

ARCHIVE RESULTS 2009

Saturday 26th December – Round the Lakes Poole 10K

47:32 Keith Harrison
49:11 Rachel Harrison
52:10 Ian Hitching
53:35 Joan Royal
62:16 Lindsey Shannon

Sunday 13th December – Christchurch Christmas Pudding 10K

40:33 Michael Peters a PB by 41 seconds
48:51 John Cowley
49:03 Joan Royal 1st FV65
51:06 Ian Hitching
53:53 Christine Willis

This race will count as the first race in the 2010 Keith Vine Handicap League

2009 END OF YEAR RESULTS

KEITH VINE HANDICAP LEAGUE 2009

There were 26 races this year in which 5 or more Doodlers finished, and there were 11 people who ran in 10 races or more.

In each race points are awarded for how well you performed against your predicted time, which is based on recent performance. The way to do well is to compete in lots of races, and make steady improvement, so keeping one step ahead of the handicapper. Your best 10 scores are counted.

This year positions 1, 2 and 3 were taken by female Doodlers, and positions 4, 5 and 6 by men. This suggests that our ladies are improving faster than our men, and some of our team results in races would seem to bear that out.

In reverse order:

3rd man was John Cowley with 166 points from 17 races
2nd man was Ed Vincent with 167 points from 14 races
1st man was Ian Hitching with 168 points from 13 races
3rd woman was Lynda Faulkner with 177 points from 14 races
2nd woman was Christine Willis with 179 points from 13 races
1st woman was Rachel Baker with 180 points from 21 races

All six won a bottle of wine, and the first man and first woman will get a splendid trophy to keep for a year, once their names have been engraved on it for posterity.

DORSET DODDLERS AGE-ADJUSTED CLUB CHAMPIONSHIPS 2009

For the club champs there are 12 local races, one each month, and you have to run at least 5 of them to qualify.

Your times are adjusted to reflect the time you would have done if you were still young, and in your prime. The idea is to reward effort rather than just outright speed. Your score for a race reflects your adjusted finishing position. 1 point for 1st, 2 points for 2nd, and so on.

Your best 5 races are counted, so in theory you could score as little as 5 points for your best 5 races.

It's interesting to note that only 4 women completed 5 races or more, compared with 12 men. In reverse order of points scored:

3rd man was Ben King with 14 points

2nd man was James Rielly, also with 14 points

3rd woman was Lerryn Chaffey with 11 points

2nd woman was Rachel Baker with 9 points

1st woman was Lynda Faulkner with 7 points

And 1st man was Ian Pollard, with an unbeatable 5 points (that's 9 firsts from 9 races).

All six won a bottle of wine, and all 6 will get a little bunny rabbit trophy, once the engraving is done.

Sunday 6th December – Grim 8

Lynda Faulkner and son Chris took part in this challenging event in Aldershot. She says "boy it was grim, mud and water up to your waist, covered from head to toe". There were over 2,000 runners. Chris ran it in 67 minutes and Lynda was 4th lady overall in 69 minutes. Lynda says she could hardly walk the day afterwards.

Sunday 6th December – Full Monty

Ian Pollard tells us that according to the Full Monty website, the 'Monty' is a challenging Multi terrain running race. The event is a scenic but hilly run that starts from Ham Hill Country Park atop a massive hill in South Somerset. 8 hills have to be climbed to complete the 10 miles, of which only ¼ mile is on tarmac. Sunshine and great weather greeted the runners this year after so much recent rain. The condition of the course reflected all the rain but did not detract from the enjoyment. The results speak for themselves and it is obvious that conditions were very hard. By that they mean 10-10½ miles of very muddy or very soggy hill assents & descents, with the odd bit of firm grass for respite - lovely in the sunshine though and a real achievement!

1:26:11 Ian Pollard 9th overall, M50 winner
1:41:15 Ed Vincent 61st
1:56:27 Rachel Baker 123rd (running with hip injury)
1:58:43 Andy Goodman (enjoying the mud)

Thursday 3rd December – Sturminster 5

A good turnout of Doddlers on a chilly moonlit evening for a 5-mile run up and down a few of our favourite hills.

30:24 Ben King
30:42 Ian Pollard
31:47 Ed Vincent
32:22 James Rielly
32:57 Graham Smith
33:27 Trevor Keep
33:44 Mike Peters
34:07 Lynda Faulkner
35:34 Lerryn Chaffey
36:52 Matt Clayton
37:44 Steve Page
38:20 Rachel Baker
40:44 Dave Rivett
40:47 Sarah Church
41:03 Rachel Harrison
42:51 Ron Curtis
46:21 Peter Marks
49:55 Doreen Foord
51:31 Dawne Pearson
DNF Karine Litton
DNF Frances Eustace

Also running were

36:50 Chris Faulkner (Lynda's son)
39:21 James Shepard (former Doddler)
46:29 Bill Bryson (Diddler)

Sunday 29th November – RNLI 10K Reindeer Run

More of a fun run than a race, hence the rather vague times.

51:00 Tara Litton
63:17 Doreen Foord
63:17 Lucy Berriman
65:00 Amanda Colman

65:00 Karine Litton
65:00 Dawne Pearson
69:00 Dianne Benfield
70:00 Ron Benfield
82:22 Helen Baggott
82:22 Sheila Pearce

Sunday 22nd November – Boscombe 10K

50:45 Ian Hitching
51:18 Joan Royal
63:41 Lindsey Shannon

Sunday 15th November – Wimborne 10

Wow, what a turnout.

1:02:44 Ian Pollard 1st MV50
1:03:03 Ben King
1:04:18 Trevor Keep
1:07:16 Graham Smith
1:07:24 Ed Vincent PB
1:09:16 Mike Peters
1:10:57 Lerryn Chaffey PB
1:18:00 Matt Clayton
1:18:51 Rachel Baker PB
1:20:37 John Cowley
1:21:39 Phillip Bromilow
1:22:01 Pete Fuller
1:23:23 Ian Hitching
1:23:54 Mark Neish
1:24:02 Joan Royal 1st FV65
1:25:42 Dave Rivett his first 10 mile race, and therefore definitely a PB
1:26:47 Jenny Fuller
1:28:04 Christine Willis
1:29:49 Ron Curtis
1:32:51 Sandra Sanders
1:35:15 Paul Millard
1:44:10 Dawne Pearson
1:45:58 Lindsey Shannon

Sunday 15th November – Avebury 8

1:06:30 Ashley Baker

Sunday 8th November – Tavy 7

Remember David Orriss? He's still a member of the Doddlers even though he now lives in Cornwall and runs for Tavistock AC. Here's his race report.

Yesterday I ran my first 'non-Doddler' race for a number of years - the Tavy 7. It was one of the best runs for scenery, organisation and atmosphere. Although windy, it was dry and sunny - very handy after the rain of the past week. The course was P-shaped. It started in the 'foothills' of Dartmoor with views across to the higher bits. It then followed country lanes before rejoining the course at 5.25 miles. The first 2.25 miles were a grinding uphill which made a hard start. This made life easier on the long run in though. The first two miles were 8:10 and 8:09. The final two 7:20 and 6:23. This shows the difference. I came 151 out of 757 runners for the 7 miles in 52:41 (my watch) - at the top of my expectations. Tavistock are holding the first of a 1/2 marathon on April 18 next year. Guess who is responsible for the start/finish? Chip timing too - should be fun to organise!!

Sunday 1st November – Gillingham Hilly 7.5

48:04 Ian Pollard
51:30 Ed Vincent
1:02:03 Rachel Baker
1:15:25 Peter Marks

Sunday 1st November – AECC Dash Back 10K

Three Doddlers ran in very windy conditions from Boscombe Pier.

50:08 John Cowley
51:12 Ian Hitching
53:56 Christine Willis

Sunday 25th October – The Stickler

1:15:39 Ben King
1:20:55 Ed Vincent
1:24:29 Mike Peters
1:25:45 Gavin Green
1:27:39 Tim Westerman-Loe
1:35:22 Rachel Baker
1:40:16 Phillip Bromilow
1:41:40 Stephen Page

1:42:08	Tim Bryning
1:44:00	Julie Warren
1:46:37	Kay Evans
1:46:50	Sara Cross
1:47:23	Ron Curtis
1:51:19	Chris Beck
1:57:37	Peter Marks

And not forgetting David Orriss (how could we?) running for Tavistock AC, who finished in 1:36:34.

Saturday 24th October – Weymouth 10

Seven Doodlers ran in difficult conditions, particularly the strong headwind over the last two miles.

1:16:21	Matt Clayton
1:21:28	John Cowley
1:21:33	Pete Fuller
1:22:49	Ian Hitching
1:24:56	Joan Royal
1:30:51	Jenny Fuller
1:37:59	Sandra Sanders

Sunday 18th October – Exmoor Stagger

This challenging off road event measures 15.1 miles with total ascent of 3627 ft. The route runs from Minehead to Dunkery Beacon, the highest point on Exmoor, and then back to Minehead. It follows a mixture of paths, rough terrain and tracks and both the outward and return leg involve some tough climbs.

The official results are not on the Minehead Running Club web site yet, so the times are approximate.

2:54:00	Andy Goodman	3rd MV60 (for which he got a little memento)
3:01:00	Matt Clayton	

Sunday 11th October – Chalke Valley Challenge 10K

This is a rural road race held at Broadchalke, between Salisbury and Shaftesbury.

38:41	Ben King	5th
52:16	Chris Beck	first over 70

Alice King was second girl in the under 9 category in the 3K fun run

Sunday 11th October – Gold Hill 10K

An excellent turnout of Doodlers, showing great strength in depth. We won both the team categories: men and women.

39:08 Ian Pollard 3rd overall, and 1st Male Vet
40:20 Trevor Keep 7th
43:27 Ed Vincent 18th
44:15 Lynda Faulkner 23rd overall, 4th lady, and 2nd Female Vet
44:47 Lerryn Chaffey
48:47 Matt Clayton
49:17 John Cowley
49:24 Rachel Baker
49:37 Steve Page
50:14 Phillip Bromilow
52:19 Julie Warren
53:27 Tim Bryning
53:45 Joan Royal
57:48 Paul Millard
60:15 Craig White
60:46 Sandra Sanders

Sunday 11th October – Solent Half marathon

1:47:52 Ian Hitching a new PB

Sunday 4th October – Clarendon Marathon & Half Marathon

This was a tough off-road course from Salisbury to Winchester. Lynda described afterwards it as hard and very hilly, especially in the second half. The countryside was lovely though.

3:34:23 Lynda Faulkner 1st lady
3:55:03 Ed Vincent
4:16:13 Rachel Baker
4:16:26 Damian Patterson
5:16:16 Angie Potter

2:04:03 John Cowley Half Marathon

Sunday 27th September – New Forest Marathon & Half Marathon

3:48:57 Tim Westerman-Loe first ever Marathon
1:53:37 Ian Hitching Half Marathon

Sunday 27th September – Mells Scenic 7

59.22 Andy Goodman

Sunday 20th September – Great North Run

1:54:49 Julie Warren
2:15:25 Sandra Sanders

Sunday 20th September – King Alfred's Torment

8 Doddlers ran the 7 miles and 7 hills of this off-road course at Stourhead Gardens. The weather was warm and sunny. Ian and Matt were running particularly well, I thought.

48:56 Ian Pollard 4th overall and 1st MV50
53:42 Mike Peters
59:47 Matt Clayton
61:03 Steve Page
61:22 John Cowley
65:42 Andy Goodman 2nd MV60
69:01 Ron Curtis
69:18 Christine Willis

Saturday 12th September – Trailway Fun Day

Various Doddlers and family members attended and assisted at this afternoon event at Spetisbury School. Graham Smith, who is on t'Committee, organised a collection of races and other activities along the trailway, and Lerryn Chaffey, Ron Curtis, Craig White and Doreen Foord all ran the 7 mile course, which was longer, hotter and hillier than many had expected. Several Doddlers offspring raced impressively in the mile event, and quite a number of Dorset Tiddlers were to be seen sporting Blue 25-year anniversary tops.

Wednesday 9th September – Yeovil 5K

A good Doddlers turnout at the last Yeovil Town RRC 5K of the summer series. Good running conditions as shown by some of the times (from those who didn't overindulge the night before at East Stour!)

18:00 Ben King
19:57 Lynda Faulkner
21:47 John Cowley
22:27 Steve Page
23:42 Steve Bick
25:45 Christine Willis
26:44 Peter Cerely

Sunday 6th September - The Beast, Corfe Castle

The Beast is a tough 13 mile multi-terrain event. Justine says the second set of steps was a killer.

Ian came ninth and got the MV50 trophy. Lynda was second lady and got the lady vet trophy.

1:30:11 Ian Pollard
1:43:34 Lynda Faulkner
1:51:39 Ed Vincent
1:53:52 Rachel Baker
2:04:14 Ian Hitching
2:06:03 Justine Kingsbury
2:09:32 Matt Clayton
2:10:05 Andy Goodman
2:15:51 Richard Fordham
2:18:36 Angie Potter

Shillingstone 5, Monday 31st August 2009

The weather finally decided to turn nice, and by the time of the race it was hot and sunny, although some of the tracks were still pretty muddy. We had a record turnout of 95 entrants (91 finishers) and a good display of Doddler talent.

36:41 Ian Pollard
37:57 Trevor Keep
38:48 Graham Smith
41:29 Mike Hoey
44:06 Lerryn Chaffey
46:03 John Cowley
48:28 Steve Page
49:30 Martin Lawson
49:58 Chris Beck
50:49 Tim Bryning
51:45 Sara Cross
53:16 Ron Curtis
53:26 Joan Royal
60:08 Paul Millard

Also running were Sara Cross's son Richard in 48:14, and Doreen Foord running for Gillingham Trotters in 65:33.

Pewsey Vale Half Marathon, Sunday 30th August 2009

1:25:57	Ben King	PB
1:34:52	Tim Westerman-Loe	PB
1:48:30	Sarah King	
1:55:50	Richard Fordham	

Park 5K in Banstead, Surrey, Saturday 29th August 2009

20:32	Tim Westerman-Loe	PB
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Yeovil 5K, Wednesday 12th August 2009

Despite running and partying the previous evening, four runners decided to test themselves again in hot and muggy conditions, and were quite happy with their times.

18:24	Ben King	
20:09	Lynda Faulkner	
22:21	Steve Page	
23:54	Steve Bick	

Salisbury 5-4-3-2-1, Sunday 9th August 2009

Two Doodlers completed the 30k option:

3.18.55	Tim Westerman-Loe	
3.47.51	Andy Goodman	

The Stur Half, Sunday 2nd August. We don't just put on a great race; we find time to run well in it too! Well done everyone.

47	1:29:42	Ben King
74	1:34:54	Edward Vincent PB (1st under 21 and 1st Sturminster Resident)
78	1:35:18	Lynda Faulkner
97	1:38:08	Lerryn Chaffey PB
151	1:42:43	Rachel Baker PB (1st local lady)
219	1:49:20	Ian Hitching
230	1:50:52	John Cowley

267	1:55:02	Martin Lawson
297	1:58:18	Peter Fuller
341	2:06:56	Julie Warren
342	2:06:56	Kay Evans (1st half marathon)

and in the **5K** we had 4 Doddlers and Diddlers running

26:33 – David Rivett
31:19 – Sandra Sanders
33:57 – Lucy Berriman
33:59 – Dawne Pearson

Tarrant Valley 10K Results, Sunday 19th July

43:57 Ed Vincent
46:00 Carlos Blanco
47:05 Phillip Bromilow
47:10 Rachel Baker
48:57 John Cowley
48:57 Martin Lawson
49:14 Matt Clayton
50:59 Tim Bryning
53:01 Chris Beck
56:02 Joan Royal
59:13 Ron Curtis
61:19 Christine Willis
71:05 Dawne Pearson

Also on the same day Ian Hitching ran the **Swanage Half** in 1:54:24

Over the weekend quite a few Doddlers were out racing but in their own separate races

Maiden Castle Loop 10K – Ian Pollard, 44:06, 14th overall and 2nd MV50. Ignoring the torrential rain and stormy conditions I set off to Dorchester on Saturday evening to join all those other Doddlers who had said what a great run this was; for some strange reason I was first, last and only Doddler! Despite being rather blowy, the rain eased off at the start and with the thick grass and chalky subsoil of the castle, the conditions were surprisingly good. The views were hidden by rain clouds but it was a most enjoyable race none the less and I can see why it has such a reputation as a great summer evening run. Perhaps Lynda will take us up there on her Tuesday run on 11th August?

Tytherley 10K - Salisbury – Ben King, 39:17, 6th overall – 1k flat, 4k gradual up hill, 4k gradual down hill, 1k undulating. Costly (£10), mainly club runners.

New Forest 10 – Ian Hitching 1:23:24. Didn't see any other Doddlers there. Another PB for Ian!

The Stur Half – 5 Doddlers tested the route on a training run. John, Justine, Kay and Julie, and Rachel also ran it but separately!

Sunday 5th July a few races were run by the Doddlers. Lynda and Martin went down to visit David Orriss in Cornwall and ran the **Launceston half marathon**. Very hilly and hot. Times were: Lynda (1:39:38) and Martin (1:57:54). David and Steve (Lynda's man) attempted the 3 mile fun run but were sent the wrong way so they did not get counted.

Portland 10 saw Ian Hitching in his 100th race do a PB and was also the first Doddler home.

Ian Hitching	1:23:27	100th race - plus a PB
John Cowley	1:26:33	PW
Joan Royal	1:30:11	

More Doddlers were running the **Gillingham festival 10K**

Ed (Hangover) Vincent	42.11	he was very green prior to race
Tim Westerman-Loe	42:13	
Rachel Baker	44.57	a pb and first lady home !!

Tim Westerman-Loe ran the **Saab Salomon 10k** trail race at Moors valley country park on **Thursday 2nd July**. "Great race on undulating sandy single tracks and fire tracks through the park. My time was 45.16 and I was 10th overall (200 runners). Incredibly hot and humid!"

Ian Hitching also ran the race in a time of 52.37.

Sunday 28 June, Andy Goodman completed the **Downlander 10** (& a bit) in 1.37.42.

The downs that we ran over are some of those above Marlborough.

"I enjoyed the route, but it was very hot. Even with my time, (about 10.5 minute per mile), I'm pretty sure I was in the top half of the those that finished." Andy

For full results visit www.grassrootsevents.co.uk

The John Deacon Handicap race was held on Thursday 25th June in very thundery conditions.

Sunday 21st June – there were a lot of Doddlers racing this weekend.

Michael Peters ran the **Torbay Half Marathon** in 1 hr 34 mins 51 secs, and found it HOT and 'undulating'!

Tim Westerman-Loe ran the **Martock 10k** in 41:31 and said that it was a great race, lovely and friendly. Mostly flat with a few gentle undulations.

Most of the Doddlers were at the **Blandford Bridges 10K**

36:27 James Rielly
38:14 Ben King
41:52 Ed Vincent
45:55 Phillip Bromilow
45:56 Carlos Blanco
46:02 Rachel Baker
48:19 Ian Hitching
48:35 Martin Lawson
51:42 Andrew Berry
51:58 Chris Beck
53:39 Angie Potter
54:29 Christine Willis
55:43 Dave Rivett
56:27 Ron Curtis
61:19 Paul Millard
63:10 Lindsey Shannon
71:44 Dawne Pearson

Sunday **14th June** – also saw the birth of Ella Joyce Hoey at 11:27 am, weighing in at 9.6 lb. Very similar story to last time, six days late & back-to-front, just like her big sister, Neve! Mother and Baby are now doing very well.

Sunday **14th June** – 3 Doddlers were racing, Ben and Lynda in the **Puddle Town Plod** and Andy Goodman in the **Ninesprings 9K**

Ben King	1:24:21	Puddle Town Plod
Lynda Faulkner	1:30:49	Puddle Town Plod
Andy Goodman	50:55	Ninesprings 9K

Wednesday **10th June –Yeovil 5K**

Lynda Faulkner	19:49	First Female Vet 35
Tim Jennings	21:46	
John Cowley	22:38	
Christine Willis	25:42	

Sunday **7th June** – a few Doodlers ran the **Poole 10k** and also a new race, **Cricket St. Thomas 10k**

Ian Hitching	49:06
Joan Royal	49:41
Lindsey Shannon	64:37

Cricket St. Thomas 10K

Tim Westerman-Loe	48:28
Andy Goodman	58:20
Peter Cerely	1:09:04

On **Thursday 4th June** instead of having a committee meeting 7 Doodlers ran the **Forde Abbey 10K**

Ian Pollard	41:52	
James Riely	42:20	
Lynda Faulkner	46:57	
Ed Vincent	47:34	PB
Rachel Baker	49:46	PB
John Cowley	54:03	
Christine Willis	64:11	

31st May ~ Crewkerne 9 miles

Lynda Faulkner	1:06:45	1st lady in over 35 cat
Ed Vincent	1:09:46	
Rachel Baker	1:14:54	

Sunday 24th May – two Doodler teams entered the **Sturminster Newton Raft Race**. Nuns on the Run (Graham, Craig, Alan and John) and The Double D's (Sarah Jennings, Rachel, Kay and Christine).

14 teams entered and The Double D's were 3rd overall, beating the Nuns on the Run who came 9th.

Saturday 23rd May we had two Doodlers running the **Egon Easy**.

Ian Hitching 50.16
Joan Royal 51.50

also on the same day Andy Goodman completed the **Shaw & Whitley Stampede** in 49.15.

On Thursday 21st May we had our **Club Duathlon**, not sure of the results but I believe Tracy was the overall winner.

On Sunday 17th May, **Amanda, Dianne and Pauline** finished the **Moon Walk at 7.23am!**

Seven minutes later our **Wessex Ridgeway teams** started their 100K relay and the last Doddlar finished at 5.49pm.

We had 3 teams, our men (James, Ian, Tim W-L, Trevor, Ben and Mike Peters) came second. The also rans (Mike Hoey, Martin, Ed, John and Tim J) finished just ahead of our ladies team (Sarah, Kay, Rachel, Lerryn, Justin and Lynda) , who were the first ladies team home!

Also on the same day, Andy Goodman completed the **Cow Pat Canter** in 1.14.00

13th May – Purbeck 10K

Trevor Keep	38:45	PB
Lynda Faulkner	40:44	4th Lady
Tim Westerman-Loe	41:10	PB
Michael Peters	41:15	PB
Lerryn Chaffey	43:45	PB
John Cowley	46:47	
Matt Clayton	48:08	
Ian Hitching	48:49	PB
Craig White	50:51	

13th May – Yeovil 5K

Tim Jennings	21:30
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10th May – Umborne Ug (6 miles in Devon)

Andy Goodman	1:01:33
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3rd May – North Dorset Village Marathon - 4 Doodlers tackled the course

Graham Smith	3:09:28	
Mike Hoey	3:29:00	Ran on no sleep and little training
John Cowley	4:19:22	
Martin Lawson	4:35:17	First Marathon

26th April – London Marathon - 10 Doodlers hit the streets of London!

Lynda Faulkner	3:23:44	Spotted on the telly finishing
Di Coney	3:30:58	Did not quite make that magical 3.30!
Lerryn Chaffey	3:48:12	2nd marathon - finishing nearly an hour quicker
Sarah King	4:00:55	First time in London - enjoyed the sights!
Ian Hitching	4:18:33	Fantastic time
Ed Vincent	4:21:06	First marathon - sprinted to the finish
Rachel Baker	4:21:13	First marathon - cruised round easily
Tara Litton	4:26:08	First marathon - excited all the way!
Peter Cerely	4:42:52	17th in the over 70s category - 36th marathon!
Karine Litton	DNF	Pulled out injured about 15 miles, but enjoyed the day

19th April – Pen Selwood Tough 10K Challenge - A 'sharpener' for London!

Ben King	40.24	(3rd)
Tim Westerman-Loe	43.50	
Lynda Faulkner	44.13	(1st lady)
Tim Jennings	49.31	
Ed Vincent	49.40	
John Cowley	49.50	
Martin Lawson	50.06	
Rachel Baker	52.03	
Julie Warren	53.07	
Angie Potter	53.34	
Craig White	53.35	
Christine Willis	56.19	
Lucy Townley	56.40	
Peter Cerely	58.00	
Doreen Ford	64.52	

16th April – Results of last evening's **Broad Oak 'Very' Hilly**. It was a record turnout, with 24 competitors (and they all finished). The race results count in the Keith Vine handicap

league and the Doddlers age-adjusted championships.

24:22 James Rielly
25:02 Tracy Cook
25:11 Ian Pollard
26:20 Trevor Keep
26:49 Graham Smith
27:28 Lynda Faulkner
28:15 Mike Peters
29:13 Lerryn Chaffey
30:55 Edward Vincent
31:07 Tara Litton
31:22 Steve Page
31:27 Rachel Baker
31:40 John Cowley
31:43 Sarah King
32:56 Charmaine Randall
33:02 Andy Goodman
33:15 Craig White
33:53 Kay Evans
33:55 Julie Warren
34:42 Matt Clayton
34:54 Angie Potter
35:53 Christine Willis
36:31 Lucy Townley
40:21 Frances Eustace

13th April – 3 Doddlers ran 10K for an Easter Egg in the **Yeovil Easter Bunny 10K**.

Steve Page	46.54
John Cowley	48.11
Christine Willis	55.39

12th April – Andy Goodman completed the **Hanham Horror** in 58.36.

11th April – Ian Hitching completed the **Rotary 1/4 Marathon** in 56.00.

Wed 8th April – 3 Doddlers ran the first of this year's Yeovil 5K Summer Series

Ian Pollard	18.39
Tim Jennings	21.54
John Cowley	22.26

5th April – 11 Doddlers completed the **Bournemouth Bay Half Marathon**. Official times

now here!

We had a lovely sunny day with very little wind. The mainly flat course produced the following times:

Michael Peters	1.33.20
Di Coney	1.39.07
Lerryn Chaffey	1.42.28
John Cowley	1.49.20
Rachel Baker	1.53.22
Ian Hitching	1.55.22
Ian Sherwood	2.02.27
Ron Curtis	2.03.55
Christine Willis	2.05.56
Karine Litton	2.29.28

3 members completed the 10k, which started 30 minutes before the ½ marathon. Their times were:

Lindsey Shannon	1.05.50
Dawne Pearson	1.15.22
Susan Lewis	1.24.39

5th April – Peter Cerely completed the **Taunton Half Marathon** in 2.08.00.

25th March

Coffee Morning

Karine and Tara Litton raised £240 from their recent gift fair and coffee morning.

The pair are running in this year's London Marathon and the money will be split between MACS and Whizz Kidz – for whom they have pledged to raise almost £2,500.

In addition to the marvellous £250, very generous pledges were made on the day, swelling their funds even more!

15th March

Bath Half

2.14 Joan Royal

Joan ran the whole route but it wasn't a good experience, but she enjoyed it 'in a way'. It wasn't helped by the start being delayed by 30 minutes – an improvement on last year's hour!

Bowleaze Loop

1.34.22 Andy Goodman

As a Grizzly recovery run, I now know what bits still hurt!!

This nine mile multi-terrain route had some tarmac (but not too much), a two mile stretch of down land with good views, a hill or two, some cliff path with muddy stretches and some steps and about six hundred yards of beach, with a shallow stream, too wide to jump.

A well marked route with one water station about half way.
I hope to run it again next year.
Andy

Sherborne 10k

50.18 Rachel Baker – PB!!

The following Sherborne results were received too late for the press, but are as follows:

39.23 Ian Pollard

43.00 Tim Westerman-Loe

46.23 Carlos Blanco

48.11 Stephen Page

49.07 Justine Kingsbury

54.17 Ron Curtis

58.32 Peter Cerely

8th March

33rd Duchy Marathon, Redruth, Cornwall

3.40.44 Ed Lewis (53rd out of 208!!)

The day itself was horrendous. The coastal stretch had 50 mph gales, driving rain, hail and sleet! At 20 miles I was 6 min's ahead of myself and looking at a 3:24 marathon! My first ever marathon! But the elements won, and I turned in a 3:40:44 and coming **53rd out of 208** !! in my home county. I felt like a traitor being Cornish, running a Cornish marathon, wearing a D/D vest! Still it was an educational experience. I would add I was the only Doddler there!

Ed

8th March

The Grizzly

3.21.08 Lynda Faulkner

3.39.31 Tony Richards

3.46.37 Sarah King

4.04.51 Rachel Baker

4.05.19 Tara Litton

4.11.15 Tim Jennings

4.31.09 Andy Goodman

4.41.16 Christine Willis

4.42.26 John Cowley

The Cub

1.49.30 Duncan Ray

Salisbury Ten

1.10.28 Tim Westerman-Loe

1.27.25 Ian Hitching

1st March

Cardiff 10k

41.19 Mike Peters PB!

Mad March Hare 20

2.30 Lynda Faulkner

2.54 Lerryn Chaffey

2.55 Sarah King

2.56 Rachel Baker
3.10 John Cowley
3.18 Ian Hitching
3.26 Christine Willis

22nd February

The Terminator

1.36 Tracy Cook
1.54 Keith Harrison
1.57 Rachel Baker

This was the 5th time I've stumbled around the Terminator course - an eleven and a bit mile off-road event with some unique aspects (like the Shoe Wash half a mile from the finish - a leap into a stream to clean the mud off your trainers!). Being that it is the 20th year that Pewsey Vale Running Club have organised this event they'd altered the route slightly which made it more interesting for me and others who'd run it before, although the traditional four climbs were still very much part of the course. These are so steep that you really can't do anything other than walk, or scramble up. Think of trying to run up the side of Hambledon Hill and you're on the right lines. If you're up for this kind of challenge then I'd wholly recommend the Terminator. There is always a great atmosphere, it is extremely well organised and the homemade cakes are legendary!

Keith

15th February

Inca Trail

1.28.59 Peter Cereley

Lytchett 10 (miles)

1.05.35 Ben King
1.06.35 Tracy Cook (running for Tri UK)
1.16.58 Lerryn Chaffey
1.20.39 John Cowley
1.21.56 Martin Lawson
1.23.18 Rachel Baker
1.24.43 Ian Hitching
1.38.25 Christine Willis

8th February

Slay the Dragon

46.42 Andy Goodman

This should have been a 10k race, but was shortened on the day to just under 5 miles because of ice on the roads.

We walked the first mile, on a road out of the village of Hinton St George, as a "pack". Nearly all of this was down hill and we started the race in a puddle, in a field at the bottom. There was a section of nearly a mile of road about half way round the route, but most of this was uphill, so nobody was going too fast on the ice, or through the puddles with broken road under the water!!

The rest of the route was off road, some footpaths and some farm land. Most of this was covered in snow with some decent patches of mud but not much water!! The last half mile that we ran was uphill, back to the village and the revised finish. Originally we should have

raced for another, flat, half mile through the centre of the village to finish at the hall, but we used this as a warm down. A nice choice of home-made cakes for all competitors when we got back.

The original course, with a downhill mile of road at the start and a flat road finish, would have been good for the "racers". (Not so good for Warthog)

Andy

1st February

Blackmore Vale Half

1:20:21	James Rielly
1:26:54	Ian Pollard
1:28:25	Ben King
1:36:35	Tim Westerman-Loe
1:43:37	Sarah King
1:44:09	Lerryn Chaffey
1:49:54	Stephen Page
1:52:52	Rachel Baker PB
1:53:50	Julie Warren
1:55:47	Martin Lawson
1:57:04	Ian Hitching

Tracy Cook also ran, for North Dorset Tri Club, and was 3rd lady.

David Orriss finished fourth in the 5 1/4 mile Fun Run, in a time of 43:02, competing against a field comprised mainly of women and children.

Martin

Blackmore Vale 5.25

43.02 David Orriss (4th)

David says he "battled the wind and cold (the weather wasn't very nice either!!) to take part in the BV 5.75 supporting run to the half marathon.

I was not fit enough for the full half. It also felt like I wasn't fit enough for the shorter race either. But I ran with perseverance (he came 9th – boom boom!!) and finished 4th in 43:02" Penalties for bad jokes...?

18th January

Riverbank Rollick

1.25 Andy Goodman

11th January

Milborne 10

15 Doodlers competed in what was for most their first race of the year. The weather was surprisingly pleasant given how cold it had been in the days before. The course had its ups and downs, but perhaps the worst bit was the last two or three miles on the flat against the wind. Martin

60:19	James Rielly
63:48	Ian Pollard
67:01	Ben King

70:43 Lynda Faulkner
71:44 Tim Westerman-Loe
80:44 John Cowley
81:15 Lerryn Chaffey
83:00 Rachel Baker
84:18 Julie Warren
85:31 Martin Lawson
86:26 Vicky Wilson
86:36 Ian Hitching
87:17 Ron Curtis
87:27 Kay Evans
99:09 Christine Willis

1st January

Broadstone Quarter Marathon

51.11 John Cowley
55.11 Ian Hitching
63.19 Christine Willis