HARDLEY RUNNERS

Job Description - HRRL Captain

Post currently held by

Alice Rudd (2023/24)

What is the HRRL?

HRRL stands for the Hampshire Road Race League and is made up of 12 races held throughout the year. It is mostly just a bit of fun, with the added competitive level for those who want it, but all the races are inclusive for everyone.

Scoring

Teams: each set of 4 male or female runners make a team. Team placing takes the best 9 team scores out of the 12 races.

Individuals: best 7 scores are taken out of the 12 races (100 scored for 1st, 0 for last).

T-shirt: If you run all 12 races, you automatically get a t-shirt.

Mugs: If you complete 7 out of 12 of the races, there is a chance to get your name on an individual league placing 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.

Website: More details and the results can be seen on the HRRL website: https://hrrl.z33.web.core.windows.net//default.htm

The role of HRRL captain involves the following:

- Communicating details via email in advance of the races
- Promoting races and number swaps via Facebook
- Drumming up entries at training
- Providing info on car shares
- Writing race reports
- Attending the quarterly Hardley committee meetings.
- Attending the quarterly HRRL meetings in at Fleming Park Leisure Centre, Eastleigh
- Attending as many races as possible, although doing all of them isn't essential!

Contact me if you have any questions or need any help

Updated February 2023