

DORSET ROAD RACE LEAGUE

Boscombe 10k Race Report and Round Up for the Season

Even though most of the league positions had already been decided, the clubs still brought strong arsenals of talent to the table for the Boscombe 10k.

The final race of the Dorset Road Race League season also doubled up as the Dorset 10k Country Championships so there was an added incentive for the athletes to finish as high up as they could.

Poole Runners man Dion Garner was in action and he'd been in some serious form of late. Luke Terry of Poole AC would also be in contention and Twemlow Track Club had Chris Wood, Jez Bragg and Steve Cook out.

There were plenty of high quality ladies in the mix for County Championship honours including Vicki Ingham of Poole Runners and Georgina Povall, Nat Lawrence, Alex Door and Hannah Martyn, all of Egdon Heath Harriers.

Conditions weren't the best on the day and the rain showed little signs of letting up when the race was due to start. The show had to go on though and thus it began with the usual three quarters of a lap round the track before heading out through to field and over to Kings Park Drive.

Bournemouth AC pair Adrian James and Seb Crowe were in the lead as the runners made their way round the track but it wasn't long before Dion Garner assumed pole position and began to drive forward at a ferocious pace that not many were able to hang with.

The third mile of the course is quite tricky as you have to go through the underpass and then head up the alley and round to Queens Park. Then comes the hill of Queens Park West Drive.

It's an incline that the Bournemouth AC squad quite often use in training sessions so most of them know it well and are aware that it can be a real grind. After that there is another tricky climb up the road next to the Wessex Way which can really take it out an already weary runner.

The runners then embarked upon the journey back to Kings Park, heading through the park before being diverted across the grass toward the track. Then it's onto the track for fast lap before reachig the finish.

It was Dion Garner who picked up the race win, getting round in 34:12. That made him Dorset County Champion and put him 13 seconds ahead of Luke Terry who was runner up in 34:25. Egdon Heath Harriers man Daniel Hull reached the line in 3rd place in 34:57.

Twemlow Track Club pair Jez Bragg and Chris Wood finished 4th and 5th in 35:10 and 35:23. Adam Jundi, who usually finishes first in Brockenhurst parkrun came 6th in 35:36. He was given the exact same time as Joseph Usher of Egdon Heath Harriers who came 7th.

Also representing men's league champions Egdon Heath Harriers, Corey Stone came in 8th in 35:42. Bournemouth AC star Seb Crowe managed 9th place in 35:50 and Poole AC man Dave Hicks completed

the top ten and was 1st in the 50-59 category with his time of 35:51.

Usually finishing in the top two positions in Bournemouth parkrun, Tom Cawley continued his good form at the Boscombe 10k registering a time of 36:08. Gavin Pritchard of Lonely Goat came in 12th in a time of 36:14.

John Bassinder was 3rd scorer for Poole AC, taking 13th place in 36:17. They went on to win the fixture, with Alan Metcalfe taking 17th in 36:29 and Barry Miller completing their scoring team in 26th with a time of 37:05.

With Matthew Underhill taking 21st place in 36:44 and Matt Faramus in 35th with 37:37, Egdon Heath Harriers were 2nd in the men's First Division. Of course, they already been crowned champions a long time ago so it didn't really matter. They'd had a magnificent season and reigned supreme again but quite some margin.

Poole Runners were 3rd placed men's team for the race, with Twemlow Track Club taking 4th and Littledown Harriers in 5th. That was exactly how they finished in the men's First Division table for the season as well, with Poole AC taking 2nd.

Lytchett Manor Striders and Bournemouth AC will drop into the new look Second Division next season. They'll be joined by Westbourne who won six and got one 2nd place, Wimborne AC who won four races and got two 2nd places and Purbeck Runners who were the best of the rest. The other Second Division clubs will be in the Third Division next season.

The week before she went out and ran an incredible sub 2:45 marathon in Valencia, Vicki Ingham became County Champion, completing the course in 37:50 which put her in 36th place overall.

Georgina Povall was the next lady over the line, clocking a time of 38:45 which put her 49th overall. Reaching the finish in 39:04, Nat Lawrence was 3rd female and 54th overall.

Recording a time of 39:32, Emma Caplan came in 64th in the overall standings and 4th female. She was also 1st in the Female 45-54 category.

Poole Runners pair Caroline Wilkins and Gemma Bragg were 5th and 6th female in 40:01 and 40:04 which put them 73rd and 74th overall. That was enough to give Poole Runners the race win ahead of Egdon Heath Harriers, although they finished on the same points.

Hannah Martyn was 7th female in 41:41 which put her 93rd overall. Coming off the back of some very high mileage weeks due to her Arc 50 training, Alex Door was 11th female and 111th overall in 42:54.

Winning her 7th race of the season also meant Vicki Ingham was crowned champion of the ladies individual competition. Georgina Povall was runner up in that with six 2nd places and one 3rd.

Hannah Martyn finished 3rd in the table in the end and Alex Door was 4th. Their Egdon Heath Harriers teammate Julie Wargent was also made it into the top five in the ladies individual standings for the season.

The battle for supremacy in the ladies 60-64 category between Debbie Lennon and Heather Khoshnevis had gone down to the wire. How they performed in that last race of the season could be all important in deciding the winner.

It turned out to be Heather's day in the end and she ran really well to register a time of 44:18 which put her in 141st place overall. She was 25th placed lady and 1st in the 55-64 category.

Debbie had to be content with 2nd place in that category for the race and 2nd in the standings for the season as well, crossing the line in 46:08.

With seven wins, the Egdon Heath Harriers women had already been crowned champions, with Poole Runners having to settle for 2nd with five wins and two 2nd places. Dorchester RIOT finished 3rd, with Littledown Harriers 4th and Poole AC 5th.

Like in the men's First Division, Lytchett Manor Striders and Bournemouth AC will both drop down into the new look Second Division. They'll be joined by Dorset Doodlers who won the Ladies Second Division with four wins, two 2nd places and a 3rd.

Wimborne AC will also join them after they finished 2nd in Division Two and Purbeck Runners who came third after topping the standings at the Boscombe 10k. The rest of the clubs will form Third Division.

Christopher Peck, also of Egdon Heath Harriers was male champion in the individual competition, with seven wins. Lewis Clarke of Poole Runners came 2nd with two wins and five 2nd places.

Charlie Williams of Egdon Heath Harriers came 3rd and Dave Hicks took 4th after a brilliant end to the season. John Bassinder of Poole AC was 5th and Matt Underhill was 6th, just ahead of his two Egdon Heath Harriers teammates Adam Davies and Corey Stone.

The three division format for the new season will definitely shake things up and with only five teams in the first and second divisions, it should add a degree of tension and jeopardy as there will always be something to play for.

Poole AC certainly have the firepower to challenge Egdon Heath Harriers for the men's first division title. Will the Egdon Heath Harriers ladies manage to defend their title as well or will Poole Runners bite back? Will there be a resurgence from Bournemouth AC who will be competing in the second tier?

There is so much there to wet the appetite for the new Dorset Road Race League season and it promises to be an enthralling competition from beginning to the end.