

FOOTPRINTS – Summer 2002

Dear Members,

We come to another issue of Footprints and my thanks go to Kim Reader who has volunteered to act as the new editor for our quarterly club newsletter.

The new committee is settling into their roles and I must thank all of them for their commitment to this club. If we can ensure that the administration of the club runs smoothly, then we will all benefit in the future.

We constantly strive to ensure that we communicate to you all, the important issues concerning the club. This usually is through Footprints, the club website, Monday night notices, press articles and our notice board, which, after the recent refurbishment of the Rugby Club is now in the foyer. As a committee, we operate an open-house attitude, which we hope will prevent the 'Chinese-whisper' syndrome. If you have any concerns at the club or suggestions please do not hesitate to contact any member of the committee or myself.

Onto the running side of the club and there have been some excellent performances in the first months of the year with the build-up to the London Marathon. All of our club members who ran the London marathon and the other Spring marathons achieved some excellent times and can feel proud of their hard work over the winter months. I must particular mention Russell Clarke, Terry Epps, David Matthews and Hazel Marchant who all achieved age or personal bests.

The spring and summer racing season is now amongst us and it seems as if there are races every week at the moment, together with the opportunity for the club to enter some local relays. We will probably have another large club turnout in the Norwich Half-Marathon and I look forward to hearing from Roy and Angie on the other club target races.

On the social side I must thank David Hazleton for organizing the club quiz and Ian Sturgess will have some news for all club members on the forthcoming club social events.

I must draw everyone's attention to the 'open letter' in this issue with regards to race entry. It is self-explanatory but in the current climate of race awareness and risk assessment it is important that the content is understood by all of our members.

Yours running

Cris Spinks, Chairman, Wymondham AC



Mid-Summer 10M

June 30th

Morley Village Hall

Your club needs **YOU**

YES – **YOU!!!!**

It's all hands to the water stations on 30th

June. Lets all do our bit to make this year's midsummer 10 – a race to remember.

We need Marshalls (you get to wear a very smart yellow bib, direct traffic and encourage the runners), Helpers at the water stations, help at the finish and more. We only ask for your help a few times a year, and all the money we make goes back into our club to help keep subscriptions down, finance training for coaching, Relay events and much, much more.

So please help in whatever way you can

Contact Eurwyn or Jeremy

CONGRATULATIONS IT'S A WEDDING

Congratulations to Lyn Blinko and David Hazelton, who have announced their forthcoming marriage in October. Please join with me in wishing them good luck and best wishes for the future.

Wymondham Athletic Club

13 Nelson Close
Hethersett
Norfolk
NR9 3JZ

Day 01603 207763
Eves 01603 812162

20 August, 2002

Dear Club Member,

I am writing to every one of you to highlight and impress upon you all the rules of UK Athletics with regards to Race Entries.

Race Risk Assessment is increasing in importance with all race organisers to enhance the welfare and safety of us, the runners. With this change, the requirement for people to register their attendance in a race by confirming their intention to run as with the pre-registration at the London Marathon or to put personal information on the back of their numbers, as we requested of our runners in our recent 20 miler, will become much more common place in the future.

It is important for any race organisers that the person entered to run their race is the person actually running it. This is very important from the aspect of runners' welfare such as injury, accident or serious incident.

Current rules state that if you are entered for a race, you are not allowed to pass your number to another runner. If you flaunt this requirement and it is brought to the attention of one of the athletics administrative bodies such as UKA or SEAA, it is likely that you and the person running under your entry will face a charge of serious mis-conduct. If the club is aware that this is happening and we do nothing about it, we may also face a similar charge.

I hope that all members will appreciate the need for these rules and adhere to them in the future.

Yours Sincerely

Christopher Spinks
Chairman
Wymondham AC

COACHING PLANS

These are the current summer programmes for Monday and Thursday club nights for coached sessions.

Coaches are there for your benefit, and can help with specific training schedules and general advice – Helping you to achieve your goals!

Summer Programme -Mondays Nights			
Wymondham Rugby Club 6.30pm onwards			
Date	Off Road	Speed Work	Endurance
3 June B/H	NORMAL CLUB NIGHT - NO COACHED SESSIONS		
10 June	<i>Rugby club Speed</i>	Downham Grove	1 Mile Reps
17 June	Downham Grove Footpath	<i>Pyramids</i>	Tempo Run
24 June	River Tiffey Run	Fartlek	<i>Barnham Broom Hills</i>
1 July	<i>Melton Road Footpath</i>	Downham Grove	Pyramids
8 July	HANDI CAP - 10 KM		
15 July	Downham Grove Footpath	Tempo Run	<i>Fartlek</i>
22 July	HANDI CAP - THE GOLDEN MILE		
29 July	Melton Road Footpath	<i>Pyramids</i>	Barnham Broom Hills
5 August	<i>Melton Rd Footpath Hills</i>	Downham Grove	Pyramids
12 August	Downham Grove Footpath	<i>Fartlek</i>	Tempo Run
19 August	River Tiffey Run	1 Mile Reps	<i>Fartlek</i>
26 August B/H	Normal Club Night - No coached sessions		
2 September	<i>Melton Road Footpath</i>	Tempo Run	Pyramids
9 September	HANDI CAP - CROSS COUNTRY		

The Sessions in *Italics* are for Easy Pace/Beginners

Summer Programme - Thursday Nights		
Hethersett Old Hall School 6.30pm onwards		
Date	Session	Coach
6 June	400's	Tony
13 June	Pyramids/Distance	Ron
20 June	Parlovs	Kim
27 June	600's	Trudy
4 July	800's	Tony
11 July	2 min - Fast/Recovery	Kim
18 July	Pyramids/Time	Ron
25 July	100m Sprints	Trudy
1 August	Pyramids/Distance	Tony
8 August	600's	Kim
15 August	Parlovs	Ron
22 August	Pyramids/Time	Trudy
29 August	400's	Tony

Need a bit of extra energy?

If you are feeling a bit lacking in energy, and you're scheduled to do a run in the evening then why not try my favourite energy booster: A wholemeal sandwich filled with organic smooth peanut butter and a chopped banana – Yummy!

Kim Reader

COACHING

STRENGTHENING

This article, for many of you is like a reminder that your dental appointment is due, you would rather not know!

If you buy a new car, the first thing you do (hopefully) is insure it. It is no good to you if you wrap it around a tree and can't claim for a replacement.

Now, consider your running. How many of you runners, (who love running, can't imagine what you would do without running, consider it your main social activity, and go into deep depression if there is torrential rain for two days or more stopping you from getting your trainers on!) insure your body against injury? OK It means another training activity that is not running, but it is necessary. We all see people who run even when they are injured, whatever the pain and what a mess they look. They can't give it up because it is such a big part of their life. Well this can be avoided by working on your body strength. Only weight training and body resistance work can develop many of your key muscles; aerobic training alone will not achieve this. You need to strengthen the muscles that govern your posture, above all the abdominal muscles that protect your lower back. Intensive Endurance exercise will in itself do little to improve strength. No matter how far you run, you are merely contracting your muscles against the same amount of resistance. Yet you do need strength in order to avoid injury. A programme of strengthening exercises will maintain muscle balance and flexibility that you need to fulfil your aerobic work without strains and pains.

So, next time you ask for a Schedule for a forthcoming race, don't bin the additional little piece of paper that I include entitled '**Strengthening**', consider it your insurance policy for the next twenty years, and it's free.

Trudy Deacon

Pace Chart					
1 Mile	1Km	5km	10Km	½Marathon	Marathon
5:30	3:25	17:05	34:11	1:12:06	2:24:12
6:00	3:44	18:38	37:17	1:18:39	2:37:19
6:30	4:02	20:12	40:23	1:25:12	2:50:25
7:00	4:21	21:45	43:30	1:31:46	3:03:32
7:30	4:40	23:18	46:36	1:38:19	3:16:39
8:00	4:58	24:51	49:43	1:44:52	3:29:45
8:30	5:17	26:24	52:49	1:51:26	3:42:52
9:00	5:36	27:58	55:55	1:57:59	3:55:58
9:30	5:54	29:31	59:02	2:04:33	4:09:06

Have you got a specific race time you want to achieve?

Here's a pace chart to help you work out if you are running your mile splits fast enough.

Kim Reader

RECENT WAC SUCCESSES

London Marathon

15 club members took part in the London Marathon they were:-

Russell Clarke 2.55.51, Veronica Manly 3.23.27, Lyn Blinko 3.23.39, David Matthews 3.24.09, Les Hill 3.26.05, Ian McLean 3.29.27, Roy Harvey 3.33.02, Angie Bear 3.36.25, Geoff Adams 3.39.19, Alex Hartley 3.39.19. Andy Menin 3.39.39, Hazel Marchant 3.58.57, Peter Hubble 4.35.52.

Of these three were included in the special marathon edition of Athletics Weekly. Veronica Manly and Hazel Marchant coming fifth in their age groups and David Mathews 20th in the 60 +.

Breckland 10Km

This event doubled as the County Championship and Wymondham AC again won some medals.

Veronica Manly 43.38 Second 50+, Eva Osborne First 60+, Anne Martin Second 60+ and Mike Smith (Hethersett) Second 60+. Veronica, Eva and Anne also won the vets 45+ team medals.

National Veteran Road Relays

A team of Anne Martin, Eva Osborne and Hazel Marchant travelled to Sutton Park on the outskirts of Birmingham to compete in the 55+ category of the National Road Relays,

Knowing that teams from such famous clubs as Shaftesbury Barnet, last years winners, would be competing. With over 100 teams taking part in all age categories of men and women it was difficult for our ladies to know how they were placed. Anne completed her leg in 22.55 and handed over to Hazel who began to catch other runners including the lady from Shaftesbury Barnet, finally passing her on the only down hill section of the course and finishing in 23.56. Eva running the final leg did not know WAC were in the lead so went like mad to record the fast time of 22.27. It was only when the Shaftesbury team came over to congratulate the WAC ladies that realisation set in and the team knew they had won by over three minutes. This is the first National award won by a WAC team in the 20 plus years of the club so a very big **WELL DONE** to all of them, once again getting Wymondham AC's name into Athletics Weekly.

GYRR Five Mile Series.

Although Wymondham entries in this series were down on previous years there were some good runs by club members.

Mike Smith Hethersett won the 60+ age group in the second race and also took the overall 60+ prize. Eva won all three races in the 60+ category and also the overall prize.

Roy Marchant

LONDON AGAIN!

This time we vowed it would be different! No more getting up in the half light to catch the coach, or staying in some overpriced or seedy B&B only to be crushed nearly to death on the Underground. This time I would arrive serene and relaxed at the start of the London Marathon.

We booked ourselves into the Caravan and Camping Club site at Crystal Palace, and drove up there in our motor home on the Thursday. It was a surprisingly pleasant journey - just the usual bits of single carriageway on the A11 and about five miles at the latter end of the journey in London. The site itself was superb, set high on the hill overlooking London, beneath the TV transmitter. With a spotless heated shower and toilet block, vegetable preparation and dishwashing area and laundry facilities, it rated A1. All this, for £13.00 a night (including hook-up to mains electricity). Tented camping

cost even less. The resident fox was more like a dog - totally unperturbed by the comings and goings - and very keen to have any titbits. The vixen was more reserved. We saw her lurking in the bushes once or twice.

On Friday, we took the trains to the London Arena, quite straightforward and hassle-free. We enjoyed the exhibition and met Peter Elliot and got his autograph (he seemed quite chuffed). I queued for Paula Radcliffe's signature, something I've never done in my life before, not even for the Beatles. She was charming and patient, giving time and showing an interest in everyone and yet she must have felt pressured by all the expectations on her and the worry of her knee.

We made enquiries at the campsite about a taxi and were surprised to learn that between 20-30 runners were expected, along with partners and supporters. The wardens arranged for a fleet of taxis to take us to Blackheath or Greenwich at a cost of £12 per taxi, which worked out at £3 per person. It worked perfectly on the Sunday. I arrived in plenty of time, serene and relaxed (well almost) and had time to greet WAC friends and running mates from other clubs as well as chatting to strangers and celebrity spotting. I saw Charlie Dimmock and Gordon Ramsay and on the run spoke to Frank Bruno. I thoroughly enjoyed myself and saw Roy three times. I think he had a harder day than me, dashing from one place to another. The icing on the cake as far as I was concerned was Paula's astonishing run. I don't think I can better the experience or my time, 3.58.57, so I'll go out on a high. Hurrah, no more intensive training for marathons. Now, when's the Wissey half?

Hazel Marchant

**** 10% Discount****

Running Fitness Magazine & Up & Running have put together a discount package for running clubs. WAC are registered quote our club number, C-3-23-8-2001. to obtain a 10% discount off full price items when ordered on line or by mail order.

If you register on www.runningshoes.co.uk you can get 5% discount, which also includes clearance lines.

Up & Running, 16, Station Parade,
Harrogate, HG1 1UE – Tel: 01423
562162

Big Sur-vivor

By Roger Beardmore

California. Golden beaches, Bay Watch, Beach Boys? Well think again. How about giant redwoods, a coastline like Cornwall on steroids and hills to make your legs scream for mercy. Welcome to the Big Sur International Marathon.

When I saw the marathon advertised I knew it was an ideal opportunity to combine my two favourite pastimes, running and holidays. California in the springtime, what could be better? This was one race where Julie was definitely going to be at the finish! After flying to San Francisco we drove the

Calling All Members....

We have 3 vacancies on the Race Committee – can you help?

If you would like to be involved in the challenge of helping to organise our club Races, Please contact Eurwyn or Jeremy

120 miles south to Monterey, the headquarters of the marathon.

I had an early night before the race. The only way to the start was on the official buses. I was lucky, I'd been allocated one of the later ones at 4:45am! My alarm went off at 3:30am. After a bagel, banana and plenty of water for breakfast I made my way down to the hotel lobby. Runners of all shapes and sizes formed queues for the buses. Soon we were on our way into the night.

The race follows the Pacific coast road, twisting and turning along its length. The 26 mile journey to the start seemed to take forever, which did nothing to ease pre-race nerves. We arrived at the start just before 6:00am. In the middle of the forest it was still dark, the stars twinkling in the

sky. The start area was already packed with runners. More queues, this time for the loos.

Dawn broke to the strains of Chariots of Fire and soon it was 7:00am, race start time. The crowd of 4,000 runners fell silent as the American national anthem was sung and a dozen doves released into the crisp morning air. With bin liners tossed to the side of the course the race was underway.

The first 2 miles were downhill and although I didn't want to go off too fast it was difficult to hold back. Even so there were quite a few people I thought looked slower than me who were tearing off like it was a 5k race. Then it dawned on me – they were the first leg of the marathon relay!

After a few miles I settled into a comfortable pace and started to appreciate the surroundings. *The Ultimate Guide to Marathons* rates this the second most scenic marathon in the world. I could see why as the forest gave way to the rugged Pacific coastline, the blue ocean pounding the rocks just few metres to our left. The beauty of the surroundings was highlighted by the silence. Spectators are few and far between on this race.

The road is closed to traffic the night before making spectator access impossible on the day.

Although the course rates second for beauty, it also rates ninth for difficulty, just behind the Mount Everest Challenge. My first challenge came at 10 miles with a 500 feet climb over 2 miles. I was glad I'd put the work in on the hill reps. It was fast going down the other side, but then there was another climb, then another, a pattern to be repeated all the way to the finish.

The organisers run several events over the same course including two walks. These are shorter distance and start ahead of the marathon. As the miles went by we began to pass the walkers. They

were our spectators and supporters. "Good job! Looking good!" came the shouts. One of them even pronounced Wymondham correctly!

The weather was kind. It was a sunny day but a few clouds and the sea breeze kept the temperature down. This being California, the TV cameraman didn't perch on the back of a motorbike but had a helicopter. He flew alongside me for a while but I didn't make it to the evening news show. Maybe I should have waved?

With more miles the hills became more challenging. Time to concentrate and remind myself this was why I'd done all the hard work in training. At each mile marshals called out our running time, average mile time and estimated finish time. Quite an incentive to stay on the pace.

Despite the tough course - the pre-race literature warned us it could add 20 minutes to our time - all was going well for a PB. Eventually though the hills got me. Not going up, but coming down. After the climb to 23 miles, the next downhill started cramp in my quads. From that point on it was survival to the finish. I concentrated maintaining a steady running pace and counting off the time. Each step was one closer to the finish.

I had the finishing straight to myself and the cheers of the crowd helped me pick up the pace. I was even announced to the crowd though I was concentrating too hard to take this in!

Post-race refreshments were an example to races everywhere - free beer! I was on a real high even without this. 3 hrs 10 min 20 sec was just over a minute outside my PB at London, on a much tougher course. 67th overall of 2,518 recorded finishers and first UK runner. A great day all round. My problem now is where next? Training for Mount Everest could be tough in Norfolk!

Fancy a go at the hills? Details at www.bsim.org

ROAD RACE RANKING SCHEME – SUMMER UPDATE

The scheme was introduced to encourage you to take part in races. Everybody has a chance to do well in the scheme by simply taking part in races (the more often you race, the more points you accumulate and the faster you run, the more points you get). All YOU have to do is put your times into the red race book and leave the calculations to Eva...

The "top ten" positions for male and female members are (as of 15th May) as follows:

Mike Smith (H)	88	Anne Martin	110
David Amos	60	Eva Osborne	82
Terry Epps	58	Veronica Manly	63
Alex Hartley	56	Hazel Marchant	49
Russell Clarke	56	Lyn Blinko	47
Andy Menin	45	Angie Bear	33

Mike Smith (W)	39	Kim Reader	28
Peter Heard	30	Shona Fairchild	28
Geoff Adams	30	Pat Clarke	24
Ian Sturgess	29	Jenny Christian	20

The scheme runs each year from 1 January to 31 December so there is plenty of time to catch up. Everybody who gains 100+ points will receive an award at the annual WAC prize giving evening.

PERSONAL BESTS

We are trying to update our club records for your age related achievements in 5k, 10k, 1/2 Marathon, and Marathon. It would be greatly appreciated if you could pass these details to a member of the club committee or directly to Jeremy Lightowler.

Club Kit

Listed below is a list of the club kit that we currently have in stock and the purchase price to you. If you wish to buy any kit, please see Roger Luck on most Monday nights where he will be more than pleased to do business with you.

Size	36"	38"	40"	42"	44"	£
Female Singlet	5	1				13.50
Male Singlet		11	2	4	2	13.50

Size	Med	Lrg	Pair	No.	£
T Shirt – L/S	1	1			10.00
T Shirt – S/S	2	2			7.00
Shorts – Maroon			6		9.50
Shorts – White			13		11.00
Hats – Maroon				6	3.00
Hats – White				6	3.00
Crop Tops				7	9.00

Wymondham Athletic Club Summary Minutes of Quarterly Meeting 20-May-2002

1. Chairman's Address - Chris

- Kim Reader has taken over from Roy Marchant as the editor of Footprints.
- The notice board is now permanently fixed on the wall on the left-hand side as you first enter the rugby club. Can we all ensure this be kept tidy and up to date.
- If members wish to receive club information by e-mail, can they let Jeremy or Lyn have their e-mail address.
- Summer coaching schedules are now in place. Thanks go to the Tony and all of the coaches. The coaching committee will be meeting in June / July, after which their new structure and plans will be communicated to members.
- Robin Stebbings has taken over from Roy Marchant as organiser of the Summer Handicap.

2. Financial Overview - Terry

- The balance in the current account has risen from the start of the year position of £3,500 to £6,900. This cash inflow is due to £650 profit from NY Day 10k race, £2,000 profit from 10/20m race and the membership subscriptions received.
- The balance in the current account forecast for the end of the year position is £4,300. Terry has prepared a forecast income and expense account that details the predicted cash inflow and outflow for the remaining year. Copies are available.
- The Coaching Committee has yet to submit their budget the year.

3. Membership Update - Jeremy

- Membership currently stands at 108 (35 Female, 73 Male). This compares with 111 members this time last year.
- The membership includes 33 family, 3 youth, T&F, Life and 4 Second Claim members.
- A new members handbook will shortly be available and a standard letter has been prepared that will be sent to any prospective new members immediately following their initial enquiry.

4. Race Committee Update - Jeremy

- Our Midsummer 10m race is on 30 June. Can everybody please be available to help on the day. The helpers list will be available each club night from now on.
- Can people please take our Midsummer 10m entry forms to local races. This appeal will be included in the Chairman's announcements.
- Chris confirmed that the Race Committee has arranged for full publicity of the Midsummer 10m by having an entry in the running magazines, by sending entry forms to local clubs, having them available on the web site and including them the 10/20 goodie bag.
- It was suggested that we colour code the entry forms in order to assess where our main entries originate. This idea will be looked into.

5. Web Site Update – Lyn

- The site has been live for 5 months. As well as information on our own races and details about our club aimed at outsiders, there is now lots of information specifically for our own members – for example, minutes of committee meetings, issues of Footprints, Track and Field information, Summer Handicap dates and results, an annual event planner, links to other sites and lots more.
- Our web site developer is Jeff Lansdell and our thanks go to Jeff for his hard work in launching and extending the site to it's current state.
- Jeff is committed to maintaining the site and developing and enhancing it further. To do this however, he needs input from the committees and club members. Please spend some time visiting the site and let Jeff have your feedback.
- The site address is <http://www.wymondhamac.org.uk> and Jeff can be contacted by e-mail using webmaster@wymondhamac.org.uk.

6. Social Events Update - Ian

Ideas for the summer (details of which will be on the notice board and web site) include:

- Summer BBQ at the Rugby Club on Monday 01 July, following a cross-country run.
- Summer Sunday House Runs hosted by members.
- High Level Assault Course in Thetford Forest followed by a BBQ (sometime in September).

7. AOB

- It was confirmed that we will be entering one team to the Round Norfolk Relay in 2002, which will be open to all members. Our entry to the Round Norfolk Relay in 2003 will concentrate on putting forward our strongest team. The focus will be obtaining the best result possible for the club (via entry in the most appropriate category).

Lyn Blinko - WAC Secretary

VETERANS TRACK AND FIELD LEAGUE 2002

The first match was held in Ipswich on 1st May. Unlike previous years, the weather on the evening was clear and fine, although the headwind in the back straight made life a little uncomfortable in the longer distances.

The men's team featured four new faces, three in the 40+ group and 1 in the 50+ group. All four played a vital role across a number of events for the team. Derek Farman, who suffered an injury during the M50+ 100 metres race, limped gamely to the finish line to ensure Wymondham got the points. That's what I call team spirit! Derek was unfortunately unable to participate any further that evening, but assures me that he will be fit and ready for the next meeting. This left Dennis Bartrum to cover as many of the rest of the events in the M50+ group as he was able and was a blur around the stadium as he moved from one event to another!

In the M60+ our only competitor was Roy Marchant. Roy, while not fully fit at the moment, still proved the old magic is still there with a fast turn of foot in the 100 metres and creditable performances in the Walk and the shot putt.

The 40+ group fielded 6 athletes - for the first time in several seasons - and covered every event in fine style. Regular competitors Adrian, Nigel and Steve fulfilled their usual strong roles. New boys, Russell, Steve and Les filled in the missing gaps, with Russell gamely attempting the shot putt following a very quick demonstration minutes before the event. The match culminated in an exciting relay with a well-deserved victory for Wymondham.

The Women's match was equally well contested but the team was suffering from injury problems. Steph and Angie were the sole representatives in the W35+ group but still managed to gain good points, missing only the high jump, sprint hurdles and the relay (of course!).

The W45+ and W55+ groups were a little better represented. Shona and Elize were the main W45+ competitors and were ably supported by Anne, Hazel and Eva who also took the W55+ events between them. With all 5 athletes able to compete in the W45+ relay, and only 1 other entry in the relay, 2nd place was no problem.

Results of the match can be found on the website.

The next match is on 5th May at the Sportspark in Norwich. New competitors will be warmly welcomed – its no worse than a training session at Old Hall School! If you don't wish to compete, come along and cheer on the team anyway. We would love to see you there.

Steph Mullarney

WAC Committee

Chairman Chris Spinks
Vice Chair Roger Beardmore
Secretary Lyn Blinko
Treasurer Terry Epps
Members Jeremy Lightowler
Ilan Sturgess
Kim Reader

Race Committee

Chairman Eurwyn Jones
Secretary Jeremy Lightowler
Marshalls Mike Smith
Members **3 Vacancies**

Help Needed

Coaches

Head Coach Tony Deacon
Coaches Ron Marsh
Trudy 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 Photos Eva Osborne
 Footprints Kim Reader
 Membership Jeremy Lightowler
 Social Events Ian Sturgess

Race Programme for 2002

June	9 th	Norwich ½ Marathon	
	11 th	National Orienteering Week Mousehold Heath, 6-7pm www.norfolkoc.co.uk	
	20 th 30 th	Wroxham 5K WAC 10 mile RCGP/CC	
July	4 th	Ryston 5 Miles RCGP	
	13 th	Lord Mayors 5K	
	14 th	Holt 5 Miles	
	26 th	Worstead Festival 5 Mile	
	30	Midweek CONAC 5K	
Aug	6 th 13	Midweek CONAC 8K Midweek CONAC 10K RCGP/ICU Trial	
	18 th 29 th	Gt Yarmouth ½ Marathon RCGP Wroxham 5K RCGP	
	Sep	1 st 14 th	Wissey ½ Marathon Round Norfolk Relay
		Oct	6 th 13 th 26 th 27 th

FOR SALE

Adidas Salvation Trail Running
 Shoes – Never Worn
 Uk Size 4 ½ £20.00
 Contact: Eva at Club Night

A few words From the Editor

So, here it is, my very first footprints. I hope you've enjoyed reading it.

I welcome any articles, news or reviews you would like included in the next edition give them to me at the club.

Kim

What a good idea!

Long run ahead, stuck with what to do with your car key!
 Pocket Absent or just too small for your key .
 Well why not try a wrist pouch – specially designed for a key, it only takes 1, so no annoying jangling.
 Made by 'View From' priced around £3, available from most running stores or mail order.