

Dereham Runners Newsletter May 2010

This month has been very busy with race events, not least our own annual 10 mile race held on Sunday 16th.

We had approx 280 entries, although a few opted not to turn up on the day it was still an excellent turn-out with 246 finishers.

I enclose a short article below written by Neville for the D&F Times.

“Three runners made the early pace, but Phillip Munro (Colchester) was soon dropped by Darren Fowlie, (Notts) and Adrian Whitwam (Army) who ran together until 7 miles. Here, Darren made his move as the race re-entered North Tuddenham, and he soon opened up a ten metre gap which gradually increased as he forced the pace against a slight headwind. Darren led the field of 246 runners home in 52.22, followed by Adrian in 53.42 and Phillip in 57.02. The leading lady home was Tamara Jordan (Stowmarket) in 62.08 and she was 15th overall. The race was also a County race which Darren won as he lives in Norwich as does Emma Sharples (CONAC) who won the female County cup.”

Also I invite everybody to click or copy & paste the link below to see the excellent responses we have had from runners on the day...

<http://www.runnersworld.co.uk/events/ratingsall.asp?sp=&v=2&ugn=1871&en=53786>

The whole event went very smoothly, with a big thank you to Neville Knights and Gary Slattery for all their hard work in the organising, and to our race sponsors.

To Clem Vogler and Michael Lyons for their excellent pictures, and not least all club members & friends who gave their time to assist in marshalling and other duties.

As you will see from the site above, a big mention regarding our marshals and their support for the runners. Well done Dereham Runners *“a small club with a big heart!”*

WELL DONE ALL

Grand East Anglian 10k Sunday 2nd

This is mainly a town centre race held at Kings Lynn, with great local support and roads being closed it makes for one of the best races of the year. There were over 1600 entries slightly down on last year, possibly due to the poor weather during the run up to race day.

The highlight for the club here has to be Emma's 2nd in class, to then be promoted to 1st in class due to the original class winner Philippa Taylor taking one of the overall cash Ladies prizes.

A nice moment for the Potter-Campbell family as Emma was congratulated by Linford Christie OBE at the presentation ceremony, a proud moment.

Also an excellent performance by Todd who was the first Dereham Runner home finishing 71st overall, chip timed at 39:58 PB, his first time dipping under 40 minutes but hopes it won't be his last!

Matt Plunkett followed in 180th 43:52, not a PB for Matt this time as he is still recovering from his recent marathon run. Emma 210th in 44:41, Katie Coss 486th in 49:55, Orla Jupp 549th in 50:56, Martin Stowger 712th in 53:51, and Janice Moore 794th in 54:37.

After the race Todd flew to Majorca for his wife's birthday, and although always nice to get away ... it didn't go to well! The worst rain since 1934 spread over the 3 days made it slightly difficult, with all local transport closed & floods everywhere ... glad to be back.

Breckland 10k Monday 3rd

On to bank holiday Monday with the flat Breckland 10k, Emma along with John Richardson, took part. A race not quite supported in the same way as the Kings Lynn, but still required a good effort against a fairly strong wind. Emma placed 108th in 45:24 with John 181st in 51:17.

Great Yarmouth 5 mile Wednesday 12th

On a chilly night the last round of the 5 mile Great Yarmouth series was completed. Gill Woodhouse not only won her class F55 on the night coming 150th in 40:16, but took the class series win as well, a tremendous effort well done Gill!

Todd Lake was again the first Dereham runner home in 31:37 placed 39th overall, followed by John Richardson 148th in 40:05, Michael Jewiss 159th 41:55, who continues to improve and a gritty determined run by Jacquie Wood 203rd 50:45, closely followed by Di Renshaw 204th in 51:57.

Edingthorpe 4 Sunday 23rd

John Richardson & Todd Lake entered the new rural Edingthorpe 4 mile race. The course was undulating along quiet lanes within sight of the Bacton gas terminal, and facilities were very basic for the 70 odd runners with a barn and a field to park the cars! Although a long way to go for a 4 mile run, it was well organised. Todd came 7th in 25:20 and John 34:53 in what was the hottest day of the year!

Wroxham 5k Wednesday 26th

The 1st of a series of three 5k road races was held in excellent conditions, with over 280 runners, Todd Lake was the first back, placed 30th in 18:32 PB, followed by Matt Plunkett 99th, 21:09 PB, hot on his heels was Clem Vogler 100th, 21:10!

Clem was fortunate not to be disqualified when he decided to do his warm up where he wanted, not the field on offer from Norwich Road Runners! At the end the organisers were looking out for number 1124, and when Clem heard this he looked like all his hard work albeit rewarded with a nice plastic cup of water, had been in haste! (or seen a ghost) ... but Clem had a plan and negotiated very quickly his way back into the record books, coming 2nd in the old boy class was a great effort ... Well done Clem.

A good run by John Richardson 174th 24:24, and Orla Jupp with a determined effort gaining a PB by just the one second in 24:39, placed 180th excellent.

Footnote

It would be great to see more club runners enter the events, they really are a great opportunity to watch your own progress and at the same time supporting each other. Whether you end up first, last or in the middle, it's the equal effort and your individual determination that counts, knowing that you have giving 100% is the most important thing. To watch Gill dash the last 150m on the sea front at Great Yarmouth this month, and close down the 3 race series class win, was worth turning up just for that!

Also it is good to have our coach Ernie back with us, having been unwell for a while he has been missed. The experience, guidance and motivation he provides for us all is an integral part of this club ... Ernie I'm afraid you cannot be ill again!

Mr Keith Moore, if you too are reading this, we as a club are not happy about you being injured! So hurry up and get yourself sorted ☺...Just to add, on the first club night I attended late February last year, I experienced Keith's ability to welcome newcomers.....2nd to none comes to mind!..Thanks.

Like Ernie his positive attitude and spirit is also missed!.....maybe you could assist during club nights seniors or juniors?

Regretfully Robert Sivell is leaving us, his new job is in Great Yarmouth so that's where he is off to. Robert has been great for the club, not only being there on most club nights, turning up to race events but also has been a valid committee member. His work regarding our website has been excellent, when you ask Robert to do something for the club, he just gets on with it without delay.

Robert thanks from us all at the club!.....But with a new vest showing off GYRR is going to make you our prime target on race day ☺....so watch your back...lol....Thanks again and best of luck.

Todd Lake 30/05/2010