

5K Park Run in Marley Park on 30th March 2013

	Name	5K Finish Time	PB Personal Best	Dynamic Fitness Position	Park Run Position
1.	Helen Thompson	26:50	<i>26:50 on 30th Mar 2013 In Marley Park, Dublin</i>	1	172
2.	Aoife Redican	28:55	<i>28:55 on 30th Mar 2013 In Marley Park, Dublin</i>	2	209
3.	Elaine Garland	35:19	<i>32:47 on 10th Mar 2013 In Loreto Park, Dublin</i>	3	269

Report

It was great to see runners from Dynamic Fitness in Marley park 5K run on 30th March. Hope you all enjoyed, especially Helen and Aoife on getting their 5K PB (Personal Best). The weather was lovely but a little windy making it slight difficult for most runners. The course was mostly flat with at least 1 K climb in total, enough to test the runners. Elaine, who only was back after long break but still managed to finish in 35 minutes which was good enough. Congratulations again to all on continuous participation and progress. I'm glad to see that most of you struggling last year, now turning into be great runners and constantly building your mileage towards any big event such as, 10 miles, half marathon or maybe a marathon.

We have our regular class on Saturday 6th April at 10:45am in park. I think you still can run 5K Marley park run that day, then go to class after. I'll be doing 6th April Marley park run anyway and then drive straight to Nutgrove for class.