

Welcome to the first newsletter of 2010!

My intention is to provide a brief summary of races Dereham runners have taken part in, and any other information that is deemed to be in the interest of the club on a monthly basis.

Although I am a stickler when it comes to following stats and information, (some of you may have noticed as I re-measured the course on the field last summer lol!) it's likely that I may miss something from time to time, so please email me direct regarding anything race related, from results to anything of amusement as in Matt's run at the Valentine's 10km (see below).

Firstly at the AGM on Thursday 21st January, our chairman Gary Slattery stepped down after 6 years hard work for the club. He was thanked for his excellent service and will continue his club involvement.

Jenny Norton has taken his place to lead the club forward.

The weather played havoc on the running calendar, with the New Years Day 10km, Folksworth 15 miler and the Reedham 10m being postponed.

The first outing was the 4th round of the Ryston XC series held on 17th January.

A good turnout for us with Todd Lake 4th in V45 class 18:53, followed by Neville Knights 5th 19:32, Andrew Bird 6th 21:10, Keith Moore 7th 21:24, and Andrew Norton 13th 23:09.

We also had John Richardson in the V55 class placed 6th 25:37, in V60 an excellent run by Clem Vogler to finish 3rd in class 21:00, Tony Bastard 7th 23:28 and Ernie Bradshaw 8th 24:33.

We also had a guest runner in the U13 boys 3km race, Tom Williamson 6th in class 12:43; hopefully he will join the club!

In the rescheduled New Years Day 10k, we had Rory Campbell leading the way in 47:56, followed by Tony Barstard 48:22 & 3rd in class, Gill Woodhouse 51:44 & 2nd in class, Michael Jewiss 51:50, Robert Sivell 52:37, John Richardson 53:42.

Neville Knights was the lone Dereham Runner at the Folksworth 15 miler, in which he achieved a time of 103.40 in his third running of the race, finishing 56th overall and 6th in class. Neville also entered the Stamford 30km where he was placed 160th in a time of 139.18, two strong performances which will certainly help towards his marathon training.

In freezing mist at Houghton Hall three runners entered the West Norfolk Athletic Club's 6.5 km cross country meeting. In finishing order were Clem Vogler, Andy Norton and John Richardson. Well done to Clem, who was first in his age group.

The Valentines Day 10k was the clubs next outing, with first runner home Paul Harrison placed 55th in 43.51, followed by John Richardson, 126th... 52.17, Mike Jewiss, 129th... 52.23, and Matt Plunkett, 150th... 54.45.

A big pat on the back for Matt, who arrived late but despite giving the club a good laugh at his expense and giving the whole field a 10 minute start, he managed to overtake the last 68 runners of a total 218 finishers so well done.

It was also the 5th round of the Ryston XC Championship 9km race, a quiet turnout for the club with Andy Norton 40:47, and Anthony Barstard 41:44, both 7th in their respective classes. In the Ladies class Anita Cullen 50:54 was the first Dereham runner home, followed by Hazel Cason in 58:16.

The Reedham 10 mile being the last event of the month was just a bit wet and windy! However Matt Plunkett 1.16:36 and Michael Jewiss 1.30:23 represented us here, so a top effort in dreadful conditions well done, rather you than me comes to mind...lol.

Todd Lake

2nd March 2009