

## May 5- Sunday 21<sup>st</sup> May 2023- Captains Report

It was a warm, sunny Sunday morning which saw 39 Harriers make the short journey to Canford Heath for the May 5. Race number 5 in the Dorset Road Race League (DRRL) and also part of our Club Championships, with a start and finish on the track it was bound to be a quick race with some of the quickest runners from other clubs also being represented.

For the ladies a fantastic 14 of you donned your Orange vests to represent the club.

First female home was Captain **Maria Everett** in 35:03 finishing 11<sup>th</sup> overall, closely followed in second by **Philippa Shawyer** 35:40 and then third home to complete the scoring for the Ladies team was **Jeli Davey** in 38:13. Next was **Julie Cupit** (42:19), closely pursued by **Katie Collingwood** (42:40), then it was fantastic to see our club secretary **Suzanne Janes** (45:16) back in Orange for her first race in over 3 years, **Deniz Balci** was next over the line (45:23), then **Becky Sinkinson** (48:10), a special mention to our next finisher **Sophie Herbert** (48:12) who despite pulling up injured in the last couple of miles, walked the remainder of the course to cross the line, **Dily Ruffer** (49:51) was next, followed by **Sharon Taylor** (51:15), **Janet Hooper** (52:56), **Alexandra Stevens** (53:19) and **Corinne Spelman** (57:43).

A huge well done to all the ladies who took part in this race! 🌞

In the DRRL, the Ladies team finished in 4<sup>th</sup> Place in the race and are currently sat in 5<sup>th</sup> Place overall in the First Division, with 7 races in the league remaining.

First Division Ladies Teams	BQ	LY	MH	ND	MY	PP	PO	ST	HO	GH	WY	BO	Best	Position
Poole Runners	1	2	2	1	1									1
Egdon Heath Harriers	2	1	1	2	2									2
Poole AC	3	6	4		3									3
Dorchester RIOT	4	3	7	4	7									4
Littledown Harriers	7	4	5	3	4									5
Lytchett Manor Striders	6	5	3	5	6									6
Bournemouth AC	5	7	6	6	5									7

Individually in the DRRL, **Maria Everett** is currently the leading Littledown female and currently sitting in a fantastic 2<sup>nd</sup> place overall in the League!

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For the men, it was a strong turnout for the Harriers with a brilliant 25 Men racing!

It was the in-form **Tom Woods** who lead home the Sea of Orange in a fantastic time of 28:28 to finish 14<sup>th</sup> overall in the race. Next home, **Christian Rodiger** again smashed yet another PB finishing in 29:45, closely followed by **Mark Packer** in 29:58. Next home and returning from injury was **Tom Cawley** in 30:42, followed by **Patrick Retallick** in 30:47 to complete the first 5 runners to score for the team. Next home was **Scott Blakeway** (31:22), followed very closely by **Luke Dowsett** (31:24) and **John Haines** (31:30). Next to finish was **Mark Everett** (32:26), **Stu Clarke** (32:41), **Ant Robins** (32:46), **David Wilson** (32:55), **Steve Williams** (33:24), **Chris 'The Chief' Jones** (34:18) and **Mark Mulcahy** (34:59) making it 15 men home in under 35mins! Our next finisher was **Joe Hamblion** (35:58), **Martin Hudson** (38:09) and with exactly the same chip times, **Paul Turle** ran his first race in nearly a year and **Jono 'The Hammer' Woods** both finished in (38:45). Next home and making his debut in orange was **David James** (44:21), then **Chris Lane** (47:15), **Mike Terry** (47:25), **Jez Kelly** (49:19) made his return to racing following his recent skiing accident, next home was **Guy Burdett** (59:43) and **Dave Stokes** (1:06:24).

In the DRRL, following a vest infringement by BAC where their leading runner and 5<sup>th</sup> Place finisher overall was not counted for the team due to not wearing a club vest, the Harriers team finished 5<sup>th</sup> in the race and are currently sat in 5<sup>th</sup> place overall in the First Division:

First Division Mens Teams	BQ	LY	MH	ND	MY	PP	PO	ST	HO	GH	WY	BO	Best	Position
Egdon Heath Harriers	3	1	1	1	3									1
Twemlow TC	2	2	6		1									2
Poole AC	1	4	5	4	2									3
Poole Runners	4	5	2	2	4									4
Littledown Harriers	5	7	4	3	5									5
Lytchett Manor Striders	6	6	3	5	7									6
Bournemouth AC	7	3	7		6									7

Individually in the DRRL, **Mark Everett** remains the leading Littledown male, currently sitting in 24<sup>th</sup> place overall, with John Haines just one point behind!

Another excellent turnout and great to see so many men out there in orange 👍 - and remember every finisher can count towards our club position, as each finisher can push other clubs top finishers further down the field.

For the league tables and further details of the league etc. check out the website at <http://drri.co.uk/>.

The next DRRL race is the Puddletown Plod Half Marathon on 11<sup>th</sup> June – this is also a Club Championship race so there's points up for grabs! Please be sure to enter as a Harrier and wear your club vest so you count in the league.

If you have any questions regarding the Dorset Road Race League or about being an affiliated runner, please reach out to any of the team captains – Steve, Maria, Mark and Louise.