

# MINUTES for AGM on 14<sup>th</sup> April 2026

14<sup>th</sup> April 2026 at 7 pm, Fleming Park Bowling Club, Eastleigh

## Attendees

	Name	Club
Chair	Malcolm Price	Lordshill Road R
Vice chair	Sarah-Jayne Law	Fareham RC
Secretary	Sari Giering	Lordshill Road R
Website	Chris Jochem	Lordshill Road R
5	Darren Mansfield	Alton R
6	Richard Scrase	Alton R
7	Dan Latham	Chandlers Ford Swifts
8	Michelle Pipet	Chandlers Ford Swifts
9	Steven Mitchell	City of Salisbury ARC
10	Mark Wilde	City of Salisbury ARC
11	Peter Costley	County Team Manager
12	Tom Fielder	Eastleigh RC
13	Steve Collins	Eastleigh RC
14	Justin Clarke	Farnham RC
15	Honor Reader	Gosport Road R
16	Dave Little (online)	Gosport Road R
17	Josh Murray	Hamwic Harriers
18	Rachel Dryden	Hamwic Harriers
19	Richard Bingham	Hardley R
20	Daniel Parker-Hales	Hardley R
21	Rich Tapley	Itchen Spitfires
22	Tracy Puttock	Hedge End RC
23	Claire Lockyer	Netley Abbey R
24	Mario Sheath	New Forest R
25	Marion Frewin	New Forest R
26	Danielle Friedman-Brown	Solent Running Sisters
27	Stacey Read (online)	Stubbington Green R
28	Dot Kennard	Totton RC
29	Neil Cameron	Totton RC
30	Helen McMahon	Overton Harriers
31	Paul Horler	Winchester RC

19 clubs and the County Team Managers were represented.

## Apologies

Deborah Birch (Gosport RR), Stephen Cawte (Gosport RR), Julian Smith (New Forest R), Jonathan Read (Alresford), Darren Cole (Vectis), Ellis Meades (treasurer), Georgina (EA)

## Contents

1.	Welcome & introductions.....	2
2.	Review of the year .....	2
3.	Feedback on races held since the last meeting, race reports and runners' comments .....	2
3.1.	Ryde 10 .....	2
3.1.1.	Official report .....	3
3.1.2.	Runners' feedback.....	3
3.2.	Solent Half .....	4
3.2.1.	Official report .....	4



- 3.2.2. Runners’ feedback..... 5
- 3.3. Salisbury 10 ..... 5
  - 3.3.1. Official report ..... 5
  - 3.3.2. Runner’s feedback..... 7
- 4. Elect committee posts..... 7
- 5. Update on League participation ..... 7
- 6. Sustainability package ..... 7
- 7. Race directors WhatsApp group..... 8
- 8. Treasurer report..... 8
- 9. Races for 2026/27 season ..... 9
- 10. County Champs ..... 10
- 11. AOB..... 10
  - 11.1. IOW Marathon ..... 10
  - 11.1. Alton 10..... 11
  - 11.2. Power of 10..... 11
  - 11.3. EA number validation..... 11
  - 11.4. Course measurements ..... 11
- 12. Date of next meeting ..... 11
- 13. Appendix..... 11

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## **MINUTES**

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### **1. Welcome & introductions**

Apologies for the venue change.

Read out apologies.

### **2. Review of the year**

Loss of Stubbington is a shame. On the positive side, we brought in Totton, which is great.

Malcolm was nominated for EA award and won, which was a great networking event and got us good contacts to EA, so that we can leverage their support.

Chris will review the stats on the year to date.

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

#### **3.1. Ryde 10**

### **3.1.1. Official report**

Sunday 1st Feb 2026

The race hit the 600-entry limit early in January, then there was a steady stream of transfers up to when entries closed a week before the race, with 80 runners still on the waiting list unable to acquire a place.

#### **Finisher Stats:**

Total finishers = 536, so 10.6% 'no shows' which in on pare with last year.

Affiliated Male = 272, Female = 200

Unaffiliated Male = 30, Female = 33

Total Male = 302, Female = 233

Total Isle of Wight runners = 143 (29%), Mainland runners = 392 (71%)

But of the 64 'no shows', 54 of these were from HRRL clubs, I'm sure not all of these runners would have decided not to run in the 5 days between the transfer deadline and race day. Question to all HRRL clubs, what can we do as race organisers to make it easier for runners to make unwanted places available for transfer, or change club runners' behaviour to understand that 'no showing' is preventing those on the waiting list an opportunity to race.

#### **The Race:**

The race start assembly area was better compared to last year's, but there is still room for improvement. (We had purchased a PA system for the pre-race announcements, but for some reason it wasn't picked up from our race store)

We had good fortunate with the timing of the race, that the course was mostly unaffected by the weather, and the footpath at mile 6 wasn't too muddy. 12 hours later, parts of the course around mile 2.5 were 12" under water, following the heavy rain that evening.

With this year's weather being slightly inclement, particularly towards the end of the race, this had the benefit of keeping the promenade clearer of pedestrian compared to last year, where the last 2 miles had been a bit congested. The final finish straight was also better marked with cones/barriers to stop spectators/pedestrians encroaching on the racing line.

At the finish, in addition to runner collecting another fantastic medal, we were able to provide bananas for the first time, after being able to find a small local supplier that was able to help, at normal cost. (None of the major super markets were interested in donating them, or even assisting with the supply at normal cost)

There were a small number of trips & falls on the course on race day, which were dealt with by the First Aid team, with one seeking further NHS treatment post-race.

Overall, it was a successful event. (It was also good to see three IOW runners getting on the podium in the men's overall results)

The 2027 race will be on 7th Feb, online entries will open early October, race limit will be 600 again.

### **3.1.2. Runners' feedback**

First aid was very poor: no ID taking - no supplies no foil blankets, no steri-strips, etc., no asking for incident details or follow-up advice. – The club were very good taking on the feedback.

Really well marshalled.

Maybe more marshals along the promenade (near the coffee shop near the left-turn) would be very helpful.

First bit past the pond is not closed, but all runners went into the road. Temporary closure needed.

Great race. Great route: much better than before.

Race HQ staff really helpful.

Start line much better. Maybe a clearer 'count down' would be helpful.

### 3.2. Solent Half

#### 3.2.1. Official report

Sunday 8<sup>th</sup> March 2026

Race Report by Tamsin Roberts - RD

Race Statistics

Entries: 510  
Starters: 442  
Finishers: 441  
DNF: 1 (Known)  
First Aid: 2

Following no race in 2025 after deciding to move the event to a Spring date for 2026, we sold out well in advance of the race this year which was a great way to celebrate the race's 40th anniversary.

With a March date for the first time we weren't sure how the field (which has the starting and finishing sections of the race) would be, and after persistent heavy rainfall in January and February, the answer was wet. We tried to make sure our runners were as prepared for this as possible, and much of the feedback from faster runners were that they were disappointed by this part of the course with it not allowing a sprint finish.

We were concerned our race parking would be tight, however there was plenty of space in our officially designated areas and we're not quite sure where everyone parked! We are pleased that runners perhaps took in our numerous messages around car sharing and parking being tight.

There were no incidents/ medical issues known to us on the day, one athlete retired after a previous injury flared up, and there were 2 very minor slips close to the finish.

Headphones were once again an issue at our race, with some reports of in ear/ over ear headphones. Most notably, we are aware of 2 runners who went off course wearing over the ear headphones, who despite the best attempts of our marshal to yell at them continued up the road off course before realising their mistake.

Most of the feedback we've received has been incredibly positive. Runners particularly enjoyed our friendly marshals and the "back of race" support, noting that the event was well-organised. We are also thrilled by the support and praise for our charity cake stall.

We are aware that one busy junction was under-marshalled, and we are committed to rectifying this for future events. As a relatively small club, we are so proud that our team's hard work has allowed us to support Oakhaven Hospice and the Huntingdon's Disease Association with over £5k raised. Thank you to everyone who supported the race!

### **3.2.2. Runners' feedback**

More cups at water stations.

Clearer marshalling or route marking around the field.

Bog in field not good.

Horses were awesome.

Good DJ, great cake.

Mugs great. Though some liked vests more.

## **3.3. Salisbury 10**

### **3.3.1. Official report**

April 12th 2026

Thank you to all HRRL club runners who chose to run the Salisbury 10, you helped the race sell out in a record breaking 3 weeks (an organiser's dream), this caused us to increase the number of entries for sale by 5% to accommodate those not fortunate enough to obtain one first time around. With a license for 1000 entries, selling 1050 didn't give us cause for concern when the national average of DNS is 15-18%. However, we hadn't anticipated this figure being massively reduced to 7% on the day which was a record attendance of 933 starters, still comfortably within the threshold of the license.

Feedback on the day was superb, the greatest comments being about the large size of the Race HQ, efficient bag drop, cheery marshals, children staffing the water stations and the scenic route. The weather was dry and bright, perfect racing conditions until 12:16 (1 minute after the official cut off!!), when Salisbury was hit by a typical April shower with gusty winds which caused the inflatable finish arch to make a break for the heavens. A few late finishers assumed the finish had been dismantled and were a little upset at this when in fact, for safety reasons the decision was made to leave the arch on the ground. A survey emailed to finishers highlighted the popularity of the shirt, not just the design but the lightweight fabric. A few females unsurprisingly enquired about the unisex fit whereas in previous years Salisbury 10 has offered male/female shirts. At the time of manufacturing, male/female shirts weren't available, however.....2027 will see the return of them.

Every year, the bottle neck just after the start is commented upon. For the last 3 years we've hoped to use an alternative start but civil engineering works being severely delayed have prevented this. We're ever hopeful that 2027 will see us finally use the much better alternative start, thus alleviating the bottle neck, fingers crossed.

This year saw one of our own, Dan Poynting take the crown finishing in 53:08 whilst Southampton AC's Sarah Winstone was first female over the line in 1:00:14. We also had some course records broken in several age categories:

M35 and M40 Andrew Winterbottom (Winchester AC) – 53:27

M60 Kevin Gale (Denmead Striders) – 1:01:27

F65 Linda Tyler (Farnham Runners) – 1:13:29

F75 Caroline Horder (Bournemouth Joggers) – 1:27:30

The decision was made to 'celebrate' the oldest and youngest entrants by awarding them a free entry in 2027. This proved especially popular with the older runners, recognising their age whilst racing a field that is younger than them by quite some margin. To further acknowledge this, Salisbury 10 will include additionally age categories in 5 year increments after V50.

Salisbury 10 would like to congratulate the Samaritans which staffed the refreshments stand, raising £513.75. City of Salisbury Athletics & Running Club will donate £200 bringing the total to £713.75 for this worthy charity. We'd also like to thank the following for their support and excellent service;

Teesmedals – t-shirt supplier

Racesignup – online registration

Emit – chip timing

St Johns Ambulance - 1st aid medical provider

Raynet – amateur radio communications

And a final thank you to all the volunteers, without whom there'd be no race. They truly make the experience what people have to expect from Salisbury 10 and the reason so many return each year.

### **Facts and Figures**

Entries sold – 1050 (33% affiliated female/42% affiliated male,  
11% unaffiliated female/14% unaffiliated male)

Starters 931 (820 in 2025)

Finishers 928 (820 in 2025)

DNF 3 (2 in 2025)

DNQ 0 (0 in 2025)

Transfers 106 (35 in 2025), increase in number due to the race selling out so early.

First male finisher - Dan Poynting, m23 (COSARC) – 53:08

First female finisher – Sarah Winstone f39 – 1:00:14

Top 10 HRRL member clubs (greatest number of finishers):

<b>Club</b>	<b>2025</b>	<b>2026</b>
COSARC	69	53
Lordshill	45	23
Hedge End	38	29
Totton	38	19
Denmead	35	36
Fareham	33	44
Alton	33	35

IoW	33	11
Stubbington	31	11
Farnham	25	26

The Samaritans raised £513.75, COSARC donated an additional £200, totalling £713.75.

The feeling is that races within the HRRL are experiencing a positive upturn in that more people are entering and doing so earlier, rather than last minute which is a healthy position to be in for those seeking a competitive field to race against.

Best of luck to all the remaining races in this season.

### **3.3.2. Runner's feedback**

Awards for youngest and oldest runner: will get free entry next year – nice idea

Start was not a problem for everyone – better than last year.

Nice tshirt design and quality.

Great idea to have badges 'here to help'. Great ambulance.

Ran out of flapjacks (not directed to them) – possibly issue because of rain.

## **4. Elect committee posts**

No one came forward.

<b>Chair</b>	Malcolm Price
<b>Vice chair</b>	Sarah-Jayne Law
<b>Treasurer</b>	Ellis Meades
<b>Secretary</b>	Sari Giering (Looking for replacement after next year.)
<b>Results and web master</b>	Chris Jochem

## **5. Update on League participation**

See Appendix.

## **6. Sustainability package**

As previously discussed, and strongly supported by Sarah-Jayne (HRRL), the league is proposing to introduce a "Greener Racing" initiative.

The aim is to encourage race organisers to adopt more sustainable practices, while keeping the process simple, practical, and not adding unnecessary workload.

### **Proposed approach:**

- Race Directors (RDs) continue organising events as usual.
- A short post-race checklist is completed (by the RD or an HRRL volunteer).
- Each item is scored ("Yes" = 1 point; "No" = 0 points)
- The race with the highest total score will be recognised as the "Sustainability Champion" / "Greenest Race of the Season", with a reward.

The nature of the reward was briefly discussed. A popular option is a £200 donation to a charity of choice supporting sustainability or other green actions.

An initial draft checklist had been prepared. It is not expected that races will meet all criteria. The checklist is intended to:

- Provide ideas and inspiration for more sustainable practices
- Highlight achievable actions ("easy wins") as well as longer-term aspirations
- Be aspirational - recognising that not all measures are feasible for every race

A strong example was highlighted from the Salisbury 10k, where ~400 items were donated (including t-shirts, shoes/trainers, and ~150 metal medals), demonstrating the potential impact of simple initiatives.

It was suggested that supporting documentation (e.g. tips and tricks, recommendations, potential pitfalls, etc) should be put together to support RDs' decisions as much as possible.

### **Discussion points / next steps:**

The previous idea of a more complex rating system was considered overly complicated; a simple scoring approach is preferred.

We need feedback and help to:

- Missing "easy wins"
- Clarity of criteria
- Additional practical suggestions

We are looking for **volunteers for a breakout group** to finalise the checklist criteria in time for the next season.

Once agreed, HRRL will engage with England Athletics (EA) to explore potential further support.

## **7. Race directors WhatsApp group**

WhatsApp group. Very useful and great support forum. Please forward to any RD in the region.

## **8. Treasurer report**

The 2 accounts are (as of 1 Apr 2026):

Main - £3,045.57

Savings - £5,652.13

The only bill I am expecting to receive is for the AGM rental however I am not tracking an exact figure.

At the same point last year we had £3,020.22 in the main account and £5,594.58 in the main account so we've made a small profit (£25.35 in the main account & £57.55 in the savings account), however depending upon the costs of the hall hire and food we may have made a small loss. I will reconfirm once I have an invoice.

In terms of the wider implications to our finances, I don't see a requirement to increase the fees as we are operating at roughly net neutral. Unless I'm mistaken we don't have anything special planned for the next running year which will require additional funding therefore my recommendation is to not increase the cost for membership in to the league.

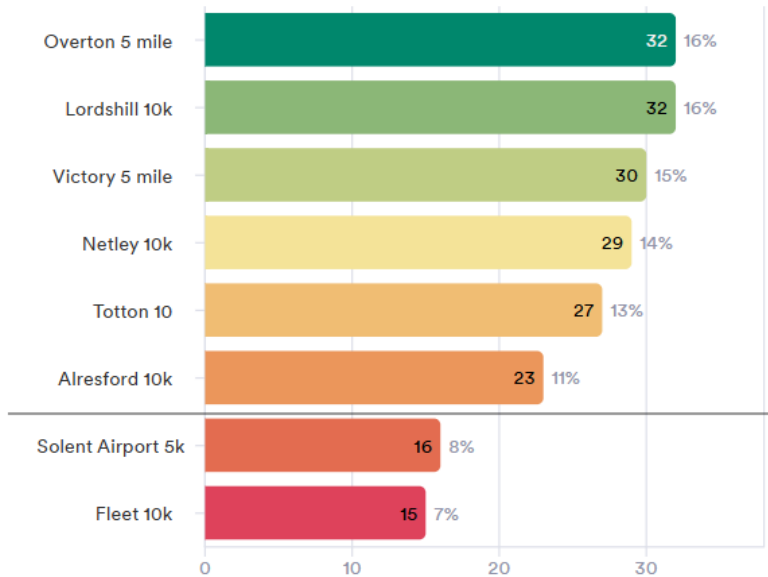
I have not received any comms from clubs requesting a reduction or increase in team numbers. Therefore, clubs shall be expecting the same bills as last year.

### 9. Races for 2026/27 season

34 out of 36 clubs voted (missing votes from Andover AC and Victory AC). The final results were clear, and missing votes would not have affected the outcome.

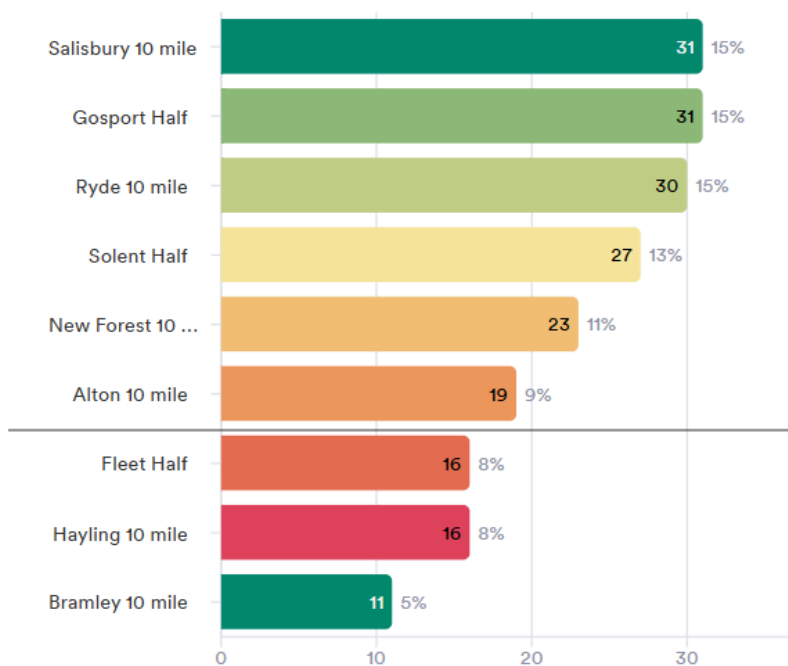
#### Short-distance races

204 Answers



#### Long-distance races

204 Answers



The calendar thus stands as:

Month		Races
Aug-26	30th	Totton 10k
Sep-26	6th	Overton 5 mile
Oct-26	25th	New Forest 10 mile
Nov-26	8th	Hayling 10 mile*
	15th	Gosport Half
Dec-26	tbc	Victory 5 mile
Jan-27		
Feb-27	7th	Ryde 10mile
Mar-27	tbc	Solent Half
Apr-27	tbc	Salisbury 10 mile
May-27	tbc	Alton 10 mile
	16th	Netley 10k
Jun-27	20th	Alresford 10k
	tbc	Solent Airport 5k*
Jul-27	4th	Lordshill 10k

\* Hampshire Championship Race (not HRRL)

## 10. County Champs

A short discussion was held on the merits of reinstating the County Championships, which appeared to attract increased participation last year. It was agreed to reintroduce them, subject to confirmation with Hampshire Athletics.

Short-distance: Solent Airport 5k (as per ballot)

Long-distance: Hayling 10 (agreed unanimously during meeting)

### Why run these races?

- Medals and prizes (with age categories)

### Eligibility Criteria

- Born in Hampshire, or Hampshire residence for over 9 months
- Registered with England Athletics
- Need to declare eligibility when signing up to race

## 11. AOB

### 11.1. IOW Marathon

On October the 4<sup>th</sup>, Ryde Harriers is holding the 70<sup>th</sup> Isle of Wight Marathon, which is the oldest consecutively run Marathon in the world. Please can I ask you to share the details of this race with your club members, and encourage your club to be represented at the race. We are aiming to make this 70<sup>th</sup> year its biggest, with a race limit of 400.

<https://www.rydeharriers.co.uk/isle-of-wight-marathon-race/>

### 11.1. Alton 10

Selling quickly. Please sign up to not miss out.

### 11.2. Power of 10

How do race results get onto Power of 10? – Pushed by race director.

### 11.3. EA number validation

Short discussion about how EA numbers are validated upon race entry. Post-race update: RaceSignUp now validate during race entry.

### 11.4. Course measurements

Overton's course needs to be remeasured, and the race director was asking for advice. There is a new contact person, and it was suggested to ask on the Race Director WhatsApp group for details.

## **12. Date of next meeting**

Mon 6<sup>th</sup> July at 7pm at Places Leisure Eastleigh.

## **13. Appendix**

# Update on HRRL Participation

Prepared: 21 April 2026

Chris Jochem

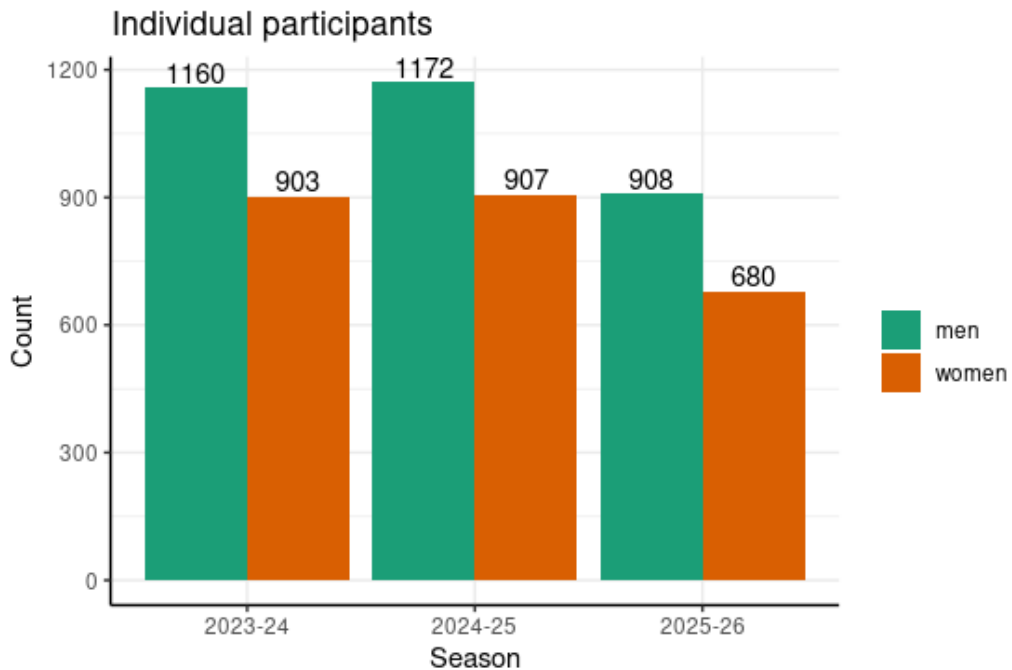
The following report provides an update on league participation statistics from the 2023-24, 2024-25, and to the current point of the 2025-26 seasons. This report was initially presented to the HRRL AGM on 14 April 2026. The statistics have, since that presentation, been updated to reflect the latest results from the Salisbury 10. As noted below, the composition and order of races has changed each season, and so participation numbers at the current point of the 2025-26 season may not be directly comparable to past seasons.

## Club participation

- Total participation has remained steady over the past three seasons with 36 clubs currently competing, compared with 34 clubs in 2024-25 and 36 clubs in 2023-24.

## Individual participation

- In 2023-24 and 2024-25, approximately 2000 individuals completed at least 1 race.
- More men compete in the League compared with women, and the ratio of men competing to women is remaining roughly constant across seasons.





Season	Men	Women	Total individual participants	Total participants after 8 races
2023-24	1160	903	2063	1646
2024-25	1172	907	2079	1797
2025-26	908	680		1588

## Completed races

- Over 50% of individuals participating in the League complete 2 or more races.
- Approximately 11% of individuals complete 7 or more races to be ranked in the League tables.

Races Complete	2023-24		2024-25		2025-26	
	Men	Women	Men	Women	Men	Women
1	526	431	539	434	428	326
2	226	184	226	171	175	127
3	129	94	115	107	90	86
4	78	53	67	45	68	44
5	40	32	66	32	54	40
6	25	20	29	17	39	27
7	40	25	49	33	25	13
8	26	24	28	32	29	17
9	19	14	17	14		
10	14	6	12	10		
11	12	6	8	5		
12	25	14	16	7		
<b>Total</b>	1160	903	1172	907	908	680

## Completed short and long races

- Comparing the “short” (less than 10 mile) and “long” races, there have been relatively consistent numbers of participants across recent seasons.
- While more men participate in the League, the ratio of women participating compared with men does not vary strongly between long and short races.

	Long Courses			Short Courses		
Season	Men	Women	Women as proportion of men	Men	Women	Women as proportion of men
<b>2023-24</b>	1437	1018	0.71	1809	1339	0.74
<b>2024-25</b>	1433	1060	0.74	1795	1331	0.74
<b>2025-26</b>	1379	1004	0.73	852	599	0.70