

19-1125 Road Running Report

Wednesday Groups

New sign in system appears to be 'working' – perhaps needs a bit of oiling.

5 week Fundamental Coached Course appears well received (10 athletes)

5 week Foundation Coached Course due to start 8 January 2020 (14 Athletes – fully booked)

9 week Beginners Course starting 8 January 2020 - £20 (deductible should they join CoSARC). 20 places max. culminating in non-stop parkrun – website sign-up to public. Colin has volunteered to lead. Assistance from a rota.

HRRL in numbers

Solent Half Marathon 22 September 2019

34 CoSARC finishers

19 Men

15 Ladies

Hayling 10 mile 03 November 2019

45 CoSARC finishers

29 Men

16 Ladies

*Numerous complaints regarding this race from our club members. Feedback lifted and presented to Hayling via their Messenger for discussion at their wash-down meeting (held 21 November 2019). This is attached. Feedback is usually discussed at the next HRRL meeting (next meeting due 2 December 2019). Intention is to enquire whether the feedback was received and considered (rather than table it at the HRRL)

Gosport Half Marathon 17 November 2019

52 CoSARC finishers

31 Men

21 Ladies

HRRL League progress

Tables are current following Gosport Half Marathon. We are exactly one third of the way through the season

Ladies A currently occupy second spot behind Winchester in the top division – this is their first season in the top league following promotion last season.

Ladies B currently occupy second spot behind Winchester in the top division and look strong and on course to finish higher than their 3rd place last season

Ladies C currently top of their division and look odds on to join Ladies B in the top division next season

Ladies D are in their debut season and the only team keeping them off top spot are their C Team counter parts! Well clear of third place and look odds on for promotion with Ladies C

Men's A currently enjoying top spot in the top division having consolidated their first season in the division with a 5th placed finish last season.

Men's B currently enjoying top spot in the top division with a healthy looking lead. Quite remarkable considering their 4th place finish last season.

Men's C currently occupying 4th spot in the top division behind B teams following their promotion last year and sitting well clear of many other B teams.

Men's D are in their debut season and the only team keeping them off top spot are Alton's B Team. They're well clear of third place and look odds on for odds on for promotion to join B & C next season.

Next HRRL Races open (all sold out!)

Victory 5 mile 93 CoSARC entrants (of circa 967)

*new course looks HORRENDOUS! (too many twists & turns within a short route)

Stubbington 10k 113 CoSARC entries (Stubby have 109) of 1999 entrants

Ryde 10 mile 42 CoSARC entrants (of 589)

Club WMA League

WMA League based upon the 6 'short' HRRL races (10k and below) now created (following the success of the Overton Club Championship idea). Next relevant race is Victory 5 mile followed by Stubbington 10k.

League table available to view and download on website (behind members only wall).

17 Seater Mini (Fun) Buses

Appear to be well received and all seats have sold out for every fixture including XC (only 9 seater MPV booked for XC) – no buses booked for XC#3 or XC#4 due to athlete numbers attending HRRL next day (low demand expected). 2No. buses booked for both Victory and Stubbington (much as Overton 5 mile earlier in the season).

Agreed change in pick up venue for Victory 5 mile onward – Soton Rd park & ride due to FREE parking – removing the parking offence risk caused by parking at 5 Rivers. XC pick up remains from Starbucks Soton Rd.