

## **Dereham Runners March 2010 Newsletter**

**It has been a fairly busy month for some of us; we have also had Neville off skiing, Lisa Appleby in the Gambia and Rory interloping with Norwich road runners! He has also been setting the record for length of time spent on his treadmill; apparently Emma is almost able to work a half day shift in exactly the same time!**

**In the Wymondham 20mile event held on 7th March, Neville Knights placed 68th in 147:30 and Ian Odgers, 195.13, 238th, not a run for the newcomer but great training for marathons.**

**The Broadland Half marathon was held on Sunday March 21st, same day as the last round of the Ryston X/C series.**

**Being the first day of spring and with the sun not letting us down, our first runner home was Matt Plunkett 69th, in 1 hour 38-07, followed by Ian Odgers 163rd 1-55-07, Michael Jewiss 197th 1-59-36, John Richardson 199th 1-59-57, Gil Woodhouse 209th 2-02-36, and Anita Cullen 227th 2-08-30.**

**Todd lake was 5th in class, 23rd overall at the Ryston X/Country 6.5k race in 25:17, followed by Tony Bastard (4th in Vet 60 class) 30:26 and Hazel Cason also having a good run.**

**The Coltishall Jaguars 10k County Championships was held on Sunday 28th March, with approx. 200 runners in near perfect conditions albeit a chilly wind four runners took part, with Todd Lake home 27th overall in 40:41 a PB, followed by Matt Plunkett 40th in 43:36, Michael Jewiss 121st 51:47 and an excellent run by Gill Woodhouse 124th 52:06.**

**John Richardson in his quest to run 100 half marathons is now up to 84! He completed the Joe Cox Stowmarket Striders finishing 224th in 1:58:03.**

**April start---Conac Trowse 10k held on Easter Sunday**

**In perfect conditions 500 runners turned out for the City of Norwich 10k held at Trowse on Easter Sunday, with three Dereham runners comfortably in the top 100.**

**Todd Lake 38th in 40:13 another PB, Paul Harrison 67th in 42:46 and Matt Plunkett close behind in 42:58 also a PB, placed 71st, Michael Jewiss 51:51 and Orla Jupp close behind in 52:56, I can see a close race here at the Kings Lynn 10k coming up on the 2nd May.**

**Todd is running three 10k events over the coming two months, in aid of Prostate UK; he has been given a pair of unusual shorts to compete in! This being the first followed by the grand east Anglian run, held at Kings Lynn and the Bupa London 10,000 held on May 31st.....See picture!**

**A website has been setup at <http://uk.virginmoneygiving.com/giving/>**

**Any donations would be very grateful.**

**Hopefully I haven't forgotten anything or anyone, but it's important for you to keep me updated, thanks.**

**The next committee meeting is Thursday 8th April**

**Todd Lake 5/4/2010**