



Wymondham AC
Silver Jubilee
1978 – 2003

Footprints – Spring 2003

This Issue.....

Chairman's Chat	pg 2
Coaching News	pg 3
Endurance, Equipment, T&F	pg 4
Captains Corner	pg 5
Nutrition – Carbo Loading	pg 6/7
Marathon Tips	pg 7
1984 – The first London	pg 8
London Marathon	pg 9
Mud Glorious Mud	pg 10
Focus on your Committee	pg 11
Sink, Shake & Waddle	pg 12
Spanish Gold	pg 13
Via Ferrata	pg 14
New Zealand	pg 15
Club Awards Winners	pg 16
Club Officers/Race Diary	pg 17
Annual Plan	pg 18

*Wymondham AC Road Races
2003*

A big thanks goes out to every one who helped with the New Years Day 10k Even though the weather was pretty awful in the early stages.

This years races are:

- 2nd March - Wymondham 10/20 milers – Central Hall, Wymondham
- 25th June – Midsummer 10 – Central Hall, Wymondham
- 21st October – Ladies/Mens 5k – Morley Football Club
- 1st January 2004 – New Years Day 10k – Central Hall, Wymondham

The help list always includes:

Marshalls, Time & Number Recorders, Refreshments, Results Runners, Water Stations, Lead Car and More.

Put your name down and help out. Money raised keeps subs down and funds things for our club.

WAC Summer Handicap Dates

May 12th 3k or 5k

June 23rd 10k

July 7th Golden Mile

August 18th 5k

Sept 1st Cross Country

Best 3 results to count.

Membership Fees.



Subscriptions are due in April for 2003
Once you receive you forms please send form & your remittance ASAP to
Jeremy Lightowler.



From the Chair

My first duty is to thank, on your behalf, the outgoing chairman, officers and committee members for all their commitment and tireless work they have given to the club during their time in these positions – A BIG THANK YOU.

Now who am I, the large majority will remember me (for better or worse), for others who are saying “who the hell is he”. I served as a committee member from 1996-1997 and was Chairman from 1997-2000.

As you all must appreciate I feel very privileged and honoured to be elected to the Chair for a second time and promise you that you will have my full commitment, enthusiasm, leadership and support at all time.

What an interesting and informative A.O.B. at the A.G.M!!!! I can assure you that all items raised have been noted, and at our first committee meeting in early March these we will give priorities to and deal with on going (please appreciate this will take time).

Finally welcome to your new Officers and Committee:

Vice Chairman	To be announced
Secretary	Dawn Wightman
Treasurer	Terry Epps
Committee	Karl Chapman Jeremy Lightowler Kim Reader Paul Wightman

We are all here to help you the Members achieve you ambitions, goals and P.B.s and help maintain the team spirit, friendly and ambitious attitude Wymondham Athletic Club in renown for.

Yours
Peter

For your information here is a list of the A.O.B. from the A.G.M. –
Items to be prioritised by the main committee.

- 1) Coaching – Warm ups, Improvement in planning and implementation, helpers
- 2) Re-Vamp of Club Kit
- 3) Presentation Night – Changing dates from February to December
- 4) Round Norfolk Relay
- 5) Membership of BARR (British Association of Road Runners)
- 6) Wheelchair Entrants in 10/20 Races
- 7) Funding For UEA Track Sessions
- 8) Club Handicap Prizes

Coaching News

Well Spring will soon be upon us again, and we will be able to get out of the town into the country for our evening runs.

Monday Nights.

The new coaches plans for the spring/summer months are still under discussion. We need your comments and feedback to make sure that we are giving you the members what you want from the coaching structure.

Thursday Nights.

We are continuing with Circuits at Hethersett Old Hall School until the end of March, and then we move out onto the Grass track to commence summer training. We will still have the Hall available for use on Thursday evenings if the weather is inclement, and of course the toilets and showering facilities. Start times are 6.30 – 6.45, all standards welcome.

Hethersett Old Hall School Circuit Sessions	
Date	Session Leader /Coach
6 th March	Steve Corbould
13 th March	Margaret Bailey
20 th March	David Hazelton
27 th March	Sam Brown
3 rd April	TBA

CIRCUIT TRAINING

Circuit training is one way of introducing variety into your training programme, at WAC we offer Circuits during the winter training period to increase our body strength and endurance for the new season

Sessions usually last around 45-60mins, including warm up, cool down, and rest breaks.

For example a typical session may include:-

Press Ups (Endurance), Star Jumps (Aerobic), Weights (Strength), Abs Work (Core Stability),

Each exercise is performed for a set amount of time: 30sec / 1minute

By moving quickly between each exercise you can increase, both Muscular strength, endurance and Aerobic fitness.

Hethersett Old Hall School Track Sessions	
Date	Session Leader /Assistant
1 st May	Ron / Assistant
8 th May	Kim / Assistant
15 th May	Trudy / Assistant
22 nd May	Steve / Assistant
29 th May	Sam / Assistant
5 th June	Ron / Assistant
12 th June	Kim / Assistant
19 th June	Trudy / Assistant
26 th June	Steve / Assistant
3 rd July	Sam / Assistant

TRACK SESSIONS

Sessions will vary from week to week. All standards of runners are welcome and can easily participate.

The sessions are likely to include for example some of the following:

400's – A timed series of 400m laps

Pyramids – Either in time increments eg: 30sec, 1min, 1.30 min etc, working up and then in reverse

Parlous – Working in pairs, around the track

There are lots more variations so come along and give the track a try, the surface is generally pretty even, and well marked out. Ordinary trainers are fine.

Endurance

An element of endurance is essential in all Athletic events. Understanding the energy requirements of an event helps us to determine how to train for it.

Power athletes, i.e. Sprinters, hurdlers, throwers and jumpers need to improve their endurance just as much as Marathon runners so that they can increase the amount of specific training that they can do, movements made in competition and repeating them continuously, to increase the use of muscle fibres, capillaries, improving the removal of waste products and improving the flow of fuel and oxygen to the muscles.

Power athletes improve endurance by a) circuit training using general and specific muscle groups, b) Weight lifting (high reps, low weights), c) repetition of their events, d) interval training and e) steady runs of between 3 and 5 miles.

Endurance athletes improve their endurance by a) Circuit training using General and specific muscle groups, b) weight lifting, c) continuous running at various speeds, the slower speeds for joggers and performance, capillarisation, glycogen burning, lactate tolerance and removal, d) varied pace running (fartlek) which changes reaction within the muscles and varies the pulse and breathing rate so that the body learns to cope quickly with the change from working aerobically to anaerobically and back. e) Interval running, the stresses this puts on the body strengthens the heart muscles and improves oxygen uptake, leading to improved performance.

So, whatever you're training for, vary your training to improve your performance.

Trudy Deacon

At Wymondham AC, we have a number of items, which are available for the membership to borrow.

3 Heart Rate Monitors (2 available, 1 on Loan)

2 Books – 'Complete Stretching' & 'Sports Nutrition' (Available from Kim)

Relay Batons, 9 prs Wrist/Ankle Weights, 16 Cones, 8 small cones, 1 Wobble Board,
(Children's - 6 Sponge Balls, 6 Quoits, 12 Sponge Discus)

If you wish to borrow any items, please ask Trudy

VETS TRACK AND FIELD LEAGUE – EAST ANGLIA

Ladies – Are you over 35, if you are and you want to have some extra fun, why not think about joining the Track and Field Team – Contact Steph Mullarney

Gentlemen - Are you over 40, you too could join the Track and Field Team – Contact Adrian Dearnly

Events include, Long Jump, Power Walking, Javelin, Shot Put, Hammer and lots more, it's a step back in time to when you were at school doing athletics, which was always fun. So why not join in, you never know you might win a prize and have a lot of fun. The only stipulation is you have to join EVAC (Eastern Vets AC)

Captains Corner

With our AGM over for another year, a new chairman and committee members in place, together with this being our 25th year as a club, 2003 promises to be a very good year for Wymondham AC. For my part, I was re-elected as Men's Team Captain, which was a position that I took on in October of last year. I am happy to continue to help the committee in this role.

So what does a Team Captain do? Well, this was something that I was unsure of when I volunteered my services last year. So I thought that it would be worthwhile highlighting the main roles and responsibilities of the Team Captain.

- To Promote WAC in participation of Team and Target Races
- To publicise these races to the Club
- To organise and administer team entries,
- To collate the results.

Therefore, I have listed below the target and team races for this year as they stand at the moment. As I see it, a Target Race is one that we try to encourage as many WAC members as possible to attend and to give you all individual targets to train for. As for Team races they fall into two different categories. One is all the Norfolk County Championship races. My aim for these will be to put in our strongest teams with the objective of winning as many county medals as we can. Secondly there are the mass team events like the Round Norfolk Relay, which give a lot of members the opportunity to compete for their club. I would also like the WAC to compete in one of the larger events outside of Norfolk / Suffolk. If you know of a race that we could take part in, then please put your suggestions forward.

I have just one more thing to add to this, my first article of the year,... I NEED A LADY!!! No, not like in the lonely-hearts column, I already have a very lovely and understanding young lady at home. But I/we, as a club, really need a lady to help as Ladies Club Captain. Anybody who is interested, please come and have a chat with me on a club night if you would like to take up the challenge. That's all for now, enjoy your running and let's make 2003 a year to remember.

Russell

Wymondham AC 2003 Target Races

Mar 16	Broadland 15mile
Apr 23	GYRR 5 mile
May 4	Breckland 10k
May18	Dereham 10 mile
June 8 or 15	Norwich Half Marathon
July 25	Worsted 5 mile
Aug 21	Wroxham 5k
Oct 12	GYRR 10k

Target Team Races

June 25	WAC 10mile County Championship
July 3	Ryston 5mile County Championship
Aug 12	Midweek 10k County Championship
Aug 17	GYRR Half Marathon County Championship
Sept 13/14	Round Norfolk Relay
Nov 23	Hereward Relay

Carbo Loading.

Carbo Loading was a technique originally used in the 1960's to increase the muscles glycogen stores above normal levels. So what does this mean to you, well with more glycogen available you may be able to exercise longer before fatigue sets in.

Carbo loading can give you:- More Energy

Revitalising Muscles
Improve Stamina
Improve your running
Energy Boosting

Carbo loading works best for longer events like: Ironman, Marathon's, Ultra Distance

It's only really advisable to go on a strict carbo load diet twice per year. So save it for your most important event.

Terry's Carbo Load Diet

Here's a simple plan of the basics of this Carbo Load diet. There is also a very basic meal plan for a Protein day and a Carbohydrate day.

<u>Day</u>	<u>Exercise</u>	<u>Food Type</u>
Sunday	Run hard to burn out energy levels	After run - Protein only
Monday	Run 5 mile apx	Protein only all day
Tuesday	Run 5 mile apx	Protein only all day
Wednesday	Run 4 mile (you may not be able to, you will feel very drained)	Carbohydrate only all day
Thursday	No Run	Carbohydrate only all day
Friday	No Run	Carbohydrate only all day
Saturday	No Run	Carbohydrate only all day
Sunday	Race Day	Carbohydrate only before race, Include some protein in you after race snack, then return to normal diet

Drinks Wise, well try to avoid Tea/Coffee these are diuretic drinks, which make you loose fluid rather than hydrating.

Best drinks are Herb Teas, plenty of water (8 glasses per day)

Carbo Load days are best topped up with high carb drinks.

So as an example a protein day could consist of:

<u>Breakfast</u>	<u>Lunch</u>	<u>Evening Meal</u>
Bacon, Sausage and Eggs with Grilled Tomatoes ½ Grapefruit	Tuna (tinned) and salad Melon for desert	Grilled Chicken and Vegetables Orange

Snacks could include: Cheese chunks, Slices of ham, Slices of chicken

An example of a carbohydrate day could consist of:

<u>Breakfast</u>	<u>Lunch</u>	<u>Evening Meal</u>
cereal	Baked potato with baked beans Museli Bar	Pasta or rice with a tomato and vegetable sauce Sponge pudding & Custard

Snacks can include: Bananas, Dried Apricots, Raisons, Fruit Juice

The protein day I've given here obviously does not cater for vegetarians, but of course there are vegetarian versions available.

This is just a small plan to perhaps give you some ideas on what you can do before a race to improve your overall performance. You don't necessarily have to follow Terry's Carbo Load diet to the letter, there are additions from it that you could include in your own work up to a major event.

Full details are available from Terry Brannan.

We have other information available to members through the 'Guide to Sports Nutrition' book.

Marathon thoughts & tips

- Always eat well, plenty of carbohydrates but don't forget your protein, It's vital for growth, new tissue and tissue repair as well as many other things.
- In the lead up to your marathon, remember to drink plenty of water, average daily consumption should be in the region of 8 glasses (2 litres)
- In training it is important to spend time on your legs, this is why your longest run is so important. It is not always the distance that you cover, you could perhaps be running 6min miles, so your 20mile run will only take you 2 hours, time on your feet means run a bit slower and spend 2 30 on your feet or even 3 hrs.
- When you lay in bed at night, visualise yourself running and finishing your marathon.

- In the week before the race sit down with your training diary and add up all the miles you've done training for the race. Seeing what preparation you've done will help boost your confidence.
- Write your splits on the back of your race number, at the top. Its easy to look at them by lifting the number away from your chest. If you write them on your hand they may sweat off.
- Wheelie bin liners are longer than standard bin liners and will keep you warmer whilst waiting at the start.
- Don't worry if getting over the start line takes a few minutes. 26 miles and several hours are plenty of time to make up the loss gradually. Try to make it up too quickly and you'll suffer later on in the race.
- 26 miles 385 yards can seem a long way all in one go. Mentally break the race down into segments, e.g. a 10-mile race which then becomes a half marathon. After that it's not far to 20 miles, then it's only 10k to the finish and you know you can do a 10k easily.
- At drink stations don't go for the very first drink - every one else does and it can get crowded. Go for one from further down the line.
- As you approach the person offering the drink, make eye contact and say, "Yes please" so they know you're heading for them. That way they'll give you the cup rather than you having to take it out of their hand. And don't forget to say thank you!
- If you start to tire, instead of slowing down change your posture - lift your head and shake your arms down, then lift your knees and swing your arms. Try to pick up your pace for a few hundred yards. The change will refresh you and help maintain your pace.
- Remember to lift your arms and smile and celebrate at the finish. Your finish line photo will look all the better for it. Well done, you did it. Great work!
- Afterwards, why not try a tip from the top Paula Radcliffe and our very own Anne Martin, an Ice bath, or very cold bath, for 15mins, why? Well we use ice to reduce swelling and pain in injuries, well your body has just endured 26.2miles, so you'll have a few sore and achy bits.

Roger Beardmore, Terry Brannan, Anne Martin, Kim Reader



The First London Marathon 29th March 1981

As you know, Wymondham Joggers (as they called themselves in those days) was founded 25 years ago in 1978 at the height of the jogging boom. The emphasis was on gentle exercise, we were encouraged **not** to overdo it, **not** to push ourselves, **no** exertion, **no** racing, **no** competing – just gentle jogging.

Two years on, the original jogging time of 15 minutes for the top group, 12 minutes for the middle group and 10 minutes (including stops) for the beginners was gradually extended and our club run was now a regular three mile loop around town.

In October 1980 we heard about the first London Marathon, which was to take place the following spring. Whilst jogging along I listened to the comments made by my fellow runners, discussing the absolute folly of running a Marathon. Who on earth would want to do that? Total madness! Crazy idea! And so it went on until I calmly announced that I was going to do it. I might as well have dropped a bomb shell, but after the initial shock, John Wood (a Wymondham Jogger) and two of his work colleagues joined me.

We had no idea how best to prepare, remember, we had never run more than three miles and obviously somehow had to increase the mileage. We had no Running Magazines, no schedules, no training tips, no running watch, never heard of intervals, speed work, fartlek, carbo-loading or the benefit of fluids, sports drinks, bananas, energy bars etc. I didn't even have proper running shoes, just a pair of children's plimsolls.

Over the winter months we gradually increased the length of our Sunday runs from 5 to 22 miles, covering each distance just once.

The first London Marathon was a huge event. 6000 runners had been accepted with 300 of them being women. The crowds along the course were fantastic. They had never experienced anything like this kind of event and with so few female runners taking part (203 finishers) they picked out each woman runner and cheered her on. It was a friendly race, with spectators and runners helping each other along. There was such an overwhelming sense of camaraderie and sportsmanship that the two male frontrunner's **Dick Beardsley (USA)** and **Inge Simonsen (Norway)** crossed the finishing line together in 2.11.48 holding hands! The female winner was Joyce Smith (GB) in 2.29.57 and in a time of 3.52.09 finished a certain "Jogger" from a Norfolk market town named Wymondham.

The first London Marathon was an exhilarating experience and I was on a high for weeks! Being the only female participant from Norfolk, I was treated like a "star" and was invited to talk on Radio Norfolk, at various schools and youth groups. Dean Phillips, who recently joined WAC, remembers me talking to his class when he was about 10 years old. I guess he never imagined that 22 years on it is his turn to train for the 23rd London Marathon.

Eva Osborne

London Marathon

By Rob Lines

Some of you may remember the Great North Run of last October, the challenge that Mike Yeomans, John Walker and myself had with our training and of course the sweep stake to see who out of Mike and I would beat the other and by how much.

Well, what could I do as a challenge after the 13.1 miles of the half marathon that is the Great North Run. Yep, you've got it a full marathon. So, last October I put my name forward for a place in the 2003 London Marathon, fully expecting not to get in. Low and behold my name was one of the 1 in 3 that was successful. Yippee I thought, how lucky am I? Bugger, I then thought, preparing for 13 miles through the summer is one thing, preparing for 26 miles through the winter is something else. What would be a nice evening run in the country lanes around my house in the summer, becomes a very cold, dark, lonely and dangerous experience in the winter evenings.

Fortunately I'm not alone. We have other marathon runners within Norwich Union. Most notably our very own Lyn Hazleton (nee Blinko) who will be competing in her 6th London Marathon in April. Lyn and the other Norwich Union runners have been a great help with my preparation and winter training.

First I needed some suitable winter running clothes. Thermals tops are also useful for skiing, however I hadn't banked on the leggings, or more correctly named "tights". I also hadn't expected to acquire the name "Spandex Boy" along with these new items of clothes.

Next there was the training schedule. To prepare for 26.2 miles you need to accustom your body to running for 4 hours. So, as well as building up your weekly mileage to 30-40 miles a week, you also need to build up the length of your longest run of the week up to 20-23 miles. Then in addition to that there are speed seasons, hill seasons, shorter tempo runs and currently my favourite : rest days.

There is then also the diet. Fortunately this is one where you are allowed to eat loads, so long as it is the right stuff. Carbohydrates are really important, so I'm eating extra portions of porridge, rice, bread, pasta and spuds.

Then if that wasn't enough there also needs to be a goal and a target. For some it is just to complete the distance for others the goal is to complete in a personal best time. For me, the goal is to complete and raise some money for the RNLI.

How is it all going you may ask? Generally quite well thanks. The running is progressing nicely, though it is tough on days. The long run has got upto 15 miles with an 18 miler planed for this coming schedule and the weekly total has been in the 30+ miles region for a few weeks.

When is the big event? Along with several thousand other runners we'll be doing the London Marathon on Sunday 13th April, a date that is etched into my brain. So just 7 weeks left to go (as at 20/2/03).

How much money am I looking to raise? As much as possible, though fortunately I'm not obliged to raise a minimum pledge. But as with all of these things the more the merrier.

If all this activity has inspired you to do a fund raising run, then please give a thought to doing the 2003 Great North Run. I believe that entries are still be accepted and we will be looking to arrange transport from Norwich to Newcastle for NU runners. Yep, you guessed it, I'll be looking to do this event for the MS Society.

Mud Glorious Mud (A Report on the Current Midweek Series)

By Paul Wightman

After a long summer spent on the roads it was time to buy a nice new pair of Cross Country shoes and enter the Eastern Counties Cross country mid week series held on Wednesday afternoons kicking off at 2.30pm. The Club does not enter a team and all members of Wymondham AC run for the Pete Johnson lead Runners Centre Team. A well organised series of races with results and current standing being published after every race. This year there are 10 races in different ends of the region from North Walsham to Colchester. We are now half way through the series and the story so far begins.

Race 1 Bacton Wood North Walsham 23/10/02

The first event in the series was held at Bacton wood the other side of North Walsham. Eva Osborne, Anne Martin, Shona Fairchild and Karl Chapman joined me on this new challenge, Karl in his first X Country race!! The race was approximately 5-6 miles in length and took us through different terrain and underfoot conditions. A 100 people or more had managed to get to this remote location in North Norfolk and the map reading of Anne Martin was truly amazing. The men were to do 2 laps of the course and the ladies 1 lap. The difference of running off road is very challenging and after managing to get well and truly caked in mud good results were obtained by the crew from Wymondham. Karl Chapman leading the crew home with an inspired 1st outing and being placed 26th. The best piece of the race was a lovely Cornish Pasty courtesy of the Boys & Girls of RAF Coltishall.

Mens Race: K Chapman 26th, P Wightman 37th, R Scarfe 69th

Ladies Race: S Fairchild 4th, E Osbourne 8th, A Martin 9th

Race 2 Barnham Camp Thetford Clockwise 30/10/02

This time Eva Osbourne was the driver and Lisa Chapman (Karl's Wife) was making a guest appearance in her first X Country. Hazel Marchant had also come along to show a fast pair of heels. The Barnham course was a lot drier than Bacton and was another 2 lap affair. Again a good field of 100 plus runners had been assembled. After getting a taste for the mud Karl Chapman again led the Wymondham runners in with another fine performance. Cornish pasties all round at the finish lovely.

Mens Race: K Chapman 27th, P Wightman 40th

Ladies Race: S Fairchild 10th, E Osbourne 15th, H Marchant L Chapman 28th.

Race 3 Barnham Camp Thetford Anti Clockwise 20/11/02

The same course but in reverse saw the first outing of David Hazleton on the X Country scene. Again another big field saw Wymondham runners performing well.

Mens Race: P Wightman 38th D Hazelton 55th.

Ladies Race: A Martin 16th.

Race 4 UEA Norwich 11/12/03

A wet and windy UEA welcomed us another tough two lap race around the undulating university grounds.

A very strong field again turned up & Russell Clarke dusted his X Country shoes off and gave a great performance to finish in the very top half of the field. There was also a first outing of the year for Robin Stebbings who gave a fine performance after time spend out with injury. David Hazleton had the bug now and gave Lyn Hazleton a test of the mud.

Mens Race: R Clarke 22nd, P Wightman 34th, R Stebbings 51st, D Hazelton 56th R Scarfe 69th

Ladies Race: E Osbourne 14th, A Martin 16th.

Race 5 Chantry Park 22/1/03

After a long wet & windy journey to Ipswich only 3 members of the club entered this tough and demanding course in the lovely Chantry Park. The conditions under foot could only be described as

Mens Race: P Wightman 31st R Scarfe 48th

Ladies Race: E Osbourne 5th

Race 6 Hadleigh 29/1/03

Another wet and windy day saw 4 members of the club brave the elements again. Due to the location the field was reduced and Wymondham members performed well on a very tough and hilly course.

Mens Race: P Wightman 28th

Ladies Race: S Fairchild 7th E Osbourne 8th, A Martin 16th.

After 6 tough races Wymondham AC runners are helping the Runners centre team to top 3 places in all the team events and come the final event at RAF Marham we will help the Runners centre gain various team prizes. If anyone wants to know any more information on how to compete in the midweek series or how to get to various events please do not hesitate to contact me Paul Wightman 01953 601731. I will publish full listings of all results of the whole series in the next issue of footprints.

FOCUS ON YOUR COMMITTEE

Kim Reader: Editor, Coach, Committee Member, mother, wife and well so many other titles (not necessarily in that order).

I've been a member of the club for about 5 years. During that time I have gone from a 2.25 ½ marathon to a 1.44 ½ marathon and in 2002 completed my very first marathon in the fair city of Dublin. (I do quite like a drop or two of real Guinness). I am great friends with Ron Marsh and Jenny Christian, and have run with them in Amsterdam, Grizzly (2 times, soon to be 3) and Dublin, they have been a great strength to me when I have had a running crisis'.

I train mainly with a friend who you all know 'Dawn Wightman' who I recently cajouled into applying to be the club secretary, and thank her greatly for it.

Well you all may or may not know that I have one daughter 'Holly-Frances' who has recently turned two (Wow time flies), and is a keen runner already, albeit laps of the Sitting room. Of course there is my Long suffering husband (LSH) Steve who brings me water on long training runs, stands at the start and finish line with my kit bag etc. even in the worst conditions. He particularly enjoyed Grizzly last time because he went to a nice pub called 'The Fountains Head' in Branscombe with Janet Marsh and Nigel Christian there they were when we (Ron, Jenny and me) arrived thirsty, muddy still in the race and with several miles to go yet, drinking pints of beer.

Since having Holly I have found it somewhat difficult to get back into running, and now enjoy things at a different level. I have a love of all things cross country and trail, muddy and wet it's a great way of reverting back to your childhood when you splashed through puddles carefree, only your mother moaned about the state of your clothes.

As a new challenge I would quite like to try a triathlon, and some adventure racing. For now I think this will be the last Grizzly for a while, I've been very unlucky with a Co-lateral Knee Ligament problem, which has caused me to have 4 weeks off running.

My plan for the year ahead is to enjoy my running, stay injury free, do some new races, ones I've never done before.

Will I do another marathon, most definitely, it's one of the biggest challenges you ever face (with the exception of being a parent!) it's tough, the training is tough, but the reward you feel as you cross the 26.2 finishing line is truly fantastic. You know that it was all worth it!

Terry Epps The Club Treasurer:

Well apart from being treasurer what else do I do? I have lived in Norfolk and Suffolk since the age of 11 and I am now living at Fornsett St Peter with my wife Veronica and two children, Samantha and James. During the day I am kept busy heading up the Finance team at Centurion Safety Products in Thetford. You may have heard of the company. We make industrial head protection equipment such as hard hats, ear defenders and respiratory products. If you have ever worn a motor cycle crash helmet or cycle helmet then it could be one of ours. Sorry we no longer make them.

It was in 1997 that I caught the running bug. I had for many years been a keen canoeist racing all over the country either in sprint events up to 1000 meters or marathon events which in paddling terms normally means distances of between 10 and 20 miles. Some events are much longer; the longest UK race is Devises to Westminster a distance of 120 miles. Over the years I found myself getting slower and slower despite the training, and winter nights training on the River Yare seemed to be getting bleaker, colder and more wind-swept. Time for something less severe but what?

I have always done some running as part of general fitness but my idea of a run was 3-4 miles. Living at Bungay for a number of years I was aware of the Bungay marathon and half marathon and had often thought about entering- obviously only the shorter race. In 1997 I gave the event a try and although I had never run more than 10 miles I managed to keep going (just about) for the last few miles I finished in 1hr 33min. I tried a few more races that year and got hooked. In 1998 I joined Wymondham AC and the canoeing gradually gave way to running.

I greatly enjoy the camaraderie and the good-natured competitive spirit of running as a club member. During my first few races as a Wymondham runner I could not improve my times for the "half ". Going off to fast I would suffer later. Running with club members on races and getting the pacing right helped a lot and I beat the 1hr 30min barrier at Norwich in 1998 thanks to the sensible pacing of Alex during the early miles.

I have now done 3 marathons (Reims, Rotterdam and Abingdon) but not quite broken the 3hr barrier. Again it comes down to pacing and of course lots of training.

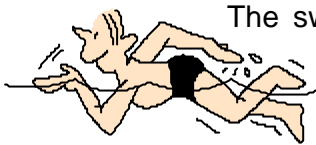
Sink, Shake & Waddle

By Karl Chapman

Most of you are probably aware of what a Triathlon is, but for those who are not sure it's a sport where competitors swim, bike and then run in succession.

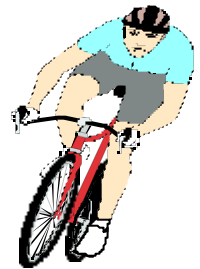
Triathlon as a sport has been around since the 70's and is growing in popularity every year. The first Triathlon took place in Hawaii when some friends decide to race each other, swimming 2.4 miles in the harbour, cycling 112 miles around the island and finishing off with a simple marathon in the setting sun!

I have been competing in Triathlons since 1996 and still enjoy the variety it gives. My first race was in the March of that year at the Thames Turbo Triathlon near Hampton Court. I can still remember everything about the race, good and bad!



The swim distance was 440 meters in an outdoor heated pool which sounds great, however it was 6.15am and still below freezing and I was wearing lycra. Once in the water it was hard to see where I was going as there was a thick mist coming off the pool created by the extremes of temperature between the water and the cold air. After exiting the water it was off to transition. Not feeling the cold now I rush and find my bike. Now, the idea in transition is to be as quick as possible, it's like a fourth discipline in the race. At this race I was wearing lycra shorts for the swim and was to put on a vest for the bike and run. Putting a vest on after swimming is like a penguin that's been chased by a 2 tonne killer whale and dripping wet is not easy.

A few minutes later I am on the bike, 20km of road to try and make up for lost time in the swim. Surprisingly I pass several people and this spurs me on to push harder. Soon I am back into transition for the second time, no change of clothing just on with my running shoes and we're off. Yeah right. At this point as a runner I should have flown through the field. Actually no I didn't. Instead I wobbled like that penguin again, thank goodness that whale can't get out of the water. The odd feeling in my legs was short lived after about 4.5km my legs began to feel fine and I found a good rhythm to cross the line 500m later.



At the finish line was Lisa who has supported at every race but one with the good news that I swam two lengths extra. Distance & Measurement Really aren't my thing are they!

Since then I have completed numerous different Triathlons of various distances and I am glad to say with a bit more success.



As a runner you already have a good level of fitness so if you haven't already why not enter a Triathlon. There are several local (ish) races about that are all good quality. Bungay, Cambridge, Milton Keynes, Bedford, St Albans, Saffron Walden are all within Reach. And are ideal for beginners.

I have made many mistakes since I started training and competing and would be happy to guide anyone through the pitfalls if they are interested in giving Triathlon a go. Listed below are a couple of web sites that have more information about the sport and comprehensive race listings. I also have back issues of triathlon magazines dating back to 1996 if anyone wants to read them.

www.triathletes-uk.org

www.britishtriathlon.org

Karl

Spanish Gold

By Roger Beardmore

I have a confession. Twice last year I ran races and didn't wear my WAC vest. I wore a yellow one. I hadn't switched clubs; I was wearing Norwich Union's colours, representing my employer at the World Corporate Games.

The games are organised annually at both national and international levels. Amateur athletes (by which I mean people with full time jobs!) represent their employers and compete with athletes from around the world.

The 2002 UK games were held in Norwich. The events were wide-ranging, comprising sports as diverse as angling, ten-pin bowling and triathlon. The running events took place at the Sportspark track, familiar to many of us from Thursday night training.

In the 4 x 1600m relay we had world class opposition. Another local team had Chicago marathon winner Paul Evans running for them. I'm pleased to say we rose to the challenge, winning first place and the gold medal.

Enthused by this success we set our sights on the World Corporate Games, held this time in Seville, Spain. And so in early November we found ourselves setting foot on the track in Seville's Estadio Olimpico (Olympic Stadium) home of the 1999 World Athletics Championships.

It was a wonderful feeling stepping onto the track where Michael Johnson set a world record at 400m and Colin Jackson won hurdles gold. Our crowd was probably closer to 80, than their 80,000, but that didn't diminish the sense of occasion. During the warm up I couldn't resist running out of the tunnel and onto the track, imagining what it would be like to be the marathon winner. What a shame it was only a dream!

The Spanish race organisers displayed a very Mediterranean attitude to organisation: extremely relaxed. We were not quite sure when the race would start, this confusion not helped by our lack of fluency in Spanish. "When does the race start?" wasn't in the phrase book!

What did become clear when the race began was that the home nation had pulled out all the stops getting their teams together. We found ourselves facing the cream of Seville's local clubs including Antonio Jiminez, the reigning European 3000m steeplechase champion. Whilst it was an experience to see a top athlete in action, it was

frustrating as a competitor knowing we stood no chance against him and his like. Despite our best efforts we could only finish fourth, missing a medal by just a couple of seconds.

The next morning saw the individual events: 5k and 10k road races. Again the pre-race build up was different to what we were used to at home. The police had closed the roads for the race. This meant they wouldn't let us anywhere near the course in our car so we had a lengthy walk to the start line.

It was a hot and sunny morning, rather different to the weather we'd left at home. The 5k race went off first and with it our best hopes of a medal - a colleague from Scotland with a 3:48 1500m PB to his credit. Again the competition was of a high standard but this time we were successful, picking up gold in two age categories. Brilliant! But now it was my turn - follow that!

The race was 4 laps of a flat course. By now it was close to midday and very warm. With shouts of encouragement from my colleagues and the other British competitors the race was underway.

I let the younger, faster runners go off at their own pace and concentrated on a conservative start, hoping to save something for later in the race. Unfortunately a sizeable portion of the field seemed to have mistaken me for a pacemaker so within the first kilometre it became clear a change of tactics was required. I wasn't going to give anyone a free ride!

A sustained effort over the first lap saw a clear gap on all but two of the following group. Over the next three laps we worked hard, increasing the gap on the runners behind us. With the line in sight I had a lesson in what constitutes a sprint finish but I couldn't be disappointed with a PB.

When the results were posted I was delighted to see that younger runners had beaten me: I'd finished first in the Vets 40 category. Age does have some benefits! Colleagues also won gold in the ladies race and a men's bronze so it was a great day all round for our team.

We returned to our hotel with four world titles, considering that adequate compensation for the previous evening's disappointment. At the games closing ceremony that night we made sure we celebrated our success and partied for Britain!

If you're interested in competing, the next UK games are being held at Newcastle and Gateshead on 20-22 June 2003. Further details are available online at www.corporate-games.com



Via Ferrata!

By Trudy Deacon

If you want a holiday with a definite adrenaline rush, why not try the 'Via Ferratas' or 'Iron Way'. These are routes through the Italian Dolomites, which were originally built during the 1st World War, to aid Italian Soldiers guarding the borders against the Austrians.

The Italian tourist board are increasing the number of routes available. Current routes rise to a height of over 3000m, rope bridges span gorges over a 1000m high. Cables, staples, iron rods and ladders fixed into the mountain rock, which help you climb areas which would normally only be accessible to expert climbers.

Based at Soraga, Tony and I teamed up with nine other people, including our guide, and had ten glorious days of sunshine as we climbed through the Dolomites. Buses to the Cable cars left at 8.00am and from there we took the ski lifts to the top of the ski slopes, we would walk, then climb to the very top of the peaks and pinnacles with the aid of the cables. We wore safety helmets to prevent injury by stones and boulders being dislodged from above, and our climbing harness was attached to the cables.

Traversing ledges that only held the toe of your boot took some getting used to, as did climbing up overhangs using only metal staples to hold on to, but the views were magnificent (if you dared to look down!) We were close to the Austrian border and had views of the Swiss Alps, and the famous Mamolata, with its mighty glacier, which looked rather grubby as there had been no recent snow fall.

As we progressed during the week, so did the severity of the routes, with many rock faces being very sheer and exposed, the views were awesome. We also climbed through tunnels which had been blasted and dug out by 1st World War Soldiers who left war debris behind them including guns and barbed wire.

The descents were as scary as the ascents, though abseiling was a quick alternative to finding footholds. Once past the tree line the walks through the forests were amazing. We would normally arrive back at the hotel at about 6pm thoroughly exhausted.

We were concerned when we booked the holiday that we many not 'gel' with the others in the group, but we were all likeminded and everyone was great.

We have kept in touch by email and had a reunion at the Punchbowl marathon in Surrey (but that's another story!). So if you want a challenge, plenty of exercise and breathtaking view, give it a go unless you suffer from vertigo!

NEW ZEALAND



One of our many Norwich Union benefits is a health holiday allocation. It was at a college reunion back in June where I was musing over what to do with my 6 weeks holiday allocation (my holiday year starts in July) when an old friend suggested that I joined her, her boyfriend and her sister on a trip to New Zealand. A total of 24 days on the two main islands heading out of the UK on Christmas Eve so as to only require 16 days off work.

Flying on Christmas Eve and arriving on Boxing Day morning did mean missing Christmas day, but the flight was significantly cheaper as a result. Arriving at the peak of their summer and spending the bulk of January in heat rather than savouring the joys of the British winter.

I don't know how many of you are familiar with New Zealand so here are a few facts. The country is made up of a number of islands the two main islands are rather simply, and unimaginatively, entitled North and South Islands. The third principle island is Stuart Island at New Zealand's most southerly point. In danger of offending the Kiwis the other islands are numerous, small and generally insignificant, except for scenic value.

The population of New Zealand is about 4 million, so about the size of Sheffield, with most of the population being based in the North Island. The largest City is Auckland with a population of around 600,000 so about six times the size of Norwich. Other principal cities include the capital (Windy) Wellington on the North Island and Christchurch on the South Islands. I refer to these as the principle cities as these three have the international airports. We flew into Auckland and out of Christchurch.

By the time we started our trip, we had been joined a fifth college friend and the five of us shared a subaru legacy. It was a little tight in the car at times, but fortunately we were travelling light and had a arranged a roof box to maximise our storage capacity.

For accommodation we stayed at campsites when not staying at friends houses. Some nights we used the tents we had taken but more often we used the cabins that most campsites in NZ offer. These are usually available at rates very similar to camping. The most basic provide bunks and a kettle. The most advanced are more like motel apartments with kitchens, bathrooms and bedding.

Our itinerary involved taking in some sights, visiting friends and partaking in particular activities. If you ever get the opportunity to go to New Zealand, do, it is a stunning country. Mountainous, volcanic, temperate rain-forest with lots of flora and fauna.

We split our time fairly evenly between the north and south islands but could easily have spent an entire month on either of the islands.

We started our tour with a few days in and around Auckland. A first day walk to shake off the travel weariness and then a surf lesson on the second day. We then headed to Ohope to visit friends for New Year. We took a couple of days over that part of the journey so as to see caves in Waitomo and to experience Mauri culture in Rotorua. Seeing in the New Year on a warm beach was a first. By the time the UK had joined the year 2003 we had been blo-karting on the beach, swum in my friends swimming pool and were settling nicely into their hot tub with a cold bottle of beer.

As much as I might like to continue a day by day account of my trip, I'm sure that I'd bore most of you. So if you have any queries about the kayaking, luge, whale watching, dolphin swimming, Tongario crossing, dolphin swimming, milford sounds, glo-worms, horse riding, wake boarding, glacier walking, down hill mountain biking or tandem sky-diving you will just have to ask me directly.

Rob Lines

Wymondham AC Club Awards

On Saturday, 1st February 2003, Wymondham Athletic Club held their annual awards evening at the Wymondham Town Football Club.

The prize-winners in the various categories were:

Category	Winner
Male Road Runner of the Year 2002	Russell Clarke
Female Road Runner of the Year 2002	Veronica Manly
Male Track Athlete of the Year 2002	Nigel Poppleton
Female Track Athlete of the Year 2002	Eva Osborne
Male Cross Country Runner of the Year 2002	Paul Wightman
Female Cross Country Runner of the Year 2002	Eva Osborne
Founder Members Shield	Kim Reader
Bob Wood Trophy	Jeremy Lightowler
Club Coaches Award	Margaret Bailey

In Addition to these awards the club runs a points scheme for Races completed and standards achieved therein. Momentoes are presented to those that achieve over 100 points during the year. These were as follows

Russell Clarke (258)	Geoff Adams (123)	Veronica Manly (272)
Mike Smith (H) (218)	Phil Hazell (107)	Eva Osborne (270)
Terry Epps (196)	David Mathews (107)	Anne Martin (246)
Paul Wightman (158)	Nigel Poppleton (102)	Lyn Hazleton (165)
David Amos (149)		Hazel Marchant (136)
Alex Hartley (143)		Margaret Bailey (112)
Roger Beardmore (133)		Dawn Wightman (104)

The Road Race Ranking Scheme

The scheme was introduced in 1995 to encourage WAC members (of all standards) to take part in races. The more you race or the better your performance, the more points you collect

Points are awarded as follows:

Achieving a platinum standard	9 points
Achieving a diamond standard	8 points
Achieving a gold standard	7 points
Achieving a silver standard	6 points
Achieving a bronze standard	5 points
Competing in a road race (no standard)	4 points
Taking part in track and field	4 points
Taking part in a relay	8 points
Taking part in cross country events	6 points

WAC Committee

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

Race Committee

Chairman Eurwyn Jones
Secretary Jeremy Lightowler
Marshalls Mike Smith
Members David Hazleton
Steve Corbould

Coaches Ron Marsh

Trudy Deacon
Kim Reader
Terry Brannan
Alan Holland
Sam Brown
David Hazleton*
Mike Smith (H)*

*Awaiting Certification/Re-Certification

Club Captain **Russell Clarke**

Track & Field

Men Adrian Dearnley
Ladies Steph Mullarney

Race Book Eva Osborne

Points Comp. Eva Osborne

Club Kit Roger Luck

Web Site Jeff Lansdel/Paul Wightman

Press Officer/ Eva Osborne

Club Scrap Book

Footprints Kim Reader

Membership Jeremy Lightowler

Social Events Paul Wightman/
Karl Chapman

	16 th	Broadland 15
	19 th	Midweek XC RAF Marham
	23 rd	Shouldham Warren XC 6.5km
	30 th	Bungay Black Dog ½ / Full Marathon
Apr	13 th	Flora London Marathon
	18 th	Black Dog Charity 10km
May	12 th	WAC Handicap 3k or 5k
	18 th	Dereham 10
June	23 rd	WAC Handicap 10k
		Norwich ½ Marathon
	25 th	WAC Midsummer 10
July	3 rd	Ryston Midsummer 5 (CC)
	7 th	WAC Handicap Golden Mile
	25 th	Worstead Festival 10K
Aug	12	Midweek Series 10K (CC)
	17 th	Gt Yarmouth ½ (CC)
	18 th	WAC Handicap 5k
Sept	1 st	WAC Handicap Cross Country
	13/14 th	Round Norfolk Relay
	21 st	WAC 5k's

Midweek XC all start at 14:30hrs

A few words From the Editor

Well here we are again, its Spring time (well nearly) the running season is starting up again. Where will Wyndham Vests be seen this year?

In the spirit of partnership and companionship, can I just remind everyone, if you are out running in a group and a member becomes injured or feels unwell, please, please, please make sure someone stays with them, and sees them safely back either to the club or home. Equally if you are out on your own, try to take a mobile phone with you and make sure someone knows where you are going and when you will be back.

Articles are always welcome, about running, interesting places you've visited, walking holidays, news and reviews.

I accept email at kim.reader@bigfoot.com or you can hand them to me in person at the club on Monday Nights.

Kim

How do they compare?

Energy Bar Verses Sweet Bar?

Maxim Energy Bar	212 k/Cal per bar 2.8g Protein/ 39g Carbs/ 5g Fat
Mars Bar	281 k/cal per bar 2.6g Protein/43.1gCarbs 10.9g Fat

Race Programme for 2003

Mar	2 nd	WAC 10/20
	5 th	Midweek XC Colchester
	9 th	River Cam 10K
	12 th	Midweek XC UEA