

FOOTPRINTS SPRING 2002

Your new committee elected at the AGM

Chairman	Chris Spinks
Vice Chair	Roger Beardmore
Secretary	Lyn Blinko
Treasurer	Terry Epps
Race Comm Chair	Eurwyn Jones
Head Coach	Tony Deacon
Committee Members:	Jeremy Lightowler Ian Sturgess Kim Reader

Who Does What List

Membership Sec	Jeremy Lightowler
Social Events	Ian Sturgess
<u>Race Committee:</u>	Eurwyn Jones Mike Smit Roy Marchant
Head Coach	Tony Deacon
<u>Coaches:</u>	Ron Marsh Trudi Deacon Kim Reader Terry Brannan Alan Holland Sam Brown

Team Captains:

Men	Roy Harvey
Ladies	Angie Bear

Track & Field:

Men	Adrian Dearnley
Ladies	Steph Mullarney
Race Book	Eva Osborne
Points Comp.	Eva Osborne
Club Kit	Roger Luck
Web Site	Jeff Lansdell
Club Photographs	Eva Osborne
Footprints	Roy Marchant
Equipt. Officer	Vacant

Club Quiz Night:

Saturday 6th April

19.30 Feathers Pub Wymondham

Entry Fee £1 per Team Member

Please bring a plate of nibbles

Quiz Master -- David Hazleton

Wymondham 10/20 Races

What a tremendous team effort by members and friends of Wymondham AC to run the very successful 10 - 20 miles races on Sunday 3 March.

All our thanks must go to Eurwyn and Trish who put in hours of work over the past months to ensure that the 2002 races were successful. This includes Eurwyn taking a week off work to carry out the last minute jobs and answer all the phone calls from runners.

Each team leader and their helpers is to be congratulated for their efforts because without everyone doing their bit the day would not work.

Most satisfying was the phone calls and comments on our web site from runners saying how well the event was organised and how much they enjoyed the races. Lets hope they all come back next year and bring their friends.

I'm not sure of the final profit for the event but whatever it is it will be a record for Wymondham AC and give our finances a much needed boost. So finally a **very big thank you to everyone.**

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Thirsk 10 Mile Road Race

David Hazleton, having spent the last four years in Yorkshire is organising a trip to York to run in the Thirsk 10 mile race.

The plan is to travel to York on Saturday 18 May arriving by lunch time and taking in the sights of York during the afternoon and evening, and staying in a B & B over night.

The race takes place on the Sunday afternoon at 14:00 and then we will return to Norfolk to arrive during the evening. The cost of the trip will depend on the number, but if you are interested please contact David ASAP. He tells me that the course is fast and flat and usually has a good size field of runners.

Electronic Communications

Lyn Blinko informs me that although she gathered a lot of E-MAIL addresses during the AGM that she has found that she can't read people's writing!!

If you would like to receive information by e-mail, please send an e-mail to Lyn at secretary@wymondhamac.org.uk so she can then add your address to her e-mail address book.

WAC Web Site. Just Key

www.wymondhamac.org.uk

Have you visited our WAC web site yet?

If not why not? While it is still under development it is already proving to be very useful to the club. Jeff tells me that the site has received over 5000 hits since it went on line earlier this year. With our race results being posted onto the site by early evening on the day of the race and our next races already advertised, it could be one of the main reasons for the increased interest in our Wymondham Races.

In the future just one of the new features planned for the site is a full list of the Wymondham AC standard scheme with the possibility of runners being able to calculate the Age Graded percentages of their latest races on line. This would really offer a service to the running community around the world and further enhance the reputation of WAC.

Race Programme for 2002

March 24 th	Broadland 15	RCGP
April 24 th	GYRR 5M	
May 5 th	Breakland 10K	CC
8	GYRR 5M	RCGP
11	Race for Life	
19	Dereham 10M	RCGP
22	GYRR 5M	
26	Ekiden Relay	
June 9	CON 1/2 M	
20	Wroxham 5K	
30	WAC 10Miles	RCGP/CC
July 4	Ryston 5 Miles	RCGP
13	Lord Mayors 5Km	
14	Holt 5 Miles	
26	Worstead Festival 5 Miles	
30	Midweek 5Km	CONAC
August 6	Midweek 8K m	CONAC
13	Midweek 10Km	RCGP/ICU Trial
18	Gt Yarmouth 1/2 M	RCGP
29	Wroxham 5Km	RCGP
September 1	Wissey 1/2 M	
14/15	Round Norfolk Relay	
October 6	Wymondham 5Km	
13	Promenade 10Km	RCGP
December 26	Riverside Relay	CONAC

Entry forms for these events will be available at the Monday Club evenings.

Vets Track and Field

Please contact Adrian Dearnley or Steph Mullarney for details of this year's meetings. They are usually on the first Wednesday in the month from May to August. Everyone welcome to have a go.

Are you well supported?

Did you know that a very large percentage of women in Britain wear the wrong size bra!

Sports bras were only invented in 1976, and they should be as vital to your performance and comfort as a good pair of trainers.

Ladies as runners, we are involved in the highest impact level sport along with trampolining and horse riding. Gravity is tough enough on us even without the bouncing that's part of running. Bouncing is just not good for the 'Coopers' Ligaments(not Louie's). these ligaments are vital for supporting the delicate bust tissue and preventing sagging, but unfortunately once they're stretched they're stretched!

So what can be done about it!

- There's a really good range of sports bras in different styles, available through department stores, sports shops, the Internet and telephone mail order.
- Get yourself measured regularly, remember sizing does change.
- Choose the right level of support for the activity, usually measured as a number or a scale low, medium, high and very high: Running is usually listed as very high'.
- Look out for good elasticity, moisture wicking fabrics and mesh panels to aid ventilation.
- Try on a variety of styles and sizes to find the one best for you.
- Like running shoes, bras do wear out and become less supportive, so replace regularly.
- Above all make sure that it doesn't dig in or rub, imagine what that could feel like after 26.2 miles.

Stay Supported.

Kim Reader

BELVOIR CHALLENGE 23.2.02

Yes, I did listen to the weather forecast, and yes, it did say there would be severe weather in the midlands, but somehow it didn't sink in as we left home at 5.30 in the morning to travel the 120 miles to Harby for the Belvoir Challenge. Two races, one 15 miles and the other a marathon, around the beautiful Vale of Belvoir with fine views of the castle, all off road, and very popular with long distance walkers and runners – in fact, 780 of us lined up at 9.00am on that freezing morning.

I felt distinctly underdressed in leggings, two thermal tops, a shower-proof running jacket and my off road trainers, standing alongside sensible walkers wearing fleeces, Gore-Tex jackets, trousers, waterproof over trousers, boots, rucksack, thermos, food, first aid kit, body bag! All I had in my pocket were tissues, spare gloves and an energy gel!

Having run the race the previous year, I was confident that I would remember the route, which was marked by very inadequate red tape. Horrors, we started off in totally the opposite direction, and within seconds were running along a canal towpath, ankle deep in mud. This mud became deeper and deeper as the race progressed, and the sleet wasted no time in showing itself.

The two races ran together for the first 8 miles and then it was decision time,- should I wimp out and go for the 15, or should I do the marathon? The marathon won and as soon as I had made that decision the weather began in earnest, so much so that I could only see a few feet in front of me and there was no chance of seeing the marker tape. Luckily I could see a few runners ahead of me, so I followed them.

At the 9-mile checkpoint, the water had frozen over, and at the 13.2 checkpoint the food and water had frozen. I shoved a mini Snickers bar in my pocket, just in case. What I hadn't realised was that there was no water station between 13.2 and 21 miles, and at 16 miles I was in trouble. I was dehydrated, cold, completely alone, no sign of any markers, in a blizzard, knee deep in mud and s...t, in fields that had been churned up by cattle. Running was impossible as the mud was like bricks on my feet,, I thought I had reached Siberia! I tried to eat the Snickers bar but it was frozen and my face was so cold that my mouth wasn't working properly. At last I came to a village, and some marker tape, and a Pub, where I asked for some hot water to drink. I then carried on looking for the checkpoint, when suddenly I came across dozens of walkers; I had joined up with the 15-mile route. Feeling 100% better I reached the checkpoint to find that I only had 5 miles to go, even though it was muddier than ever. However, it had stopped snowing. About 1 mile from home, an elderly woman ran alongside me, and I realised that she was a marathon runner, not a 15 miler. No way was she going to beat me; she was older than my mother! The adrenaline kicked in and I ran the last mile faster than any other during the race. 5 hours 41 minutes, 2 hours longer than my P B but I was 5th woman home, 20 minutes slower than Angie who was 3rd woman home, so the journey was worth it. Will I do it next year?

More AGM Matters

A new form of club membership was approved at the AGM. Any member reaching the age of 60 can opt to become a life member on payment of a lump sum equal to seven times the annual subscription. Hopefully this new form of membership will allow older members, who may have stopped running, to be kept informed of club activities through receiving copies of Footprints. This could lead to a backbone of support for the club at our home races in future years. I'm hoping that the family membership rule will also apply, so Hazel where have you hidden my cheque book?

Membership List.

With a lot of membership fees still to be paid a new membership list is not ready in time for this issue of Footprints. Jeremy will be preparing the list for publication in early April so please help Jeremy by paying your fees ASAP. Last year eight months went by before everyone coughed up.

Sale of Club Kit. Sale of Club Kit. Sale of Club Kit. Sale of Club Kit.

Roger Luck, who looks after our club kit, is going to hold a sale on Monday 25 March at the Rugby Club. This should be of interest to everyone as Crop Tops will be reduced by 50% (no Angie that's a price reduction). Club Vests will be at normal price but all other kit will be reduced by 20%. With the summer season just around the corner what could be better than to

run in new kit. So arrive early, bring your cheque books and look really smart for your next race.