

Dereham Runners Newsletter June 2010

With Rory Campbell first out of the blocks on the 4th June, running the Notts AC 10 miler in 1.27:42 secs in a strong field of 305 runners he finished 229th.

We then had the Wymondham midsummer 10 mile race on 13th June, with England playing the first game in the world cup the night before, there were only 110 finishers.

We had Matt Plunkett 31st in 1.14:02, and Orla Jupp 83rd in 1.28:24. Incidentally they both pick up the 10 points towards the senior GP.

On the same day John Richardson ran his 85th Half Marathon at Southend, with 1500 entries John finished 825th in 1.59:04, only 15 to go!

Next up was the 2nd Wroxham 5k race on Wednesday 23rd June, 228 entered in what must have been the hottest night of the year!

With five runners taking part Todd Lake was first home 27th overall and 2nd in class 18:39, followed by Claire Ohara 64th 3rd in class 21:04.

For Steven Rix and Alan Lucas this was their first experience at the Wroxham 5k, both putting in solid performances with Steven 88th 22:19 and Alan 100th 22:41. Orla Jupp also ran very well and placed 142nd in 24:57.....Well done to all.

The Humpty Dumpty 10k was again held in very hot conditions on Sunday 27th, with five Dereham runners Matt Plunkett was first home 69th in 45.04, Tony Barstard 103rd 47.59, Michael Jewiss 160th 52.19, Gill Woodhouse 208th 55.07 and John Richardson 239th 57.39.

A big thank you to those who helped to sort out our club house.