



## Joy for Jenny

**RUNNING:** The beautiful spring sunshine brought out the runners this weekend at the Coltishall 10k. Wymondham AC had eight runners enjoying this well-organised event. Jenny Christian was the first runner home for Wymondham in 44:56 well rewarded for her efforts winning her age group prize, just following Jenny's great race pacing was Ian Crutchley in 45:00. Husband-and-wife team Russell and Juliet Cox ran well, with Juliet continuing her form, beating Russell over the finishing line. Graham Coleman, Ron Marsh, Robert Ewin and Rodney Freeburn all performed well in this fast-paced race.