

## 10 July

**Yeovilton 5k Series Race 4** – Fast and flat road race from and around Yeovilton.

lan Barnes PB 1st MV60 19:26

## 7 July

**Round the Rock 10km DRRL Race** – An undulating, predominately on tarmac roads and pavements, around the top of the Isle of Portland in a figure of eight.

Gary Blaber	MV50 3rd	40:24
Roger Teasdale		42:00
lan Barnes	MV60 3rd	42:33
Nick Hall		45:25
John Willis		53:18
Chris Perrett		54:13
Dawn Blaber		55:31
Richard Palmer-Sm	yth	58:30
Sarah Perrett		1:06:11
Jane Feather		1:09:06



## 6 July

**Ice Cream Challenge Marathon** – Littleham, Exmouth: a marathon made up of 5.3k out and back laps along the scenic route on an old disused (thankfully) train line.

Dave Jackson 2nd 4:15:33

#### 29 June

**Ham & Lyme 50km** – Incorporating the stunning Liberty Trail, which runs from Ham Hill Country Park in Somerset to Lyme Regis in Dorset, taking in some fabulous locations along the way.

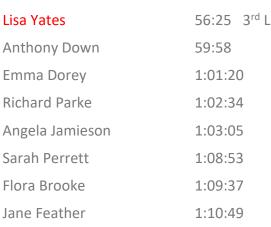
Richard White 8th 4:33:56

#### 27 June

**John Deacon Handicap Race** – An internal club 6.65-mile road race. With the slower runners starting first and the fastest starting last, this race can be won by any runner by beating your anticipated time. Results presented here are the actual unhandicapped race times. The first across the line, and winner of the prestigious trophy, was **Lisa Yates**, beating her predicted time by 4m 35s. The first man over the line (and third overall) was Anthony Down 3m 02s ahead of his predicted time.

lan Barnes	45:20	
Sharon Hutchings	45:53	1st Lady
Charlie Hutchinson	47:13	2 <sup>nd</sup> Man
Mark Riley	49:42	3 <sup>rd</sup> Man
Chris Frear	49:54	
John Willis	51:47	
Richard Hull	52:48	
Sarah Wheeler	53:09	2 <sup>nd</sup> Lady
Dave Hurst	53:50	
Neil Cranidge	54:02	
Nick Brooke	54:11	
Chris Perrett	55:36	
Lisa Yates	56:25	3 <sup>rd</sup> Ladv







#### 26 June

**Forde Abbey 10km** – Set in the heart of West Dorset, this cross country race rolls through woodlands, meadows and rivers on the stunning Forde Abbey Estate.

Spencer Mogridge 55:47

## 23 June

**Westonbirt Arboretum 10km** – A race around the National Arboretum, home to over 2,500 different species of tree.

Serena Barnes PB 1:08:42

## 22 June

**Ultra Wales 50** – A beautiful mountain and trail race, 50 miles, with 2898m of ascent and featuring Cadair Idris Penygader (893m), Rhinog Fach (712m), Dolgellau, Barmouth estuary and Wales' greatest forest, Coed-y-Brenin.

Dave Cox MV55 4th 14:36:51

#### 16 June

**Giant's Head Half Marathon** – Very, very challenging and hilly, running through the Sydling and Cerne valleys: not for the faint hearted.

Emma Dorey	2:52:44
Adam Frampton	2:52:44
Jill Watson	2:52:44



#### 15 June

Race to the King - Castle 50K — Passing by the impressive Arundel Castle, meandering along the River Arun. Heading towards the finish crosses the South Downs Way, providing challenging climbs and breath-taking views in every direction, before ending back at the West Dean Estate.

Fabs Terzaghi MV50 3rd 5	:24:29 9th overall
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Tim Cotton 6:46:25

John Townsend 6:49:47

Damian Patterson 6:49:47



#### 14 June

**Purbeck 10K DRRL Race** – Back after five years, a picturesque rural undulating course taking in stunning views of Corfe Castle and surrounding heathland. With no big hills.

Steve Rigby		35:58
Gary Blaber		39:02
lan Barnes	MV60 3rd PB	42:57
Nick Hall		44:00
Alfie Blaber		44:29
Sarah Wheel	er FV55 3rd	49:29
Chris Perrett		51:45
Dawn Blaber		54:44
Richard Palm	ner-Smyth	55:01
Ines Braun		1:01:20



Sarah Perrett 1:01:53

Flora Brooke FV70 2nd 1:02:12

Jane Feather 1:05:47

#### 12 June

**Yeovilton 5k Series Race 3** – Fast and flat road race from and around Yeovilton.

Flora Brooke 29:38



#### 9 June

**BigSea 24, Purbeck** – a stunning 18-mile trail running event that starts and finishes on the beautiful sand of Knoll Beach at Studland, and including, The Purbeck Hills, Corfe Castle, Chapmans Pool, Dancing Ledge, Durlston Castle and Old Harry Rocks.

Richard White 1st Overall 2:30:35

#### 9 June

**Puddletown Plod Half** – an undulating road race. A single lap taking runners through Puddletown Forest to run parallel to the River Frome before heading back through the Forest.

Molly Rasch 2nd Lady 1:24:52
Arabella de S-K 1:46:44
Craig White 2:06:53
Richard Palmer-Smyth 2:19:21



#### 8-9 June

**Endure 24 Reading** – Wasing Park, Reading: A 24-hour race where you run against the clock to see how many laps you can complete before time runs out. 8km lap trail course features exciting landmarks and enchanting natural wonders, the mesmerising Wasing Wood, the infamous 'Heartbreak Hill,' and stunning panoramic views of Paices Wood lake.

Richard Parke running with four others in Team 'Fitstuff Returns'

25 laps 23:43:24 (for context winner's managed 44 laps)

#### 2 June

**Tarrant Valley 10k** – a multi-terrain 10km race set within the Cranborne Chase AONB, mostly on well-surfaced bridleways and farm tracks, with a spectacular view over the North Dorset countryside before the 800m descent back to the village.

Gary Blaber	1st MV50	39:51
Stephen Page		42:14
lan Barnes		45:39

Nick Brooke	51:13
John Willis	51:21
Nick Summons	54:02
Chris Perrett	55:08
Richard Palmer-Smyth	56:36
Dawn Blaber	57:44
Adam Frampton	58:08
Nick Frampton	59:01
Amanda Jenkins	1:00:48
Matt Clayton	1:00:49
Angela Jamieson	1:03:21
Emma Dorey	1:03:22
Clare Riley	1:04:53
Sarah Perrett	1:06:42
Flora Brooke	1:11:10
Jane Feather	1:11:26



(Also, of note Gary and Dawn Blaber, Stephen Page and Ian Barnes were counted as a Doddler team and placed as 5th team out of 20.)

#### 1 June

**Trail Pursuits – Cornwall Half Marathon** – a tough but stunning trail race inspired by the Atlantic Ocean, running up and down the steep and rugged coastal paths and trails, past gorgeous beaches and the infamous Wheal Coates of the historic tin mines and up twice Beacon Hill.

Jane Ward 3:05:24 Neil Cranidge 3:05:24



## **26 May**

**Edinburgh Marathon** – Voted the fastest marathon in the UK by Runner's World. A fantastic allencompassing route which takes in some of Edinburgh's most famous landmarks as well as offering picturesque views along the East Lothian coastline.

Rich White 2:50:32

#### **25 May**

**Race The Tide Long Marathon** – In the glorious setting of the privately-owned Flete Estate, Mothercombe, South Devon, almost 29 miles of glorious tracks and trails.

Paul Russell 6:12:53

### **25 May**

**Race The Tide Long Half Marathon** – In the glorious setting of the privately-owned Flete Estate, Mothercombe, South Devon, 15.5 miles of glorious tracks and trails.

Amanda Ackroyd	3:47:56
Neil Cranidge	3:47:56
Jane Ward	3:47:59

### **25 May**

**Egdon Easy 10k** – A flat 10k route from Weymouth Collage, mostly on the paths and cycle ways around Lodmoor Nature Reserve and Country Park.

Roger Teasdale	41:10
Richard Hull	47:55

#### **23 May**

**Suzie Viv Hill Race** – Climb - this race is organised by Spencer Mogridge and starts and finishes in Okeford Fitzpaine. It starts in handicap order to climb up Okeford Hill, then a mass start for the steep descent.

	Time Up	Time Down	Total Time	
Barry Shea	9:31	4:31	14:02	1 <sup>st</sup> Male
Sharon Hutchings	9:55	4:42	14.37	1 <sup>st</sup> Female
John Willis	10:55	4:43	15.38	2 <sup>nd</sup> Male
Andrew Tuffin	10:45	5:12	15:57	3 <sup>rd</sup> Male
Harriet Austin-Bowerman	10:47	5:22	16:09	2 <sup>nd</sup> Female
Mark Riley	11:00	5:11	16:11	
Neil Cranidge	10:48	5:24	16.12	
Chris Perrett	10:38	5:43	16:21	
Richard Palmer-Smyth	10:59	6:03	17.02	
Jane Ward	12:08	5:57	18.05	3 <sup>rd</sup> Female
Melanie Birch	11:55	6:18	18.13	
Paul Russell	10:55	7:48	18:43	
Sarah Perrett	12:35	6:58	19.33	
Jane Feather	13:24	7:00	20:24	
Barry Jenkins	14:09	6:51	21:00	

## **19 May**

May 5 — A great local 5 miles DRRL road race around Canford Heath that offers something for everyone. With an atmospheric start and finish at Ashdown Athletics Track.

Ian Barnes	33.31
Roger Teasdale	33:52
Richard Palmer-Smyth	43:25
Jane Feather	51:53
Serena Barnes	54:41



## **19 May**

Wessex Ridgeway 100k Relay - Starting at Tollard Royal Pond in Wiltshire, the route follows the very scenic Wessex Ridgeway to Uplyme in Devon, 100km in 12 legs of 4-8 miles each, with teams of 2-6 runners, each runner completing at least 1 leg. Team placings are out of 14 finishing teams.

#### **Overall Teams Results**

Growlers	10:12	5th
Perry's Prancers	11:01	7th
Blue Tits	13:23	12th



#### **18 May**

**Jurassic Coast Challenge** – 46km, 1,353m elevation gain, along the Dorset Jurassic Coast.

Lucy Edwards 6:32:44 (Strava)

#### **12 May**

**The Hardy Half** - A stunning albeit challenging route, with over 1,400ft of ascent, across farmland, tracks and footpaths and including a loop of the iconic Hardy Monument and Britain's largest (Ed: depending on how measured) Iron Age fort, Maiden Castle.

John Willis	2:10:49
Nicholas Frampton	2:45:49
Angela Jamieson	2:57:18
Adam Frampton	2:57:19
Richard Palmer-Smyth	2:58:31
Craig White	2:58:31
Jane Feather	3:34:16
Barry Jenkins	3:34:18



#### **11 May**

The Preseli Beast Bach – A tough 11.6 mile fell race with 2,444ft of ascent, taking in the highest point of the Preseli mountains, and for its 10th year celebration, Caz the Hat (RD) decided to include a 2nd Wall of Death climb up through the juniper bushes – thanks Caz!

Jane Ward 3:28:09
Neil Cranidge 3:28:13



#### **11 May**

**The Lap** - A beautiful 75K/47 mile, 2,772m elevation gain, fully signposted trail ultra marathon, following some of the most stunning, runnable, and best signposted trails in The Lake District.

Dave Jackson 13:58:09

## 8 May

**Yeovilton 5k Series Race 2** – Fast and flat road race from and around Yeovilton.

Michael St Leger 3rd MV60+ 21:03 Ines Braun 29:14

#### 5 May

**North Dorset Village Marathon** – A picturesque race along country lanes through the villages of Hinton St Mary, Marnhull, Stalbridge, Todber, Stour Row, Margaret Marsh, West Orchard, Farrington, Child Okeford and Hammoon. An undulating marathon with plenty of support at the relay change-over points.

Steve Rigby		2:55:18
lan Barnes	PB	3:30:20
Andrew Tuffin	1st Marathon	4:00:14
Tim Cotton		4:13:51
Stuart Martin	Sweeping	5:56:18
Suzanna Baker	Sweeping	5:57:08

#### 5 May

**NDVM Relay** – a popular relay comprising 4 legs along the marathon route.

Dorset Doddlers I 3:13:45

(Duncan Ward, Nick Reynolds, Roger Teasdale, Lisa Yates)

Dorset Doddlers II 3:28:40

(Spencer Mogridge, Dave Hurst, Dave Jackson, Chris Perrett)

Dorset Doddlers III 3:41:39 3rd Ladies team (Penny O'Brian, Amanda Jenkins, Lynda Faulkner (ran two legs))

## 27 April

**Endurance Life - Pembrokeshire** – a tough, scenic, hilly Coastpath half marathon from Dale to Little Haven, passing many of Jane's family members farms and cottages.

Jane Ward 2:52:56 Neil Cranidge 2:53:32



## 25 April

Broad Oak Hilly – Internal club race. 4 miles starting and finishing at The
Bull Tavern, Rixon. 500ft or so up a hill, then halfway back down it to turn around (where the phone box used to be) and go back up it again, then down to finish.

Rich White	1st Male	24:35
Gary Blaber		25:21
Barry Shea		25:33
Roger Teasdale		29:17
Steve Rigby		29:18
Paul Stockley		30:01
Richie Bryant		30:53
John Walsgrove		31:12
Rich Hull		31:20
John Willis		31:50
Andrew Tuffin		32:01
Sarah Wheeler	1st Female	32:07
Neil Cranidge		33:29
Chris Perrett		34:08
Dawn Blaber		35:25
Richard Palmer-Smyt	h	37:58
Angela Jameson		41:32
Jane Ward		41:32
Sarah Perrett		42:40
Jane Feather		43:32
Oliver Hawkins		44:12
Paul Russell		44:14
Serena Barnes		46:51

## 21 April

**London Marathon** – The painful way to get from Greenwich to St James Park, but not necessarily the slowest. (Don't forget to enter the club draw if you want to have a chance to be there next year.)

Molly Rasch	РВ	2:52:10
Christopher Wright	РВ	2:53:52
Stuart Martin		3:31:43
Dave Jackson		3:52:00
Siobhan McFeely	РВ	3:57:09
Nick Summons		4:25:26
Amanda Ackroyd	РВ	4:38:30



## 21 April

Marnhull 12k – An undulating scenic 12km road race starting and finishing in picturesque Marnhull.

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Gary Blaber	2nd MV50	48:12
Steve Page	3rd MV50	49:59
Roger Teasdale		51:10
Nick Hall		51:53
Alfie Blaber		54:15
Paul Stockley		55:45
Josephine Child	3rd FV35	57:39
Arabella de S-K	1st FV45	57:45
Michael Peters	3rd MV60	57:52
Antonio Martins		57:58
John Willis		1:00:39
Sarah Wheeler	1st FV55	1:00:42
David Hurst		1:01:32
Neil Cranidge		1:02:08
Chris Perrett		1:04:17
Dawn Blaber		1:05:56
Holly Pitman		1:06:52
Julia Slade		1:10:34
Jill Watson		1:10:34
Richard Palmer-Smy	rth PB	1:10:44
Angela Jamieson		1:13:39
Craig White		1:14:30
Ines Braun		1:16:57

Perrett 1	:17:58
Brooke 1	:19:45
Hammond 1	:22:00
Feather 1	:22:43
Shepard 1	:26:37
Ward 1	:28:51
Jenkins 1	:28:54
Fowles 1	:29:00
a Barnes 1	:30:45
ria West 1	:33:48
Fowles 1 a Barnes 1	.:29:00 .:30:45

## 14 April

**Pen Selwood 10k** – A pretty, undulating route on country lanes.

Sharon Hutchings	1st Female	43:15
Stephen Page		44:09
Sarah Wheeler		51:08
Chris Perrett		54:54
Sarah Perrett		1:04:10
Flora Brooke		1:05:41
Jane Feather		1:11:04
Sophie Hibbard		1:13:18



## 14 April

**Devizes Half Marathon** – Undulating and scenic course in the heart of Wiltshire.

Craig White 2:23:38

### 13 April

**The Maverick Original Mendips 13k (Medium)** - follows the West Mendip Way dropping down into the forests of Roweberrow Warren before climbing up to Black Down heathland - the highest hill in the Mendips!

Julia Slade with Tilly 1:48:02
Anna Dunning with May 1:48:02



## 10 April

**Yeovilton 5k Series Race 1** – Fast and flat road race from and around Yeovilton.

lan Barnes **PB** 3rd MV60+ 19:39 Mark Stockford 24:11

#### 7 April

**Brighton Marathon** – a unique city-to-coast course taking runners past iconic landmarks with incredible crowd support and stunning coastal and city views.

Justin Perry 3:40:15

#### 24 March

**Yeovil Half Marathon** – Around the town centre before heading along the entire length of Yeovil Country Park. The route then leaves the town to Montacute House, before returning on quiet country roads to the town centre finish.

Andrew Tuffin PB 1:47:26 Sarah Perrett 2:15:06

#### 24 March

**Bournemouth Bay Half Marathon** – Set against the backdrop of Bournemouth's famous seven-mile stretch of golden sand enjoy the fantastic views as you run along the south coast. And more than twice as long as the 10K below.

Nick Summons 1:56:45

**Bournemouth Bay 10k** – See(a) above.

Duncan Ward 39:17 10 Overall, 2nd MV50+

Roger Teasdale 42:25 Lisa Yates **PB** 54:25

#### 17 March

**Mainova Frankfurt Half Marathon** – An esteemed road race taking place in the bustling city of Frankfurt, Germany. Known for its flat and fast course, winds through the city's vibrant streets, passing iconic landmarks and modern architecture.

Matthias Weber 2:04:10

#### 17 March

**Great Welsh Half Marathon** – Hosted at the magnificent Pembrey Country Park in Carmarthenshire this race showcases the best of coast and country.

Neil Cranidge 2:04:36 Jane Ward 2:11:30

#### 3 March

**The Imber Ultra** - An annual 33-mile trail run organised by Avon Valley Runners and the Rotary Club of Westbury, setting off from, and eventually finishing in, Westbury and running clockwise around

the outside of Salisbury Plain Training Area West.

Charlie Hutchinson	5:47:17
Mark Riley	5:59:56
Nick Hall	6:00:02
Richie Bryant	6:15:32
Dave Cox	6:15:32
Dave Jackson	6:26:05
Paul Russell	6:28:49



#### 3 March

**Weymouth 10k** – This flat and fast route runs alongside the Weymouth beach and completes two laps before heading to the glorious finish line on the pleasure pier.

Michael Peters 47:51

#### 3 March

**Cambridge Half Marathon** – One of the UK's biggest and most beautiful half-marathons (ed - they say), along an unforgettable course, fast and flat, passing through historic landmarks and two colleges of the University of Cambridge.

Tom Mitchell 1:28:47

#### 25 February

**The Terminator** - a tough, hilly trail race in the stunning Pewsey Vale, a trail running Mecca. The route contains some steep hills, some deep and very slippery mud, and lots of fantastic scenery.

Neil Cranidge 2:41:12
Jane Ward 2:41:12
Adam Frampton 2:58:25
Angela Jamieson 2:59:35

## **12 February**

**Lytchett 10** – an undulating 10-mile road race around the villages of Lytchett Matravers and Lytchett Minster.

Barry Shea			1:05:02
lan Barnes	PB	3rd MV60+	1:09:50
Nick Hall			1:11:42



Arabella de S-K	8th FV40+	1:20:49
Lisa Yates PB		1:33:29
Richard Palmer-Smyt	h	1:37:50
Jane Feather		1:57:09

## **4 February**

**Blackmore Vale Half** - quiet undulating country roads in a beautiful area of North Dorset, organised by the Blackmore Vale Lions Club raising money for various charities.

Rich White		1:21:09
Gary Blaber		1:28:14
Duncan Ward		1:32:19
Justin Perry		1:33:30
Stephen Page		1:36:07
Ian Barnes PB	2nd MV 60+	1:36:13
Nick Hall		1:38:13
Stuart Martin	3rd MV 60+	1:39:36
Mark Riley		1:41:56
Arabella de S-K		1:49:38
John Willis		1:50:31
Paul Russell		1:51:39
Andrew Tuffin		1:52:56
Dave Hurst	РВ	1:56:04
Chris Perrett		1:56:54
Neil Cranidge		2:03:16
Amanda Ackroyd	РВ	2:06:16
Jane Ward		2:06:29
Dawn Blaber		2:11:37
Richard Palmer-Smy	th	2:20:55
Sarah Perrett		2:21:59
Jane Feather		2:45:57



## 1 to 4 February

**Quadzilla Marathon** – Scenic social 7½ scenic laps of Caldecotte Lake, near Milton Keynes, up to four marathons over four days

Dave Jackson

1 February – Marathon, Anticlockwise 3:56:16

2 February – Marathon, Clockwise
 3 February – Marathon, Anticlockwise
 4:30:06
 4 February – Marathon, Clockwise
 4:26:49
 Overall time for all four 17:11:00, placed 9th out of 47.

## 28 January

**Stonehenge Stomp** - the Stomp is a walking event which also welcomes runners - it is not a race! Challenge yourself to complete 10, 20, 30 or 40 km's of fully marked trails with views of Stonehenge on all routes.

 Richie Bryant (30K)
 2:55:13

 Nick Summons (20K)
 2:18:16

## 28 January

**Longleat 10K** – a stunning setting, starting in front of the magnificence of Longleat House the route is undulating to hilly, with a significant climb tackled twice: once soon after the start and the second towards the end. After the second climb though is the final downhill run along Lodge Drive towards Longleat House and the finish.

Christopher Wright	РВ	4th SM	35:50
lan Barnes		3rd MV60+	43:12
Stephen Page			44:57
Paul Russell			47:16
John Willis			51:05
Jane Ward			57:43
Julia Slade			57:44
Jill Watson			57:45
Adam Frampton			58:54
Lisa Yates			58:38
Amanda Ackroyd			58:59
Nicolas Frampton			59:27
Richard Palmer-Smyt	h		1:00:14
Angela Jamieson			1:01:40
Jane Feather			1:09:47

PB & first 10K

1:14:22



5th Male

#### **26 January**

Serena Barnes

**Arc of Attrition 100** – The Arc of Attrition is a 100-mile point-to-point extreme coastal race taking in the stunning and dramatic Cornish Coastpath with competitors running in challenging winter conditions.

Dave Cox 33:46:41

## **01** January

**Junction Broadstone Quarter Marathon** – an undulating road race qualifying for DRRL, well done to those who made the effort, a fantastic start to the year.

Gary Blaber	5th MV50+	41:33
Jonny Hayes		44:55
Ian Barnes	3rd MV60+	46:12
Roger Teasdale		47:20
David Hurst		54:28
Dawn Blaber		57:23
Richard Palmer-Smyth		1:03:37
Ines Braun		1:14:03





