

DORSET ROAD RACE LEAGUE

Round the Lakes 10k Race Report

Once again stepping up to host after the cancellation of the Hoburne 5, Poole AC provided another 'summer special' edition of the Round the Lakes 10k. With its fast, flat circuit round Poole Park at the very same venue as the routine Saturday parkrun stop, the Round the Lakes 10k always proves popular and has been a Boxing Day mainstay for many years.

Last year's summer league race saw Bournemouth AC runners take the top three positions with Harry Smith winning, although he didn't score for them in the league as he wasn't first claim. Rob McTaggart claimed 2nd with Rob Spencer sealing 3rd.

This year's race took place on the same weekend as the Southern Road Relays so that took a number of Bournemouth AC's top men out of the equation. It was the same for Poole AC as well as they also fielded a strong side at the relays.

Champions elect Egdon Heath Harriers didn't have their strongest selection of men out but they did have Alex Door, Julie Wargent and Hannah Martyn in the armoury for the ladies team title push. It was turning into another intriguing battle between them and Poole Runners for top spot in the first division and that looked like one that could go all the way.

Vicki Ingham was in action in a strong Poole Runners line up that also included Lauren Baker-Little and Caroline Stanzel.

It was the tall, rangy figure of Harry Lauste who emerged as the main contender for the race win though. The Twemlow Track club star was going at around 5:10 pace and that was simply too fast for anyone else in the field to hang with.

Poole Runners man Dion Garner had impressed everyone with his Upton Summer Series performances and he was leading the chase. Harry's teammate Chris Wood was in third and BAC man Matt Brown was occupying fourth.

As the race went on, Chris began to struggle and by contrast, Matt was getting quicker. Putting in an exception last couple of kilometres to overtake Chris and assume third position, Matt made it to the line in 33:56.

Chris followed in 12 seconds later to take 4th spot in 34:08. That netted him the first vet prize.

All of Harry Lauste's splits were in the region of 5:10 except for his fifth mile that was 5:28. That gave him a finishing time of 34:28.

Dion Garner wasn't far behind Harry for the first couple of miles but it wasn't a pace he could sustain for the full duration of the race. He didn't blow up though and held it together well at around 5:25 to 5:30 pace for the remainder of the race. That brought him a one-and-a-half minute PB of 33:27.

Benjy Williams of Poole AC took 6th place in 34:41 and he was the first under 20 man over the line. After forming part of the relay team that qualified for the Nationals the day before, Jamie Grose did the double, getting round in 35:03 which put him in 9th place.

Bournemouth AC star Hugo Richardson took 10th place in 35:08 and he was 2nd in the Under 20 Male category.

Jez Bragg was Twemlow's third man over the line, completing the course in 35:24 which put him in 11th place. The battle for first M50 was contested between two Poole AC men, with Dave Hicks finishing 10 seconds ahead of John Bassinder. Their times were 35:26 and 35:36 and they were 12th and 13th.

Matt du Cros was Bournemouth AC's third man over the line, registering a new PB of 36:02 which put him in 15th place.

Picking her 5th Dorset League win of the season, Vicki Ingham was 1st female. She got round in 36:36 which put her 18th overall.

With six wins under their belt already, the Egdon Heath Harriers men only needed one more to confirm the league title. They weren't going to get it at Round the Lakes though as Martyn Bell was their first runner in, clocking a time of 36:56 which put him in 20th place. Corey Stone was their next man over the line in 22nd place, recording a time of exactly 37 minutes.

The victory in the Men's First Division at Round the Lakes went to the hosting club, Poole AC, with Barry Miller securing it for them. He also finished in exactly 37 minutes, putting him in 21st place.

Evergreen Purbeck Runners man Julian Critchlow finished as first M60, clocking a time of 37:28 which put him in 31st place.

Bournemouth AC woman Laura Daly secured a PB of 39:06 which was enough to see her come in as 2nd female and 43rd overall.

Caroline Stanzel was 3rd female in 39:51 which put her in 52nd place overall. Alex Door of Egdon Heath Harriers took 4th female spot in 41:03, putting her in 65th place overall.

With Steven Rigby finishing 37th in 38:36 and David Jones coming in 46th in 39:20, Twemlow Track Club took second place for the fixture in the Men's First Division.

The Bournemouth AC men secured 3rd place which was a vast improvement from them compared to what they had produced in the majority of the previous races where they had often struggled to field a team.

Gemma Terry of Poole AC was 5th female in 41:32 and that was three seconds ahead of Lauren Baker-Little who completed the scoring team for Poole Runners. She was 6th female and 74th overall in 41:35. That meant Poole Runners had won the fixture in the Ladies First Division.

Julia Wargent and Hannah Martyn completed the scoring team for Egdon Heath Harriers but it meant

that on this occasion, they had to settle for 2nd place. It was a fourth win of the season for Poole Runners, with Egdon having managed five thus far. Similarly to the season before, it was brewing up to be a great battle for supremacy between the two clubs.

Debbie Lennon of Bournemouth AC finished first in the F55 category, registering a time of 47:08. That put her 138th overall and she was 19th placed lady.

The Men's Second Division it was a win for Wimborne AC, with second place going to Westbourne and it was beginning to look increasingly likely that they will be two of the three teams that will join Bournemouth AC and Lytchett Manor Striders in the new look Second Division.

Purbeck Runners finished third in the Men's Second Division at Round the Lakes and they are very much vying for that all important third place slot which is current occupied by Dorchester RIOT.

Wimborne AC also claimed victory in the Ladies Second Division. It was Wimborne's win of the season and they were in the hunt for one of the three places that will form the new look Second Division where they will most likely be joined by Bournemouth AC and Lytchett Manor Striders who look like dropping down from the top flight.

Dorset Doodlers were also in contention for it and after finishing 2nd and 3rd at Round the Lakes, Royal Manor of Portland and Westbourne were also looking to sneak in there. It promises to be an exciting end to the season with so much to play for all the clubs in their respective divisions.

The next fixture on the list would be coming around quickly, with the Gold Hill 10k providing the thrills, the spills and most definitely the hills!