

The Dorney DASH



View of the Lake from the Boathouse balcony

A few Harriers made their way to Datchet on Saturday to compete in the annual 10k Dorney Dash, now held at the resplendent Dorney Lake, the venue for the 2012 Olympic Rowing Regatta.

The course is primarily 2 laps around the rowing lake, although the route makes use of the roads within the site to add a bit of variety, is completely traffic free and about as flat as you will ever get a non-track race. The last 2.5km is run straight alongside the lake, finishing in front of the 'boathouse', which seems to take forever to get closer!

The conditions on Saturday were good, with no wind (which can be a problem at Dorney), if a little on the warm side to be comfortable as the forecast cloud cover didn't materialise in time for the 10am start. Unusually for a 10k there were pacers, for both 45 and 50 minutes.

The generous prize of £150 for breaking the course record duly attracted some competitive runners amongst the 759 finishers, and Phil Wicks of Belgrave Harriers smashed the record, winning in 30:03. Keeping it in the family, first lady was Emily Wicks (Aldershot Farnham) in 35:14.

The first Chiltern runner was Adam Bowler, who took over a minute off his PB, finishing in 38:21 to come 31st. Sarah Caulfield also ran a PB, finishing in 45:29. The rest of the Harriers contingent all achieved their best time of the year.

<u>Position</u>	<u>Name</u>	<u>Time</u>	<u>Grading</u>
31	Adam Bowler	38:21	70.30
163	Garry Page	44:15	68.22
203	Sarah Caulfield	45:29	71.34
230	Martin Allen	46:34	64.80
298	Steve Hall	48:45	56.93
309	Kate Loach	48:51	68.71