

# Hampshire Road Race League

*On Your Marks...*

## **...It's Race Time!**

Next weekend sees Race 1 of the 2012/13 Hampshire Road Race League, the **Overton 5**, take place on Saturday 1<sup>st</sup> September 3pm at Overton Recreation Centre. If you haven't entered already, you can usually enter on the day, so please come along. The **Victory 5** follows two weeks later on Sunday 16<sup>th</sup> September. Please be aware that there are no entries on the day for this race, so if you want to take part, make sure you enter as soon as possible. If you want to know what you're letting yourself in for, a short preview of these races can be found on the following page.

Don't forget that if you want to compete in the HRRL individual competition, you need 7 races to appear on the final leader board (out of a possible 12) and it's worth being aware that the Overton 5 and the Victory 5 are the shortest events in the league. Enter these races and you won't have to compete in anything over 10 miles for the rest of the season!

## **Totton Needs You!**

As reported in this month's newsletter, we believe that promotion to Division 1 for *both* the Men's and Ladies' teams is well within the ability of the club this year. However, to achieve this goal we will need to deliver consistently strong performances in all 12 HRRL races throughout the season. And to do this we need runners... lots of runners.

Scoring in the HRRL works in much the same way as the RR10s and CC6s with the finishing positions of runners used to determine the race score. The race score then determines the league score (the position of the club within their division for that race) which are totalled up for the club's overall score (lowest score wins!). Men's teams are made up of 4 runners and ladies teams, 3 runners. While this may not sound like many, we came up short in a number of races last year which had a significant impact on our results. Incomplete teams (one runner short) are given the position *after* the last runner to make up their score. They are then placed *after all of the complete teams* in the division for that race, regardless of how good their adjusted score is. Even worse, if a club is two runners short, then they are considered a No Show and are given a league score of 11 for that race. Disaster! (and also a bit frustrating for those individuals who made the effort to take part)

Although clubs can drop their worst scores at the end of the season (Men's teams use their best 9 scores, while Ladies teams use their best 8), obviously it is preferable to drop our weaker league scores rather than being forced to get rid of Incomplete Team or No Show results brought about by low participation.

We continue to stress that you don't have to sign up to HRRL events (and neither should you if you're not race fit), but please don't allow yourself to be deterred by thinking "I'm not fast enough for races." As you can see, it's actually far better to have complete teams made up of slower runners than it is to have a couple of elites finishing in high scoring positions without support. Last year, Kate Sneddon made all the difference to the final position of the ladies team purely because she was taking part. Without her, the ladies would have finished in 4<sup>th</sup> instead of 3<sup>rd</sup>.

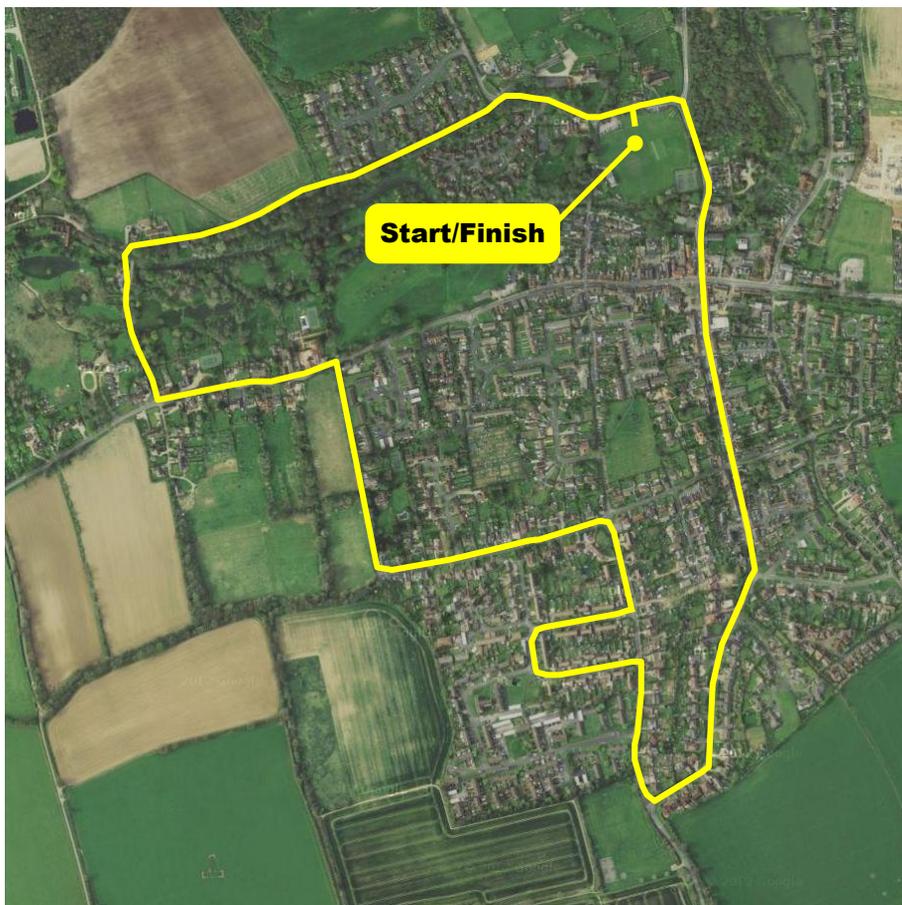
## **Roll of Honour**

We will be releasing a Race Report after each of the 12 events containing; the results, a team photo of those who took part, the current league positions, a preview of the next race AND an ongoing *Roll of Honour* naming all of our HRRL runners for 2012/13. It would be fantastic if there were 100 names on this list by the end of the season.

If you'd like to know more about how the HRRL works, including the individual competition, you can visit the official website at <http://www.hrri.org.uk/>

# Race Previews

## Overton 5 and Victory 5



### Overton 5

**Date:** Saturday 1<sup>st</sup> September

**Where:** Recreation Centre, Bridge Street, Overton

**Travel Distance:** 32 miles (or 45 mins) from Totton

**Race Start:** 15:00

**Entry Fee:** Entries on the day are £12 – You need to register between 13:00 and 14:15

**Route:** 2 x 2.5 mile laps

**Chip Timing:** No

**Traffic Free:** No

**Water Stations:** At the finish

**Highest Point:** 377ft

**Lowest Point:** 265ft

<http://www.overtonharriers.org.uk>



### Victory 5

**Date:** Sunday 16<sup>th</sup> September

**Where:** Mountbatten Centre, Northern Parade, Portsmouth

**Travel Distance:** 27 miles (or 35 mins) from Totton

**Race Start:** 11:00

**Entry Fee:** £12 (No entries on the day)

**Route:** 1 lap of a 5 mile course

**Chip Timing:** Yes

**Traffic Free:** Yes

**Water Stations:** At the finish

**Highest Point:** 26ft

**Lowest Point:** -6ft

<http://www.athleticsevents.co.uk>