

2009 - Round Up

December

December is absent of local road races and is a quiet month generally for races.

The third Ryston cross country race did take place however over 6.5km. Whilst Neville led the team home in 25.23 to secure 7th in his age group, the honours go to John Richardson (34.08) who completed the course in a full Santa outfit and was positioned 5th in age. Clem (28.17) secured the highest position in 4th, and Hazel (38.51) led the ladies home. Andrew Norton completed his first race of the series. Ashley, Keith, Tony, Ernie and Di made up the Dereham team.

November

The month started with a sole DRAC runner competing in the New York marathon and finished with a club record of 20 runners in the CONAC half marathon.

Two days after celebrating his 50th birthday Neville ran his 25th marathon in the 40th running of the NY marathon and finished in a time of 198.26. He has ran quicker but his preparation does do usually include 4 days of walking beforehand.

Perry, who had ran a couple of marathons in the last two months, led the 20 home in a time of 86.52 followed by Neville in 88.10, who was fourth in his new age group. Emma led the girls home in 97.56 and was also fourth in her age group. Gill finished in 118.06 and was first in her age group. Also running was Matt and Steve Plunkett, Keith and Janice Moore, Paul Harrison, Jonathan Knights, Steve and Ashley Gilbert, Orla Jupp, Ken and Di Renshaw, John Richardson, Katie Coss, Michael Jewiss, Vicki Christian and Sarah Lyons.

In the middle of the month Rory (107.39) and Ken (115.42) ran a half marathon at St Neots whilst an increased turnout ran the second cross country meet organised by Ryston Runners. Neville led the team over the 9km course 34.54 and finished 6th in age. Clem finished third in his age category. Anita Cullen made her debut for the club and finished in a credible eighth in her age group. They were joined by Ashley and Steve Gilbert, Steve Nimmock, Keith, John, Ernie, Hazel and Tony Barstard.

October

Three weeks after completing the Berlin marathon, Perry ran the Chicago marathon in a very good time of 199.04, and a week later Paul Metters ran the Amsterdam marathon in 259.15.

Back at home all eight runners scored points in the first of the cross country races organised by Ryston Runners. Neville led the eight home in 19.08 and secured a 3rd for age place and was followed by Ashley, Keith, Steve Gilbert, Clem, Tony Barstard, John and Hazel.

The following week the club had its biggest turnout for the year at the Holt 7. Neville led the eleven man team home in 45.50 but the accolades go to Emma for being second female and first senior female home in a time of 49.57. Good runs were also achieved by Todd (48.00), Keith (49.50) and Michael Jewiss (58.29) in his first race for the club. The club was also represented by Steve Nimmock, Jo, John, Ken, Janice Moore and Di.

Michael made his second club appearance at Gt Yarmouth over 10km and finished in 52.02. He was joined by Todd (41.44) who continued to knock time off his 10km time, Gill (52.12) and Robert (53.33).

September

September see several half marathons. Steve Gilbert stepped up the distance to compete in the Wissey Half marathon and finished it in 101.09. He was joined by Gill, John (another half competed) and Orla. Jay and Sue are also frequent competitors in the Nottingham half marathon as are Sarah and Lucinda in the Great North whereas Perry (237.19) and Ian (261.14) went further afield to compete in the Berlin marathon.

In the meantime runners (and helpers) were getting ready and competing in the 17 man leg of the Round Norfolk Relay. Although we ran it in just over 27 hours it was another creditable performance from the runners and helpers in competing in it with our lack of numbers.

All credit to John for organising it. Due to a last minute withdraw it was good to see our chairman step in from his minibus duties to run the Burnham to Wells leg and he was rewarded with the sun coming out!

August

Brandon hosted another off road in the popular Wibbly Wobbly 5 mile. Jay Moss-Hobbs and Sue Abbott are regular participants of this race.

Ian Odgers preparing for a longer race in the year ran the Gt Yarmouth half marathon in 114.34. He was accompanied by Rory (120.24) who was testing an old injury before the Round Norfolk Relay.

The Reepham 10km is gaining in popularity and this year featured a family from Dereham. Clem (46.40) was joined by daughters Miriam and Madeleine. They were led home though by Paul Harrison (42.02) and Gill (52.12) led the youngsters home.

There was a good turn out from the club for the final 5km race at Wroxham. Todd (20.13) improved on his last outing and led from Steve Gilbert (who finished all three), Clem, John, Gill, Madeleine and Di.

Perry Mann competed in the Isle of Wight half marathon (98.58) and finished in a very credible 48th position. He was using this race in preparation for the Berlin Marathon in September.

July

John continues to add to his long list of half marathons and more recently of finding those races in far flung parts of the UK. This time he journeyed to the Isle of Barra in the Outer Hebrides where he finished 90th (119.32) out of 167. From Norfolk it's a bit of a trek to get to but an enjoyable experience.

Closer to home, Ashley and Steve Gilbert and Gill ran in the Mike Groves 3.63mile run and Paul Harrison (32.54), Todd and Robert ran in the popular Worsted 5 mile.

June

Dereham had six runners at the popularly run Guy Fawkes 10km hosted by CONAC at Easton College. Neville led the team home in 40.26 followed by Paul Harrison, Robert, Curney, Di and Hazel Cason.

Gill (87.36) and John (89.44) were again close to each other this time over 10 miles at Wymondham. Steve Gilbert (21.17) fractionally improved his time in the second Wroxham 5km but was third behind his son Ashley (20.11) and Todd (20.34).

In the undulating Reedham 10km Gill (51.07) and Robert (53.46) represented the club.

May

Emma was the first club runner home in back to back 10 km's, firstly at Kings Lynn (44.57) then the next day at Croxton (45.51). She was joined at KL by Todd, Steve Gilbert, Nicola Buckley, Robert and Curney Bray and at Croxton by Gill, John and Orla Jupp.

Gill (39.21 & 39.53) and Di (48.01 & 47.31) both competed in the first two races at Great Yarmouth over 5 miles. Emma led the club home in the second race in 36.01 and was joined by John and Ken Renshaw.

In between these races the club successfully hosted its 10 mile race with its biggest entry field of 300. Whilst most members were out helping a trio of Paul Harrison (68.08), Sarah Lake and Lucinda Leonard did compete.

Sarah also competed along with John over the off road half marathon at Brandon.

The month finished with the first Wroxham 5km for which Paul Harrison (20.12), Steve Gilbert and Clem Vogler represented the club in this furiously run race.

April

Paul Harrison (43.32), Paul Metters (44.35), Todd Lake (47.30) and Robert Sivell (56.47) competed in the Trowse 10km which incorporates two steep hills. Gill also found an undulating course as she ran the Bungay half marathon (118.32).

Emma (35.32) and Di (48.13) were the only club representatives at the first Gt Yarmouth 5 mile race, which is usually a well supported event from the club.

The gloriously hot weather brought the crowds out but it was not generally appreciated by the runners of the London Marathon as their times were down from expected. Neville led the team home in his 24th marathon in 196.22. He was followed by Paul Metters (237.48) and Rory (244.11). Sue Abbott completed her first marathon in 381.59 and received tremendous support all round the course. She was also using the run to raise money for the RNLI. She enjoyed the day so much, although not so much the last few miles, that she has already entered the ballot for next year.

March

Rory and Paul Metters continued their marathon preparation with runs in the Wymondham 20m (162.38) and Lydd half marathon (106.58) respectively at the start of the month. In the latter half of the month other club runners competed in the Broadland Half (John-118.55 and Di-140.34) and the Coltishall 10km (Sean-37.20, Gill-49.39, John-50.10 and Di-58.56), where Sean was 11th in his last race for the club. We wish him every success with his new club, CONAC.

The final race of the Ryston x/c series took place over 6.5km and despite the small representation from the club we picked up two firsts in Sean (22.59) and Clem (27.21). Also running were Steve Nimmock (26.35), Paul Harrison (26.28), John (32.17), and Hazel (41.58). Clem finished 1st overall followed by Ernie (3rd) in their age group and John third in his age group.

February

Members went separate ways within Norfolk on the 1st February. Emma Potter-Campbell led the five man team home in the Reedham 10 mile in 75.28. She was followed by Rory Campbell (76.05), Gill Woodhouse (85.33), John Richardson (91.00), and Di Renshaw (109.22). Paul Harrison (27.39) and Clem Vogler (28.20) competed in a cross country race organised by West Anglia AC at picturesque Houghton Hall.

There was also a clash on the 15th February, when Gill competed in the Great East Run (Bungay). She finished the 20km course in 107.25. On the same day Grace Bird, Sean Atterwill (2nd), Clem (1st), John, Paul and Steve Nimmock competed in the 5th event of the Ryston cross country.

The following week saw John complete his 77th half marathon when he ran a time of 116.18 at Sleaford

January

A small contingent from the club participated in the traditional New Years Day 10 km race at Wymondham. Neville Knights led the five runners from the club home in a disappointing time of 43.29 (77th). He blames his intense training over the festive period. Emma Potter-Campbell led the ladies home in 44.50 (97th) and was close to her expected time as was Rory Campbell in 47.09 (139th), Gill Woodhouse in 49.48 (189th) and Robert Sivell in 55.29 (263rd).

In the middle of the month Neville Knights (104.11/56th) and Rory Campbell (119.01/174th) took part in the undulating Folksworth 15 mile road race. This formed part of their London Marathon training which takes place in April.

Sandwiched between the above two road races were held the 4th race of the Ryston x/c series and the Norfolk County x/c champs but unfortunately on the same day. In a depleted field both from the club and as a whole Neville picked up a 2nd in 19.38 over 5km and Ernie Bradshaw a 1st in 21.02. There were no senior representation at the County x/c but Sean Atterwill was 8th in 21.28 in the U17 category and Grace Bird was 10th in 13.07 in the U15 category.