

# MINUTES for Meeting on 15 July 2024

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15<sup>th</sup> July 2024 at 7pm, Places Leisure Eastleigh

Zoom details:

<https://ukri.zoom.us/j/99897288798>

## Attendees

	Name	Club
1	<b>Chair</b> Malcolm Price	Lordshill RR
2	<b>Secret</b> Sari Giering	Lordshill RR
3	Philip Scrase	Alton
4	Anne-Marie Clarke	Farnham Town RC
5	Steven Cawte	Gosport Road R
6	Deborah Birch	Gosport Road R
7	Tracy Puttock	Hedge End RC
8	Antonia Mintoff	Lordshill Road R
9	Claire Lockyer	Netley Abbey R
10	Edd Biddle	Netley Abbey R
11	Julian Smith	New Forest R
12	Peter Reilly	New Forest R
13	Helen McMahon	Overton Harriers

	Name	Club
14	Katherine Barbour	Running Sisters
15	Paul Johnson	Southampton AC
16	Stacey Read	Stubbington Green R
17	Alison Kaines	Totton RC
18	Trevor McAlister (online)	Ryde Harriers

Apologies from:

Alice Bowles (Hardley), Josh Murray (Hamwic), Sarah-Jayne Law (Fareham), Lloyd Dickson (WRC), Colin Goater (Havant)

13 clubs were represented.

## AGENDA

### 1. Welcome

Malcolm says hello and asks everyone to introduce themselves.

### 2. Review previous minutes

Malcolm briefly mentions his surprise that the new season will see the usual races. He hopes that next year new races will be voted in.

We are still looking for a vice chair.

### 3. Feedback on races held since the last meeting, race reports and runners' comments

#### 3.1. Alton 10

##### 3.1.1. Official race report

On the day, 475 entrants. Affiliated 394, 63. 372 turned up on the day. 3 did not finish because of injury. Became very hot. Prizes were all sent out after race. 3 water stations on course – well received. Couple of issues. Start (cricket ground) put on a kids cricket match at the same time as race start. Also a bike race. Did not cause too many

problems. RaceNation tried for the first time, but issues with choosing clubs and transfers, hence going back to ActiveTrainingWorld. Next race. 11<sup>th</sup> May 2025

### **3.1.2. Runners feedback**

Wow, very hot day, but enjoyable and very picturesque route. Well marshalled and communications at junction points were really good. Plentiful water at the finish and the ice lollies were very well received, with an excellent coffee van as well. No negative comments!

The floor says the same – very good race.

## **3.2. Netley 10k**

### **3.2.1. Official race report**

Netley 10K 19th May 2024

This was the first road race hosted by Netley Abbey Runners and we hope everybody enjoyed it!

The route was a little different this year because the police would not allow us to use their grounds. With careful consultation with the Royal Victoria Park we came up with an alternative that went along a footpath at the back of one of the BBQ fields. When the new course was measured, we came up a little short and had to be very inventive on the day and added a loop through the bluebell woods on the first lap. The weather gods were kind to us on the day and these off-road parts of the course were not too muddy. We appreciate that if the weather had been different, the bit through the woods could have been quite horrible. With this in mind, next year, we are looking to take the route out into the village of Netley. We are currently in consultation with the local parish council to see what roads we would be allowed to close and whether this would be viable.

The race sold out the day before race day and we would like to thank Emit for being flexible allowing us to keep registration open until the night before. The late sell out meant that we only had a handful of transfers. The race limit was 600 and this was at the request of the Royal Victoria Park.

Finisher Stats:

Total finishers = 534

Affiliated Male = 228, Female = 175, Non-Binary = 0

Unaffiliated Male = 70, Female = 60, Non-Binary = 1

Total Male = 298, Female = 235, Non-Binary = 1

We were very impressed with all the contractors that we used. I cannot speak highly enough of Emit, who provided the Start and Finish arch and the chip timing and race numbers. They were very responsive to any communication and delivered on race day. Studio Republic the DJ was fantastic and the sound system and PA were very high quality. They delivered three sets, one before the race, one during and one after to give the race the feel of a celebration. The medical team, A-cute medical services, were also great. I am pleased to report that there were no major medical injuries with only one trip down along the sea front.

As can be expected we learnt a lot on race day, especially around race setup and next year we will be more organised. Having said that there were no real major disasters.

Lessons learnt were we needed some water closer to the finish line. We were not quite sure when the best time to do the awards ceremony was and this caused a bit of confusion with mixed messaging sent out to the runners.

One issue that we encountered on the day were a couple of large pot holes in the road going down towards the coast. These were outside of the control of the Country Park too (as this is a Highways Road). To manage the direct safety concerns, we had to narrow the course at this point. This led to the course becoming a little congested with a small amount of traffic, runners and faster runners all trying to get through the space. We added additional marshals to manage this.

See you next year on Sunday 18th of May.

### **3.2.2. Runners feedback**

Very well organised, advertised, with great marshalls and support. Cowbell at the end was particularly popular!

Loved choice of 3 fruits. PA good.

Negatives - probably an obvious one, but the course left a bit to be desired, with 3 laps for a 10k, including a fair few off road / single file trail sections, narrow and unable to pass lapped runners easily, or see ahead not ideal, coupled with then the gravelly path sections around the chapel area. Appreciate this was impacted by the lack of access to the police college, but didn't feel like a road race for much of it.

## **3.3. Alresford 10k**

### **3.3.1. Official race report**

Entries reached their limit of 500 two days before race day. The online system worked well, allowing runners to do their own swaps if necessary in the run up to entries closing at 6pm the day before the race. The system also allowed people to download a list of entrants. This certainly reduced the usual amount of pre-race admin.

431 runners raced on the day and everyone finished. The men's race was won by Fred Slemeck (Hercules Wimbledon) in 32.21 and the Women's race by Katie Gunn (Bournemouth AC) in 39.41. All the results are on the EventChipTiming website and have been uploaded to the UK Athletics site.

The weather was fine after a damp start to the day with a fair westerly breeze. The sun came out during the race and conditions at the finish line were very warm.

One person needed medical attention at the finish but recovered well. Two others felt faint and were looked after by the medics from Collingwood Medical.

We forgot to label the changing rooms - our apologies. There were, apparently, long queues for the loos upstairs despite runners being asked to use the portaloos in the car park.

We had one traffic incident in the town where a vehicle from Skills Scaffolding in Southampton refused to obey the marshals' direction and the occupants verbally abused both the marshal and the tail runner. This has been reported to Hampshire Police.

All feedback on the race is most welcome.

### **3.3.2. Runners feedback**

Great event, superbly organised as always, well marshalled, and the buff, cress & cookies at the finish coupled with plentiful water was very well received.

### 3.4. Lordshill 10k

#### 3.4.1. Official race report

The Lordshill 10k provided the perfect finale to the Road League Season. There were 930 entries, including 20 that were taken on the day. There were 757 finishers giving a fall-off of 19%. There were no reported casualties, but 2 runners were disqualified for wearing non-compliant personal stereos. The finishing momento of an engraved glass tumbler was very well received. A new course record was set on the day with 31 mins 59 seconds. The vast majority of comments were highly favourable, but there was a shortfall of marshalls around the parking areas at Ordnance Survey and this aspect has been taken on board. We will further look into whether we should have a time cut-off to avoid traffic issues towards the end. The announcement at the start was difficult to hear at the back. Finally, the finishing uphill slope was mentioned a couple of times.

Overall, we are pleased with how the race went and would like to thank all volunteers, runners and supporters for making it a very enjoyable day. Hopefully see you next year!

#### 3.4.2. Runners feedback

Really good event and a big club turnout for this one, including several PBs. Well advertised, organised and marshalled, with good pre-race space in the hall, bag drop and loos. Loved the glass wear at the finish. Only slight negative was occasional vehicles in the course. Hard to manage on a non-closed race, we appreciate, but merited flagging.

Glass well received. Several PBs. Great and supportive marshalls. Excellent organisation. Plenty of loos meaning short queues. Good parking. HQ was well organised.

Hill finish mentioned a couple of times.

A couple of suggestions for improvements: Pacers well received, but the hand-written signs were difficult to read. RD announcement at the start not audible at the back. It was not clear which side to run on the way back. Consider a second coffee van and moving the cake sale to nearer the HQ.

### 3.5. Overall season

#### 3.5.1. Feedback

Hamwic: Overall the season has been enjoyed by quite a few Hamwics, and we are working hard to continue promoting some of the races internally at the club, particularly those that are less well known / further afield.

Overton: Excellent HRRL Hampshire Road Race League season

Liss & Farnham: Thanks and much appreciated.

#### General:

A question regarding the scoring system was resolved by pointing to league rules on the website.

A question about whether the percentage system is appropriate was responded to in favour for the percentage system by a runner and backed by several others. It looks like no further action is needed.

Sari's personal feedback: Would be great to see more women making it on the mug.

Salisbury 10-mile clashes with Southampton 10k/HM/M (10<sup>th</sup> anniversary). We will reach out to Salisbury race organisers.

For the results table, please default to percentage throughout the season (rather than after race 7 only showing those that scored 7+).

#### **4. T-shirts and Mugs**

Sarah-Jayne has volunteered to design and source the mugs. Target distribution is Overton. Mugs will be handed out in batches to clubs.

Saul Duck has volunteered to design and source the T-shirts. For men, names will be split evenly across two mugs.

#### **5. Age categories and scoring**

We discussed the age categories and associated scoring.

Age categories will be: V40-49, V50-59, V60-69, V70-79, V80+

The qualifying age is a runner's age at the first race of the season (i.e. age on 8<sup>th</sup> Sep 2024).

Request from web and results master Chris: Please provide EA numbers of all runners with the race results. Note that entry portals do not check EA numbers on sign-up.

#### **6. New rules for race permits in UKA**

On 1<sup>st</sup> June, Run Britain passed their license system on to RunEvents, which introduced a new system with a lot more paperwork. There is a webinar Wed 31<sup>st</sup> July 2024, 6-7 pm. Video available subsequently.

Update since meeting: The link to the webinar has been circulated, and a recording will be available shortly after.

#### **7. Personal stereo use at HRRL races**

UKA rules allow the use of bone-conducting headphones. Malcolm asks for a view from the clubs whether it should be made a League rule to ban any type of headphones, including bone conducting, for safety reasons. The response was mixed, primarily as some runners rely on headphones, especially during longer races. The general feeling seemed that it should be down to race-specific risk assessments.

We ask all runners and clubs to consider whether the League should recommend a ban on bone-conducting headphones.

Action: AGM vote

#### **8. Flyers on race-attending cars**

We have received a few comments complaining about flyers on cars. The issue was discussed and the general consensus was that the flyers are not handed out by race organisers, so it is not clear how race organisers would police it.

Action: For anyone planning to place flyers on cars. Please consider whether this is the most appropriate and effective way to advertise.

## 9. HRRL Facebook account

Malcolm reminds everyone that we have ~3,500 followers on the HRRL Facebook group. Requests to join will only be accepted if the two questions are answered. Please remember, this group is for runners by runners of the League.

Action: Post on Facebook to request that anyone no longer running or part of the League, please consider unfollowing.

## 10. Treasurer account

Lloyd: Nothing really from my side. I suggest holding next season's subs the same as this year. We reduced them last year so it makes sense to keep them as they are. Nothing has moved in the account in the last quarter, so nothing to report.

## 11. Any other business

### 11.1 Funds

At the last meeting, we asked for suggestion for activities that the League could support financially with some of the limited funds available. We would particularly welcome proposals to encourage diversity and inclusivity, or something that falls out of the normal running club remit and would benefit from county-wide action.

### 11.2 Environmental impact and sustainability

It would be great if the League could help towards neutral or positive environmental impact and sustainability. We ask all run directors and race organisers to send us their recommendations of what worked. We will collate these suggestions and add them as a resource to the website.

Action: To all present and past race organisers, please email us ([hrrl.secretary@gmail.com](mailto:hrrl.secretary@gmail.com)) about what 'green' measures have worked for your race.

Action: Add list of recommendations to website.

### 11.3 Chip time for age results

We had a lengthy discussion about whether age categories should be based on gun time. Gun time may be appropriate for the younger age categories, where age-category winners are still finishing near the top of the field. As times slow with age, winners of the higher age categories typically run in the pack of the field, where congestion at the start could substantially affect gun time.

Action: Poll on Facebook for runners age 50+ on whether they prefer age-category scoring based on gun time or chip time.

### 11.4 Season's final results

All requests for amendmends of the currently published results must be sent to [hrrl.website@gmail.com](mailto:hrrl.website@gmail.com) by 31 July.

Action: Post on Facebook about deadline.

## 12. Date of next meeting

Mon 7<sup>th</sup> Oct 2024