

2008 - Round Up

December

The third instalment of the Ryston x/c series was ran over 6.5km, and all nine runners from Dereham earned top ten positions. Leading the club home was Sean (1st) followed by Neville (3rd), Steve Nimmock (4th), Andrew Bird (5th), Paul (8th), Ernie (2nd), Clem (4th), John (6th) and Hazel (6th). Paul Metters travelled to Hastings and achieved a PB at the marathon distance in 220.53.

John was the sole representative in the CONAC Boxing Day Relays held at Eaton Park where he formed part of a 4 man relay team in which he ran 26.39 over the 3.334km flat course.

November

November started and finished with a marathon performance. Somewhat behind Paula Radcliffe, Ian Odgers competed in the prestigious New York Marathon (235.00) recommending the race to anyone who would listen. Following a shorter air flight, Neville went to San Sebastian to achieve an excellent time of 186.55 on his count down of hitting 50 in 2009.

The postponed Coltishall 10 km was ran in drier conditions where Sean led the four man club team home in 36.44 and achieved a 5th position. Paul (42.51), Clem (44.02) and John (48.54) followed him. On the same day Rory went to St Neots where he got under 100min for the first time over the half marathon distance (98.36) With it's new November date the CONAC Norwich half marathon is gaining popularity and DRAC fielded 7 runners in which Emma led the team home in 97.18, followed by Ashley, John, Steve Gilbert, Ken, Gill and Di.

At the second Ryston x/c meet, Sean was first in the short course and Gill was first in her age at the long course. Top five positions were also achieved by Neville, John, Clem and Ernie, with Andy and Hazel being well placed over 9km. Neville and Gill's positions helped them to win the club's Grand Prix held over ten races of differing distances.

October

John, who has a quest of competing in 100 half marathons, got out of his comfort zone and competed in the Loch Ness Marathon (258.58). Over the half marathon distance, Paul Metters ran the Great Eastern at Peterborough in 107.40, and over 10 miles Neville (64.47) and Gill (85.47) ran the Fenland Ten. The local Holt 7 was well supported by the club with 8 runners in which Sean (42.37) in 5th and Neville (45.19) in 19th were the best placed. Emma, Steve Nimmock, Rory, Andy, John and Gill also competed.

The cross country season kicked off as Ryston Runners held their first race of the six race series. Over the 5km distance Neville led the team home in 8th, and top ten positions were also achieved by Paul Harrison, John, Clem (1st), Ernie (3rd), Jenny and Hazel. Also running were Andy, Steve Nimmock and Rory.

September

The month kicked off with a good club turn out in ideal conditions at the Wissey Half Marathon. Neville led the seven person contingent home in 88.53 to gain an overall 30th placing. He was followed by Rory (102.47), Paul Metters (103.06), John (112.57), Ken (114.26), Gill (116.18) and Di. (143.12). A week later Rory (100.58) and Di (142.57) improved on these times at the Grunty Fen Half Marathon. They were also joined by Ken (115.08).

At the end of the month Paul Harrison and Clem gained 2nd places in their age categories at the Wymondham 5km. They were outshone by Gill who gained a 1st place in her age category.

The month was dominated however by the clubs participation of the Round Norfolk Relay. We have John to thank again for the successful organisation of the team of which the support crew (drivers, cyclists, time keepers and supporters) play a pivotal role. A great team effort was achieved to record a finishing time of 26hrs48min11secs.

It was the third time that the club had participated in the 23rd running of this popular event, and whilst the time was down from last year by just over 4 mins with a course alteration the distance has been increased by 0.82 miles. Gary Chaffe started the team off at 7.00am and quite fittingly it was John, competing in the RNR for the first time, who brought the baton home on the track at Klngs Lynn the next morning. The rest of the team consisted of Michael Lyons, Jenny Norton, Steve Plunkett, John Spooner, Orla Jupp, Jo James, Sarah Leonard, Emma Potter-Campbell, Paul Metters, Rory Campbell, Neville Knights, Hefin Mathews, Paul Harrison, Steve Nimmock and Clem Vogler. Full details of the event and the times are on the Round Norfolk Relay website.

August

Sean continued to impress over the 5km and 10km distances. He completed the Reepham 10km in 5th position in a time of 37.37, which is 6 minutes quicker than his first race at this distance earlier in the year. He also improved on his 5km time at Wroxham finishing 27th in a time of 17.38. Steve Gilbert (23.00) was the only other member at Wroxham. At Reepham Sean was joined by Paul Harrison (43.10), Clem (44.15), Ian Odgers (48.59), Gill (50.53) and Orla (55.11).

At the start of the month Gill (41.07) and Sarah (43.19) competed in the well attended Wibbly Wobbly off road race organised by Brandon Fern Hoppers.

Paul Metters (99.42) and Rory (105.17) travelled out of the county to compete in the Newark half marathon, whereas on the same day Ian (111.22), John (114.12) and Gill (116.29) competed at Great Yarmouth over the same distance.

July

July features a couple of the better supported county events with the Ryston and Worstead road races both ran over 5 miles. Neville led the eight man team home in 31.14 to finish 24th at the Ryston race, followed by Paul Metters, Emma, Rory, John, Gill, Ken and Di. Sean is the quickest member at the club over the shorter distances and this continued to be the case at Worstead as he led the team home in 29.58 to finish 10th and first junior home. He was followed by Paul Harrison, Clem, Ashley, Steve Gilbert, Gill, Ken, Robert Sivell and Di.

Ashley (24.49) and Gill (28.25) competed in the off road Mike Groves run.

Emma (45.29), Rory (48.44) and John (52.53) travelled out of the county to compete in the Newmarket 10km. John was the only member to compete in the Marham 10 mile which he completed in 83.46, and forms part of his training towards the Loch Ness marathon.

June

Sean Atterwill has been in good form during June picking up 20th, 18th and 8th positions in the Guy Fawkes 10km (39.13), Wroxham 5km (18.07) and Reedham 10km (38.40) respectively as shorter races dominated the local running scene.

In the CONAC race, Sean was joined by Paul Harrison (43.14), Dave King (43.51), Emma (44.16), Robert King (44.20), Clem (44.38), Gill (49.15) and Orla (54.04).

At Wroxham (2nd race) Ashley (20.51), Paul Metters (21.16), Clem (21.17) and Steve Gilbert (22.49) and at the inaugural race at Reedham Neville (40.06) and Gill (50.04) also raced.

In the middle of the month Neville (64.25), Emma (74.09), Rory (75.07), Gill (83.36) and John (85.26) ran the second running of the Hethel 10 miler.

John ticked off two more half marathons in his quest to run 100 half marathons with runs at St Albans (120.40) and the Humber Bridge (118.37). John was joined by Rory (104.25) at St Albans. They are both running in Newark in August should anyone wish to join them?

May

May is always a busy month in the local road racing scene which includes our own 10 mile race.

A thank you to all our helpers and our sponsors - Lovewell Blake Chartered Accountants (goodie bags) and Birds Sports (spot prizes). The record entry of finishers of 252 enjoyed ideal weather conditions and were led home by Darren Fowlie in 53.06 closely followed in a tight finish by 5 secs by Andrew Hennessey. The first lady home was Nicky Alford in 63.10. With some members travelling to a junior fixture at St Ives most members were called upon for race duties but Steve Plunkett and Ian Odgers did represent the home club. The full race results can be found elsewhere on this site.

Eleven runners competed in the Wroxham 5km which was the next event in the DRAC Grand Prix. Their times were as follows - Neville (19.38), Paul Metters (20.07), Ashley (20.28), Clem (20.58), Emma (21.02), Jo (21.32), Rory (21.47), Steve Gilbert (23.06), Gill (23.28- 1st +60 lady), John (23.57) and Orla (25.18).

During the month members also competed in the Breckland 10km (6 man team led home by Neville in 39.49), Kings Lynn 10km (4 man team led home by Sean Atterwill in 43.42), 2nd Gt Yarmouth 5 mile (7 members/ Neville 31.10), Coltishall 5km (Paul Harrison 20.42/Clem Vogler 21.25), 3rd Gt Yarmouth 5 mile (4 members/ Paul Metters 33.44) and the Brandon Off road half marathon (Rory 102.39 and Orla 118.18).

Thanks to Garry Slattery's efforts the club now has a replacement clubhouse just in time for the summer weather we have just experienced!

April

In April, many peoples eyes turn to the London Marathon whether participating or spectating. The club had five runners in the capital all hoping that their winter training had been enough and that the weather would be favourable. Rory Campbell led the team home in 242.38, with Linsey and Richard Broster crossing the line together only 15 secs behind him. Gary Chaffe followed in 273.51 and Mark Ithell whose training had been effected by injury in 354.09.

John Richardson competed in the Bungay half marathon on the 06/04/08 and recorded 113.05.

The clubs second Grand Prix event took place on the 23/04/08 at Great Yarmouth and Paul Metters (32.57) and Emma Potter-Campbell (34.18) led the contingent of Dereham Runners home. Also running were Ashley Gilbert (34.32), Steve Nimmock (34.45), Rory Campbell (37.18), John Richardson (39.03), Ken Renshaw (39.26) and Di Renshaw (55.36).

Six members competed in the 8.9 mile off road 'chase the train' race organised by NNBR. Clem Vogler led the team home in 66.24 followed by Gill Woodhouse (74.01), John Richardson (75.29), Nikola Buckley (75.49), Orla Jupp (80.31) and Curney Bray (89.09).

Neville Knights organised a 3.58 mile cross country race over Neatherd Moor as an alternative to the usual thursday training session. Conditions were not ideal with mud in places, water logged grass and rutted bone hard surfaces but with the handicap Paul Harrison led the 15 participants home followed by Emma. The fastest on the night was Sean Atterwill in 23.14 followed by Neville in 24.13.

March

Not only have the runners suffered in the wintry conditions but the heavy winds at the start of the month brought down a tree onto the clubhouse totally destroying it. Members rallied round and got the site cleared within the week and a new clubhouse is being sought and grants being looked into.

On the racing scene, Mark Ithell used the Wymondham 20 as part of his London marathon training whereas Ken, Gill and John raced over the 10 mile distance at the same venue.

Six runners endured the wet and windy Broadland half marathon, where times were slow. Rory used it as part of his London marathon training but was led home by Neville in 94.33 (who rather hoped for 88.00!). Gill was the first club lady home in the first of the club's Grand Prix events.

They were followed by Ian Odgers, John and Di. Two weeks prior to this race Ian had been in warm Barcelona to run the marathon (262.23) alongside Paul Metters (227.04).

Back in the UK, the weather brought light snow showers on Easter Sunday for the staging of the Trowse (CONAC) 10km. The weather brought slippery conditions on the off-road down hill section and one or two casualties. Neville led the six man team home in 41.44 and Jo James led the ladies home in 47.12. The rest of the team consisted of Michael, Gill, Orla and Huw Jones.

March brought with it the last of the Ryston Runners cross country series. Unfortunately it clashed with the Broadland race and as a result senior numbers were depleted by 50%. Steve Nimmock (6th), Keith (10th), Andy (12th), Michael (14th), Paul (5th), Clem (2nd) and Jenny (5th) were the representatives.

Numbers from the club were generally down this year which meant that we slipped from 4th in 2006/7 to 6th in 2007/8, but special mention goes to Steve, Keith, Andy, Michael, Paul and Jenny for competing in all six races and to Clem who picked up a 3rd (male vet 60) and to Gill for her 1st place (female vet 55). I am sure that all those that competed enjoyed the event and location and hopefully the numbers will be up for next season (commencing October).

February

Seven runners kicked off February with a cross country. West Norfolk AC hosted an event at scenic Houghton Hall. Top ten positions (age graded) were achieved by most, with Clem leading the way with a second in 27.55. Also competing were Steve, Andy, Paul, John, Orla and Jenny.

The following week brought more cross country running in the form of the 5th Ryston race over 9km. The 14 runners achieved 11 top ten positions (age related) between them, with Clem (4th) again being best placed. The other runners were Steve, Keith, Andrew, Andy, Michael, Ken, Rory, John, Orla, Jenny, Hazel and Di.

The Norfolk road race calendar kicks off next month but in the meantime Rory (95.04), Ken (103.47), Gill (105.59) and Linsey (108.30) travelled to Bungay to compete in the Great East Run. For Rory and Linsey this 20km race is part of their build up for the London Marathon in April.

January

Seven runners took their running seriously or were running off the festive excesses by racing over 10km at Wymondham on New Years Day. Steve Nimmock (44.25) led the contingent home in a total entry of 349 followed by Jo James (47.28), Tony Barstard (48.23), Ken Renshaw (49.55), John Richardson (50.29), Michael Dennis (54.18) and Di Renshaw (66.14).

The club had its best turnout in the 4th event of the 2007/2008 Ryston Cross Country. Over the 5km course Neville Knights (19.07) led the team home just ahead of Steve Nimmock (19.22). Also competing were Andrew Bird, Keith Moore, Andy Norton, Michael Dennis, Ken Renshaw, Paul Harrison, John Richardson, Clem Vogler, Orla Jupp, Emma Potter-Campbell, Jenny Norton and Hazel Cason. Clem was 2nd in his age group and Emma was 5th. See the Ryston website for the full results.

The Norfolk road race calendar is a bit sparse in January, and therefore Neville travelled to Peterborough to compete in the tough underlating Folksworth 15 miler. He finished 51st out of 435 in 1hr 43.09.