

Littledown Harriers Men Race reports: April-2019 – May-2019

Hi all, here is the Harrier men's results for April and May, as we move forward into the season of summertime running...

Bournemouth Bay ½ - 7th April 2019

Unfortunately clubs are not showing in the results... Christopher emailed in his result below - well done mate.

Pos	Name	Time	Chip Time
552	Christopher Billingham	2:02:40	2:01:47

Salisbury 10 – 14th April 2019

Thanks to Vice Captain Luke for pulling together this race report:

“The Rod Smith Salisbury 10 Mile Race – CC #4

A dry, chilly start to the race with loads of runners warming up around the athletics track, great to see splashes of the sea of orange everywhere throughout the massive field.

A nice scenic route with a few ‘undulating’ hills thrown in, and a great finish around the five rivers athletics track with a great atmosphere with music, massage and an ice cream van. There were great marshals and plenty of support around the course, including Paolo on his bike after a failed attempt at last minute (the day before) number grabbing!

A great opportunity to score some good points for the club championship today, with club runners all over Europe and the UK completing marathons (well done you guys)

Rumour has it that there is a hammer laying around somewhere in Salisbury, if anyone knows where it is, Jonathon Woods is looking for it. The next CC Race is Lymington 10K in May.”

Pos	Name	Time	Net Time
41	David Wilson	01:02:44	01:02:36
46	Mark Packer	01:03:09	01:03:01
60	vince fowler	01:04:11	01:03:59
65	Luke Dowsett	01:04:23	01:04:12
108	Darren Holmes	01:07:47	01:07:38
156	Andrew Isaac	01:11:14	01:11:02
158	Stephen OConnell	01:11:18	01:11:04
199	paul Turle	01:13:44	01:13:29
263	Paul Lock	01:17:26	01:17:03

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Pos	Name	Time	Net Time
317	Scott Dutton	01:20:21	01:19:32
319	jonathan woods	01:20:22	01:19:54
362	Martin Hudson	01:22:14	01:21:44
412	Mike Terry	01:24:54	01:23:55
447	Ken Parradine	01:26:31	01:26:18
534	Chris Lane	01:31:10	01:29:37
564	Guy Burdett	01:33:22	01:32:54

Brighton Marathon – 14th April 2019

In what turned out to be fairly good running conditions (aside from the head wind in the last 5 miles!) Glenn and I had a good weekend out in Brighton, albeit both a bit disappointed with not hitting our goal times... us runners can be quite tough on ourselves! Glenn also had the pleasant task of being there for me when I got quite ill post marathon (as is standard!).

Pos	Name	Time	Net Time
215	Stephen Williams	03:04:28	03:04:25
3140	Glenn Batt	04:01:30	04:00:26

London Marathon – 28th April 2019

I found it a tiring race this year – sitting on the sofa tracking our clubs runners ☺ much better weather led to some great times... well done guys!

Pos	Name	Time
1489	Dave Wilson	2:54:50
1605	Gary Worsley	2:55:48
1994	Mark Packer	2:58:31
5643	Luke Dowsett	3:25:00
5849	Graham Malt	3:26:06
9893	Paul Turle	3:43:29
20541	Matthew Harris	4:22:13
21376	Andy Hoy	4:25:10
32233	Chris Lane	5:09:59

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North Dorset Marathon 2019 - 4th May 2019 - DRRL Race 3

We managed to pull together a small team for NDVM this year... and it paid off as we scored 3rd club for the Dorset Road Race League as other clubs teams were also depleted below 5 runners as is often the case for the yearly league marathon! Special mention goes to our Vice Captain Luke Dowsett for running this just 1 week post hitting his goal time at London Marathon – and hence also staying on track for the DRRL fidelity this year!

Pos	Name	Time
14	Stephen Williams	03:01:55
69	Luke Dowsett	03:40:45
113	Michael Cunningham	04:11:50

Lymington 10k 2019 - 11th May 2019

A massive Harrier turnout for this Club Championship race! Well done guys! As usual it was quite tough along the sea wall with a head wind to contend with and a fairly warm day too!

POS	NAME	GUN TIME	CHIP TIME
14	Gary Worsley	00:37:52	00:37:48
15	Vince Fowler	00:38:10	00:38:06
16	Mark Packer	00:38:11	00:38:08
23	Luke Dowsett	00:39:16	00:39:12
32	Stephen Williams	00:39:47	00:39:42
48	Darren Holmes	00:41:06	00:41:04
51	Paolo De Luca	00:41:25	00:41:22
57	Steve Goodman	00:41:49	00:41:44
83	Andrew Isaac	00:42:50	00:42:47
100	Patrick Bailey	00:43:43	00:43:39
109	Neil Blackmore	00:44:03	00:43:52
114	Mark Everett	00:44:15	00:44:12
118	Craig Bates	00:44:31	00:44:19
128	Paul Turle	00:45:13	00:45:01
132	Chris Jones	00:45:44	00:45:26
134	Jonathan Woods	00:46:06	00:45:54
138	Barney Russ	00:46:12	00:46:06
152	Paul Lock	00:46:42	00:46:37
182	Gary Taylor	00:47:37	00:47:22
190	Michael Cunningham	00:47:55	00:47:45
193	Scott Dutton	00:48:03	00:47:36
197	Martin Hudson	00:48:20	00:48:09

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POS	NAME	GUN TIME	CHIP TIME
279	Richard Smith	00:50:40	00:50:27
286	Simon Blundell	00:51:00	00:50:30
287	Chris Sparkes	00:51:00	00:50:39
311	Barry Telling	00:51:35	00:51:20
316	Richard Flatley	00:51:49	00:51:23
336	Charles Penfold	00:52:11	00:51:53
380	Ken Parradine	00:53:02	00:52:56
401	Mike Scott	00:53:28	00:52:56
420	Chris Lane	00:53:51	00:53:15
506	Christian Rolfe	00:56:19	00:56:05
553	Guy Burdett	00:57:46	00:57:11
582	David Wilson	00:58:31	00:58:27
587	John Corrigan	00:58:43	00:57:41
846	Dave Randall	01:06:23	01:05:18
956	David Stokes	01:14:19	01:13:09

May 5 Mile – 19th May 2019 - DRRL Race 4

Another massive club turnout – it seems a lot of people are in for the Club Championship this year! And with this one doubling up as a Road Race League event – some good points for the club in the league were scored too 😊

POS.	NAME	SURNAME	AGE	TIME
15	Joseph	Sherwood	19	00:29:17
27	Luke	Dowsett	22	00:30:13
29	Gary	Worsley	52	00:30:16
31	Mark	Packer	49	00:30:19
49	Stephen	Williams	37	00:32:02
58	Paolo	De Luca	48	00:32:46
60	Darren	Holmes	48	00:32:53
65	Patrick	Bailey	36	00:33:14
76	Steve	O'Connell	49	00:34:16
79	Anthony	Robins	46	00:34:21
86	Andrew	Isaac	37	00:34:44
92	Ryan	Ford	39	00:35:17
100	Mark	Everett	36	00:35:40
105	Gary	Potter	56	00:36:00
111	Greg	Bement	62	00:36:14
120	Paul	Turle	60	00:36:36
134	Jonathan	Woods	46	00:37:08
153	Michael	Cunningham	33	00:38:10
156	Simon	Blundell	44	00:38:22

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POS.	NAME	SURNAME	AGE	TIME
161	Scott	Dutton	45	00:38:51
183	richard	smith	55	00:40:12
184	Christopher	Sparkes	51	00:40:13
208	Chris	Lane	63	00:41:29
211	Barry	Telling	61	00:41:43
225	Charles	Penfold	54	00:42:13
227	Ken	Parradine	75	00:42:19
249	James	Davies	34	00:44:10
267	Guy	Burdett	41	00:45:38
333	David	Stokes	58	01:00:33

Dorset Road Race League Division 1 Standings

We have moved up one place from 6th to 5th of 7 teams after 5 races (7th team at the end of the season will get relegated to Division 2). We are now consistently scoring 3rd and 4th place team after a shakey start to the season – well done everyone who's getting out there for these races and representing the club!!

First Division Mens Teams	JQ	LY	BM	ND	MA	PP	PU	SN	RR	LT	WM	BO	Best	Position
Bournemouth AC	2	1	1	4	2								4	1
Egdon Heath Harriers	4	2	2	1	3								5	2
Poole AC	1	3	5	5	1								5	3
Dorset Doodlers	5	5	3	2	7								10	4
Littledown Harriers	6	6	4	3	4								11	5
Poole Runners	3	4	6	7	5								12	6
Westbourne	7	7	7	6	6								19	7

Note: the league works with the first 5 club runners from each clubs finishing position in a race being totalled to give a total club score – with lowest score being better. Remember everyone can count as even if you are not in the Littledown top 5 men, you can push down the finishing positions for other clubs runners and hence give our club a better race position!

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If you want to know more how it works please reach out to me, or check the DRRL website here www.drri.co.uk. Let's keep moving up that table!!

I endeavor to include results from CC and DRRL races and other races I am at – but please note that if you are not listed as a Harrier in official race results I will not find you so you need to email me a the time of the race so you get captured in the results!

Feel free to submit results and a few lines as a race report for any race to be published in next race report.

Race hard guys!

Steve

E-mail me at: MensCaptain@LittledownHarriers.co.uk

THE SEA OF ORANGE

Littledown Harriers Club nights: Tuesdays and Thursdays 7pm at the Littledown Centre