



FOOTPRINTS

*SILVER JUBILEE
AUTUMN 2003*



Wymondham AC

1978 – 2003



CLUB OFFICERS

WAC Committee

Chairman	Peter Clarke
Vice Chairman	Paul Wightman
Secretary	Dawn Wightman
Treasurer	Terry Epps
Membership	Jeremy Lightowler Karl Chapman Kim Reader

Race Committee

Chairman	Eurwyn Jones
Secretary	Jeremy Lightowler
Marshall's	Mike Smith (W)

Club Captains	Russell Clarke Margaret Bailey
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Track & Field	Steph Mullarney Adrian Dearnley
Race Book	Eva Osborne
Points Comp.	Eva Osborne
Press Officer	Eva Osborne
Club Scrap Book	Eva Osborne
Footprints	Kim Reader
Social Events	Paul Wightman Karl Chapman

Head Coach

Coaches	Ron Marsh Trudy Deacon Terry Brannon Alan Holland Kim Reader Sam Brown Mike Smith (H)* David Hazleton *
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*Awaiting Certification/Re-certification

Footprints – this issue



- From the chairman
- Coaching – Head Coach – Ron Marsh
- Track and Field – Steph Mullarney
- Focus on Dawn Wightman - Club Secretary
- Captains Corner – Russell Clarke
- Round Norfolk Relay
- Half Yearly Meeting Minutes
- Memoirs of a Peacekeeper – David Hazleton
- Race Diary



From the Chairman

Since my last “Chairmans Chat” in May your Committee has been working overtime and I would like to thank them for all their sterling work.

So what have they been up to, some things you are already aware of, others are not so obvious, you have seen Footprints, we hope you like to the new look and format, also the newly designed Club Vests have arrived and as you are aware these are now on sale at a discounted rate of £ 10.00 (normal selling price £ 15.00 until the end of 2003).

The not so obvious work includes the purchase of a metal equipment container that will shortly be erected at the Rugby Ground, a Club Handbook packed full of information is about to be distributed to all Members, and we are pushing ahead with our Anniversary Celebrations the first event is the relay, Barbecue at Ketts Park on the 21st August and a Presentation/Celebration Evening on 11th December (Details to follow) so please note these dates and turn out in force and enjoy yourselves.

With the introduction of the new club vest Paul Wightman will be the new ‘Kit Man’ Roger Luck has decided after many many years as kit man to relinquish this position, and on behalf of all the members I would like to thank Roger for his time, commitment and dedication that he has shown over the years, many thanks Roger it was much appreciated.

On the running side our Summer Handicap Series is continuing to be well supported, thanks go to Robin for organising this event, incidentally due to other commitments Robin will be unable to carry on with this event next year, any volunteers please. David has again offered to organise the Winter Handicap Series, with the first race on the 13th October, thanks David.

We are still being well represented in the Road Races throughout the County and even Country, however Pride of Place must go to our Track and Field men and women who have qualified for the Finals later this year in Bedford, Congratulations and Good Luck in the final to both teams.

When you read this we will have held our half yearly meeting I promise that all ideas and suggestions good and bad will be addressed by the committee and dealt with accordingly.

Peter

Coaching News

Hi, everybody, a few words from Ron, your Head Coach. We have enjoyed one of the hottest summers for some years and we've tried to adapt our training sessions to reflect the conditions. I would like to thank all coaches and mentors for making our Monday and Thursday sessions so enjoyable. Track sessions this year have been particularly rewarding and it has been good to see numbers being maintained all season. It has also been a difficult year with injuries for several members, myself included. It has been good to see those of you with injuries asking the advice of your coaches and taking that advice with problems being resolved. It has also come to my notice that newer members have joined the coaching sessions which can only be good for moral and performance.

Now, is the time to look to the Autumn/Winter season and I'm looking to you, the club members to provide feedback on the kind of sessions required from your coaching team. By the time you read this some ideas will already have come from our open coaching meeting. Please feel free to see any of the coaching team if you have a particular requirement, whether it is advice for scheduling or an injury related problem.

The club is always on the lookout for new coaches and mentors. If you would like to become involved please see me or any of the rest of the team and we will be happy to advise.

Ron

CIRCUITS

Fancy a change from running?
Injured but still want to keep fit?
Want to condition, strengthen and have an aerobic workout?
It's raining outside and you want to stay dry?

Then why not give circuits a try?

The club runs a circuits class every Thursday @ Hethersett Old Hall School from
6.30pm – 7.45pm.

You don't have to be a runner. So why not encourage your loved ones, friends etc?
All levels of fitness are welcome.

Veterans Track and Field League

We made it!

After 4 hard fought matches, both the men's and women's team have achieved enough points to qualify for the final. It is quite a few years since both teams have made it through to the League Final.

I am hoping that enough athletes will be able to make it to **Bedford on Sunday 7th September.**

The Final starts at 10.00am and continues throughout the day covering all the events that have made up the seasons matches.

The Club also has to supply officials to run the shot putt event. If we are unable to provide willing support for this, it will put the burden on the competing athletes taking up most of the rest periods – where there are any!! If you feel that you can accompany us to Bedford and help out in some way, please let Adrian or me know...as soon as possible, please. My thanks to Adrian for his time and effort in organising the men's team for each match – my job would have been so much more difficult without his support. I also want to thank all of you who have competed for the Club in the Vets League this year. Once again, the friendly attitude and competitive spirit of all those who have competed for Wymondham have made it a real pleasure to be associated with the team. May we long continue!



Stephanie.



Our Secretary with a helping hand from the Chairmans wife carefully selecting the new club vest????

FOCUS ON THE COMMITTEE

NAME: Dawn Wightman

AGE: 35

POSTION AT WAC: Club Secretary

PERSONAL DETAILS:

Moved to Norfolk in 1988 from Essex after meeting Paul (Vice chairman). We've been married for 10 years and lived in Norwich for the first 8, and moved to Wymondham in 2001 with our 2 cats Sophia and Saffy and 19 tropical fish.

CAREER:

I have had many telesales jobs within the service and manufacturing industry. In 2001 I decided to study for a Chartered Institute of Marketing Certificate during my spare time. I have recently taken my last 2 exams having taken 2 last year, which I passed. I am now waiting for the results and intend to go on to study for the advanced certificate.

I joined Poynter Professional Services, a IT outsource company, in January 2003 as their Marketing and Communications Manager. I carry out all the marketing and PR work for them and I am thoroughly enjoying the challenge.

RUNNING BACKGROUND:

I started running in 1997 when I turned 30. I had always kept fit by attending several aerobic classes every week and sessions at the Gym but I found that I was no longer getting the buzz from these workouts and decided to try running.

I never expect to be particularly quick but I do enjoy the sport and have noticed the feeling of well being after a run and also the benefits of shrinking several dress sizes!

My current running aims are to get my race times for 5 mile and 10k down from last year and thanks to Kim and Ron's coaching I am starting to head in the right direction. I would also like to run a half marathon in under 2 hours and I am considering running one in 2004 somewhere in Europe.

BEST EVER RACE:

The Grizzly Cross Country in Seaton, East Devon. I really enjoyed this race and the physical challenge it presented. It was such a great atmosphere and I shall certainly be back next year.

INTERESTS:

I love going on holiday to exotic places. Paul and I have been to many places over the last 5 years and this year we are going back to Sri Lanka. I also love the Greek Islands and my ambition is to one day retire to one. I also enjoy my garden and when I go abroad going snorkelling.

Captain's Corner August 2003

First of all let me say that, No, I have not been taking it easy! I'll explain... several of the club members have mentioned that they had not seen me at many races over the last few months. Well yes, this is true, but taking it easy and having a rest is not the reason and I can not blame having to spend lots of time at work with the re-opening of Centre Parcs either. The real reason or should I say person to blame is Karl Chapman! As it was Karl that finally got me to enter and to train for my first Triathlon. And me being me, decided to go straight for the Olympic distance (1.5k swim 40k Bike and 10k Run). So taking it easy, no. Spending a lot of my time in a lake or swimming pool, riding a bike and of course running, Yes! I have been training up to 12 hours a week.

The training is all but done and by the time you read this I would have completed the race. Hopefully achieving my target time of under 2hours 30 min. Then I can get down to concentrating on doing some of the local races, which will help me to get ready for my 20mile leg in the round Norfolk Relay and for an October Marathon.

Talking of the round Norfolk Relay, this will be the main aim of the late summer team events, as we are trying this year to beat the club's best ever time of 23.05.46. As I write this on 4/8/03, the running legs have been allocated, so the team members can train for their own legs with the aim of getting as close to the time goals that have been set.

I have included a copy of the teams as they stand at the moment and in the next 'Footprints' I will include the actual running times so that you can see how all the team performed.

Enjoy your running

Russell

Wymondham AC 2003 Round Norfolk Relay Team 13th / 14th September
Target Time 22hours 59 minutes

Stage	From	To	Distance	Estimated Start	Estimated Finish	Estimated Duration	Runner	Cyclist	Driver	Observer
1	Kings Lynn	Hunstanton	15.18	10.31 Sat	12.16 Sat	1.45 6.55mpm	Alan Holland	Margaret Bailey	Ian Sturgess	Russell Clarke
2	Hunstanton	Burnham OH	12.25	12.16 Sat	13.45 Sat	1.29 7.16mpm	Neil Holland	Not Required	Ian Sturgess	Margaret Bailey
3	Burnham OH	Wells	6.12	13.45 Sat	14.30 Sat	45 7.21mpm	Dennis Bartrum	Not Required	Ian Sturgess	Margaret Bailey
4	Wells	Salthouse	12.06	14.30 Sat	16.10 Sat	1.40 7.43mpm	Veronica Manly	Not Required	Ian Sturgess	Margaret Bailey
5	Salthouse	Cromer	10.09	16.10 Sat	17.25 Sat	1.15 7.26mpm	Jenny Christian	Dennis Bartum	Terry Bailey	Margaret Bailey
6	Cromer	Mundesley	5.89	17.25 Sat	18.09 Sat	44 7.28mpm	Ron Marsh	Dennis Bartum	Terry Bailey	Margaret Bailey
7	Mundesley	Lessingham	9.95	18.09 Sat	19.24 Sat	1.15 7.20mpm	Mike Smith (W)	David Hazleton	Terry Bailey	Margaret Bailey
8	Lessingham	Winterton	10.52	19.24 Sat	20.42 Sat	1.18 7.25mpm	Lyn Hazleton	David Hazleton	Jeremy Lightowler	Russell Clarke
9	Winterton	Gt Yarmouth	8.30	20.42 Sat	21.43 Sat	1.01 7.21mpm	Carl Harmer	Trudy Deacon	Jeremy Lightowler	Russell Clarke
10	Gt Yarmouth	Geldeston	15.08	21.43 Sat	23.24 Sat	1.41 6.42mpm	Karl Chapman	Trudy Deacon	Jeremy Lightowler	Russell Clarke
11	Geldeston	Scole	20.20	23.24 Sat	01.39 Sunday	2.15 6.41mpm	Russell Clarke	Not Required	Jeremy Lightowler	Nigel Poppleton
12	Scole	Thetford	17.77	01.39 Sunday	03.39 Sunday	2.00 6.45mpm	Terry Epps	Not Required	Karl Chapman	Nigel Poppleton
13	Thetford	Feltwell	13.98	03.39 Sunday	05.23 Sunday	1.44 7.14mpm	Nigel Poppleton	Not Required	Karl Chapman	Russell Clarke
14	Feltwell	Southery	7.70	05.23 Sunday	06.23 Sunday	1.00 7.47mpm	Eurwyn Jones	Russell Clarke	Karl Chapman	Terry Epps
15	Southery	Downham Mkt	6.76	06.23 Sunday	07.14 Sunday	51 7.24mpm	Geoff Adams	Russell Clarke	Terry Epps	Karl Chapman
16	Downham Mkt	Stowbridge	5.49	07.14 Sunday	07.56 Sunday	42 7.39mpm	Mike Smith (H)	Karl Chapman	Terry Epps	Russell Clarke
17	Stowbridge	Kings Lynn	11.73	07.56 Sunday	09.14 Sunday	1.18 6.39mpm	Andy Preston	Karl Chapman	Terry Epps	Russell Clarke

= 22h 35min Total Distance 189.1 miles = 7.10mpm

1st Reserve Gary Malcom 2nd Reserve Ian Sturgess

Wymondham Athletic Club

Minutes of Half Yearly Meeting

18th August 2003

Present: Peter Clarke, Paul Wightman, Kim Reader, Dawn Wightman and Jeremy Lightowler, Karl Chapman, Terry Epps, Anne Martin, Shona Fairchild, Eva Osborne, Margaret Bailey, Trudy Deacon, Mike Smith (H), Ron Marsh, Jenny Christian, Eurwyn Jones, Patricia Jones, Les Hill, Geoff Adams, Mike Smith (W), Steve Corbould, Dennis Bartram, Ian Sturgess, Alan Holland, Terry Brannan.

1. Club Membership

Peter advised members that the committee would like to suggest the option of paying all future membership fees by direct debit.

Terry explained that unfortunately Lloyds TSB bank would not allow the club to set up a direct debit system but it is possible for members to set up standing orders in favour of the club.

Peter explained that the reason for the change would be to help the committee with the administration of club membership.

Members approved of this idea.

Margaret asked when the change would take affect from.

Peter advised that the committee would like to make the changes and start collecting the membership from January 2004.

Eva advised that the committee must check the club constitution in respect of the payment date.

Peter checked and advised that the committee could not change the constitution until the AGM meeting in 2004.

It was agreed that the payment method would be changed after amendment of the club constitution details at the AGM.

Standing orders will be an option from 01 march 2004, pending a change in the club constitution and rules we intend from January 2005 payment year will start from January.

2. Membership Cards

Peter asked the members if they still wanted a new membership card every year.

He explained that the administration in preparing the card was a lengthy process and quite often members did not collect the cards.

A debate followed among members and the general consensus was that cards are not required.

3. Quiz Night

Peter advised members that the quiz night in July did not take place due to lack of interest.

Members were asked if they still wanted a quiz night, which would be supported if it was held at another time of year?

A debate followed among members.

Ron suggested that a date should be decided and a note should be put on the notice board for members to add their names to if they wish to be in a team.

Les suggested that a quiz night with other running clubs in the area could also be organised in the future.

Members were in agreement with the suggestions and Peter advised that a date would be decided in November 2003 for the next quiz night.

4.AOB

Ketts Park Relay

Members were reminded about the Ketts Park Relay on Thursday 21/08/03 at 7.30pm.

Members Handbook

Members were advised that they will be receiving a Member's Handbook, which will be sent out with a copy of the latest Footprints.

Club Presentation Evening

Members were advised that the club presentation evening and Christmas party will be held on 11/12/03 at The Reymersstone Golf Club.

Members were asked if they would prefer either a sit down meal or a buffet. The general consensus was for a sit down meal.

Peter advised that the club would be subsidising some of the cost for members. A deposit would be required from each member who wished to attend.

Karl advised members that a letter would be sent out soon to confirm the details and costs and that there would be a disco and possibly some other entertainment.

Club shed

A new shed has been purchased for the club. It is 10ft x 9ft and will be erected near the fence in the car park.

The committee will need volunteers to help erect the shed.

Karl agreed to place a list on the notice board for members to offer their services on.

Club Handicap Races

The committee has been advised that Robin Stebbings has decided that he no longer wishes to organise the summer handicap races for 2004. Our thanks go to him for his efforts.

Members were asked for a volunteer to organise them for next summer. Any one interested should speak to either a committee member or Robin.

Club Kit

Peter advised members that Paul has now taken over the role of club kit man from Roger Luck. Our thanks go to Roger for all his help with the kit over the last 20 years or so.

The New Style Club vests will cost £10.00 until Christmas when they will rise to the normal price of £15.00.

Paul asked that members let him have any ideas or requests that they may have in respect of the kit. He said that he will need a good size order of certain items it would not be possible to order just one or two items.

There will be a sale of old kit, members will be made aware of the prices, this will be put on the website and Notice board.

Meeting concluded at 8.40pm

The Next Open Meeting will be the AGM.

MEMOIRS OF A PEACEKEEPER

David Hazleton

As many of you know I have spent the last six months or so on a tour in Bosnia. So what was I doing with my time and what does this have to do with running?

To answer the first question I was part of SFOR, the NATO Security and Stabilisation Force sent in to make and maintain the peace after the Balkans War in the mid nineteen-nineties. Towns like Bihach, Sarajevo and Mostar are etched in to the memory of those who followed the events of the war in the Balkans and they would now become a regular part of my life. So what was my role in this? I was to run the SFOR Helicopter Landing Site at the British base close to Banja Luka, a city in the north of Bosnia, about 50 miles from the Croatian Border and two hours drive from Zagreb. The Banja Luka Metal Factory, a large industrial site that used to produce body panels for VW Beetles was to be my home.

To the running. I was looking forward to getting out into the local area on my regular runs either on my own or with a running group. The challenge of running somewhere new is always something I have enjoyed.

On arrival at the Banja Luka Metal Factory we receive several briefings. Chief among these are movement restrictions and awareness and the danger of land mines. We are not allowed out on our own, only in pairs or more and we have to be back on base before darkness falls. So that is my first pleasure gone, a long slow run on my own. We have to stick to recognised, cleared routes. These are posted at the entrance to the camp. We have to book out and back in again. Looking at the routes, it is obvious that they are a mix and match, and there are only a few places to run without doubling back on a route.

Next task is to find a running partner. Easy you may think, but with shift work the constant turn over of personnel and other issues, finding someone to run with proved the most difficult problem throughout my tour. So a rethink. The base has a fantastic Gym and I remembered reading an article in a running magazine about maintaining fitness for running by using aerobic equipment, other than just a treadmill. Gym work was nothing new to me as I remember first meeting the clubs head coach, Ron Marsh, in a gym, but in the less exotic surroundings of Wymondham.

I decided to set myself weekly targets on each piece of apparatus doing a combination of weights and aerobic work with the intention of just maintaining my current fitness levels rather than trying for improvement.

I realised very early on that long distances on a treadmill were not going to be easy. In fact anything over about 40 minutes became impossible for me as the tedium quickly overcame any determination to do a long run. Even MTV did not help!! . The biggest problem was motivation, getting myself down to the gym, each training day, with an occasional run out when able. When I did get out the terrain was very hilly and challenging. Oh, the other thing, the road around the Metal factory was exactly 1km and it was inside the wire. Scenery was a bit lacking though. A bit like doing all of your training runs around Hubbard Close.

As winter became summer, (the Balkans usually gives spring a miss) and the temperature became warmer, new problems arose. How do you train in temperatures of 35 degrees plus? The answer is, very gently. Every run becomes much slower by necessity and you need more time for recovery. Energy drinks are vital to replace those minerals and liquids that are sweated out in even the most

gentle of runs. You must be very careful in that sort of heat. The effect is cumulative; you cannot train every day to any great intensity and expect to feel okay at the end of the week.

A new approach is needed. Instead of a seven day routine of efforts and recovery runs as espoused by many coaches, I decided on a 21 day programme, built around my shifts, that included extra rest days, easy days and intense days and running outside when the opportunity arose. Running out in 35-40 degrees also poses problems. Carry water most definitely, even for the shortest runs and wear a cap as a shade for your head. Training at night is slightly easier but who wants to go out at 11pm or even later?

So, as I approach the end of my time here, September 3 is my return date, have I succeeded in my objectives.? Well, I raced a 10k about 2 weeks before I came out here, in around 45 minutes and I think I am still capable of that. In comparison, the other day I did an 8km hilly run in temperatures of about 35deg, in about 38 minutes, so yes I can be reasonably satisfied with that. However do not ask me to run a Marathon, it ain't going to happen.....yet.

Training with the restrictions that were imposed on us poses different challenges; you certainly need to be strongly motivated to train every day in a gym and forgo a daily run. Acclimatising to the heat of summer takes time and finally your ears need time to adjust to some of the junk that is broadcast on the multitude of music channels that seem to proliferate in the gym. (Or am I getting old!!).

When I get back I know there are three things in my running that I will never take for granted again:

1. Coaches to take your effort sessions and motivate you to better performances. It is hard enough to write your own programme and then go out and do it. You can shout at yourself for missing a session but you do not have to listen and there is no-one to give advice or guidance.
2. The winter route around Wymondham! It has to be better than running around the Metal Factory.
3. The freedom to run where and when I want without worrying about minefields, unfriendly locals, or herds of goats blocking the track.

Finally, I was recently approached to be Race Referee and Finish Area Marshall at the Banja Luka Metal Factory 1/3 Marathon, a race organised by a running colleague. As I checked out the race preparations with him, I quizzed him about putting some "Caution Runners" signs in Serbo-Croat out on the route to warn local drivers of the presence of SFOR runners. He told me he was advised against this because the locals are likely to use the signs as a challenge to target the runners and not avoid them. Race Directors be thankful you do not have that problem!!

See you in September.

David Hazleton

Race Programme for 2003/04

Sept	1 st	WAC H/C X-Country	Nov	26 th	Fenland 10
	7 th	Framlingham 10k		9 th	Shouldham Warren 9k
	7 th	Wissey Half Marathon		23 rd	Hereward Relay
	13/14 th	Round Norfolk Relay	Dec	14 th	Shouldham Warren 6.5k
	14 th	Grunty Fen ½ Marathon	Jan	11 th	Shouldham Warren 5k
	21 st	WAC 5k's	Feb	15 th	Shouldham Warren 9k
	28 th	Diss 15	Mar	22 nd	Shouldham Warren 6.5k
Oct	5 th	Shouldham Warren 5k			Grizzly, Devon
	5 th	Felixstowe ½ Marathon			
	12 th	GYRR 10K			

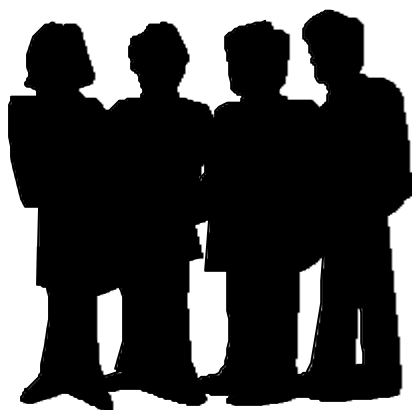
Midweek Cross Country dates to be Confirmed.

A few words from the Editor

Don't forget to make a note in your diary for the 11th December, our Club Presentation and 25th Year Celebration bash at the charming Reymerston Golf Club, Paul and Karl are working hard on making it a night to remember.... Hope to see lots of you there.

Footprints has its own e mail address which is footprints@wymondhamac.org.uk so you can send your articles straight to footprints, or still give them to me in person at the club on Mondays. Thanks as ever for your valued contributions.

Kim



The Race Committee Need's your help.

Where: Morley Football Club

When: September 21st

Why: WAC Ladies / Mens 5k's

What For: Marshalling, Results, Refreshments, Finishing line, car park, and general help.