

April 2019 Race Report – Ladies

I am starting this mid-April as there are so many of us racing and April seems to have a 'shower' of races to check out. I know many of you did the Bournemouth Bay 10k and Half marathon, but unfortunately club names are not listed in the results and when you request an "advanced search" to filter clubs, they are just made up weird team names and not affiliated clubs listed. Well done to all of you that did these races and I'm sorry not to be able to list you.

Next up is...

MANCHESTER MARATHON

The course for next year will be changed and you will run into the city. I feel this will be more appealing...I am no sight see'er at races, but I was aware that we were running mostly down residential (albeit, very friendly and well supported) roads and dual carriageways. The Athletes Village was inside the Old Trafford grounds, but we started 15 minute walk away on an industrial estate! Hmm...I'm not selling this am I !! BUT as I said, next year there is a partial new course, so could be a lot more interesting if you take note where you are running!! Below are the great results of all who took part...

Caroline Horder	3.23.05	1st F65
Heather Khoshnevis	3.43.22	
Suzanne Janes	3.56.35	
Angela Stephen	4.05.36	
Jackie Jenkins	4.24.30	1st F75
Julie-Ann Doyle	4.54.24	
Mary Cusens	5.29.26	

PRAGUE HALF MARATHON

Quite a few of our ladies took a roadtrip here, some ran, some just went for the fun, and I understand a lot of that was had!! Another great set of results below....

Helen Gilbert	1.42.11
Mo Eccleston	1.57.32
Karen Turton	1.58.58
Tracey Lander	2.01.11
Katie Collingwood	2.07.39
Amanda Pateman	2.16.54
Fiona Lucas	2.17.52
Maxine Bennett	2.25.10

SALISBURY 10

Now on the seriousness of Club Championships...this was one of our races. A very well organised event and a lovely route and a great T shirt. All in all, a very well recommended race. Well done to everyone, you all did fantastic...and the 1st 3 ladies formed part of the 2nd team winners...

Helen Gilbert	1.12.32	
Maria Everett	1.12.50	
Caroline Horder	1.13.42	1st F65
Sara Gencoe	1.13.58	
Heather Khoshnevis	1.15.59	
Kathy Fooks	1.17.36	
Elina Copage	1.19.53	
Tracy Ashley	1.20.39	
Suzanne Janes	1.22.33	
Caroline Searle	1.22.35	
Jackie Jenkins	1.28.08	1st F75
Tracey Lander	1.29.18	
Nicola Whittaker	1.30.50	
Rebecca Sinkinson	1.42.14	
Susie Elliott	1.47.52	

ROTARY QUARTER MARATHON

This took place at [11am](#) on a very hot Easter Saturday (does anybody remember that weekend of summer!!) It was very crowded with pedestrians with their "smalls" and there was sand congestion underfoot...excuses over as we still had some great runs from a small group of our ladies...

Heather Khoshnevis	50.06	
Karen Turton	56.24	
Jackie Jenkins	1.01.57	Jackie ran down, having done parkrun first!
Carmel Knight	1.14.28	
Alka Peters	1.25.12	

Well, now we are heading off to PARIS, where our lovely Rachel Smith-Harrison jetsetted off and ran her VERY FIRST MARATHON in an absolutely amazing time of..... 4.13. Well done Rachel.

We had another of our very special ladies, Suzanne Janes, who also flew off and took to the streets of HAMBURG and completed the marathon there in an absolute smashing time of [3.50.23](#)....a brilliant run Suzanne, well done.

LONDON MARATHON

Now to this one! The one that the general public only recognise as "the Marathon", any others are....."so what distance is that one!" Don't we just love it!!

Caroline Horder	3.24.12	1st F65
Heather Khoshnevis	3.32.17	
Julie White	3.43.02	
Jackie Jenkins	4.01.33	1st F75..... oh... and faster than the 1st F70
Jenny Beckett	4.02.33	
Sally Deamer	4.08.01	
Cheryl O'Sullivan	4.36.32	

Karen Shawcross [4.49.14](#)
Jane Burns [4.53.07](#)
Alison Castle [5.20.25](#)

Brilliant ladies in London and conditions were pretty much perfect (although I do personally like to feel the sunshine!) But...what can we say about our 2 SUPERSTARS, CAROLINE AND JACKIE, once again WINNING their Age Categories, that really is some kind of achievement in a field of 42,000 runners! What a special club we are at Littledown to have these 2 ladies representing us and putting our name out there!

Well that sure was an action-packed month. A MASSIVE WELL DONE to the ladies mentioned here, we are all superstars and our club is very proud of you all. Keep up that great training and reaping those rewards at the races, whether it's a PB or a trophy, it is a great personal achievement to get to any finish line with a smile :-)

Next Dorset League race was today (Sunday 5th) at the North Dorset Marathon, followed by the May 5 on the 19th May. Club Championship races for May are the Lymington 10k on the 12th and also the May 5 on the 19th, so make sure you have an entry for these races as they will fill up very fast, if not already.

That's all for now, see you at the races and training.

Capt. Hev x