

Hampshire XC League race 1: Popham airfield - 12th Oct 2024 – Captains Report

Unfortunately Harriers men did not have any representation at this event - partly due to its proximity to Weymouth 10 & the Bournemouth Running Festival.

Sadly, whilst no Men's team for this event, our ladies team consisted of myself (Jo Peasland - Ladies Vice Captain), Dily Ruffer and Lauren Stocker for the first Hampshire XC League race at Popham Airfield.

Once my sat nav finally started playing ball we headed up Wessex Way and 10 minutes into our journey we had a rather unpleasant pheasant incident courtesy of the car in front, followed by some weird noises on my roof and what sounded like flowing water from my glove compartment. Anyway, after I took the wrong turning, we eventually found ourselves at Popham with the assistance of Dily's excellent navigation skills.

Dily certainly didn't exaggerate when describing the two-lap course, a deceptively tough, (in my opinion), 3.7 miles running zig zags up hills in fields and navigating undulating woods, which, on paper I didn't think looked too demanding – wrong! Luckily the rain held off until we were back in the car heading to Bournemouth.

Speedy Lauren was our first Harrier home in position of 94/142 in a time of 30:40, I cursed the hills most of the way round coming in at 35:44, and Dily finished strong with 40:02. Massive credit to Dily who, after a challenging race the week before at the Studland Stampede showed true grit and determination throughout and was 4.09 min faster than 2023– well done Dily!!

All in all, a successful day at the office, we managed to get a team together, enjoyed the event, and had a great day out!

Calling all Harriers that love a bit of mud to represent the club on 9th November @ Aldershot - Wellesley Woods! Let's ensure we at least field a full team for the club!

Note - if you have not signed up for XC, please reach out to any of the captain's team so we can preregister you (it's free!).

Weymouth 10 (mile) – Sunday 13th October 2024- Captains Report

We had 4 eager men make the trip out to sunny Weymouth (apparently, it's still summer there according to the car park rates?! 😊) - unfortunately, we were 1 short for a full men's team, but it was enough to secure a 4th place in Division one by at least fielding a partial team! Well done guys!

Our team consisted of the ever consistent (and fast) Mark Packer, Steve Williams, Neil Ryan, and Kevin Burge (who managed to get signed up as first claim just in time to race in Orange!).

The weather was perfect for racing, and the first two miles are flat along the prom, making it very easy to go out fast... Until hitting the steep hill at Bowleaze - with an equally steep (and fast) downhill on the other side, follow by a loop through the caravan park and back around... To do the Bowleaze hill and loop once more - it's a tough old hill - especially the second time!! After the loops, it's back along the prom for 2 miles back to the pavilion which looks very distant initially - if paced well this would be the point to pick up the pace in the run for home (it's

perfectly flat and there was next to no wind!)... Alternatively, this is the point to grimly hold on to as much pace as possible and just grind it out (as I suspect many found it running this section!).

Mark Packer was first Harrier home, and also 3rd in his age group, in a time of 1:02:48. Next in was Steve Williams in 1:06:03, followed by Kevin Burge in 1:14:53, and Neil Ryan in 1:37:27.

The ladies managed a full team and some with Heather Khoshnevis, Lauren Stocker, Kathy Fooks, Captain Sharon (Shazza) Taylor and Suzanne Janes making the early morning 9am start. With only 2 mins 36 between our first 3 ladies, it was a close race and showed awesome teamwork (whether planned or not) to ensure that along with our 4th runner we secured a 4th place overall ahead of Dorchester RIOT who fielded a full ladies team this time round.

Heather Khoshnevis was 1st back for the team, 2nd in age category, and despite feeling under the weather completed the course in 1:19:22. 2nd was Lauren Stocker, who having also run the XC at Basingstoke the day before, was close on Heather's heels and finished in 1:20:50 and 1st in her age category. Kathy Fooks was our 3rd lady and 4th in her age category with 1:21:58- it's so great to have you back racing with us Kathy! Sharon 'Shazza' Taylor set out with the aim of just beating last years' time and did so by a full 2 mins giving her another course PB with 1:32:30. We were really pleased to have our lovely club secretary Suzanne Janes back racing with us on this tough course- what a race to return with! Suzanne completed in 1:47:52 to cheers from the rest of the men and ladies' team. It really does make a difference when your teammates support you in after their race so 'Thank you'

For those who missed out, hot off the press, Weymouth 10 is in the DRRL next year too! 😊

Full results for the Men & Ladies are as follows:

Overall Position	Name	Gender	Gender Pos	Age Group	Age Group Pos	Gun Time	Chip Time
22	Mark Packer	M	22	m50	3	01:02:51	01:02:48
38	Stephen Williams	M	38	m40	10	01:06:06	01:06:03
87	Kevin Burge	M	76	m40	30	01:15:08	01:14:53
110	Heather Khoshnevis	F	15	f60	2	01:19:29	01:19:22
125	Lauren Stocker	F	20	fu19	1	01:20:58	01:20:50
139	Kathy Fooks	F	27	f60	4	01:22:04	01:21:58
189	Sharon Taylor	F	55	f50	12	01:32:38	01:32:30
218	Neil Ryan	M	144	m50	38	01:37:42	01:37:27
249	Suzanne Janes	F	92	f	24	01:48:08	01:47:52

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

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