

Stur Half- Sunday 6th August- Captains Report

Well done all who turned out for Stur Half on Sunday. The men achieved another 4th place for the Dorset Road Race League, and the ladies scored another 3rd place! Both men and ladies maintaining their positions as 5th of 7 teams for the men, and 4th of 7 for the ladies in their respective division 1 tables!

In the individuals league, **Mark Packer** consolidated his position as lead male Harrier in 16th position overall, and **Maria Everett** maintains her position as lead female Harrier in 7th placed female overall!

Stur Half is a great undulating course around country lanes with a sting in the tale with the dragging and sometime steep mile long hill around 11 miles in... followed by a decent steep downhill section before the finishing straight/sprint across the school field...

Littledown men were represented by 18 making the trip to the beautiful North Dorset countryside (*incidentally there's a great marathon - North Dorset Village Marathon - held here at the start of May each year for those interested to represent our club!*). **Steve Goodman** lined up right at the front for the start... before looking back at the rest of the Harrier men, thinking better of it, and then slinking back towards where the majority of other harrier men were starting!

As the gun went off **Mark Packer** went speeding off as first place Harrier, with **Scott Blakeway** and **Christian Rodiger** in hot pursuit - Scott and Christian closed in on him later in the race, but Mark again demonstrated the virtues of not eating sugar(!) and sped up the final hill in gazelle like fashion to be first home in 1:25:17 and 3rd overall in the M50 category; **Christian** was next in with another strong performance and a Half marathon PB in 1:26:11 (which he'll surely smash on a flatter course!); **Steve Williams** was 3rd Harrier in 1:27:50 after catching **Scott Blakeway** towards the top of the final hill and putting in an effort to pull away - Scott having indulged in an all inclusive holiday and having a foot issue and yet still managing to be towards the front of the Harriers field with a 1:28:27, and just holding off the returning and fast finishing **Rob Jones** just behind in 1:28:29 - this was Rob's first outing in a Harriers vest in a long time and a great return to racing! **Mark Everett** was next in with a solid 1:30:23 for 2nd position in the hotly contested Mens 40-44 Littledown CC age group, closely followed by **Steve Goodman** with a course PB of 1:30:36. **David Wilson** was next in after a strong start but having an off day by his lofty standards in 1:31:19, closely followed by **Andrew Rumsey** with a solid performance in 1:31:31. **Luke Dowsett** was next in having battled some hamstringing issues but still managing to achieve a 1:32:40. The returning **John Haines** was a doubt to run after suffering illness recently but smashed his 'jog round' target with a 1:35:41. Some newer names in Littledown colours achieved the sub-1:40 with **Mark Mulcahy** in 1:38:20 and **Bradley Dawson** in 1:39:32. With **Jeze Kelly** next in 1:50:25; **Michael Cunningham** in 2:04:23; **Chris Lane** in 2:18:11; and **Guy Burdett** in 2:53:50 to complete the Harriers finishing. A great turnout and excellent running everyone!! A mention also goes to **Paul Turle** who unfortunately had to pull up with injury about 6 miles in - wishing him a speedy recovery.

For the Ladies, we had a fabulous 8 out in Orange who were led home once again by Captain **Maria Everett** who just missed out on a sub 1:40, with a 1:40:01. She was hotly pursued by an in form **Heather Khoshnevis** who made her return to orange a memorable one by winning the F55+ age category in 1:40:13- it was brilliant to see Heather back in orange! Next home, **Louise Austin** put in a solid performance to be next home in 1:43:37 after only just returning from holiday. Next home and putting in a fabulous performance was

Sophie Herbert in 1:52:44 with a 6 min PB and her longest run since injury! **Dani Dixon** was next home in 2:06:15 despite battling leg pain and asthma throughout and displaying her mental resilience to finish the race: **Suzanne Janes** was next home in 2:17:16 who put in another good performance on her return from injury and providing a confidence boost for the Great North Run in 5 week's time. Next home and crossing the line together were **Angie Bond** (2:45:26) and her personal mid-run masseuse **Dily Ruffer** (2:45:35), with Angie suffering from cramp at mile 11, Dily came to the rescue with her massaging skills and then the pair carried on to finish together- well done Ladies!

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

The next DRRL event is the **Round the Lakes 10k** at Poole Park on 24th September, followed by **Gold Hill 10k** on 8th October - remember to wear your club vest if you are an affiliated Littledown Harrier so you score for the club!

If you have any questions about being an affiliated runner, please reach out to any of the Captain's team.