

Boscombe 10k- 26th November 2023- Captains Report

It was a fantastic turnout on Sunday where 50 Harriers along with several unaffiliated members congregated on the track at Kings Park for the annual Boscombe 10k on what was a cold, drizzly morning. The final race in both the Dorset Road Race League (DRRL) as well as our Club Championships where the final points were up for grabs to secure awards! The race was made extra special by a large number of Harriers who were marshalling around the course providing an extra bit of encouragement to runners with many achieving PB's!

For the Ladies, we had a total of fifteen runners in orange with a couple running for the club for the first time, namely **Claire Adams** and **Janet Cherrett**- welcome Ladies and well done! In first place for Harriers (17th place overall) was current ladies Captain **Maria Everett** with a PB of 43:31, close behind in second place (21st overall) was **Louise Austin** with a course PB of 43:47 and in third place (24th overall) was **Philippa Shawyer** (who despite having been unwell recently) still ran amazingly well in 44:06. **Heather Khoshnevis** was close behind in fourth place and winning her age group with a time of 44:18, continuing her run of fantastic race performances this year. Fifth Harrier lady was the ever-consistent **Jelena (Jeli) Davey** in 48:04.

Full results for the ladies are:

17th Maria Everett – 43:31 PB
21st Louise Austin – 43:47
24th Philippa Shawyer – 44:06
25th Heather Khoshnevis – 44:18
37th Jelena Davey – 48:04
48th Danielle Noblet – 50:35
70th Katie Collingwood – 53:06
90th Sharon Taylor – 54:24 PB
113th Vicky Bishop – 57:42
125th Claire Adams – 58:42
149th Janet Cherrett – 1:01:15
150th Dily Ruffer – 1:01:36
156th Becky Sinkinson- 1:02:28
158th Deniz Balci – 1:02:17
213th Mary Cusens – 1:18:03

Overall, in the race and in the DRRL, the Ladies picked up a 4th Place team finish which was fantastic given the standard of the field and despite again finishing just ahead of the team from Dorchester RIOT finished the year in 4th place in the First Division, just one point behind 3rd. With the DRRL league changes taking place from 1st Jan 2024, the Littledown Ladies have retained their place in the First division by finishing in the top 5.

In the individual table, **Maria Everett** who was only one of two ladies to complete DRRL fidelity by completing all 12 races in the year was the leading Littledown lady, finishing 7th overall and retaining the 40-44 age group category. Not far behind her finishing 10th overall and 2nd in the 40-44 age category was **Philippa Shawyer**, with **Louise Austin** in 13th overall and 2nd in the 45-49 age category and **Heather Khoshnevis** 15th overall and once again winning the 60-64 age category.

Departing message from Maria Everett – “It has been wonderful leading the Littledown Harriers ladies and an honour to be your Captain. Thank you to all the ladies who supported the team by turning up at the DRRL races and running your best on the day - it has been fantastic to see an increase in LDH ladies racing this year. Every runner's performance is always important for the

overall team effort as every lady can make a difference to the team scores. I also would like to thank **Louise Austin**, who has been a great vice-captain and was always fantastic at getting ladies to sign up to races! Thank you to the men's captains **Steve Williams** and **Mark Everett** for all their support with everything and the friendly banter! I now hand over the reins to the wonderful **Sharon Taylor**, who I'm sure will do amazing things in this role. See you all at the club!"

For the Men, we had our biggest showing of the year with 35 guys donning their Orange vests and it was Team Tom who lead us out from the start with Tom Cawley and Thomas Woods working together for most of the race before **Tom Cawley** edged ahead towards the end to finish first Harrier and 11th overall in what's got to be a fantastic new PB of 36:08, followed by **Thomas Woods** having recently recovered from a bout of covid in 36:34 for second Harrier and 18th overall and then our newest signing **Sam Davis** not far behind in third in 36:52 also clocking a PB in the process. Next saw **Christian Rodiger** cross the line for fourth in 37:03 taking a minute off of his PB in the process who was closely followed by **Rob Jones** in 37:10 with another great performance to complete the scoring for the Men's team.

Full Results for the Men are as follows:

11th Tom Cawley- 36:08 PB
18th Thomas Woods- 36:34
23rd Sam Davis- 36:52 PB
27th Christian Rodiger- 37:03 PB
30th Rob Jones- 37:10
39th Mark Packer- 38:14
43rd Bradley Dawson- 38:30
44th Steve Goodman- 38:33 PB
53rd Steve Williams- 39:04
56th John Haines- 39:13
64th David Wilson- 39:48
68th Ant Robins- 39:57
71st Mark Everett- 40:29
84th Andrew Rumsey- 41:33
96th Jez Kelly- 42:14
99th Greg Wilson- 42:44
115th Mark Mulcahy- 43:51
117th Joe Hamblion- 44:13
118th Neil Blackmore- 44:12
123rd Chris 'The Chief' Jones- 44:34
139th Craig Byrne- 45:39
185th Martin Hudson- 48:16
187th Barry Telling- 48:40
201st Michael Cunningham- 50:16
212th Dan Barraclough- 51:17
222nd Andy Milsom- 52:31
232nd Derek Vivian- 53:18
240th David James- 54:00
245th Neil Ryan- 54:59
249th Richard Smith- 55:40
268th Mike Terry- 58:31
287th Chris Lane- 1:01:30
296th Ken Parradine- 1:03:30
309th Guy Burdett- 1:11:53
316th David Stokes- 1:22:38

Overall, in the race and in the DRRL, the men's team finished in 5th Place amongst a strong field - which maintained our 5th place in the first division where we have finished overall meaning we remain in the First division for 2024 along with Egdon Heath, Poole Runners, Poole AC and Twemlow.

In the individual table, **Mark Packer** finished as the leading Harrier in 14th place and finished 2nd in the 50-54 age category, **Christian Rodiger** finished in 18th place, **Steve Williams** in 22nd place, with **Mark Everett** who was only one of eight men to complete DRRL fidelity and **John Haines** in 23rd and 24th places respectively.

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

We have a few weeks off before the 2024 season gets into full swing starting with the **Broadstone Quarter** on 1st January, which also hosts the annual DRRL awards afterwards. Entries are available here: <https://poolerunners.co.uk/broadstone-quarter/>. If you are running, remember to wear your club vest if you are an affiliated Littledown Harrier so that 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.