

## Lytchett 10 2024- Sunday 11<sup>th</sup> February 2024- Captains Report

We had low numbers for this DRRL race due to the Hampshire XC at Kings Park being on the Saturday... we did however still manage to field full men's and ladies teams, and those that made the trip out (including a few who also did XC the day before!) certainly earned all the trademark free cake afterwards!!

The course is a lumpy affair, but running conditions were good, and there was a great atmosphere around the event and even some travelling Harriers support (thanks Heidi!).

As a reminder, please do ensure you only enter as a Littledown Harrier and wear your club vest if you are an affiliated runner - this is England Athletics rules and for insurance purposes which we must abide by as a club (plus it saves our captains team from reviewing and updating the league to ensure results are correct).

Also please ensure you do wear your vest if you are affiliated and do count for the club!! Our very own vice captain Mark Everett forgot his vest and very nearly didn't count for the team - luckily, he was saved by our ladies who were not so early to the race and did a detour to get his vest from home! 😊

### Mens Report:

We had 7 men counting for the League (5 minimum are needed for a team) - with a couple on tired legs post XC the day before!

Leading the way again was **Sam Davis** - achieving a fantastically fast sub-1:02 time for this lumpy course in 1:01:51! A long way back was myself (**Steve Williams**) with a 1:06:11 - pleasing after a poor performance at XC on the Saturday. **Paolo De Luca** was 3rd man home in 1:10:12 having chosen to run this race over the XC the previous day. **Mark Everett**, also on tired XC legs, was 4th scorer for the team in 1:11:50 and **Joseph Hamblion** was the final scorer for team not far behind in 1:13:46- a brilliant 6 mins quicker around the course than last year! Next man home was **Rich Shirley** in 1:15:18 who it was great to see out racing after recent illness. Next to finish was **Jim Kerr** in 2:04:26 who was followed by **Dave Stokes** in 2:16:54, just finishing ahead of **Guy Burdett** 2:17:18 who wasn't wearing his club vest so would not have counted for the team.

Great work guys!

Full results for the men are:

Position	Name	Chip Time
25	Sam Davis	01:01:51
44	Stephen Williams	01:06:11
77	Paolo De Luca	01:10:20
87	Mark Everett	01:11:50
104	Joseph Hamblion	01:13:46
118	Rich Shirley	01:15:18
304	Jim Kerr	02:04:26
311	David Stokes	02:16:54
312	Guy Burdett	02:17:18

### Ladies' report:

6 ladies (plus our personal cheerleader, Heidi) made the trip to Lytchett for the 3<sup>rd</sup> DRRL race the Lytchett 10.

First home for the Ladies once again was **Heather Khoshnevis** in 1.15.57 who also picked up 1<sup>st</sup> in her age category- well done Heather! **Suzanne Janes** had been worried in the week about a foot niggle but all was fine and she came in 2<sup>nd</sup> for the Harrier ladies in 1.32.19. **Danielle Noblet** was 3<sup>rd</sup> for the ladies in 1.34.07 followed by **Shazza T** who was pleased to get round in 1.41.23, especially after BMV last week and XC at KP on Saturday to complete the scoring for the team. **Mary Corrigan** came in next in 1.45.02 and she was followed home by **Corinne Spelman** in 1.58.39 who finished 3<sup>rd</sup> in her age category, running her first 10 mile race and longest distance in over 2 years getting in under 2 hours- an awesome achievement on that hilly course!

Full results for the Ladies are:

Position	Name	Chip Time
21	Heather Khoshnevis	01:15:57
62	Suzanne Janes	01:32:19
75	Danielle Noblet	01:34:07
99	Sharon Taylor	01:41:23
106	Mary Corrigan	01:45:02
125	Corinne Spelman	01:58:39

Well done Ladies! Both Danielle and Shazza now have NDVM to look forward to in May!

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

The next DRRL event is [North Dorset Village Marathon!](#) We always struggle to get full teams for this event- so if you fancy a jog/run around scenic North Dorset on May bank holiday weekend - your club needs you!

Following the recent changes in the female captains and no one stepping forward for the position of Female Vice- Captain, the lovely Suzanne Janes has agreed to step in to the role in the interim. Should anyone wish to take on the role, please let us know.

If you have any questions about how the DRRL works or being an affiliated runner, please reach out to any of the captain's team.

Steve W, Shazza T, Mark E & Suzanne J.