



Thursday, February 26, 2009

# Kim strides out to come second

**WYMONDHAM AC continued their cross-country success with nine club members travelling to Horsford for the final of the Norwich Road Runners cross-country series held at Houghton Plantation.**

The milder weather conditions brought out a good turnout of runners from all over the county to this popular event.

The undulating 2.6k lap course snaking around the woodland plantation offers plenty of mud and water across the route to challenge the runners. The ladies completed three laps and the men four.

Wymondham AC once again fielded a strong, experienced team and were well rewarded for their efforts. Success again for Kim Reader finishing second overall and

## Running

followed a couple of minutes later by Juliet Cox who claimed third overall, both women performed strongly throughout the race.

First home for Wymondham in the men's race was James Birch, a strong competitor in his age category.

Following was Gerry Watson, Mike Smith, Russell Cox and Rob Scarf all competing well in their respective age groups.

In the U13 juniors race (two laps) Daisy Dugdale achieved first place and Beth Stratton second place, excellent results for both juniors.

Wymondham have a strong core group of experienced cross country runners who have been competing all over the county throughout the winter months and with the season

coming to a close have been rewarded with excellent results and prizes in the cross-country leagues and championships.

Meanwhile over the border in Suffolk was the Bury 20 and 10 mile road races, both of which started in the scenic Nowton Park in Bury St Edmunds.

Terry Epps competed in the 20-mile race and achieved a first in the Vet 50 age category and a personal best time for new member Steve Cuvillo. In the 10-mile race Tanya Croft saw her efforts rewarded with third female overall, Jenny Christian achieved a second vet 50 age category and Wymondham AC's head coach Ron Marsh also performed well in the race and his age group.

● Wymondham AC meets on Monday nights at 6.30pm at the Rugby Club, Tuttle Lane.