

DORSET ROAD RACE LEAGUE

Boscombe 10k Race Report

The relegation battle between Bournemouth AC and Poole Runners in the Men's First Division had gone down to the wire and it was effectively a straight shoot out between the two at the Boscombe 10k to decide it.

With the race being staged from their home ground of Kings Park, the Bournemouth AC men were always likely to have the edge as it would be easy for them to get their best team members out.

In the Ladies First Division, Bournemouth AC had a much lower chance of survival though as they needed to win and needed Poole AC not to finish second.

Elsewhere it was in the Ladies' Second Division where the drama would be taking place. Dorchester RIOT could wrestle promotion away from Wimborne AC if they won the Boscombe 10k. Any other result would see Wimborne moving up to division one.

The relegation place still hadn't been fully decided either and it was really a straight shootout between Dorset Doodlers and Westbourne to confirm who would be falling through the trapdoor and into the third division.

As predicted for a race in their own backyard, Bournemouth AC had a pretty strong men's team out, including Stu Nicholas, Luke De-Benedictis, Matt Brown, Alex Knauf and Rich Brawn.

The Bournemouth AC ladies had Amelia Lawrence, Vic Chapman, Helen Beddoe and Sophie Read. Since she isn't a first claim member though, Amelia couldn't count in the league scoring.

Although they had already sealed the Men's First Division title, Poole AC still had a strong team out, with Jamie Grose, Thomas Corbin, Benjamin Gibbons, Callum Wadlow and Adam Colbert.

Men's individual champion for the second-year running, Christopher Peck was in action for Egdon Heath Harriers. They'd had to settle for a runner up spot in the Men's First Division in the end but it had been an enthralling battle between them and Poole AC up until the penultimate fixture of the Wimborne 10.

Lewis Clarke of Poole Runners had a chance to move into third place in the men's individual table as it was his seventh race of the season. The meant he would knock Bournemouth AC

member Josh Cole out of the top three and also deny him the category win in the 35-39 age group.

Rich White of Dorset Doddlers was also racing and he was 5th in the men's individual table and Royal Manor of Portland star Salah Dahir was also competing. He'd finished third at the Weymouth 10 and had proved to be pretty useful in all the races he'd done.

The course for the Boscombe 10k starts on the track at Kings Park, heading through the field and down Kings Park Drive and out onto Christchurch Road. It then goes onto Harewood Avenue and over in the direction of Littledown.

Then, after crossing the road via the underpass, it then follows the perimeter of Queens Park Golf Course, including up the long hill on Queens Park West Drive at 3.3 miles. It then goes back through the underpass and heads back toward Kings Park, heading through the field and finishing with three quarters of a lap around the track.

It wasn't a surprise that Jamie Grose was the fastest man in the field, clocking a time of 32:42. That was an average pace of 5:20 per mile. That put him 17 seconds ahead of his Poole AC teammate Tommy Corbin who was runner up.

That meant Jamie and Tommy had been first and second scorers in both the last two races. Chris Peck took third place in 33:25, with Lewis Clarke taking fourth in 33:29.

Rupert Allison of Twemlow Track Club was 5th in 33:41 and Benjamin Gibbons was Poole AC's third scorer in 34:15 and Callum Wadlow was 7th in 34:18, meaning Poole AC only needed one more man in to win the fixture.

Salah Dahir was 8th in 34:33, with Alex Knauf taking 9th in 34:39. Rich White completed the top ten, crossing the line in 34:41 and he was second vet behind Chris Peck.

Matt Brown was Bournemouth AC's second finisher, taking 11th place in 34:43, with Casper Jakobsen taking 12th in 34:45.

Littledown Harriers man Sam Shawyer came 13th in 34:45 and Luke De-Benedictis was the third man home for Bournemouth AC in 34:56, which placed him 14th.

Steve Kellaway of Egdon Heath Harriers came 15th in 34:57 and he was 10th in the men's individual standings. Jack Murphy completed the scoring team for Poole AC, taking 16th place in 35:02.

That was a sixth race win of the season for Poole AC and rounded off a superb season for them in the best way possible. Louis Verdi of Wimborne AC was 17th in 35:14 and he'd finished 7th in the men's individual standings for the season, just behind his teammate Mark Savage.

Lee Dempster of Twemlow Track Club was 18th in 35:17 and he'd finished 11th in the men's individual standings for the season. Stu Nicholas got over the line in 35:29 to take 19th place in the standings and he was fourth finisher for Bournemouth AC.

Nick Reynolds of Twemlow Track Club came 20th in 35:33, with Adam Colbert finishing 21st in 35:34. He'd finished 9th in the men's individual table.

Rich Brawn got to the finish line in 37:16, which put him in 35th place. That saw the Bournemouth AC men take second place for the fixture, just ahead of Twemlow Track Club.

It was enough to secure Bournemouth AC's First Division status and send Poole Runners down to the second tier. It was a miraculous escape for the yellow and blues as they had spent much of the season propping up the table.

Another Bournemouth AC runner, Amelia Lawrence, finished first female in a time of 37:21. She'd taken 38th place in the overall standings but of course, she didn't count in the league due to her first claim allegiance to London club Cambridge Harriers.

Julian Critchlow was first over 60 man over the line, clocking a time of 37:32 which put him in 41st place.

Vic Chapman of Bournemouth AC was second placed female in 39:11 but was actually first scorer for the league. She came 55th in the overall standings.

Rachael Haddow of Poole AC was third female in a time of 39:54 which put her 64th overall. Profiting from Bournemouth AC member Katie Gunn's absence, Emma Mogridge won the women's individual trophy and she was fourth female at the Boscombe 10k and 74th overall in 40:21.

Abbie Hine of Wimborne AC was fifth female in 40:45 and that put her 78th in the overall standings.

Teresa Green of Egdon Heath Harriers was 6th female in a time of 41:23, which put her 90th overall and she was first in the Female Vet 45 category. She'd taken second place in the women's individual standings for the Dorset Road Race League season.

Vicky Rutter of Littledown Harriers was 7th female and 94th overall in a time of 41:33. That put her 94th overall and second in the Female Vet 35 category. She finished third in the women's individual standings for the Dorset Road Race League.

Jenny Walker-Leach of Poole Runners was 10th female in a time of 43:18 and that put her 118th overall. She was third out of 60 in the Female Vet 45 category. She'd finished fourth in the women's individual standings for the season in the Dorset Road Race League.

Sophie Swift of Wimborne AC was 11th placed female and 123rd overall in a time of 43:49. She finished 7th in the women's individual standings in the Dorset League for the season.

Hamish Murray of Purbeck Runners was first in the Male Vet 70 category in a time of 43:55. That put him 129th overall. He won the 70-74 category for league this season.

Helen Beddoe was second scorer for the Bournemouth AC ladies' team and she was 12th female in a time of 44:13. That put her third in the Female Vet 35 category and 133rd overall.

Karen Mitchell of Dorchester RIOT was 13th placed female and first in the Female Vet 55 standings in a time of 44:48. That put her 148th overall. She came 5th in the Dorset League women's individual standings for the season.

Kirstin Hay of Poole AC was 15th female and 4th in the Female Vet 35 category. She was 159th in the overall standings. She'd finished 6th in the women's individual table for the Dorset Road Race League.

Heather Khoshnevis of Littledown Harriers finished first in the Female Vet 65 category in a time of 46:36 and she was 26th female and 183rd overall. She won the 65-69 category for the league and was 10th female overall for the season.

Bournemouth AC legend Billy Nixon was running it as well and completed the course in 48:24. That put him 218th overall and 28th in the Male Vet 50 category. Billy held the course record for the Boscombe 10k for many, many years, until last year when it was finally beaten.

Debbie Lennon of Littledown Harriers got round in a time of 48:39 which made her 38th female and 7th in the Female Vet 55. She was 220th overall and won the 60-64 category for the league season, coming 15th female overall.

Poole AC got the best score of the First Division teams at the Boscombe 10k, with Littledown Harriers taking second.

Bournemouth AC could only manage third so they were relegated and will drop down to the Second Division next season. Poole Runners had already won the First Division championship, winning six of their races.

The Boscombe 10k was also the designated race for the Dorset County Championships which meant Jamie Grose took the gold medal, Thomas Corbin got the silver and Chris Peck took the bronze. For the ladies, it was Rachael Haddow who got gold, Emma Mogridge got the silver and Abbie Hine took the bronze.

For the Masters medals, Chris Peck got the gold, Rich White the silver and Louis Verdi the bronze. Then for the ladies, Teresa Green got gold, Jenny Walker-Leach took silver and Helen Beddoe got the bronze. It was a great way to cap off a tremendous season for Helen.

Littledown Harriers got their second win of the season in the Men's Second Division, with Wimborne AC only managing second place for a change. They'd won 10 of the 12 races this

season and will be promoted to the top flight next season. Purbeck Runners were relegated to the Third Division.

Wimborne AC were victorious in out of the Ladies Second Division teams for the fifth time this season and they will take Bournemouth AC's place in the top tier. Dorchester RIOT only managed third in the end so they will have to spend another season in the second tier.

Lytchett Manor Striders won their seventh race of the season at the Boscombe 10k in the Men's Third Division and they were promoted to the Second Division after a dominant campaign.

Lytchett Manor Striders also got the best score in the Ladies Third Division at the Boscombe 10k, with their title rivals Verwood Runners finishing second. That meant they both had the same record of six first places and one second place from their best seven. Looking beyond that, Verwood Runners had had more second place finishes so they were the ones who got promoted because of that.

It was an excellent season in the Dorset Road Race League and the new five team format had worked well, keeping the hopes of each club alive until close the end of the schedule. Whether that was becoming league champions, surviving relegation or shooting for promotion. There was always something to play for.

It won't be too long before the 2026 season begins and, as always, the Junction Broadstone Quarter Marathon will be the opening race on the calendar. It will be there that the prizes for 2025 will be given out.