



HARDLEY RUNNERS

Job Description - HRRL Captain

Post currently held by

Vicki Clarke who retires after the 2018/9 season

What is the HRRL?

So, for those who don't know, here's some info on what the HRRL is. It stands for the Hampshire Road Race League, and is made up of 12 races throughout the year. Both the female and male teams are in League 2 out of 3, so are competing with fellow clubs of our ability. It's mostly just a bit of fun, with the added competitive level for those who want it, but all the races are inclusive for everyone. The scoring is made up of the 1st 3 women for the club, and the first 4 men, with incomplete teams, getting max points. The aim is to get as LOW a score as possible - e.g. finishing 3rd, 16th and 200th = 219, would beat 50th, 70th, and 100th = 220, but both teams would score, a team of 1st, 2nd and no 3rd scorer, would get the worst score :(This shows that having more competitors, is better than just one or two quick runners!

If you run all 12 races, you automatically get an AWESOME t-shirt saying "I ran all 12" - I'm not lying, when I say this t-shirt is awesome! Also, if you complete 7 out of 12 of the races, there is a chance to get your name on an individual league placings mug - each race you get a percentage rating depending on your placing, and this ranks you in the league. As a general rule, it tends to be, any female that completes 7 will end up on the mug (it's a good mug!) and pretty much every man, although sometimes the year can have a very high level of entrants so a couple may not qualify in the top 100, will get on the mug. However, if you don't end in the top 100 though, there is another mug with your name on to show you've done 7.

The role of HRRL captain involves the following:

- Communicating via email details in advance of the races.
- Promoting races and number swaps via facebook.
- Drumming up entries at training.
- Providing info on car shares.
- Writing run reports.
- Attending the quarterly Hardley committee meetings.
- Attending the quarterly HRRL meetings in Eastleigh (Living closer to Eastleigh, I'm happy to continue going to these if it's easier and I can pass on any info. Totally your call though!)
- Attending as many races as possible, although doing all of them isn't essential!

If anyone would like anymore info on the role, I'm happy to help with anything, so send me a message. I'll still be running some of the races too. Or you could pop Charmaine a message on miss356@icloud.com if you're interested in the role.

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