

19-1125 Road Running Report

Wednesday Groups

High attendance by runners in 2020 continue, with 120 runners (excluding the beginners course) on 8th January 2020 (Graph 1 below). All groups have been well attended, with most popular groups typically getting 15 runners a week (Figure 2 below). With the addition on new run leaders, tails can be added to the busy groups and a faster 7.5 group has started in attempt to prevent bottle-necking as runners work their way through the groups.

Additional training and development opportunities for the Road Running Group Leaders include the recent EA webinar on managing large groups and the upcoming EA led warm up and drills workshop. We are encouraging leaders to attend.

So far this year we have gained an extra 8 run leaders, increasing our run leader total to 50 runners.

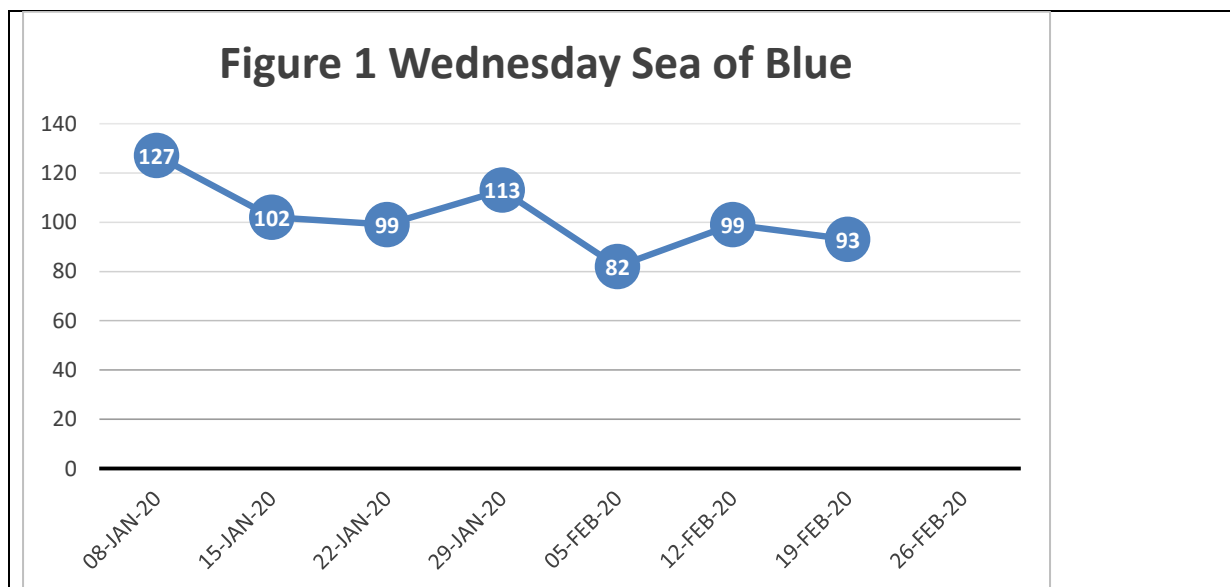
Meeting to meet new RL's and discuss any further refinement scheduled for 26 February 2020

5 week Fundamental Coached Course was well received and executed (10 Athletes). Course to be scheduled again in the late Spring 2020 (light nights)

5 week Foundation Coached Course due to start 8 January 2020 postponed due to dark nights (lesson learnt from Fundamentals course). All 14 Athletes whom filled the course will be given first refusal when the course is re-scheduled – Spring 2020

9 week Beginners Course starting 8 January 2020 – currently in progress.

Wednesday night figures (excluding beginners group)



HRRL in numbers

Victory 5 mile 01 December 2019

82 CoSARC finishers

47 Men

35 Ladies

Stubbington 10k 12 January 2020

97 CoSARC finishers

46 Men

51 Ladies

Ryde 10 mile 02 February 2020

42 CoSARC finishers

24 Men

18 Ladies

HRRL League progress

Tables are current following Ryde 10 mile. Five (of twelve) races remain of the 2019-2020 Road Race 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 third spot behind Lordshill B in the top division and look strong and on course to finish at or 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 joint-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 have moved well clear into top spot and look odds on for odds on for promotion to join B & C next season.

Next HRRL Races open

Salisbury 10 mile	110 CoSARC entrants (race sold out)
Alton 10 mile	35 CoSARC entries (at the time of writing)
Netley 10k	37 CoSARC entrants (at the time of 22 January 2020)
Alresford 10k	No online entry list at time of writing

Club WMA League

WMA League based upon the 6 'short' HRRL races (10k and below) up and running and starting to take shape. Those whom have run only one of the 6 races thus far **MUST** run Netley 10k otherwise achieving 4 'counting' races will be impossible and said athletes will be removed from the tables. Next relevant race is Netley 10k.

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

Mini (Fun) Buses

New pick up venue of Southampton Road Park & Ride proving a success. ALL bus spaces sell out for Road Races. XC buses to be reviewed for 2020-2021 season – max. 9 seats, only 2 of the 3 buses laid on fully sold out. Ryde 10 mile Bus & Ferry ticket combo was extremely successful – Ferry discount code secured by Ryde Harriers allowed 50% reduction for us.