeks going up to 200 as 60 Smiletastics engaged and got involved. Slowly at first but by the end it was all out war!

1. Winning Team

There was only one team in it. They talked, shouted, clucked, questioned, argued, fought, ran and ran fast...

Winners in January, February and March - Fighting Feathers:

Bridget Allenby	Charlotte Shepherd	Kathryn Wilkinson	Nicola Sewell
Bronwen Doyle	Delia Watts	Lorraine Reuber	Pamela Leon
Cath Wheen	Fiona Jeffries	Lucy Marris	Ruth Jacobs

They achieved in the team competition: 2611 points – 162 points ahead of Clucky Ducks who in turn were 176 ahead of Rowdy Roosters

Old Birds and Squawky Chicks vied for the bottom spot

2. Sandbagging and running

At the beginning we started with just the number of runs pledged each week, then in February added the pledged longest run.

Now remember this was to do with following a training programme in which doing too many is just as bad as doing too few... same with distance. So this year I penalised doing too long, but that needs to change next year so that Smiletastics are encouraged to try for longer runs.

A new word – Sandbagger – someone who pledges an easy number so they can get 100% all the time – entered our vocabulary. No penalty for doing it.... But the Team with the most sandbaggers were Fighting Feathers (68 additional runs) and Clucky Ducks (64), though even the Squawky Chicks had 23 additional runs.

2749 pledged, 2984 ran (235 additional)

1056 miles of longest runs pledged, 1006 miles done .

Review for next year.

So to celebrate 11 Smiletastics who did 100% of their runs and 100% +/- 10% of their longest distance...

Ali Griff	Charlotte Shepherd	Kathryn Wilkinson	Ruth Jacobs
Cass Douthwaite	Dawn Trueman	Lorraine Reuber	Sarah Crossland
Catherine Bowman	Isobel Ellis	Nicola Sewell	

3. Elevation

Running uphill always impresses me and it was relatively easy to include Elevation and by using the ft per mile it gave a meaningful measure.

Overall throughout Smiletastic we ran up **1, 267, 013ft of ascent.**

There was very little difference between the teams at the end, with the overall average at 88ft per mile and all teams within 4ft of it.

Old Birds were hindered by my long flat miles and as Isobel climbed everything in sight, I ran into the distance along the canal and riverside – cancelling her out! Except in my sicky week where they zoomed up the table.

Individual winners in this section

3rd	Abigail Hathway	135ft/mile
2nd	Isobel Ellis	137ft/mile
1st	Lianna Bell	149ft/mile

I consider myself to be quite a hilly runner.... 5th from bottom....59.2ft per mile over my 638 miles (that's still a lot of feet, just not all at once!)

4. Mad March Hare Strava Segments

Someone asked for PBs to be included but I wanted the challenge to stay away from pure pace/speed and remain inclusive. Hence the Mad March Hare Strava Segments. Even though I tried to set up segments where as many as possible had run before, it was impossible.

In hindsight, I should have just set you running down the segments without you knowing there was going to be a second part to it, but I didn't think of that until it was too late, so we had a real mix of super fast and silly slow times as a starting point.

Anyway, it made for a bit of sickening fun in the last 3 weeks and an almost obsessive compulsion to go out and try just one more time to make you feel EVEN sicker.

It wasn't compulsory and no one told you to do it... But 50 out of the 58 Smiletastics who use Strava, managed to improve their starting time on at least one segment. That is some achievement.

Mad March Hare Segment prizes

3rd	Laura Egan	24.8% improvement
2nd	Cass Dowthwaite	25% improvement
1st	isobel Ellis	27.5% improvement

5. PBs and New Best Age Grades

Segments are all very well, but taking part in races or timed runs (parkrun is not a race!) is important.

369 timed runs!

60 PBs were achieved

27 new best age gradings

For PBs and New best age gradings

Joint 2nd	Bronwen Doyle	20 timed runs	4 PBs and 1 new best age grade
	Juliet Heatley	7 timed runs with 3 PBs	and 2 new best age grades
1st	Cass Dowthwaite	8 timed runs with 3 PBs	and 3 new best age grades

6. Fighting Spirit

There were so many Smiletastics that fought their way through the challenge, striving for every point and challenging me if I missed something.

Two that have not won individual awards in any particular category, but encompassed that fighting spirit are

Thea Williams 12 timed runs, 2PBs and 2age grades and a smidge short of 100% and 6th overall (the highest for a non-Fighting Feather! Also the most emails at around 47!

Barbara Jenkins 11 timed runs and a PB

7. So to the Individual Table

I kept as close an eye on individual achievements as I could and have summarised them and sent them to you for checking, so without any more arguments or pleas....

3rd	530 points	Ruth Jacobs
2nd	539 points	Lottie Shepherd
1st	651 points	Bronwen Doyle – Smiletastic Champion of 2016.

And so it comes to an end....

Thank you to all of you for humouring me through my marathon training plan! I loved every email I received and got so many happy hours from my spreadsheet. Before its memories disappear, write down the one thing you learned about yourself as a runner from Smiletastic and put it in your race bag. Look at it before your next race and remember how much you achieved!

Finally, please complete the survey so we can make it even better next year.

Happy Running
Sue