

Race Report for the Dereham 5K race on Sunday 24th July.

The very first Dereham Town Centre 5k race was held on Sunday 24th July, the event planned to celebrate Dereham Runners 25th anniversary year and the coming Olympics in 2012.

The weather for the race turned out to be excellent, with an almost clear sky and just a slight breeze, perfect for over 200 runners!

Just after race briefing it was down to the gun of commonwealth shooting champion Mick Gault to start the race with a bang promptly at 9:15am. As the runners set off out of the recreation park and headed down station road, there was a small group of 5 heading the field. James Preston just ahead at this stage, closely followed by Chris Merrylees, John Broom, Christopher Hollinshead and 16yr old Sean Watson from Dereham. As they passed the half way point at the end of the first lap, James Preston had moved well clear from Chris Merrylees by about 15 seconds, John Broom still not far behind at this point holding his position well. The rest of the field continued the run through Norwich Street turning right into the market place, and then back along the high street running towards the left turn back up along Station road for their 2nd lap. The race full of all age groups & abilities was supported well by local people as they ran their own race, in fact competitors mentioned how well they were all encouraged on their return!

As race leader James Preston entered its last 1km he was approximately 20 seconds clear of 2nd place, and with only a flat run up the high street and London road to go before the finish, he took this confidently in his stride crossing the line in a very impressive 16:13 minutes, Chris Merrylees not far behind in 16:33, and John Broom 3rd in 16:49.

First Lady was Kelly Ruston 13th overall in 18:01, followed by Jane Clark 18:18 and Ruth Proctor 19:01, all excellent results from the talented trio!

As the rest of the 200+ runners followed in, they were cheered and clapped during their 150m run to the finish gantry which was situated at the far end of the park.

All runners were rewarded with a well earned memento, drink and a satisfying sense of achievement.

A very well done to all runners.

Todd Lake