

Dereham Runners Newsletter April 2010

Gill Woodhouse ran the 'Chase the Train' on 11th April, a 8.9mile race from Aylsham to Wroxham via the railway. Finishing 43rd, in 1hr 16min, and 54secs.

On the 14th April we had four runners competing in the first of 3 Great Yarmouth Promenade 5 mile races, in finishing order Michael Jewiss 119th 40min 26sec, John Richardson 121st 40min 45sec, Gil Woodhouse 123rd 40min 54sec, Di Renshaw 164th 51min 42sec.

Matt Plunkett ran his first Marathon, the Bungay Black Dog on the 18th April, a solid 3hrs 54mins & 38secs, a great achievement and has raised £459.10 for his charity Starlight, he would like to thank everyone who supported him.

Neville Knights went and competed in the 23 mile North Yorkshire Three Peaks Fell Race. The total ascent/descent of 5279ft took the runners over the peaks of Penyghent (2262ft), Whernside (2374ft) and Ingleborough (2370ft).

705 runners left a very warm Horton-In-Ribblesdale, but 103 withdrew or did not make the two cut off times along the route. Neville finished in 528th in a time of 5hrs 11min.

'Well I survived but my quad muscles are shot to pieces the descents were very tough!' said Neville.

Having reached 50 it was an enjoyable race to do and experience but he will stick to his road running.

The London Marathon held on Sunday 25th April was represented by Rory Campbell, it would appear after a family discussion that he had no choice but to run in passionate pink UV glow hair! with a time of 4hrs 41mins an excellent result although he had to walk the last 5 mile plus, Sammy Wanjiru's 2009 record of 2hrs 5mins & 10secs still stands....But Rory will I'm sure have another go at it next year as ballot papers are out.

The 2nd race in the Great Yarmouth series was on 28th April, we had Michael Jewiss 148th in 40:37, Gill Woodhouse 149th 40:43, a close battle here for the Dereham top honors! and Diane Renshaw 206th in 50:21. Note that Gill was first in her class and will hopefully win the series with the last of the three on the 12th May.

Also we have the Dereham 10mile race coming up on May 16th, we still need as much help as possible so please inform Neville asap..... and all the cake makers out there, this is your time to deliver as we need plenty to maximize our sales at the event!

Thanks Todd Lake 5/5/2010