

## REVIEW OF 2007

### ROAD RACING

The local road race scene was again widely supported by runners from the club, with 38 members competing in distances from 5km to the marathon. Gill Woodhouse, Emma Potter-Campbell, John Richardson and Ken Renshaw all competed in 20 races each.

Ten races on the Norfolk calendar form the Runners Centre Grand Prix and Emma, Gill and Neville Knights received awards for 1st, 2nd and 3rd in their respective age groups. Rory Campbell, John and Ken were also well positioned.

The club also runs its own Grand Prix series over nine races. This was won by Keith Moore (male) and Emma (female).

Neville was the quickest runner in the club and Emma the quickest female. The distances under consideration were 5km, 5m, 10km, 10m and the half marathon.

John was the most travelled runner, competing in races in France, Liverpool (twice), Sheffield and the Isle of Arran.

The most improved female runner was Orla Jupp, competing in 16 races in her first year as a member.

Rory and Ken shared the most improved male runner, both knocking off over 9 mins off their half marathon times during the year, but the committee picked Ken as the senior runner of the year.

In 2006, ten runners had travelled to Caudebec in Normandy to compete in either a 10km or half marathon. All runners came back glowing with the hospitality received by their hosts, who are Dereham's twin town in France.

Thirteen club runners joined the 450 entrants in each distance which included a high quality field. In the 10km race Nikola Buckley, Ernie Bradshaw, Hew Jones, Michael Dennis, Ken and Di Renshaw, Michael Lyons and his son and wife, and Megan Henman competed.

In the half marathon Andrew Bird, Gary Chaffe and John Richardson.

Dereham were able to partly reciprocate the hospitality, when Dereham hosted its annual 10 mile race in May, and we welcomed 17 runners from Caudebec in a total field of 226. Their best placed runner was sixth in an event won in a race record of 51.29 by Dereham born runner Rob Joy. Rob was running for Norfolk Gazelles and Stowmarket Strider, Tamara Jordan was the quickest female in a time of 63.23.

Earlier in the year, Ian Odgers (251.07) led a team of six home in the London Marathon. The other participants being Linsey Broster, Steve Plunkett, Gary Chaffe, Vicky Christian and Katie Coss.

Two other marathons were also tackled. Paul Metters ran Edinburgh in 229.50 and Neville Knights enjoyed a flat course in Florence to finish in 193.06.

Having completed in the Round Norfolk Relay for the first time in 2006, the club were delighted to knock 11 minutes off their 2006 time to finish in 26 hrs 43 mins 53 secs. This is a seventeen leg race of 50 teams covering about 194 miles generally following a route, both road and off road, adjacent to the county boundary (and avoiding the sea!).

The final comment on the road running scene goes to Jamie Speakman. At the age of 73, he is the club's senior member. Despite recent illness he was back and competed in the 5 mile race at Worsted in the summer and finished in 55.58.

### CROSS COUNTRY

The club always supports the Ryston Runners cross country series, with 32 runners competing in the 2006/2007 event. Andy and Jenny Norton, Keith Moore and Andrew Bird competed in all six events.

Top three individual race positions were achieved by Steve Nimmock, Andrew Bird, Ernie Bradshaw, Clem Vogler and Gill Woodhouse in their respective age groups to gain the club a fourth place overall position.

Gill Woodhouse is leading by example with two firsts and a second for the first three races of the 2007/2008 season. Top ten positions have been achieved by some of the runners mentioned above.

Norfolk hosted the SEAA cross country at the beautiful setting of Holkham Hall in 2007. Neville Knights was the only club runner to enter this race and finished in 66.17.

There was also club participation in West Norfolk's cross country held at Houghton Hall and in the various events hosted by Norwich Road Runners.