

# DORSET ROAD RACE LEAGUE

## Lytchett 10 Race Report

Providing a great opportunity for a very tough, long training run by adding some miles on at start and the end, or even running the course twice, the Lytchett 10 race tends to prove popular in the thick of the marathon training season. That often results in a star-studded line up descending on the lumpy country roads around Lytchett Minster and Lytchett Matravers.

This year was no exception to that, with Twemlow Track Club pair Chris Wood and Steven Yates running the full route before the official race started. Brian Underwood and Steve Cook did eight miles beforehand and Bournemouth AC man Rob McTaggart was using the Lytchett 10 as filler for a 22-mile sandwich session. It beats a foot long at Subway any day!

Jacek Cieluszecki usually runs from his home in Poole to the start venue at Lytchett Minster Sports Centre and then back again afterwards which gives him five miles before and five miles after making it a decent 20-mile run.

Also lining up in the race for Bournemouth AC was Harry Smith but since he'd transferred his first claim status to City of Salisbury, he couldn't score any points for south coasters in the league. He could, however, count towards the team prize for the race itself.

Jacek Cieluszecki and Rob McTaggart were both former winners of the Lytchett 10, as was Craig Palmer who was also representing a very strong looking Bournemouth AC team, even without Harry Smith scoring for them.

Twemlow Track Club had a strong side as well with the three Steve's – Yates, Cook and Rigby, Chris Wood, Lee Dempster and Richard Swindlehurst in their line-up.

As usual, Egdon Heath Harriers brought a strong squad to the party, with Christopher Peck, Charlie Williams, Adam Davies and Martyn Bell all featuring. They started their title defence by finishing 3rd at the Broadstone Quarter so were hoping to get their first win on the board at Lytchett. With such a fiercely competitive Men's First Division now though, it wasn't going to be easy.

Out of the women in the race, Vicki Ingham was the favourite and she was joined by her Poole Runners teammate Lauren Baker-Little. Defending women's champions Egdon Heath Harriers also had a strong female contingent though with Georgina Povall, Alex Door and Natalie Lawrence in their arsenal.

The course for the Lytchett 10 contains quite a lot of vertical for the first 7 or so miles. Then it's a very fast run into the finish for the last three miles, making a thrilling but extremely challenging race and quite tricky to get the pacing right, although for those who are experienced at it, they kind of know what to expect. Whether that's a good thing or not at Lytchett though is up for debate.

For those doing additional miles, a fair bit of running had already taken place by the time the official race began, but when it did, it was the Bournemouth AC men who led from the front. Surprisingly it was a lesser known BAC man, Ben Collins, who first went on the attack, showing no fear, despite the big names behind him.

The three previous winners Jacek Cieluszecki, Craig Palmer and Rob McTaggart were just behind him, along Harry Smith who was perhaps the strongest of all the contenders. Harry had been on fire in the recent Hampshire Road League races, finishing 3rd in the Hayling 10 and the Victory 5 and 2nd in the Stubbington 10k and Ryde 10. He'd also won the Romsey 5 as well.

The day before the Lytchett 10, Harry had competed in the Hampshire League Cross Country race at Popham Airfields and had incredibly finished in 6th place which was a phenomenal result in such a high standard field. The question was, would he have anything left for the Lytchett 10? And the answer... a resounding yes!

In the early stages a lead group formed, featuring Harry and Jacek who were driving it. Steven Yates was there as well, along with Christopher Peck and Charlie Williams. Rob McTaggart was also still in the mix, along with Chris Wood who was just about hanging on to the back of the group.

Ben Collins was doing his best to stay in touch with them and he was just ahead of Brian Underwood and Lee Dempster. Craig Palmer wasn't far behind either.

It was when they hit the hill on the second mile that that Jacek and Harry started pulling away from the group. The pair would then proceed to run together for most of the race. Harry was stronger on the flat sections and Jacek was pulling it back on the hills. It was a real clash of the titans.

There was always the sense that Harry had it under control though and in the end that proved to be case, and he came out on top. Completely the course in a mightily impressive time of 54:13, it was a truly tremendous run from Harry.

His slowest mile was a 5:52 on the very hilly 7th mile and his quickest was his 4:54 last mile. It really was a masterclass - and in all fairness, it had to be to beat Jacek.

Reaching the line 25 seconds after Harry, Jacek claimed 2nd place, clocking a time of 54:38. That put his average pace for the run at 5:28 and his slowest mile was in fact a 5:50 on that 7th mile.

It was a top-class performance from Jacek but not quite as quick as his winning time of 2017, which was 54:05. Having said that though, that wasn't quite as fast as his 2013 time which was 53:54!!

Even though he'd done 45 minutes running before the race, Rob McTaggart still put in a fantastic display to take 3rd place in a time of 55:51.

Going on for another 35 minutes after he'd finished, Rob completed his 22-mile run at an average pace of 6:06, demonstrating what tremendous shape he's in.

It was Christopher Peck who was the best of the rest and he came over the line 31 seconds after Tag to claim 4th place in 56:22. After having already done one loop before the race started, Twemlow Track Club pair Steven Yates and Chris Wood finished 5th and 6th recording times of 56:27 and 56:39 respectively.

Charlie Williams was Egdon Heath Harriers second scorer, taking 7th place in 57:19, meaning there had now been three Bournemouth AC finishers, although only two were scorers, two from Twemlow and two of Egdon thus far. It was to be an intriguing league battle between the top clubs.

Poole AC caused a massive upset by winning the first fixture of the season but they would have a difficult task to replicate that at Lytchett. Brian Underwood gave them hope though when he crossed the line to take 8th place in 57:58.

Ben Collins had been having an impressive run but he didn't quite have the leg turnover to maintain his position over the last few miles and as a result, he lost four places. One of the men who caught him was his teammate Craig Palmer who took 9th place in a time of 58:44.

That was enough to give the Bournemouth AC men first prize in the men's team competition for the race itself but of course, for the league, it was the first five scorers and Harry wasn't going to be counted, so for that, it was still game on.

Adam Davies of Egdon Heath Harriers and Luke Terry of Poole AC also managed to get past Ben on the descent and they ended up in a closely fought sprint finish at the end with Adam Davies just getting it to take 10th place, with Luke taking 11<sup>th</sup>. Both men recorded a time of 58:47. Then it was Ben Collins in 12th place with a time of 58:55.

Richard Swindlehurst gave Twemlow Track Club their third runner on the board, crossing the line in 59:12. That was enough to give him 1<sup>st</sup> MV50 prize. He was followed by Egdon Heath Harriers' fourth scorer who was Martyn Bell. He clocked a time of 59:28.

Benjy Williams of Poole AC was 15th in a time of 59:43 which meant they had had three scorers in. Then Haydan Clarke gave Poole Runners their first scorer on the board, taking 16th place in 59:47.

Sealing a fabulous new women's course record, Vicki Ingham completed the race in 1:00:01 to take 18th place overall. It was a phenomenal run from Vicki and she was over four minutes ahead of her nearest rivals who were the Egdon Heath Harriers pair of Natalie Lawrence and Georgina Povall. They recorded times of 1:04:10 and 1:04:20 respectively to finish 41st and 43rd overall on chip time.

Egdon Heath Harriers were the first club to get five male scorers over the line when Matthew Underhill arrived to take 19th place in 1:00:17. That proved good enough to seal the win for them. Steven Rigby then came in as fourth scorer for Twemlow in 1:00:27.

Joe Godden was Poole Runners second scorer, crossing the line in 1:00:32 before Steve Cook arrived to seal 2nd place in the fixture for Twemlow Track Club. His teammate Lee Dempster was next to finish in 1:01:06.

As ever, Julian Critchlow of Purbeck Runners was the top man in the MV60 category, getting round in 1:02:48. Barry Miller was Poole AC's fourth scorer, finishing 34<sup>th</sup> in 1:03:22 and John Towner followed in three seconds later to complete the scoring team for Poole AC.

Lauren Baker-Little of Poole Runners was 4th female, clocking a time of 1:05:56 which put her in 53rd place overall.

Alex Door sealed the win for the Egdon Heath Harriers ladies though, completing the course in 1:08:03 which put her in 94th place overall. That meant they had levelled it up for the season so far after Poole Runners won at the Broadstone Quarter.

Completing the scoring team for Bournemouth AC was Tom Ralph who came in 81st overall in a time of 1:09:52. That meant Bournemouth AC ended up having to settle for 3rd place even though they had the top two scorers in their ranks. Poole AC finished 4<sup>th</sup>.

After their dismal start to the season at the Broadstone Quarter, the Bournemouth men's 3rd place at Lytchett lifted them up to 4th in the table.

With their victory, Egdon Heath Harriers had taken top position in the Men's First Division, with Poole AC dropping down to 2nd and Twemlow Track Club in 3rd after finishing 2nd in both races.

After their disappointing start to the season at the Broadstone Quarter, the Bournemouth AC men's 3rd place at Lytchett lifted them up to 4th in the table.

In the Men's Second Division it was Westbourne who emerged victorious at the Lytchett 10, with Purbeck Runners in 2<sup>nd</sup> and Royal Manor of Portland 3<sup>rd</sup>.

In the Ladies Second Division it was Bournemouth Joggers who came out on top with Purbeck Runners taking 2<sup>nd</sup> and Dorset Doodlers in 3<sup>rd</sup>.

It's now time to flick the sun lounger into recline, whip out those designer shades and grab a copy of the Daily Mail as there is a bit of a break in the season before the next league fixture. That will be the Marnhull 12k which takes place on April 16<sup>th</sup>.

## **Added by DRRL**

The Lytchett 10 Race Report hosted the Dorset County 10 mile Championships. Medal winning raw shown below and its hoped to present these at the Marnhull 12k on April 16<sup>th</sup>.

### **Open**

1st Male Open, Rob McTaggart, Bournemouth AC, 55:52

2nd Male Open, Christopher Peck, Egdon Heath Harriers, 56:24

3rd Male Open, Steven Yates, Twemlow Track Club, 56:29#

1st Female Open, Vicki Ingham, Poole Runners, 1:00:03

2nd Female Open, Lauren Baker-Little. Poole Runners. 1:06:01

3rd Female Open, Alexandra Door, Egdon Heath Harriers,1:08:07

### **Masters**

1st Male Masters, Christopher Peck, Egdon Heath Harriers, 56:24

2nd Male Masters, Steven Yates, Twemlow Track Club, 56:29

3rd Male Masters, Chris Wood, Twemlow Track Club, 56:40

1st Female Masters, Maria Everett, Littledown Harriers, 1:13:59

2nd Female Masters, Mary Godding, Swim Bike Run Dorset, 1:14:19

3rd Female Masters, Eleanor Rollett, Dorchester RIOT,1:14:42