

# Wymondham and Attleborough Mercury

Thursday,  
July 16,  
2009

Mercury

## Ten stride out in race

TEN runners from Wymondham AC travelled to Coltishall on Wednesday, July 8 for the 10th running of the 5.85km Mike Groves memorial run.

This popular event is run on a rural course that undulates gently through the countryside around Coltishall featuring mainly road, a short stretch of cross-country, leading back to road and a big hill just 1.5km from the finish.

Near-perfect racing conditions produced a series of superb achievements from Wymondham AC.

First home and continuing a strong racing season, taking third place overall was Eddie Greenland (22:09).

Next over the line and 15th overall Gerry Watson (25:08), followed in by Terry Brannon (25:39) whose efforts were rewarded with a veteran 60 age group prize.

Following these excellent performances and taking the coveted second-placed lady prize was Kim Reader (25:55) running strongly throughout and showing a good return to racing form.

Wymondham AC runners continued to show their commitment to running by bringing home four more runners within the first 35 finishers, Mark Tufts 26:25, Graham Coleman 26:28, Ian Crutchley 26:59, Mike Smith 27:21, Dennis Wells 32:13, Helen Salmon 35:32.

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

\*54 Thursday, August 13, 2009

## Log jog fun for runners

WYMONDHAM AC runners were part of the 292 entry for Brandon Fern Hoppers' annual Wibbly Wobbly Log Jog, an exciting trail race held in the heart of Thetford Forest.

This year it was a newly modified course, using more of the many mountain bike trails through the forest and winding its way around 4.85 miles.

From Wymondham AC six runners, experienced cross-country runners Kim Reader, Rob Scarf and Louis Cooper, along with newcomers to the cross-country and trail-running scene Tracy Stevens and husband-and-wife duo Patrick and Wendy Larke.

The weather and good conditions underfoot in the forest were set for making the Wibbly Wobbly another great success.

Leading the Wymondham runners and having set a fast pace from the start was experienced cross-country runner Kim Reader finishing strongly in 37:40, followed by Patrick Larke in 38:20.

Tracey Stevens, who is enjoying shorter-distance racing since completing the London Marathon in April, crossed the line in 40:14.

Both Rob Scarf (41:49) and Louis Cooper (47:02), veteran cross-country runners preparing for the new season, finished well.

Following them in with a final dash for the line was Wendy Larke (52:38) who missed out on a target time by just a few seconds.

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

Email reports and pictures to:  
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Thursday,  
September 3,  
2009

Mercury

## Medals joy for runners

THE final event in the Wroxham 5k series took place on Wednesday, August 26, an undulating but very fast rural course, attracting a field of 366 runners, including some from Wymondham AC.

The weather conditions although fine, the strong headwind into the finish made for a challenging end to the race.

With 18 club runners from Wymondham making the trip over to participate in this county championship event, good results from all runners, and some county championship medals topped the event off.

Bronze CC vet 40-plus team prize went to Andy Preston, Richard White, Ed Greenland and James Birch. Bronze CC individual vet 60-plus to Alan Holland.

Overall results as follows: Kim Reader 22:25, Tracey Stevens 23:04, Lizzie Shipp 25:18, Louise Slaughter 25:23, Anne Martin 26:14.

Andy Preston 18:12, Jack Gillick 18:12, Richard White 18:19, James Sturgess 18:36, Ed Greenland 18:45, James Birch 18:53, Neil Holland 19:02, Karl Chapman 20:00, Ed Burton 20:56, Alan Holland 21:16, Gerry Watson 21:41, Ian Crutchley 21:42, Dennis Wells 28:15.