

## Broadstone Quarter 1<sup>st</sup> January 2024- Captains Report

Welcome to the first Captain's report of 2024 and the first introduced by our new ladies Captain Shazza!

New Year's Day saw 468 runner's turnout for the Broadstone Quarter Marathon of which 38 were Littledown Harriers. It was the first race in the 2024 Dorset Road Race League (DRRL) and also doubled up as the first of this year's Club Championship races.

The weather was kind to us with the rain holding off until after we had all finished. Thanks must go to Paolo for assisting in the pre-race sweeping of the leaves to make the course slightly 'easier' for us on race day!

### **Mens Report**

24 Littledown men turned out for the season opener. From the league point of view we finished 5th team (of 5) in the new look Division 1 and looks like we will have a relegation battle on our hands to stay up in the new smaller division this year as the other clubs in our division are very strong (and also had great turnouts for the first race!)

For individual performances, leading the way from the gun was **Tom Cawley** and **Sam Davis** (with **Mark Everett** also starting fast early on with that downhill start and gravity assistance!!). Both pushed each other along and secured incredible sub-40 times with **Sam** eventually edging away to 39:23, and **Tom** (who was not fully recovered from illness!) in 39:50. Next in was **Bradley Dawson**... pacing it well and strongly pulling away during the 2nd climb of Gravel Hill to be 3rd Harrier home in 41:36, with **Luke Dowsett** not far behind in 41:45 and having just enough left to hold off **Steve Williams** in a sprint finish finishing in 41:46. Next in was a close battle for positions with **Steve Goodman** coming out on top with 42:17, **John Haines** not far behind in 42:22 and just getting past **Dave Wilson** on the line who also finished in 42:22! Next in was **Vince Fowler** in 42:34 who was followed home by **Patrick Retallick** in 42:49.

Full results are in the table below - remember we all count for the club as our places push competitor club's scorers further down the field... but most importantly, it was great to get out there and burn off some Christmas excesses and enjoy friendly competition with like-minded people! Well done everyone! If we keep getting such a good turnout it's only a matter of time before we score some higher finishes in the DRRL men's first division 😊👍

Full results for the Men are:

Name	Chip Time
Sam Davis	39:23:00
Tom Cawley	39:50:00
Bradley Dawson	41:36:00
Luke Dowsett	41:45:00
Stephen Williams	41:46:00
Steve Goodman	42:17:00
John Haines	42:22:00
David Wilson	42:22:00
Vince Fowler	42:34:00
Patrick Retallick	42:49:00
Mark Everett	43:43:00
Rich Shirley	44:11:00

Gary Worsley	44:19:00
Jeremy Kelly	45:31:00
Patrick Bailey	45:45:00
Paolo De Luca	45:54:00
Joseph Hamblion	46:57:00
Mark Mulcahy	49:54:00
Barry Telling	54:12:00
David James	58:53:00
Neil Ryan	01:00:33
Chris Lane	01:02:02
Mike Terry	01:03:52
David Stokes	01:24:00

### Ladies report

It must be said I was a little nervous turning up for my first race as Ladies Captain but soon lost those nerves when I was back amongst the amazing Sea of Orange. Oh, how I missed you all over December!

The ladies team had a fantastic 14 runners, our largest new year's day turnout for a few years and what an effort they all put in. Overall, the ladies team managed to secure a fantastic 3rd place in the new and updated First Division of the DRRL. What a great start to the year!

It is important to remember, that whilst the first 4 team members count for the team in the DRRL, every one of the ladies can impact the overall division results. You only have to get in front of one other team's runner to potentially make a difference! From January 2024 we have to enter a minimum of 4 runners to count as a team.

So, to the ladies results. First in for the Littledown Harriers ladies and 10th in her age category was **Maria Everett** (47:36) who also went on to collect several DRRL trophies at the awards presentation after the race. An extremely close second for the ladies' team came the unstoppable **Heather Khoshnevis** (47:57) who was 1st in her age category and also picked up DRRL trophies for 2023 at the awards presentation. 3rd place for the ladies was **Lauren Stocker** (53:49) who also got 1st in her age category. A great start to the year for you all! **Jelena Davey** was next home to complete the scoring for the team (55:04). **Danielle Noblet** (57:53) and **Julie Cupit** (58:45) came in next each securing sub 60 times. It was great to see **Vicky Bishop** (1:00:43) and **Maxine Bennett** (1:01:50) back running in their orange vests. They managed a fantastic 7th and 8th place in their age category respectively with **Mary Corrigan** (1:02:00) collecting the 9th place.

Full Ladies results are:

Name	Chip Time
Maria Everett	47:36:00
Heather Khoshnevis	47:57:00
Lauren Stocker	53:49:00
Jelena Davey	55:04:00
Danielle Noblet	57:53:00
Julie Cupit	58:45:00
Vicky Bishop	01:00:43
Maxine Bennett	01:01:50
Mary Corrigan	01:02:00
Sharon Taylor	01:03:56

Suzanne Janes	01:07:02
Rebecca Sinkinson	01:08:18
Heidi Snook	01:10:30
Corinne Spelman	01:15:22

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

The next DRRL event is Blackmore Vale Half Marathon ([bvihm.yolasite.com](http://bvihm.yolasite.com)) on 4th February - an old favourite which it's nice to see back as a league race this year! Let's make it a Sea of Orange!- 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.