

22 December

Tricounties Trail Running Slow & Dirty 19km – Sturminster to Spetisbury along the Trailway.

Rich White 1:20:51 (Strava)
Emma Mogridge 1st Lady 1:20:58 (Strava)

Craig White 1:48:25 (Strava)

15 December

Ironman 70.3 World Championship, Taupō, New Zealand – Time for the Half Marathon running stage.

Steve Page 1:38:32

Backdated: 7 September

Marathon des Chateaux du Médoc, France – Run through the vineyards of Bordeaux while stopping for wine, cheese, foie gras, oysters and more while dressed up.

Victoria West 6:42:26

15 December

Wessex Cross Country League: Meet 3 Canford School – Fully marked course of approximately 9.3km around the school playing fields with some sections on gravel paths.

Sharon Hutchings SW 2nd 25:38

Julia Szajdzicka 39:53

** Sharon Hutchings 1st placed Senior Woman, 2nd placed Woman overall, over the three-race series. **

8 December

Honolulu Marathon – the fourth largest marathon in the US, offering spectacular ocean views along the world-famous Waikiki Beach and the Diamond Head and Koko Head volcanic craters. Mostly flat with short hill gradients up and down Diamond Head with temperatures reaching 27°C.

John Townsend 5:27:16



7 December

Lanzarote 10k – held on the sunny Island of Lanzarote, Canary Islands, promises to bring challenges, rewards and fun to participants and spectators alike.

Geoff Horwood 1:16:05

5 December

Stur 5 – a 5-mile internal club race from Sturfit, taking in Glue Hill, Broad Oak Hill and Rixon Hill.

Chris Wright	28:55	1st Male
Rich White	29:14	2nd Male
Emma Mogridge	32:54	1st Female
lan Barnes	33:10	3rd Male
Steve Page	33:23	
Nick Hall	36:09	
Richie Bryant	36:33	
Bryan Munce	37:39	
Andrew Tuffin	39:01	
Dave Fitzsimon	40:09	
Dave Cull	40:37	
Sarah Wheeler	41:08	2nd Female
John Willis	42:15	
Lisa Yates	44:05	3rd Female
Rachel Harrison	45:06	
Melanie Birch	45:26	
Richard Palmer-Smyth	45:48	
Charley Mack	46:52	
Flora Brooke	52:09	

Victoria West 52:24

Jane Feather 54:36

1 December

New Forest 30k – around the New Forest National Park, designed by trail runners for trail runners.

Charlie Hutchinson 3:02:38 Steve Fowles 4:03:31

1 December

New Forest Xmas Marathon – around the New Forest National Park, designed by trail runners for trail runners.

Fabs Terzaghi 1st MV50 4:13:59
Tim Cotton 5th MV50 4:49:15
Dave Fitzsimon 4:53:42
Paul Russell 4:55:43
Amanda Ackroyd 6:03:16
Jane Fowles 6:03:17
Victoria West 6:51:11

1 December

Full Montycute – a scenic 10-mile off-road race from Ham Hill with 10 hills, fantastic tough scenic rough.

Nick Brooke 1:55:48
Jane Ward 2:19:12
Jill Watson 2:19:13
Neil Cranidge 2:32:17

1 December

British Masters Road 5k Championship – 5k around Battersea Park, London for masters (35+) only.

Duncan Ward 7th MV55 18:12

24 November

Boscombe 10k – an undulating open road race starting and finishing at Kings Park Athletics Stadium.

Rich White 38:20

Emma Mogridge 5th Female 42:43 FSEN 2nd

Ian Barnes MV60 6th 43:34

Nick Hall	45:30
Sarah Wheeler FV55 6th	51:14
Demetrie Allard	55:07
Richard Palmer-Smyth	1:01:12
Jane Feather	1:06:27
Serena Barnes	1:10:28

17 November

Wimborne 10 10 DRRL – Club Championship and DRRL fixture, a 10-mile undulating route along country lanes finishing through the avenue of trees on to Pamphill Green.

Rich White 18th	58:47	РВ
Duncan Ward	1:03:33	
Gary Blaber	1:05:59	
Steve Page	1:06:55	
lan Barnes MV60 5th	1:08:53	РВ
Justin Perry	1:10:43	
Emma Mogridge FSEN 6th	1:11:00	РВ
Lynda Faulkner FV55 1st	1:15:48	
Arabella de SK FV45 5th	1:18:31	
Andrew Tuffin	1:18:50	
Nick Summons	1:20:18	
Graham Smith MV70 2nd	1:21:39	
Nick Brooke MV70 3rd	1:23:06	
Sarah Wheeler FV55 5th	1:23:45	
Lisa Yates	1:27:38	РВ
Demetrie Allard	1:32:46	
John Willis	1:32:55	
Jane Ward	1:33:17	
Sarah Perrett	1:42:57	
Flora Brooke FV70 2nd	1:43:40	
Geoff Hammond	1:45:53	РВ
Jane Feather FV65 3rd	1:49:22	
Serena Barnes	1:56:53	РВ
Barry Jenkins	1:59:22	

Chris Willis FV65 4th 2:00:11



Backdated: 11 February

Valencia 5k – The 9th Never Stop Running Race 'Never give up' 5k race around Valencia, Spain.

Melanie Birch 27:00

Wessex Cross Country League: Meet 2 Bryanston School – Around the school playing fields and along the riverside for seniors.

Sharon Hutchings SW 2nd 25:45
Julia Szajdzicka 36:44

27 October

The Stickler — a tough 10-mile trail race, dubbed North Dorset 3-Peaks, including Okeford Beacon, Hod Hill and Hambledon Hill.

Christopher Wright	6th	1:11:07
Rich White	12th	1:12:27
Tom Mitchell		1:21:20
Fabs Terzaghi		1:26:08
Emma Mogridge		1:32:58
Tim Cotton		1:34:13
Bryan Munce		1:34:57
Francesca Chetwode		1:35:27
Suzanna Baker		1:35:43

David Collier	1:38:13
Nick Brooke MV70 1st	1:38:50
Antonio Martins	1:39:51
John Townsend	1:44:35
Sarah Wheeler	1:47:10
James Lawrence	1:48:21
Matt Clayton	1:48:38
Amanda Jenkins	1:55:30
Natasha Evans	1:57:42
Demetrie Allard	1:58:20
Anthony Down	1:59:47
Steven Fowles	2:02:37
Sarah Perrett	2:06:28
Verity Pike	2:08:22
Emma Dorey	2:10:53
Adam Frampton	2:10:54
Jane Feather	2:14:37
Alvina Shepard	2:16:35
Victoria West	2:21:42
Christopher McKenna	2:30:51
Richard Parke	3:00:23 Sweeper
lan Barnes	3:00:23 Sweeper

20 October

Eden Marathon - Cornwall's biggest running event, a challenging route through areas of spectacular mining heritage and beautiful countryside landscapes.

Charlie Hutchinson 4:12:13

19 October

Maverick Jurassic 22k - An invigorating adventure around the Isle of Purbeck and along part of the Jurassic Coast, on technical terrain with long steep climbs and descents - this is a challenging route.

Julia Slade 2:51:33

Jill Watson 2:51:36

19 October

Maverick Jurassic 12k Canine - An invigorating adventure around the Isle of Purbeck and along part of the Jurassic Coast, on technical terrain with long steep climbs and descents - this is a challenging route.

Anna Dunning & hound 1:18:54

13 October

Weymouth 10 DRRL – DRRL fixture, a 10-mile tarmac route from Weymouth Esplanade. Mostly flat but with a challenging double loop around Bowleaze.

Rich White M SEN 2nd 1:00:02 7th Overall

Gary Blaber 1:05:38 Roger Teasdale 1:09:25

lan Barnes PB MV60 3rd 1:09:31 PB (Power of 10)

Jonny Haves 1:15:02 Michael Peters 1:17:02 Emma Mogridge F SEN 7th 1:19:49 Arabella de SK FV40 4th 1:19:52 Sarah Wheeler FV50 5th 1:21:58 Demetrie Allard 1:31:51 Ines Braun 1:40:19 Sarah Perrett 1:44:33 Jane Feather 1:50:32



12 October

Bournemouth Half Marathon - Flat and fast course, takes in both Boscombe and Bournemouth Piers along this stunning coastal route.

Holly Pitman 1:55:25

Dave Cull 2:08:14

Victoria West PB 2:27:08

Geoff Hammond PB 2:28:02

12 October

Bournemouth Supersonic 10k - Flat and fast course, takes in both Boscombe and Bournemouth Piers along this stunning coastal route.

Steven Fowles 56:08

Charley Mack 59:36

12 October

Bournemouth Supernova 5k – Starts on Bournemouth Prom and finishes near the Run Bournemouth Hub in the Lower Gardens.

Alvina Shepard 43:57

12 October

Barrow & Downs Marathon – Starts and finishes in Tilshead and follows byways and footpaths through some of the most stunning chalkland Downs on Salisbury Plain, Wiltshire.

Fabs Terzaghi 8th Overall 4:09:07

Tim Cotton 4:41:54

12 October

Barrow & Downs Half Marathon – Starts and finishes in Tilshead and follows byways and footpaths through some of the most stunning chalkland Downs on Salisbury Plain, Wiltshire.

John Townsend 2:18:57

June – October 2024

Purbeck Trail Series – Best three results from Coombe Keynes 10k, Lighthouse Loop, The Beast, Black Hill 10k or Studland Stampede.

lan Barnes MV60 2nd

6 October

Wessex Cross Country League: Meet 1 at Canford Heath, Poole – a proper XC route over undulating muddy paths.

Sharon Hutchings SW 1st 25:03 Julia Szajdzicka W60 1st 34:09

6 October

Studland Stampede – Club Championship race. A tough but very scenic coastal run of 7.5 miles, along the beach, up over the heathland, across sand dunes and back along the beach.

Gary Blaber MV50 4th 55:42

Ian Barnes MV60 1st 59:52

John Walsgrove MV60 3rd 1:00:07

Roger Teasdale 1:03:30

Lynda Faulkner FV50 5th 1:06:54

Sarah Wheeler FV50 7th 1:09:39

John Willis	1:09:40
Neil Cranidge	1:10:45
Julia Slade	1:18:38
Jill Watson	1:18:38
Steve Fowles	1:19:25
Adam Frampton	1:20:18
Richard Palmer-Smy	th 1:22:47
Jane Ward	1:23:51
Angela Jamieson	1:30:15
Jane Feather	1:33:02
Victoria West	1:34:07
Jane Fowles	1:34:42
Alvina Shepard	1:35:53
Barry Jenkins	1:39:21
Flora Brooke FV7	0 5th 1:39:51



6 October

Serena Barnes

Clarendon Marathon – Off road, picturesque and challenging the Clarendon route goes from Salisbury to Winchester along the ancient Clarendon Way.

1:41:43

Nick Brooke MV70 1st 4:55:06

6 October

Race on the Chase Half Marathon – Starting at Salisbury Racecourse follows ancient tracks, field margins, shady woodland paths and the ancient turf of Martin Down nature reserve. Vertical climb of 329m.

Rich White 2nd Overall 1:35:49 (Strava)

6 October

Cardiff Half Marathon – One of Europe's largest half marathons. Flat, fast course passes all of the

city's most breathtaking scenery and iconic landmarks including Cardiff Castle, the Principality Stadium, Civic Centre and stunning Cardiff Bay.

Christopher Wright 1:16:13 PB

29 September

Wimbledon Common Half Marathon – A picturesque, albeit muddy route through the stunning grounds of Wimbledon Common, with a



hilly start, flat middle, and downhill finish. Wellington (womble centre) even wore his Doddler blue cap for the occasion.

Neil Cranidge 2:01:41
Jane Ward 2:10:15

29 September

Round the Lakes DRRL 10k – DRRL fixture, a flat and fast 10k, comprising 3 laps around Poole Park.

Rich White		35:57
lan Barnes	MV60 4th	41:51 PB
Roger Teasda	le	42:34
Sarah Wheeler FV55 6th		50:45
Demetrie Allard		53:19
Richard Palmer-Smyth		58:47
Julia Szajdzicka		59:40
Jane Feather	FV65 3rd	1:03:54



22 September

CapTEN Fell Race – Ten (actually eleven) miles (hence the nautical name pun). Starts and finishes in the seaside village of Seatown taking in Thorncombe Beacon and Golden Cap, two of the crown jewels of the Jurassic Coastline, with only the 3,234ft elevation gain.

Richie Bryant 2:14:21

22 September

Black Hill 10k – Classic trail running in the heart of Dorset, taking in the trails and woodland tracks of Black Hill. This year spiced up with a torrential down pour from above, and a quagmire underfoot.

lan Barnes	MV60 2nd	0:52:32
Neil Cranidge		1:01:47
Nick Summon	S	1:06:26
Jane Ward		1:07:18
Nick Frampto	n	1:08:14
Adam Frampt	on	1:11:31
Emma Dorey		1:11:44
Angela Jamies	son	1:13:03

10k Canicross

Hattie Cowen and Lana 1:10:52

11 September

Yeovilton 5k Series Race 6 – Fast and flat road race from and around Yeovilton.

 Steve Page
 4th MV50
 19:23

 Ian Barnes
 2nd MV60
 19:31

8 September

New Forest Marathon – The Multi terrain course offers a scenic running experience. A stunning blend of forest enclosures, an old railway line, open roads, far reaching views and the famous New Forest Ponies.

Craig White 5:14:58

7-8 September

Isle of Wight Fell Race Series – a thrilling running event over two days, featuring three challenging races: The St Boniface Fell, The Ventnor Horseshoe, and The Wroxall Round. This series is part of the SEAA Fell Running Championships, requiring participants to complete all three races to qualify.

Nick Brooke.

Race 1 (7th am): The St Boniface Fell (3.8km, 235m ascent) - 27.03 V70 1st

Race 2 (7th pm): The Ventnor Horseshoe (12km, 443m ascent) - 1.25.45 V70 1st

Race 3 (8th am): The Wroxall Round (21km, 487m ascent) - 2.13.03 V70 1st

Won SEAA gold medal for V70, and was 26th overall.

2-8 September

Dragon's Back/Hatchling - Considered to be one of the toughest mountain races in the world, participants attempting the Full Course will need to cover 380km with 16,400m of ascent along the Dragon's Back of Wales. The Hatchling comprises elements of the full course, and completing even half of the full race route is an incredible achievement. (Distances from Dave's Strava, times from race website)



Dave Cox Day 1 (39km) 11:45:40 Day 2 (21km) 8:16:45

Day 3 (26km) 10:23:35 Day 4 (33km) 9:03:41 Day 5 (33km) 9:34:17 Day 6 (32km) 8:18:27

Total: 57:22:35

1 September

The Beast – AKA the "Stairway To Heaven" – a tough undulating usually 12.6-mile, but this year only 11.97 mile, run from Corfe Castle, with stunning views and steep hills, including the steps from St Aldhelm's Lookout Station, but not for 2024 the Houns-tout Cliff steps which sadly fell into the sea over the winter.

John Walsgro	ve	1st MV60	1:49:44
Nick Hall			2:00:38
lan Barnes	3rd M	V60	2:01:32
Nick Brooke	5th M	V60	2:02:53
Andrew Tuffi	n		2:07:59
Emma Mogrio	dge		2:17:46
Paul Russell			2:17:47
John Willis			2:32:49
Jane Ward			2:45:05
Neil Cranidge			2:45:32
Richard Palmo	er-Smyt	h	2:50:02
Julia Szajdzick	ка		2:50:49
Sarah Perrett			3:03:03
Jane Feather	7th FV	' 65	3:22:22



18 August

Frome 10k – The final glorious mile sweeps through the town centre heart of Frome with a huge downhill curve that will set your hairs on end, with goosebumps carrying you through to the finish line.

Richard Hull 51:07

18 August

Dorset Doddle – The Dorset Doddle consists simply of 32 miles of the coastal path from Weymouth to Swanage. Anything but a gentle stroll along the cliffs, but stunning views and a true classic.

Suzanne Baker

18 August

Two Tunnels Marathon, Bath – Cutting right under the city of the Bath, the two tunnels offer a truly unique running experience.

Dave Jackson 2nd MV60 4:28:51

16 August

Vobster Aquathon, Somerset – A full Aquathlon event with both a timed swim and run. Featuring a 750m swim with a 5km run.

Julia Slade 50:18
Jill Watson 50:18

14 August

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

lan Barnes 2nd MV60 19:45

10 August

Dartmoor Crossing 33.5 miles – The Crossing is an aspirational baby ultramarathon. Experience the wilderness of the High Moor. Visiting the moorland villages of Belstone, Postbridge, Bellever, and Ivybridge: just 1,119m of ascent and 1,516m of descent.

Dave Jackson 4th MV60 8:00:11

4 August

Sturminster Newton Half – on quiet country lanes from Sturminster Newton, going through Manston, Margaret Marsh, Stour Row, Todber, Moorside and back uphill to Hinton St Mary. This year the race being a DRRL fixture.

Ü		
Rich White	1:20:23	1st Local Male
Gary Blaber	1:31:19	
Roger Teasdale	1:36:06	
lan Barnes	1:37:28	
Lynda Faulkner	1:42:04	FV55 3rd
Andrew Tuffin	1:49:42	
Sarah Wheeler	1:51:16	
Dave Hurst	1:56:22	
Lisa Yates	2:02:20	2nd Local Female
Holly Pitman	2:10:30	
Natasha Evans	2:11:37	
Angela Jamieson	2:18:31	
Amanda Ackroyd	2:19:06	28
Geoff Hammond	2:27:20	
Emma Dorey	2:28:53	- 100
Verity Pike	2:51:35	

2:58:24

2:58:24

27 July

Richard Parke

Richard Palmer-Smyth

McWilliams Round (Short) – 32.5 miles, with 1,722m elevation gain, Ultra trail running route in the beautiful Cheviot Hills of Northumberland.

Sweeping

Sweeping

Dave Jackson 10:02:11 (Strava)

26 July

Ipswich Twilight 10k – follows a winding route from Ipswich Town's Portman Road stadium through Ipswich's main shopping area and around its historic centre, passing landmarks such as the Corn Exchange and Town Hall on the way.

Julia Slade 53:05

21 July

The Club Stickler — Added to Club Championship to replace the cancelled Larmer 10 a slightly shorter than normal (by half a mile) but still tough 9.5-mile trail race, dubbed North Dorset 3-Peaks, including Okeford Beacon, Hod Hill and Hambledon Hill.

Rich White	1:14:53	1st Male
Tom Mitchell	1:21:44	2nd Male
lan Barnes	1:22:54	3rd Male
Nick Hall	1:29:18	
Sharon Hutchings	1:30:24	1st Lady
Nick Brooke	1:30:35	
Paul Russell	1:31:27	
Tim Cotton	1:32:40	
Andrew Tuffin	1:37:06	
John Willis	1:44:49	
Sarah Wheeler	1:45:00	2nd Lady
Matt Clayton	1:46:12	
Dave Hurst	1:48:39	
John Townsend	1:52:55	
Sarah Perrett	2:03:02	3rd Lady
Barry Jenkins	2:09:02	
Flora Brooke	2:10:36	
Jane Feather	2:18:15	



18 July

Doddler Duathlon – A fun internal club event comprising a brisk 0.85km run, then one of 2 bike routes (road bikes completing 15km and MTB doing 13km) followed by a 2nd run of 3.2km (2 miles).

Individual Male Long course

1 Tom Mitchell 47:04 (1st overall)
2 Nick Hall 49:27 (3rd overall)

3 Andrew Tuffin 54:49

Individual Male Short course

1 Paul Russell	49:33	
2 Chris Perrett	51:46	
Individual Female Long course		
1 Sarah Wheeler	53:03	
2 Melanie Birch	57:56	
Individual Female Short course		
1 Sharon Hutchings	52:33	•
Team Mixed Long course		
1 Geoff Hammond/Lynda Faulkner	58:06	
2 Barry Jenkins/Sophie Hibbard	61:20	
Team Mixed Short course		
1 Roger Teasdale/Norma Allison	54:35	
2 Richard Parke/Jess Boksteijn-Woods	55:16	
Team Male Long course		
1 Ian Barnes/Shams Wahab	47:09 (2nd	overall)
Team Female Long course		



10 July

1 Julia Slade/Anna

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.

54:32

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-Smy	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

Ian Barnes

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.

45:20

Sharon Hutchings	45:53	1st Lady
Charlie Hutchinson	47:13	2nd Man
Mark Riley	49:42	3rd Man
Chris Frear	49:54	
John Willis	51:47	
Richard Hull	52:48	
Sarah Wheeler	53:09	2nd Lady
Dave Hurst	53:50	
Neil Cranidge	54:02	
Nick Brooke	54:11	
Chris Perrett	55:36	
Lisa Yates	56:25	3rd Lady
Anthony Down	59:58	
Emma Dorey	1:01:2	0
Richard Parke	1:02:3	4
Angela Jamieson	1:03:0	5
Sarah Perrett	1:08:5	3
Flora Brooke	1:09:3	7
Jane Feather	1:10:4	9





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

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
Ian Barnes N	/IV60 3rd PB	42:57
Nick Hall		44:00
Alfie Blaber		44:29
Sarah Wheeler	FV55 3rd	49:29
Chris Perrett		51:45
Dawn Blaber		54:44
Richard Palmer-	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 Summon	IS	54:02
Chris Perrett		55:08
Richard Palme	er-Smyth	56:36
Dawn Blaber		57:44
Adam Frampt	on	58:08
Nick Frampto	n	59:01
Amanda Jenk	ins	1:00:48
Matt Clayton		1:00:49
Angela Jamies	son	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	1st Male
Sharon Hutchings	9:55	4:42	14.37	1st Female
John Willis	10:55	4:43	15.38	2nd Male
Andrew Tuffin	10:45	5:12	15:57	3rd Male
Harriet Austin-Bowerman	10:47	5:22	16:09	2nd 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	3rd 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	РВ	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-Smyth		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.

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-Smyt	h PB	1:10:44
Angela Jamieson		1:13:39
Craig White		1:14:30
Ines Braun		1:16:57
Sarah Perrett		1:17:58
Flora Brooke		1:19:45
Geoff Hammond		1:22:00
Jane Feather		1:22:43
Alvina Shepard		1:26:37
Jane Ward		1:28:51
Barry Jenkins		1:28:54
Jane Fowles		1:29:00
Serena Barnes		1:30:45
Victoria West		1:33:48

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.

Ian 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-Sm	yth	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 PB	2:06:16
Jane Ward	2:06:29
Dawn Blaber	2:11:37
Richard Palmer-Smyth	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	4:17:49
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	5th Male
Ian 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	
Serena Barnes	PB & 1	First 10K	1:14:22	

26 January

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
lan Barnes	3rd MV60+	46:12
Roger Teasdale		47:20
David Hurst		54:28
Dawn Blaber		57:23
Richard Palmer-Smyt	1:03:37	
Ines Braun		1:14:03





