

## Round the Rock 10k - Sunday 7<sup>th</sup> July 2024 – Captain's Report

After a 5-year absence from the racing calendar, Round the Rock 10k – a hilly 10k around Portland was back! The forecast thunderstorms held off, and we had a massive Harrier turnout for this far away Dorset Road Race League race (thanks in part to it also being a Club Championship race!) – in fact the race conditions turned out to be rather sunny and a tad warm, making the second half – mostly uphill – hard work!

For the Men, we had 17 Harriers, including our new club member Tony leading us from the front for a Grrrrreat result – 2<sup>nd</sup> place team in division 1! Even with some of our faster runners absent, we scored our best result of the season, giving us an outside chance of fending off relegation (we can hope!).

Some incredible times on this tough course: 1<sup>st</sup> Harrier home was our new man **Tony Roberts** in 37:44 and 13<sup>th</sup> overall; club stalwart **Mark Packer** was 2<sup>nd</sup> home in 38:08 and 2<sup>nd</sup> M50 despite cycling up the hills to the race from Weymouth; closely followed by **Luke Dowsett** 38:39 in 3<sup>rd</sup> and a fast closing **Steve Goodman** in 38:58 for 4<sup>th</sup>; next was a colossal battle for 5<sup>th</sup> scorer with trademark grit and determination on show from **Bradley Dawson** and **Mark Goodwin** all the way up the hill in the second half, with Bradley eventually pulling clear to take 5<sup>th</sup> spot in 40:28, and Mark not far behind in 40:36. Remember though, Mark and all us other finishers further back are still counting for the team as we push rival clubs top 5 finishers further down the field!

Well done everyone! 🍌 Let's hope we can get similar turnouts for the remaining races of the season, and similarly fun and competitive battles up and down the field!

Full results for the Men:

Overall Pos	Name	Chip Time
13	Tony Roberts	37:44
16	Mark Packer	38:08
22	Luke Dowsett	38:39
26	Steve Goodman	38:58
35	Bradley Dawson	40:28
36	Mark Goodwin	40:36
40	Stephen Williams	40:50
48	Mark Everett	41:31
55	Matt Folds	41:56
68	Simon Thatcher	43:08
71	David Wilson	43:18
87	Mark Mulcahy	45:33
138	Martin Hudson	52:13
151	Paul Baker	53:54
207	Richard Smith	1:00:13
230	Mike Terry	1:03:52
270	Guy Burdett	1:32:27

11 fabulous ladies made the trip to Portland to spend an hour or so running 'Round the Rock'. The usual question of t-shirt under vest or not was asked and those of us who plumped for the extra layer immediately wished we hadn't as the sun came out and remained for the rest of the race! The great thing about the rain stopping (aside from the amazing views) was that we managed to get a full team photo thank to Ken Hewitt photography. Take a look at his Facebook page for more action shots!

The ladies excelled themselves gaining a 2<sup>nd</sup> place in the DRRL, our best result this year (so far!).

Please help us to keep this momentum going by signing up for the Weymouth 10

(<https://www.egdonheathharriers.com/ourraces/race.php?id=>) which is already open and Round the lakes (<https://pooleac.co.uk/club-events/round-the-lakes/>) which is yet to open.

So, to the results. Our DRRL scoring team consisted of **Maria Everett** who was our 1<sup>st</sup> LDH lady, 9<sup>th</sup> overall and 3<sup>rd</sup> in her age category in 46:19. 2<sup>nd</sup> in for the team was **Heather Khoshnevis** in 47:12 finishing 12<sup>th</sup> overall and winning her age category too! **Jelena Davey** made it home in 50:15 and was 3<sup>rd</sup> for the team, 17<sup>th</sup> overall and 3<sup>rd</sup> in her age category. Ensuring our 2<sup>nd</sup> place finish for the league was **Kathy Fooks** who finished in 53:40, was 26<sup>th</sup> over all and 2<sup>nd</sup> in her age category.

The ladies who finished next were **Julie Cupit** (56.18), who looking at the photos, seemed to smile the whole way round, **Shazza** (1:00.15) who 'sprint finished' to pip two runners on the line, **Jo Peasland** (1:01.04) who was seen really enjoying her rapidly melting ice-cream post race followed by **Kat Olliver**, who in Dily's words got a 'right spurt on at the end' to finish in 1:03.05! **Dily Ruffer** was hot on Kat's heels and came powering up the final straight to finish in 1:04.14. **Janet** had her own cheer team on the final hill 'Go Janet, Go Janet, Go Go Go!' in the form of Jeli and Shazza which seemed to help (!) push her to the end in 1:07.19. Our ever-determined **Corinne Spelman** completed our awesome line up of ladies in 1:15.16 with the LDH 'cheer team' having moved to the finish line to cheer her in.

Full Ladies results:

Overall Pos	Name	Chip Time
95	Maria Everett	46:19
103	Hev Khoshnevis	47:12
123	Jelena Davey	50:15
149	Kathy Fooks	53:40
172	Julie Cupit.	56:18
209	Sharon Taylor	1:00:15
217	Jo Peasland	1:01:04
228	Katrina Olliver	1:03:05
231	Dily Ruffer	1:04:14
242	Janet Hooper	1:07:19
263	Corinne Spelman	1:15:16

A fantastic result for both Mens and Ladies teams both finishing 2<sup>nd</sup> see's the Men currently sitting in 5<sup>th</sup> and the Ladies in 4<sup>th</sup> in their respective divisions after 7 of the 12 DRRL races:

First Division Mens Teams	BQ	BV	LY	ND	MY	PU	RR	SN	HO	WY	WM	BO	Best	Position
Egdon Heath Harriers	2	1	4	1	4	1	1							1
Poole AC	1	5	1	4	1	4	4							2
Twemlow TC	3	3	2	2	3	2								3
Poole Runners	4	2	3	5	2	3	3							4
Littletdown Harriers	5	4	5	3	5	5	2							5

First Division Ladies Teams	BQ	BV	LY	ND	MY	PU	RR	SN	HO	WY	WM	BO	Best	Position
Poole Runners	1	1	1	1	2	1	4							1
Poole AC	4	5	3	4	1	2	1							2
Egdon Heath Harriers	2	4	2	2	3	3	3							3
Littletdown Harriers	3	3	5	3	5	4	2							4
Dorchester RIOT	5	2	4	5	4	5	5							5

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

Next DRRL race is the **Stur Half** (<https://www.sturhalf.co.uk/>) on Sunday 4<sup>th</sup> August. Remember EVERYONE finishing can make a difference to the final results of the team!

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

### **Dorset Road Race League (DRRL) – the basics**

- 12 races across Dorset over the year from 5 miles up to marathon.
- Clubs are split across 3 divisions – with separate leagues for men and ladies.
- Finishers are awarded a position incrementally from 1 (1<sup>st</sup> place), 2 (2<sup>nd</sup> place) upwards (separately for men and ladies) with the clubs ranked after each race according to the sum of their scoring runners finishing positions (i.e. lowest combined finishing positions would be 1<sup>st</sup> place club in that race). This means that non-scoring club runners still count for the team as they can push other clubs scoring finishes further down the field.
- Clubs best 7 race positions over the season count towards the clubs final finishing position (e.g. seven 1<sup>st</sup> places for a club would mean a 7 points total for the season) – with clubs ranked in their division accordingly (lower total score is better).
- Similarly, individuals score points each race and best 7 of 12 over the season count, with lower finishing scores being better.
- To count for the team and individually runners must be England Athletics affiliated and wear their club vest.
- At the end of the year:
  - Top clubs get promoted from divisions 2 and 3
  - Bottom clubs get relegated from division 1 and 2
  - Awards for top 2 clubs in each division
  - Awards for top 3 male and female runners overall
  - Awards for winners of each male and female age category
  - Awards for top individual runner from each club
  - Fidelity award for every runner to complete all races for the season!
  - Awards presentation is held after Broadstone Quarter on New Year's Day upstairs at the race venue (the Junction).