

Round the Lakes 10k (Sept Edition)- Sunday 29th September 2024- Captains Report

Waking up to a bright red sky on Sunday morning you'd have been forgiven for thinking a storm was on its way. Thankfully, whilst it was particularly windy at times the Harriers who turned out for the Round the Lakes race managed to complete the race without any rain. There were plenty of new style race vests getting their first outing too!

Following registration and number collection we made our way to the start point near the memorial. This was probably the least sheltered part of the race and our sympathies were with the marshals who were stood out in the open being blown around. A big thank you has to go to Poole AC who put this 'extra' race on to allow the Dorset Road Race League to have its full quota of 12 races for 2024. The lapped nature of the route meant there was plenty of opportunity for the Sea of orange to shout encouraging words as they passed each other. 211 men and 92 women completed the race.

Of the 92 there were six Harrier ladies who ventured out to brave the windy conditions. As a team they managed to gain a 4th place for the race and maintain their 4th place overall in the DRRL first division. We need to maintain this to avoid relegation but with Wimborne and Boscombe doubling up as Club Champs races hopefully we should manage to get plenty of runners taking part. On this note, there is still time to get your [Weymouth 10](#) place if you fancy it on the 13th October!

So to the results. **Maria Everett** was 1st Harrier lady in a time of 44.26. Maria was also 6th in her age category and 16th lady overall. Hot on her heels was **Heather Khoshnevis** who finished in 46:03 as the 2nd Harrier lady but who secured a surprising 1st in the ladies 55 category and 19th lady overall. DRRL categories are slightly different to Club Champs so Hev thought someone else might have pipped her to the prize! Phew! **Louise Austin** (47:03 exactly one minute behind Heather!) has been building back up to racing following an injury earlier in the year but managed to get the job done for the team as 3rd Harrier, 22nd lady overall and 4th in her age category. Great work Lou! Next in was **Kathy Fooks** who managed another 1st place in her age category, 34th lady overall and our 4th scoring Harrier lady, with a time of 50:24. Well done Kathy!

Ladies Captain **Shazza**, decided to get a proper warm up in ahead of the race and it paid off with a course PB of 56:52. Completing the ladies team was Vice Captain, **Jo Peasland**. Unsurprisingly, Jo was battling jet lag following her final 7 continents Marathon in Sydney only a couple of weeks ago. For Jo, Round the Lakes was a 'get it done' race as she finished in 1:02:32. There were however, plenty of other teams runners who dropped points due to Shazza and Jo taking part and not letting them get passed! Every team member can have an impact on other teams results.

Full results for the ladies are as follows:

Rank	Name	Gender Rank	Age Group	AG Rank	Chip Time
155	Maria Everett	16	Female 35	6	44:26:00
169	Heather Khoshnevis	19	Female 55	1	46:03:00
177	Louise Austin	22	Female 45	4	47:03:00
206	Kathy Fooks	34	Female 65+	1	50:24:00
253	Sharon Taylor	59	Female 45	13	56:52:00
277	Josephine Peasland	72	Female 45	18	01:02:32

Well done Team Orange Ladies!

For the men we had 12 runners, and a strong team out...with **Christian Rodiger** leading the way with a new PB of 36:19! Next home was **Thomas Woods** in 37:25, and **Luke Dowsett** only 8 seconds behind in what must have been a close battle! Next in was **Bradley Dawson** with a PB and in an even closer battle with **Steve Goodman** (who also got a new PB), 38:11 and 38:14 respectively and to complete our top 5 scorers.

Matt Folds was next in 41:53; then **Paul Cripps** in 44:00 and **Matt Meech** in 44:43. Next home was **Martin Hudson** in 50:07; **Barry Telling** 51:38; **Mike Terry** 1:01:51; and completing our team was **Guy Burdett** in 1:23:38.

Well done guys! I hear it was a windy one! Hopefully we can get another full mens team out for Weymouth 10 in a couple of weeks!

Full results for the Men are as follows:

Rank	Name	Gender Rank	Age Group	AG Rank	Chip Time
30	Christian Rodiger	30	Male Senior	19	36:19:00
48	Thomas Woods	46	Male Senior	25	37:25:00
49	Luke Dowsett	47	Male Senior	26	37:33:00
56	Bradley Dawson	54	Male Senior	29	38:11:00
58	Steve Goodman	56	Male 40	14	38:14:00
109	Matt Folds	100	Male 40	34	41:53:00
139	Paul Cripps	125	Male 50	19	44:00:00
160	Matt Meech	143	Male 50	23	44:43:00
202	Martin Hudson	171	Male 60	17	50:07:00
216	Barry Telling	176	Male 60	18	51:38:00
275	Mike Terry	205	Male 70+	11	01:01:51
302	Guy Burdett	211	Male 40	63	01:23:38

Overall, in the DRRL the Men finished in 5th place and remain in 5th place overall in the first division, with just 3 races remaining. Luke Dowsett is currently our highest placed male in the league, in 18th place.

The next DRRL race is the [Weymouth 10](#) on Sunday 13th October. This is a nice 10 mile race starting and finishing at Weymouth Pavillion, running along the prom and with a double loop of Bowleaze before heading back along the prom.