

DORSET ROAD RACE LEAGUE

Round the Lakes 10k - Race Report

With the title race in the Men's First Division being so tight between Poole AC and Egdon Heath Harriers, every race was crucial for the two clubs. The next fixture strongly favoured Poole AC though as it was the Round the Lakes 10k which is held in their own back yard.

It was Bournemouth AC who came out on top at the Boscombe Seafront 5k, which wasn't really a surprise as that was on their home turf. Poole AC took 2nd in that one though which strengthened their position at the top of the table. There was very little to choose between the two title contending clubs though.

As well as organising the race, Poole AC had a formidable looking line up out, with Jamie Grose, Dom Willmore, Thomas Corbin and Fred Harris all in their arsenal. Jamie Grose won the April edition of the Round the Lakes 10k in 31:36 so he would have been hoping for a repeat of that in the September version.

Poole Runners pair Lewis Clarke and Rob Arkell were also in action, as were Wimborne AC duo Louis Verdi and Mark Savage and Dorset Doddlers man Rich White. Stu Nicholas was leading the charge for a slightly depleted Bournemouth AC team.

Dorset Doddlers star Emma Mogridge was leading the women's individual standings after eight races and she was looking to stay at the top by finishing high up at Round the Lakes.

Bournemouth AC's Katie Gunn was a lead contender though and she was also liable to be in contention at Round the Lakes.

Gemma Bragg of Poole Runners and Vicky Rutter of Littledown were also competing and Bournemouth AC's under-17-star Isabel Cherrett was also on the start line. She finished first female at the Boscombe Seafront 5k in a time of 17:26 and was 2nd female in last year's September edition of Round the Lakes.

It often tends to be quite windy when the Round the Lakes 10k is on but on this particular day it was quite calm. That would help the athletes massively to keep the pace high on what was fundamentally a very fast, flat course.

It started to rain a bit before the race was due to start though and it wasn't really forecast to do so so that caught a lot of the participants unaware.

The course started from the fountain and headed down to the cycle track round the cricket pavilion first before then heading over to the lake for a lap round the lake. Then it was two more laps of that but on the last lap, it finished just in front of the clubhouse on the cricket pavilion.

When the race got going, Poole AC had quite a few runners moving to the front. It was Jamie Grose leading the way, with Dom Willmore, Fred Harris and Etienne Tillon all up there.

Rob Arkell and Lewis Clarke weren't going to roll over and let them have it all their way though and were also in contention.

The four Poole AC men did break away in the end though and started to establish a gap over the chasing pack. Unable to maintain the blistering pace that Jamie Grose was setting, Fred Harris began to drop back.

In the end, Jamie Grose proved too quick for Dom and Ettienne and started to move away. Crossing the line in a tremendous time of 31:36, Jamie had somehow produced exactly the same time as when he won the Round the Lakes 10k in April. In fact, it was an identical chip time and gun time, which was quite incredible. His average pace for the run was 5:03.

Etienne Tillon was 2nd in 32:18, with Dom Willmore completing the Poole AC one, two, three when he took 3rd in 32:25. His average pace for the run was 5:11.

Lewis Clarke took 4th place in 32:50 with an average pace of 5:14. Taking 5th place in a time of 32:53, Rob Arkell nailed his first ever sub 33-minute time.

Tommy Corbin finished 6th in 32:58 and his Poole AC teammates Callum Wadlow and Fred Harris came in 7th in 8th in times of 34:07 and 34:12 respectively. That made it six Poole AC members in the top eight which was an outstanding show of dominance.

Stu Nicholas took 9th place in a time of 34:15 and Rich White was 10th in 34:32. Andrew Smith of Poole Runners claimed 11th place in 34:53 and Louis Verdi was 12th in 34:56 and Mark Savage 13th in exactly 35 minutes.

Another Poole AC man, Luke Terry, took 14th place in 35:11 and Jack Galloway of Twemlow Track Club came 15th in 35:15. Jamie Barrington of Egdon Heath Harriers was 16th in 35:17, with Adam Colbert of Poole AC taking 17th in 35:37.

Haydan Clarke of Twemlow Track Club finished one second ahead of Bournemouth AC's Jack Barwick in a time of 35:42. They were 18th and 19th, with Lee Dempster coming in as Twemlow Track Club's third man over the line in 35:45.

Trev Elkins of Lordshill Road Runners claimed 21st place in 35:53 ahead of Bournemouth AC pair James Hulbert and Louis Suggett who were 22nd and 23rd in 36:06 and 36:07 respectively.

Alex Jones was Twemlow Track Club's fourth finisher in 24th place recording a time of 36:24. He was first Under 20 Male. Bournemouth AC members Richard Brawn and Isabel Cherrett were running together most the way.

In the end Richard managed to open up a small gap over Isabel and that was just about enough to see him over the line first in a time of 36:38. Isabel followed in a couple of seconds later to take 29th place in 36:40.

It was a really strong run from Isabel and she was first female, beating her previous best 10k time set at the same race last year by four seconds. Lizzy Allison was second female in a time of 37:28 which put her in 35th place overall.

Although they were the second team to get five finishers in, it wasn't enough to seal second place for the Bournemouth AC men. Poole Runners came away with a better score in terms of league points, since they had the 4th, 5th and 11th placed men. That was a huge result for Poole Runners in the battle for survival.

Julian Critchlow of Purbeck Runners was the first over 60 to reach the finish, getting round in a time of 37:01 which put him in 32nd place overall.

Louise Fox of Dorchester RIOT was 3rd female and first vet, since she's in the F45 category. Recording a time of 38:27, she finished 47th overall. Katie Gunn was 4th female and 51st overall in a time of 38:41.

Ella Allford of Egdon Heath Harriers was 5th female in 39:17 which put her 58th overall on chip time. Emma Mogridge of Dorset Doodlers was 6th female with a chip time of 39:18, although she may have actually crossed the line before Ella.

Gemma Bragg of Poole Runners was 10th female in 40:23, with Francesca Kenway Christopher coming in as 13th lady in 42:15. Jenny Walker-Leach was the third Poole Runners woman over the line when she reached the finish in 43:03 which put her 15th female.

Helen Beddoe was third lady in for Bournemouth AC, clocking a time of 43:38. She was 16th female. That was enough to win the team prize for the race for the Bournemouth AC women.

The Dorset League First Division required four finishers though and Lillian Docherty sealed the win for the Poole Runners ladies though when she got to the line in 45:01, which made her 22nd female. That meant the Bournemouth AC ladies had to be content with 2nd place in the end.

Hamish Murray of Purbeck Runners was first in the Male 70+ category in a time of 44:04 which put him in 105th position overall.

Wimborne AC had already won the Men's Second Division and confirmed their promotion to the top flight but they recorded their eighth win of the season at Round the Lakes.

Littledown Harriers were 2nd, with Westbourne in 3rd, which is how they are positioned in the table for the season so far.

Dorchester RIOT recorded their fourth win of the season in the Ladies Second Division, with table toppers Wimborne AC taking 2nd Purbeck Runners in 3rd.

Royal Manor of Portland got the win in the Men's Third Division, with Dorchester RIOT taking 2nd and Weymouth St Pauls Harriers 3rd. Lytchett Manor Striders have already won the division though and will be promoted to the second tier.

Lytchett Manor Striders won the fixture in the Ladies Third Division, with table toppers Verwood Runners finishing 2nd and Weymouth St Pauls Harriers 3rd. Lytchett Manor Striders were still in with a shout of taking the promotion place though if they could get some wins in the three remaining fixtures.

Egdon Heath Harriers only managed a 5th place finish at Round the Lakes in the Men's First Division but it was still very tight at the top between them and Poole AC. That was Poole AC's fourth win of the season.

It was a fifth win of the season for Poole Runners in the Ladies First Division and that was enough to secure the league title for them. Even if Egdon Heath Harriers won the last three fixtures, they couldn't really get a better overall scorecard.

Tommy Corbin leads the way in the men's individual standings with Josh Cole of Bournemouth AC in 2nd and Rich White 3rd. Chris Peck was still very much the favourite to win it though, with Dom Willmore, Rob Arkell and Lewis Clarke all looking like they will be right up there.

Emma Mogridge topped the women's individual standings with Teresa Green of Egdon Heath Harriers in 2nd and Vicky Rutter of Littledown Harriers in 3rd. It was looking good for Katie Gunn though as she was third scorer at the Round the Lakes 10k and that was her fifth race of the season, meaning she just needs to do two more out of the remaining three races.

The next fixture of the season was the Weymouth 10 and that was likely to be one that the Egdon Heath Harriers men would excel at and perhaps expect to get back to winning ways in. That could mean another twist in an increasingly enthralling battle for supremacy.