

May 5 – Sunday 19th May 2024 – Captain’s Report

After a sunny start to the day, the sun decided to have a rest during the race to give great running conditions to us all as we ran the undulating twists and turns of the route around Canford Heath. We had 11 runners finish meaning we had enough to get team points for the 5th Dorset Road Race League race of 2024.

The course started (and finished) with a lap of the track and felt like starting our very own ‘night of 10000 PBs’ race. Congratulations to local Poole AC runner William Rabjohns on his performance the night before, especially on his ‘sprint finish’. It certainly inspired Captain Shazza to give it everything on the home straight (even without Mr Everett’s encouragement!) The route then headed out around the local streets. Thanks to Poole AC’s encouraging Marshals and the supporters enroute.

First in for Littledown Harriers ladies was **Heather Khoshnevis** (35.58) securing 2nd place in age category. 2nd for the team was **Kathy Fooks** (39.25)- great to see you back racing Kathy! The ever-encouraging **Jo Peasland** (43.47) came in 3rd with **Shazza** making the 4th counting lady for the team (44.15). **Katrina Olliver** (47.32) is one of our C25k success stories who is going from strength to strength each time she races. Great job Kat! To complete the results for the ladies we have the amazing **Corinne Spelman** who found the cooler weather more conducive to running (after the hot Hardy half last week) to come in with a strong finish in 56.02.

Overall, the ladies finished 5th in the DRRL league but I can say that every one of our ladies put in individually great performances and I am proud of us all.

Full ladies results (Chip time):

111 th (13 th lady)	Heather Khoshnevis	35:58
142 nd (25 th lady)	Kathy Fooks	39.25
185 th (48 th lady)	Josephine Peasland	43.47
192 nd (53 rd lady)	Sharon Taylor	44.15
205 th (63 rd lady)	Katrina Olliver	47.32
230 th (81 st lady)	Corinne Spelman	56.02

For the Men, we had 6 Harriers start with 5 finishing which ensured we had the minimum number to count for the DRRL. First home and fresh from his recent marathon success was **Greg Wilson** in 33:36, closely followed by **Paolo de Luca** in 33:48 putting in a solid effort having only run North Dorset two week prior. Next home was **Mark Mulcahy** in 34:52 to secure a 7th place age category finish, followed by **Martin Hudson** in 40:46 and **David James** in 42:06. **Barry Telling** started the race but unfortunately pulled up part way through- hopefully nothing serious Barry!

Full results for the Men:

79 th	Greg Wilson	33:36
80 th	Paolo de Luca	33:48
93 rd	Mark Mulcahy	34:52
153 rd	Martin Hudson	40:46

169th David James 42:06

The Men's team finished 5th in the league and are currently sat in 5th place overall in the First division after the first 5 races.

For full league tables, fixtures and further details of the league check out the website at <http://drrl.co.uk/>. The next DRRL race is the [Purbeck 10k](#) on FRIDAY 14th June. This is also a club champs race so hopefully we can get our numbers up to ensure some even better points. Remember EVERYONE can make a difference to the final results for the team!

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