

DORSET ROAD RACE LEAGUE

Round the Lakes 10k Race Report

Many thanks to Richard Brawn for writing

The unfortunate cancellation of the Purbeck 10k had left a gap in the Dorset Road Race League fixture list that needed to be filled, prompting Poole AC to step forward and save the day. They agreed to host a one-off summer special edition of the Round the Lakes 10k – a race that is usually staged on Boxing Day every year.

The venue for the event is Poole Park and it's over the same ground as the notoriously quick Poole parkrun, featuring a lap of the cycle track followed by a lap of the lake, three times over.

The prospect of the race generated quite a bit of excitement in amongst the Bournemouth AC fraternity as they were pleased to see a new race make it onto the roster. They also knew that since it was so close by, they would easily be able to get a strong team out, just as they did for the May 5 the previous month.

For them, it was another chance to stave off what is looking like an inevitable conclusion of Egdon Heath Harriers being confirmed as champions of the men's first division.

Their win at the Puddletown Plod Half Marathon brought them to within one win of securing the league title.

They were also leading the way in the ladies' first division as well and looking in good shape to bring the title home on both fronts. Poole Runners were their main challengers after the first 7 fixtures of the 12.

Although there were a lot of talented runners in the line-up, Bournemouth AC man Harry Smith had to go down as the favourite for the race win.

He'd been in scintillating form of late, recording a 31:41 at the Night of the 10,000m PBs at Highgate and then following it up with a road PB of 31:21 in the Kempton Park Running Festival 10k.

Towards the beginning of the year he'd also recorded an incredible 14:48 time at Poole parkrun which turned out to be the quickest parkrun in the country on the day. Hence he had proven pedigree on that very course.

Harry was part of a formidable looking Bournemouth AC outfit that also included Rob McTaggart and Anthony Clark and also saw a return to action for Rob Spencer - a man who has previously run a sub 30-minute 10k.

Poole AC super-vet Brian Underwood was also in the mix, along with Twemlow Track Club's Harry Lauste.

Egdon Heath Harriers hadn't managed to assemble a squad as strong as usual for this one but they knew they still had four more races left after this one to get that final win.

In-form Dorset Doodlers star Molly Rasch was there again, looking to add to her impressive repertoire of wins for the season so far and increase her lead at the top of ladies' individual chart.

She looked set to duel it out with Poole Runners woman Vicki Ingham who had some very speedy 10k times on her resume including a 35:11 at Eastleigh in March.

There was also a return to race action for Twemlow Track Club woman Gemma Bragg and Bournemouth AC ladies' team captain Caitlin Peers was also present and correct before jetting off to Montreal to represent Great Britain in the World Triathlon Championships.

As soon as the race started, Harry Smith broke off the front of the pack. He was thinking he might be in with a shout of bettering his Kempton Park time but he knew he needed to be going at a very fast pace to do it.

The conditions weren't perfect on the day as it was a tad blustery but it was much cooler than it had been during the week leading up to it so that was probably a good thing.

When the runners were coming round the side of the lake though the wind was quite noticeable and inevitably caused the pace to drop a touch.

The chasing pack behind Harry included several of his Bournemouth AC teammates, with Rob McTaggart, Rob Spencer, Ant Clark and Szymon Chojnacki there.

It was beginning to look like an impressive show of dominance from the yellow and blues.

Realising that he wasn't going to be on for a PB, Harry went into cruise control. Still travelling at a very quick pace though, he was able to maintain a healthy gap over his nearest rivals whilst relaxing and enjoying the run.

Rob Spencer and Rob McTaggart were looking like they were going to be the ones battling it out for 2nd place but they were almost a minute behind Harry.

Getting to the line a time of 32:20, it was comfortable win in the end for Harry and another good one to add to his impressive recent record.

Outkicking Rob Spencer in the final stages of the race, it was Rob McTaggart who sealed the runner up spot in a time of 33:17, with Rob Spencer following over the line in 33:20.

Poole parkrun regular Thomas Corbin was the next man over the line, recording a time of 33:25, although he isn't affiliated to any club so didn't impact the Dorset Road Race League standings.

Harry Lauste arrived seconds later to claim 5th place on the leaderboard in a time of 33:28 before Brian Underwood filtered in to claim the prize for 1st M40, getting round in 33:49.

Anthony Clark made it four Bournemouth AC men in out of the top 7 when he crossed the line in 34:38, keeping within his designated heart rate zone as he continues his Comrades Marathon training.

Martyn Bell gave Egdon Heath Harriers their first finisher when he arrived at the finish to register an excellent time of 34:49, putting him in 8th position.

That was just enough to edge out Poole Runners man Dion Garner who was 9th in 34:51.

Completing the top ten, as well as the scoring team of five for Bournemouth AC was Szymon Chojnacki and he clocked in at 34:58.

It was an extremely dominant display from Bournemouth AC and it was almost a throwback to the old league matchups of yesteryear when they would often claim the top three or four places and monopolize the higher end of the leader-board.

Poole AC man Luke Terry was next over the line, recording a time of 35:08 to take 11th place. Then it was Steven Rigby of Twemlow Track Club who arrived in 12th in a time of 35:29.

Bournemouth AC man Daniel Trickett put in a superb display to come in in 13th place, finishing very strongly to secure a 35:35 time.

That was just enough to edge him ahead of former BAC man Jez Bragg who is now representing Twemlow Track Club. He was 14th in 35:37.

Setting off at a supersonic speed, there was never any threat of any of the other women in the race catching Vicki Ingham and she got to the line in a magnificent time of 35:56 to take 1st female spot and 18th overall.

Just behind her it was the battle of the writers, with Steve Cook and Rich Brawn jostling for position as they rounded the cycle track for the final time.

Glancing at his watch as he came around the top corner of the track, Rich saw that he could potentially be on for sub 36 if he sprinted from there so he put his foot down and went for it.

It was extremely tight but he just made it, crossing the line in 35:59 which put him in 19th place. Steve Cook arrived a second later to take 20th. That was also good enough to secure the prize for 1st M50.

Vicki's sensational run meant the Molly Rasch would have to settle for 2nd place on this occasion but she was still in a very healthy position at the top of the standings for the season thus far.

She crossed the line in 37:11 which put her in 33rd place overall. Emily Hilliar of Poole AC was 3rd female, getting to the line in 38:35.

Lauren Baker-Little of Poole Runners was 4th female and 1st F35, clocking a time of 39:06. That saw her finish 53rd overall.

The next lady in was Gemma Bragg, who ran well to complete the course in 40:42 putting her 72nd overall and 2nd in the F35 category.

Caitlin Peers came in as 6th female, clocking a time of 41:10 which put her 76th overall.

As far as the Dorset Road Race League team points went, it was Poole Runners who picked up the win after Kate Wilkinson crossed line as 7th female in 41:25 to complete their scoring team of three.

Poole AC were 2nd, with Emily Hilliar, Gemma Terry (12th female in 43:11) and Claire Kremer (14th female in 43:31) and the Bournemouth AC trio of Caitlin Peers, Jola Dewerenda (15th female in 43:42) and Tamzin Petersen (20th female in 45:45) were 3rd.

In the men's first division it was obviously an emphatic win for Bournemouth AC and it would appear that Poole AC were 2nd with Brian Underwood, Luke Terry, John Bassinder (21st in 36:06), Barry Miller (25th in 36:33) and Curtis Doherty (43rd in 38:04) scoring for them.

On this occasion, Egdon Heath Harriers had to settle for 3rd place with their scoring five of Martyn Bell, Matt Faramus (23rd in 36:29), Bruce Campbell (29th in 36:52), Simon Arthur (41st in 37:44) and Brandon King (47th in 38:33).

Even without Lee Dempster, Tremlow Track Club managed to win the fixture in the men's second division, with their team of five consisting of Harry Lauste, Steven Rigby, Jez Bragg, Steve Cook and Richard Swindlehurst (28th in 36:50).

That was enough to fend off competition from Wimborne AC who were 2nd with Jay Dunn (15th in 35:45), Jerry Shield (63rd in 39:46), Neil Hopkinson (103rd in 44:01), Andrew Olden (130th in 47:27) and Jeff Hinsley (141st in 49:10) making up their top five.

The win would have definitely helped Poole Runners' cause in the ladies' first division as they look to chase down Egdon Heath Harriers who currently top the table.

Not too much changed in the men's divisions with Tremlow Track Club recording their 5th league win of the season giving them an even more commanding lead over Wimborne AC in the second division.

In the first division, Bournemouth AC were desperately hanging in there, trying to prevent Egdon Heath Harriers from sealing the title.

All attention turns to the Portland 10 next though and with the location being a bit closer to home, Egdon Heath Harriers will be hoping that perhaps that could be the day they are confirmed as champions.