

Kyran Hale is making a habit of winning the FOD parkrun. He makes it look easier each week and saved a bit this week for a 3000mts track race on Sunday. He won that as well. This was Kyran's 5th FOD parkrun and 5th win. Jo Price in the ladies won for the 1st time at her 5th attempt. There were 1 1st timers and 7 runners recorded pbs this week. Several regulars again recorded personal best times. For Walter Leech who was 3rd to finish a 5 second reduction is a big achievement. Jo Price took 35, Heather Jones 33, Lynda Wallis 30, and Jacqui Wynds and 20 seconds off the previous bests. The biggest improver of the day though was Charles Exton of Hereford & County AC with a 45 second reduction.. Joining the locals this week as well as Charles were athletes from Cheltenham, Llisbury Newport, Sutton and Ranleigh Harriers from South London. Liz Joyce deserves a special mention as she followed the parkrun advice and made it to the course by 8.30 by public transport. After running the parkrun she was soon back on the bus. She said now she knows a bit more about where the race is she is going to catch the train to Lydney and ride her bike the 8 miles to the course next time. Liz is in the 70 -74 age category.

The FOD parkrun had a visit from Chris Wright one of the original founders of parkrun. Chris loved the atmosphere the local runners have created. Most parkruns are as the name suggests in open city parks. The only other woodland parkrun is on wide smooth tracks all the way. So having some single tracks tree roots over hanging branches and undergrowth to contend with was a bit different. He also commented on the number of runners who turned up ready to run that checked there were enough volunteers to record and time keep the event before setting off themselves.

When the FOD started in April it was the 29th parkrun there are now 42 plus 3 in Denmark. 5 others are signed up and ready to go. The FOD parkrun has had great support from the District Council, Forestry Commission, FOD athletic Club and Lakers school. The Forestry Commission have agreed to some permanent signs going in and some further upgrade of the tracks. Once this parkrun is established fully the plan is to set another up in the Newent area. It will give more local runners the chance to join the parkrun community without having to travel to far. It should also mean the Coverham woods run will not become too big and lose its unique atmosphere. At the moment it is averaging around 30 runners and could easily cope with double that number.

parkrun course maps are taken from google earth. The FOD parkrun map created by Yonne Thompson is another unique feature.

Dave Lucas

01594841480