

## **Purbeck 10k- 14<sup>th</sup> June 2024 Captain's report – DRRL (and Club Champs)**

It was the return of an old favourite on a Friday evening for race number 6 in the Dorset Road Race League, which also doubled up as a Club Championship race- The Purbeck 10k.

On arrival at Purbeck Park the clouds descended, and rain started just as people were registering causing much scurrying back to cars to shelter until the start. Unfortunately, this meant we were unable to get a group photo to show the fantastic support the Sea of Orange had given this race. Making our way to the start, the rain then cleared and remained at bay for the duration of the race, phew!

The undulating out and back meant it was a testing course but one which many of the Littledown Harriers appeared to enjoy. Well, that was the feedback we got.

The ladies had an impressive 20 turnout for this race with several making a return to racing after injury etc. It really is great when you turn up at a race and see so much orange dotted through the field. I would also like to praise the ladies for 100% appropriate vest wearing! It really is important to remember that for DRRL races we don't get points if affiliated members do not wear their vests.

**Heather Khoshnevis** (46.44) and **Lauren Stocker** (51.11) both won their age categories and **Philippa** 'I am going to jog round' **Shawyer** (46.49), **Jelena Davey** (49.24), **Kathy Fooks** (54.05), **Dily Ruffer** (1:03:09) and **Janet Hooper** (1:08.24) all came in the top 5 of their age categories too. However, there were other more personal achievements and I heard several of the ladies, who had set their own targets for the race proudly beat them. **Katrina Oliver** (59.55) wanted under an hour and got it, **Rachael Marshall** (1:05.32) raced in her LDH Vest for the first time and **Corinne Spelman** ran 10 minutes quicker than she thought she would (1:10.45). I am sure there are other stories of achievement that didn't get to me but I feel that all in all it really felt like however tough the race felt at the time EVERYONE without exception put in their best efforts on the night. A separate well done should also go to those of you who secured 'spot prizes' in their goody bags.

Overall, in the race Littledown Ladies came 4<sup>th</sup> in the DRRL. Dorchester RIOT could not collect full points for a team as they only had 3 ladies running. This shows you how important it is to get as many Littledown Harriers out for the DRRL races. Littledown Harriers are currently sat in 4<sup>th</sup> Place in the First Division at the halfway stage in the league.

### **So to the full ladies results (Chip time):**

<b>Place</b>	<b>Name</b>	<b>Chip Time</b>
24	Heather Khoshnevis	46:44:00
26	Philippa Shawyer	46:49:00
39	Jelena Davey	49:24:00
53	Lauren Stocker	51:11:00
59	Julie Cupit	53:55:00
61	Kathy Fooks	54:05:00

87	Sonja Collins	57:14:00
88	Sharon Taylor	57:30:00
92	Maxine Bennett	58:44:00
102	Katrina Olliver	59:55:00
103	Amy Orchard	01:00:01
108	Heidi Snook	01:00:51
121	Isabel Griffiths	01:02:27
126	Dily Ruffer	01:03:09
127	Emma Rawson	01:03:09
134	Rebecca Sinkinson	01:04:49
137	Rachael Marshall	01:05:32
143	Alexandra Stevens	01:07:21
146	Janet Hooper	01:08:24
152	Corinne Spelman	01:10:45

The Men also had 20 running, however with 2 of them not wearing club vests they didn't count for the team or the club championships.

First home for the Harriers was the in-form **Luke Dowsett** in a shiny new PB of 36:52 to finish the race in 25<sup>th</sup> place. He was followed in by **Mark Packer** in 37:15 for 26<sup>th</sup> place and 2<sup>nd</sup> in his age category. Third Harrier home was **Bradley Dawson** in 39:03 putting in an impressive performance following a few weeks out with a post-marathon injury. Fourth home saw **Mark Goodwin** achieve his sub-40 aim with a 39:32 and fifth man home to count for the team was **Mark Everett** in 41:09.

There were great performances from all the Littledown Men, with a PB for **Joe Hamblion** (43:18) and top 10 age group finishes for **Mark Mulcahy** (45:08), **Paul Turle** (47:49) and **Mike Terry** (1:01:23).

Full results for the Men as follows:

Place	Name	Chip Time
25	Luke Dowsett	36:52:00
26	Mark Packer	37:15:00
50	Bradley Dawson	39:03:00
56	Mark Goodwin	39:32:00
71	Mark Everett	41:09:00
84	Matt Folds	42:03:00
85	Patrick Bailey	42:07:00
99	Joseph Hamblion	43:18:00
101	Paolo De Luca	43:26:00
120	Mat Meech	44:29:00
124	Andrew Isaac	44:39:00
128	Mark Mulcahy	45:08:00

161	Jonathan Woods	47:41:00
164	Paul Turle	47:49:00
176	Michael Cunningham	49:58:00
189	Derek Vivian	51:55:00
217	David James	56:15:00
227	Richard Smith	57:21:00
246	Mike Terry	01:01:23
258	Guy Burdett	01:19:45

Overall, in the league, the team finished in 5<sup>th</sup> Place and are currently sat in 5<sup>th</sup> overall in the league after 6 of the 12 DRRL races.

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

The next race is the **Round the Rock 10k** on Sunday 7<sup>th</sup> July which is also a Club Championship race. 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.