

MINUTES for Meeting on 5th Oct 2026

5th October 2026 at 7 pm, Places Leisure, Eastleigh

Attendees

	Name	Club
Chair	Malcolm Price	Lordshill Road R
Vice Chair	Sarah-Jayne Law	Fareham
Secretary	Sari Giering	Lordshill Road R
Treasurer	Ellis Meades-Woolley	C o Portsmouth AC
Web/Results	Chris Jochem	Lordshill Road R
6	Michelle Pipet (online)	Chandler's Ford Swifts
7	Steven Mitchell	C o Salisbury ARC
8	Justin Clarke (online)	Farnham RC
9	Stephen Cawte	Gosport Road R
10	Josh Murray	Hamwic Harriers
11	Tracy Puttock	Hedge End RC
12	Claire Lockyer	Netley Abbey Runners
13	Julian Smith	New Forest R
14	Janet Townsend	New Forest R
15	Helen McMahon	Overton Harriers
16	Katie	Portsmouth Joggers
17	Ainsley	Portsmouth Joggers
18	Tony	Totton RC
19	Peter Costley	Hampshire

14 clubs and the Hampshire Team managers were represented.

Apologies

Jonathan Read (Alresford), Deborah Birch (Gosport RR), Jill Hazelton (Totton), Darren Mansfield Alton), Dave Little, Malc Lavery (Havant AC, Hayling 10), Daniel Parker-Hales (Southampton AC)

MINUTES

1. Welcome

New representatives from Portsmouth Joggers. Welcome.

2. Revised Committee Line Up

After revisiting conflicts of interests, SJ is reinstated as vice chair. Many thanks for all her work on T-shirts, mugs and sustainability award.

3. Review of minutes and actions of last meeting

Two outstanding:

(1) Collate charity donations – still needs to be compiled. 9 out of 12 races have provided figures. Expected to be >£45k, which we believe should be celebrated more widely. There are a couple of lovely background stories (e.g. Gosport), which would be great to share more widely.

(2) Training for assistant runners. Unclear communication with EA, which means we could not resolve potential costs for HRRL. Will have to carry this item forward.

→ **To all clubs:** please promote this offer to members and come forward with a couple of names by next meeting (January). We will then collate numbers and look into dates and venues. Costs will likely be covered by HRRL.

4. Race reports and runners' feedback

4.1. Totton 10k

4.1.1. Official Report

Totton Running Club 10k Sunday 30th August 2026

Entries	700
Completed race	607
DNF	5
No shows	88
Affiliated Male Runners	223
Affiliated Female Runners	173
Unaffiliated Male Runners	131
Unaffiliated Female Runners	80
Male	354
Female	257

We sold out all 700 entries, with our last flurry of entries received one hour before we closed three days before the race. This is different to the previous two years we've put on the race where we sold out earlier, and we believe this was due to the race being on the bank holiday weekend.

We received a high level of enquiries about transfers. We ran and maintained a policy of only accepting transfers once the race was full. Unfortunately, as we did not sell out until the last minute, we were not able to open transfers at all which received some complaints.

We note that there is no HRRL policy on transfers.

The weather on the day came as a relief to the Race Director, it was warm but nowhere near as hot as it had been in previous weeks, with no rain or thunderstorms, as had been forecast a few days prior.

Our first male came in at 32:02 from Ryde Harriers. Our first lady came in at 38:28 from Ryde Harriers.

We had four medical incidents on the day, none of which resulted in hospital admission, and all runners able to go home by the end of the event:

- Pulled hamstring at mile 4 – runner was driven back close to the start line by one of our marshals where they received minor medical treatment
- Trip with significant bruising and scrapes – runner received treatment from the on-site ambulance which drove to their location on Pollards Moor Road. In addition to the significant scrapes and bruising there was concern that the runner had hit their head whilst falling. After receiving treatment, the runner was driven back to the start of the race by the ambulance
- Low blood pressure on finishing the race – a runner received very minor medical treatment for a pre-existing condition after finishing the race

- Mental health crisis – a runner received treatment from the medical team having a mental health crisis having finished the race.

Points of note / lessons learned from the medical incidents:

- The runner experiencing a mental health crisis had not completed the medical information or emergency contact information on the back of their bib. It was eventually possible to establish and get in touch with the runner's emergency contact.
- The ambulance was deployed early in the race and then was unable to start and return to the race HQ due to engine failure. This left a single medic at the race finish for longer than expected at the busiest point of the race finishing.
- We found that having a Deputy Run Director was important and beneficial for dealing with general running of Race HQ whilst the RD dealt with the medical incidents.

From the race we have been able to donate £7200 to local charities including: 2nd Copythorne Scouts; St Marys Church; Copythorne Parish Hall; Youth & Family Matters; Felix food bank; and CRY.

We have received positive feedback from runners, enjoying the course and the friendliness of the marshals.

We had some minor challenges with road closures with a few drivers challenging marshals to come through, and we had some reports of drivers exceeding a safe speed when they passed. We feel that there isn't a lot that can be done about this other than being sure to fully brief marshals and equip them with maps of the road closures and diversionary routes, we note that this is a big ask of marshals. Leaflets are distributed to all properties on the route eight weeks prior to the event and warning notices put up locally two weeks in advance. We realise that closing roads is challenging for residents and we're grateful for the support we receive from the community.

Feedback received:

- The 10k was a great success - well organised, an ideal race HQ, a beautiful course, just undulating enough for variety, and a super team of volunteers and marshals.
- Thank you so much. It was a truly inclusive and friendly event. Amazing volunteers and marshals and incredibly well organised.

4.1.2. Runners' feedback

Long discussion about road closures and aggressive drivers. Ideas were shared of how to deal with these sort of issues in the future, including marshal support by councils.

4.2. Overton 5

4.2.1. Official Report

The 37th running of the Overton 5 race took place on Sunday 6 September at 1030 am. It was a beautiful day for a run around the country lanes of Overton. An excellent atmosphere for family and runners with sun, ice cream, food and refreshments on the playing field. Additionally, children's races on the field prior to race. A successful event with positive post-event feedback.

The race is run on a traffic free circuit which while being expensive, our small club is proud to organise this race in North Hampshire. This year a small change was made

towards end of race for runners along Kingsclere road before turning into Church Road and end of race. Instead of using stop/go signs along the Kingsclere Road, all runners kept moving from exit at Flashetts, onto Kingsclere Road and finish. This meant that runners safely proceeded without traffic to finish. Cars had to wait longer during busiest period of race around 35 mins but safety was of paramount concern. No adverse comment from car users.

The event continues to attract over 500 entries. We had 537 entries and 475 finishers on the day. In 2025 we had 50 more entries. Of interest, in 2025, there were 492 affiliated runners; this year - 435 - a -12% variance. However, regarding unaffiliated runners, in 2025 there were 95 and this year 102 - + 7% variance. This year a 4% drop in female entrants. May be worth HRRL exploring - why less affiliated/club entries - fallen by 12% and less female runners - 4% reduction. Same for other races? For Overton Harriers - Impact of being a week after Totton 10K, traffic work at Winnall roundabout. Clearly Overton Harriers wants to sell out - can take 600 entries - more financial entry income, important when costs increase each year.

There were no medical incidents of note.

Mementos were given out at end of race. Appreciate this is the norm now for races. Should it be for HRRL races? The club will be looking at communication, sponsorship and marketing ideas for next year's race. Date - Sunday 5th September at 1030 - TBC

Of note, Whitchurch Scouts provide car parking volunteers (£2 voluntary car parking charge) and undertake all refreshments. They made a profit of £900.00 which was fantastic as goes towards sending Scouts to World Jamboree in Poland next year.

Regarding renewal of Race certificate of Course accuracy. This Overton 5 course is in its 10th year. Certificate only valid for 10 years. As such, there was a requirement for re measurement by South West England course measurer. Cost - around £250.00. This was undertaken by Kevin Miller - krm199@gmail.com Mobile no: 07780 382909.

The Measurement Report supplied by the Course Measurer, is valid for 10 years. As such, no longer need to apply for Race Course certificate each year. Clearly if changes to course during this time then a re measurement will be required. You must retain the Certificate for licence applications for future stagings of race. Of note, from 1st February 2026, the certificate renewal process was withdrawn. Detailed email regarding this subject from Ian Isaacs has been sent to Sari. If need further assistance re this, contact is Ian Isaacs, Area Secretary (South West England). Email - south@aukcm.org.uk Mobile no - 07714 101560.

Overton Harriers as always enjoyed organising this HRRL race. Thank you

Best wishes Helen

Overton 5 Race Director

PS: Costs for EMIT number collection seemed steep.

4.2.2. Runners' feedback

Morning start is great. Well organised.

Memento not deemed necessary.

5. Mugs, t-shirts & trophies for 2025/26 season

It was very clear that many people come to races to get the mug, and from across all abilities. ~390 mugs were handed out.

56 runners completed 12 races and got the t-shirt.

A lot of mugs were distributed at Totton.

Many thanks to SJ for all the work.

6. Treasurer report

Invoices sent out now. ~60% of clubs have paid. Please pay by end of month.

Accounts healthy (~£6000). To cover expected costs for next year (including VI runner training, mugs, t-shirts).

7. Inter-Country 10k teams (update by Pete)

Brighton 10k: Still looking for team. Difficult to put competitive team together.

For men: Sub 32 min at the moment, ideally sub 31 min.

For women: Sub 37

2 men, 2 women.

HRRL will support costs of fees (~£250).

8. Race Director WhatsApp Group

28 members now, including RD and race organisers across Hampshire. Very busy, and very successful in supporting RDs.

9. Medical cover

Number of personnel is determined by number of entries. There is an EA matrix to check details required for medical cover. It is worthwhile for RDs to check the matrix whether requirements are met; could be too many (i.e. higher costs) or too few (i.e. insufficient cover).

10. Sustainability package

The newly launched sustainability award scheme is so far going well and encourages more environmentally aware behaviour by both race organisers and race participants.

The criteria have been clarified; and scores can now be submitted via an easy online questionnaire. The two races that took place so far in this season have submitted their scores, and another race has already started to fill the form in. Kudos.

11. Constitution & rules review

To be discussed next time; they are currently been revised.

12. EA Road Running Forum

MP had been invited to a previous forum last year. Two weeks ago, there was a road running forum in Liphook, which was poorly advertised. 4 HRRL clubs were represented (out of 11 participants). Very good event, with two speakers and nice venue.

Next one possibly held in April, with hopefully more notice.

13. Race Selection for 2027/2028

Long discussion about the need to bring in new races into the League and how that can be done fairly. No conclusion, and the Committee aims to propose a selection process by the next meeting.

14. AOB

- **Victory 5:** Date has changed to avoid clash with CC6. New course.
- **New Forest 10:** Entries have been slow as compared to previous years. Please give your club members a nudge and file complete teams. Last year >500 HRRL runners, so far only ~300.
- **HRRL:** Check results and let us know if there are any issues. RDs: please make results available as soon as possible after race.
- **Hampshire team manager:** New Power of 10 is dreadful; EA not responding to issues and feedback. Has anyone had any luck contacting EA about it? – No.
- **Combe Gibbet (16 mile):** Noon 21st March 2027.

15. Date of next meeting

Mon 11th Jan 2027