

DORSET ROAD RACE LEAGUE

May 5 Race Report

Following on from the hills and spills of the North Dorset Village Marathon, there was a somewhat less demanding, yet every bit as competitive, offering, as the Dorset clubs headed to Canford Heath for the May 5.

The race was organised by Poole AC and they had brought a strong looking line up to the table, including serial race winner Jamie Grose, Luke Terry, Dave Hicks, Rob Doubleday and John Bassinder.

Twemlow Track Club also had a fairly strong side out with Chris Wood, Jez Bragg, Richard Swindleburst, Edward Crawley and Lee Dempster in the mix.

As for the women, Vicki Ingham was chasing her fourth race win of the season. Hayley Martin of Poole AC, Georgina Povall of Egdon Heath Harriers and Emma Caplan of Bournemouth AC were hoping to give Vicki a run for her money.

The race starts and finishes with a lap around Ashdown Athletics Track. The rest of the course is on roads and pathways round the Canford Heath area, with quite a few mild undulations.

The conditions were quite favorable on the day as it was quite overcast and not particularly warm. There was a bit of a breeze but aside from that it was ideal for running.

At the front of the race, Jamie Grose proved far too strong for anyone else. He followed up on his wins in the Bournemouth Bay Run 5k and 10k, the Marnhull 12k and the Upton Summer Series with another impressive victory. His time of 26:13 which put him close to a minute and half ahead of teammate Robert Doubleday.

Robert made it to the line in 27:39 which made him 1st Male 40. Poole Runners star Rob Arkell interrupted what would have been a Poole AC one-two-three to take 3rd place in 27:46. That meant Dave Hicks had to settle for 4th with his time of 27:54 but that was enough to net him top Male 50 honours.

Wimborne AC man Tom Williams took 5th place in 28:09, before Twemlow Track Club pair Jez Bragg and Chris Wood arrived in 6th and 7th. They recorded times of 28:15 and 28:21 respectively. Luke Terry was Poole AC's fourth man in when he arrived in 8th place in a time of 28:31.

Another Wimborne AC youngster, Jack Burrows took 9th position in 28:39, before Corey Stone gave Egdon Heath Harriers' their first man in, taking 10th place in 28:45. Poole Runners pair Tom Andrews and Joe Godden claimed 11th and 12th positions with their times of 28:50 and 28:53.

Giles Heaman had the power to take 13th place in 28:55 before John Bassinder completed the race win

in the Dorset League for Poole AC. He finished 14th in 28:57 and was 2nd in the Male 50 category.

Vicky Ingham did indeed seal the 1st female spot once again, getting round in 29:46 which put her 21st overall. Hayley Martin was the next woman to come in, clocking a time of 30:14, which put her 29th overall.

Bournemouth AC's Emma Caplan was in 3rd place when she arrived on the track but Georgina Povall snuck and picked her pocket, snatching the podium place.

With a time of 30:34, Georgina was 36th overall, with Emma next over the line in 30:41. Emma was 1st in the Female 45 category but there was no prize for that so it was scant consolation.

Emma's teammate Katie Gunn was 5th female, getting round in 31:06 which put her in 43rd place overall.

Gemma Bragg was 6th placed lady and 1st in the Female 35 category with her time of 32:17 and that put her 60th overall. Julie Wargent of Egdon Heath Harriers came in as 7th female and 72nd overall in 33:21.

Poole AC had the next four female finishers after that which was enough to seal the win for them in the ladies' first division.

Rachael Haddow came 77th in 33:37, then it was Claire Kremer in 82nd place with a time of 33:54. Gemma Terry sealed the race win for Poole AC in 34:36 which put her 91st. Kirstin Hay then crossed the line in 108th place, recording a time of 35:31.

There was a great battle going on between Heather Khoshnevis of Littledown and Eleanor Rollett of Dorchester RIOT for 1st place in the Female 55 category. In the end it was Eleanor who shaded it, crossing the line in 35:51, with Heather coming in to take 111th place in 35:58. They were 12th and 13th females.

It was the first time this season that Poole Runners hadn't been the top scoring ladies team. They had to settle for 2nd place on this occasion, with Egdon Heath Harriers taking 3rd.

Poole Runners still lead the way for the season so far though, of course, with Egdon Heather Harriers in 2nd and Poole AC 3rd.

Poole Runners also managed 2nd in the men's first division behind Poole AC, with Twemlow Track Club taking 3rd. That meant that champions Egdon Heath Harriers had to settle for 4th place.

With three wins so far this season, Poole AC were now top of tree after five fixtures. Winning the other two fixtures, Egdon Heath Harriers were 2nd and it looks like there could have an interesting title race to play out.

In the men's second division, it was Wimborne AC picking up a resounding win, getting four men in in the top 20. With three wins so far this season, they had now overtaken Bournemouth AC and taken pole position for that one promotion place.

Bournemouth AC were the lowest scoring team in the ladies' second division though by a comfortable margin and they were in control for the season so far, with three wins out of the first five races.

In the ladies third division, Royal Manor of Portland were the only club to field a full team so they got first place at the May 5.

After winning the first two races, Gillingham Trotters still lead the way for the season so far, with Westbourne in 2nd. Bournemouth Joggers could be a threat though and they currently sit 3rd.

Weymouth St Paul's Harriers picked up their first win of the season in the men's third division, with table toppers Dorchester RIOT taking 2nd and Dorset Doodlers in 3rd. They both have two wins apiece so far this season so again, another interesting battle for supremacy emerging.

Vicki Ingham on course to retain her crown in the women's individual table after winning those last four races. Emma Caplan is currently 2nd, with Hayley Martin 3rd and Gemma Bragg in 4th.

Christopher Peck still tops the standings in the men's individual, with Chris Wood in 2nd. Dave Hicks is currently 3rd, with Jez Bragg in 4th and Luke Terry 5th.

After a five year hiatus, the Purbeck 10k is back and will be the next hotly contested Dorset Road Race League encounter. Taking place on a Friday night, there should be a good vibe for the revelers to look forward to and it could be another important stepping stone on the way to glory or survival for the county clubs.