

Stur Half Marathon- Sunday 4th August 2024 – Captain's Report

Following a week of hot weather there was hope of a slightly cooler run as the sky clouded over on the drive to Sturminster Newton. Our Sunday club runners were spotted along Ham Lane, near Wimborne, smiling and shouting encouragement to Shazza (It worked so thank you!)

Following the short warm up walk/jog to the start we managed to get a full team photo, a big achievement in itself!

This was a Club Championship race as well part of the Dorset Road Race League (DRRL) but only 5 ladies make the trip to Sturminster Newton. This meant we had enough to score points as a team for the DRRL team but was also a good points opportunity for the Club Champs too. The race was exceptionally well marshalled and had plenty of water and sponge stations on the route. A big shout out to the water station marshals at mile 8 who had even come out in fancy dress and had an array of mid race snacks. Great effort!

Heather 'Hev' Khoshnevis was our first lady in and 2nd lady in the FV55 age category (1:40:50). **Maria Everett**, our 2nd Harrier lady, was hot on her heels only 12 seconds behind (1:41:02) and taking 7th in her age category. **Kathy Fooks** was 3rd Harrier and 10th in her age category (1:57.26). Next home was **Sharon 'Shazza' Taylor** who managed a course PB, her fastest half marathon since joining the Sea of orange and 16th in the FV45 age category, due to the different age categories in this race (2:11:05). Our wonderful **Janet Hooper** surpassed her expectations for the day to finish in 2:31:22 and take 27th lady in the FV55 age category due to there being no higher age category for the ladies.

Full ladies' results-

Position	Name	Gun Time	Chip Time	Age Category	Category Pos	Gender Pos
134	<u>Heather Khoshnevis</u>	01:41:03	01:40:50	<u>FV55</u>	2	18
136	<u>Maria Everett</u>	01:41:18	01:41:02	<u>FV35</u>	7	20
214	<u>Kathy Fooks</u>	01:57:39	01:57:26	<u>FV55</u>	10	43
253	<u>Sharon Taylor</u>	02:11:31	02:11:05	<u>FV45</u>	16	63
297	<u>Janet Hooper</u>	02:31:55	02:31:22	<u>FV55</u>	27	91

Overall, in the DRRL the Littledown ladies finished 4th in the race and currently sit in 4th position in the league. **Heather Khoshnevis** is currently our highest placed female in 9th place overall and currently leading the 60-64 age category with **Maria Everett** just behind in 11th and currently 2nd in the 40-44 age category.

For the men we had 10 making the trip to North Dorset for Stur Half, achieving a 4th place finish in the DRRL Men's First Division.

From the gun and for the first 5 miles or so there was a group of 4 Harriers working together in a pack – Christian, Mark P, Luke and Steve G which made for some great photo opportunities with 2nd claim Sarah Swift out on the course capturing some snaps. Being Steve G's nemesis course, and after a dropped gel incident, it left Christian, Mark P, and Luke to battle it out, all still together at the final hill around 12 miles in, with Christian and Mark eventually managing to pull clear at the top of the hill and Christian holding off Mark in a sprint finish! **Christian Rodiger** was therefore first Harrier home in 1:24:19, closely followed by **Mark Packer** in 1:24:27 who finished 2nd in the MV50 age category with **Luke Dowsett** holding strong and finishing not far behind in 1:24:49, all 3 men achieved fantastic sub 1:25 times on a warm day and in what is a lumpy course!

Next in was **Steve Williams** – scraping a sub-1:28 with 1:27:59; followed home by **Mark Goodwin** with a 1:29:09, achieving his sub-1:30 aim and completing our top 5 scorers for the league.

Next to finish and still counting for the team result (as all finishers push other club scorers down!) was **Mark Everett** in 1:30:21; **Steve Goodman** 1:31:22; **Dave Wilson** 1:34:41; **Mark Mulcahy** 1:37:58 and 7th in the MV60 age category; and **Chris Lane** in 2:27:08.

Currently in the DRRL individual standings we have a tight battle for the coveted best in club trophy with **Mark Packer** and **Luke Dowsett** being separated by just two points - on 88 and 86 points respectively with 4 races to go!

Full men's results-

<u>Position</u>	<u>Name</u>	<u>Gun Time</u>	<u>Chip Time</u>	<u>Age Category</u>	<u>Category Pos</u>	<u>Gender Pos</u>
30	<u>Christian Rodiger</u>	01:24:28	01:24:19	<u>Male Senior</u>	12	29
31	<u>Mark Packer</u>	01:24:34	01:24:27	<u>MV50</u>	3	30
33	<u>Luke Dowsett</u>	01:24:58	01:24:49	<u>Male Senior</u>	13	32
46	<u>Stephen Williams</u>	01:28:08	01:27:59	<u>MV40</u>	21	44
50	<u>Mark Goodwin</u>	01:29:17	01:29:09	<u>MV40</u>	22	48
53	<u>Mark Everett</u>	01:30:29	01:30:21	<u>MV40</u>	24	51
58	<u>Steve Goodman</u>	01:31:30	01:31:22	<u>MV40</u>	27	56
82	<u>David Wilson</u>	01:34:41	01:34:41	<u>MV50</u>	15	79
111	<u>Mark Mulcahy</u>	01:38:12	01:37:58	<u>MV60</u>	7	101
288	<u>Chris Lane</u>	02:27:41	02:27:08	<u>MV60</u>	24	202

Next race up in the DRRL is Round the Lakes 10k on Sunday 29th September. This is a very local, fast and flat 10k taking place at Poole Park and ideal for anyone searching for a PB or just looking to run a nice flat 10k- Let's turn Poole Park Orange and help to keep our places in the DRRL league at the same time!

Finally, we are pleased to welcome **Jo Peasland** to the Captains Team who has recently taken on the Ladies Vice Captain role and will be working alongside Shazza for the Ladies team.

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