Husband and wife members of Waveney Valley Athletic Club, Joe and Tracy Mayne, took part in the Wroxham 5k last week, and with no other W.V.A.C. members able to attend this race, Joe and Tracy definately became the club's ' Mayne Event '.

Organised by Norwich Road Runners, the race was the first in a series of three this summer and Joe, who only started road racing this year, achieved the silver standard for his age with a time of 22:59. It was his first race at the 5k distance and he finished 87th from an entry of around 170 runners.

Tracy, after a break from competition in recent weeks, struggled at times with her breathing from the affects of hayfever but was delighted that her time of 31:48 was over a minute quicker than her previous best time for the 5k.

On May 13, Stephen Gibbs took part in the Gorleston Parkrun 5k and finished 15th in a time of 22:17.