



FOOTPRINTS

SILVER JUBILEE EDITION
SUMMER 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

Track & Field

Race Book	Steph Mullarney
Points Comp.	Adrian Dearnley
Press Officer	Eva Osborne
Club Scrap Book	Eva Osborne
Footprints	Eva Osborne
Social Events	Kim Reader
	Paul Wightman
	Karl Chapman

Race Committee

Chairman	Eurwyn Jones
Secretary	Jeremy Lightowler
Marshalls	Mike Smith (W) Steve Corbould David Hazleton

Head Coach

Coaches	Ron Marsh
	Trudy Deacon
	Terry Brannon
	Alan Holland
	Kim Reader
	Sam Brown
	Mike Smith (H)*
	David Hazleton *

Club Captains	Russell Clarke Margaret Bailey
---------------	-----------------------------------

*Awaiting Certification/Re-certification

Footprints – this issue



- From the chairman
- Coaching – Head Coach –Ron Marsh / Summer Schedule
- Circuits / Points Competition
- Track and Field – Steph Mullarney
- Running Shoes
- Annual Plan
- Grizzly Report – Dawn Wightman
- Focus on Karl Chapman – Social Events
- Focus on Paul Wightman -Vice Chairman
- Multiple Sclerosis – Alex Hartley
- Captains Corner – Russell Clarke
- Recent WAC success
- Race Diary



From the Chairman.

As you are aware your new committee have now been in existence for approximately 3 months and I am very pleased with the great team spirit and enthusiasm being shown by all of them. You will be pleased to learn that so far we have dealt with or are in the process of dealing with all the subjects that were raised from the floor at the open meeting, which followed the A.G.M.

Three positions within the club have now been filled, Paul Wightman has kindly agreed to be my right hand man namely your new vice chairman, and secondly Margaret Bailey has volunteered to be Ladies Team Captain for the coming year (Russell you stand alone no longer), finally (but by no means last) we welcome back Ron Marsh as Head Coach. My thanks to you all for accepting these positions and I know you will fill them with enthusiasm and commitment.

Our silver jubilee celebrations are shortly to be finalised. Karl and Paul are looking into a mid year Relay Race/Barbeque (all profits to Charity – Multiple Sclerosis) at Ketts Park and a late year celebration/presentation evening bashwatch this space. Round Norfolk Relay, the committee unanimously agreed to enter one team this year in the Open Class, Russell and Margaret will be organising this event, all members wishing to run please leave your names with them, from this list a team will be selected, Helpers are also required as many as possible pleas ... NAMES TO RUSSELL OR MARGARET AS SOON AS POSSIBLE PLEASE...

Next year our aim is to enter a ladies team as well, that's something for you ladies to focus on.

Your committee are also looking into a new club vest, storage equipment container, and amplification for Race Day announcements, lap top computer for Races and a drive to increase membership.

Memberships fees are now Overdue please pay Jeremy as soon as possible.

It's fast approaching Race time; our midsummer 10 miles is getting closer June 25th. Eurwyn is already looking for helpers please make his life easier and let him know you can help on the day.

I know how all of you were shocked to hear Alex's news of his illness, I would like to take this opportunity on behalf of you all to wish him 'Good Luck' in the future and 'Alex' all of us are here to help and assist you in any way we can.

It was with sadness I leant that David Hazleton's father passed away in early May. To David, Lyn and family, please except our condolences, our thoughts are with you. Your committee are always open to ideas and suggestions so let us know what you want from the club.

Peter

Coaching News

A Few Words from the new Head Coach: Ron Marsh

I am looking forward to the role of Head Coach, this is a position that I have held in the past and enjoyed. Over the last few years I have learned a lot about coaching running, which I feel has made me a better and more understanding coach.

It was a good feeling when I addressed the club for help and I had so many members coming forward to become mentors, this will help the club in a very big way, it will help new members to understand the club, before they commit to joining our coaching sessions. It is my intention to let my team of coaches, coach in their own way, they are all good at achieving the end result, helping members to achieve p.b's and continue improving. I am sure the coaches will enjoy this role and it will increase their own personal needs. I am looking forward to the season, in which my team and I, will work together with the Chairman, Peter, to maintain a good standard of running results and enjoyment for the future.

Ron

Hethersett Old Hall School Track Sessions – Thursday Nights – 6.30

June 5	Endurance	Trudy
June 12	Pyramid – Distance	Ron
June 19	Time Trials	All Coaches
June 26	800 – 1200 – 1600	Kim
July 3	Speed Work	Trudy
July 10	Parlavs	Terry/Alan
July 17	100-200 Speed Work	Kim
July 24	Endurance	Ron
July 31	Pyramid – Distance	Trudy
Aug 7	800 – 1200 – 1600	Terry /Alan
Aug 14	TBA	All Coaches
Aug 21	TBA	All Coaches

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.

It's a great way to keep fit and have fun at the same time. Music provided at no extra
cost!

For further information please contact **Sam Brown** (coach) on a club night or
telephone **01953 601055**.

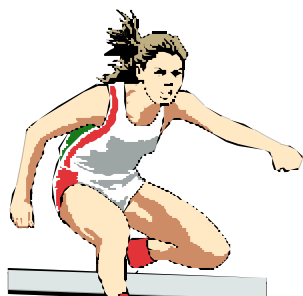
WAC ROAD RANKING SCHEME

Some of you are already well on their way to accumulating the minimum of 100 points at the end of the year in order to qualify for an award. The Top Ten Male and Female runners are as of 15th May 2003

Paul Wightman	94	Eva Osborne	74
Mike Smith (H)	61	Anne Martin	72
Russell Clarke	60	Veronica Manly	60
Terry Epps	56	Margaret Bailey	58
David Matthews	49	Lyn Hazleton	41
Robin Stebbings	36	Dawn Wightman	34
Karl Chapman	36	Elize Hartendorp	29
Alan Holland	36	Shona Fairchild	28
Steve Corbould	35	Kate Barlow	18
Rodney Freeburn	34	Rebecca Faircloth	TBA

Points are calculated according to age, so make sure that Eva has your date of birth to work out your points.

Eva Osborne



Eastern Veterans Track and Field League
2003

Review of the 1st Match

It has been a very good start to the new season for Wymondham AC in both the men's and women's competitions.

Our first match was hosted by Ryston Runners and held at Lynn Sport in Kings Lynn. It was a lovely evening, warm and breezy. It turned a bit cold later on, but stayed dry throughout – always a blessing!

The men's team was well represented in the 40+ category, but we could only muster 2 competitors (Nigel Poppleton and Dennis Bartrum) in the 50+ category and in the 60+ category Derek Farman was on his own. Not that it seemed to worry any of the men. In true style, everyone simply got on with the job of covering as many events as possible and brought in enough points to finish in 2nd place, only a point or two behind Ryston Runners in first place. A great result.

The women's team was somewhat thinner spread with 2 in each of the 3 age groups, showing the same competitive spirit as the men, with only the hurdles and high jump missed out. First and second places in a number of events, meant the team finished 3rd behind City of Norwich and Ryston Runners.

I would like to express my thanks to all the athletes who competed on the night. There was, as there always has been, a great "team" attitude – lots of friendly support and encouragement for all events.

I look forward to the next match, which will be at the Sports Park (UEA) Norwich on 4th June. It would be great to welcome more Wymondham athletes to the team, and with the next match so close to home I hope you will find some time to support us as a competitor or as a helper/supporter.

Results for Wymondham athletes from the 1st Match are shown below:

	MEN 40+			Men 50+		
Sprint Hurdles	A. Dearnley	2 nd	22.0	N. Poppleton	2 nd	20.6
1500m	R. Sales	1 st	4.18.0	N. Poppleton	2 nd	5.08.2
100m	A. Dearnley	3 rd	13.7	D. Bartrum	4 th	15.5
2k Walk	S. Corbould	3 rd	14.47.7	N. Poppleton	5 th	16.20.9
400m	S. Kemp	3 rd	64.3	D. Farman	2 nd	66.5
Hammer Throw	No entry			N. Poppleton	5 th	11.11m
Long Jump	A. Dearnley	1 st	4.84m	N. Poppleton	2 nd	4.34m
Shot Putt	No entry			N. Poppleton	3 rd	6.26m
High Jump	A. Dearnley	2 nd	1.35m	N. Poppleton	2 nd	1.35m
Relay		1 st		No entry		

	MEN 60+		
1500m	No entry		
100m	D. Farman	1 st	13.9
Shot Putt	D. Farman	3 rd	7.20m

	WOMEN 35+			WOMEN 45+		
Sprint Hurdles	No Entry			No Entry		

1500m	J. Clarke	1 st	5.02.21	E. Hartendorp	2 nd	6.21.7
100m	S. Mullarney	4 th	18.0	S. Fairchild	2 nd	15.6
2k Walk	S. Mullarney	3 rd	16.20.9	E. Hartendorp	2 nd	13.36.7
400m	J. Clarke	1 st	66.2	S. Fairchild	1 st	74.3
Hammer Throw	S. Mullarney	3 rd	20.76m	A. Martin	1 st	15.83m
Long Jump	S. Mullarney	5 th	2.43m	E. Hartendorp	2 nd	2.93m
Shot Putt	S. Mullarney	4 th	5.53m	E. Hartendorp	4 th	5.12m
High Jump	No entry			No entry		
Relay		2 nd		No entry		

WOMEN 55+			
100m	E. Osborne	4 th	19.1
400m	E. Osborne	2 nd	87.0
Long Jump	A. Martin	4 th	2.74m

Steph



Running shoes/Trainers – have your shoes done more than 500 - 750 miles?

If we follow the advice of the shoe manufacturers we need to change our running shoes every 500 - 750 approximately, sometimes it's more, this depends on your weight, height, running style etc. it is important to maintain maximum cushioning and protection against injury.

When you next think about buying your next pair of running shoes, don't forget to take your current shoes in with you. A good retailer will need to check the wear pattern to give them a

good indication of your running style and what type of shoe you should be going for to give you maximum performance and wear time. Running Shoes vary greatly and not only in price, do you need stability/motion control, supportive cushioning, cushioning, racing, all terrain, etc. Then there are all the different manufacturers offering their own versions of cushioning, like: Abzorb, Gel, Grid, Air, well it is advisable to get specialist help in choosing your shoes, visit a local specialist retailers like, **The Runners Centre, Norwich, Tel: 01603 665398**, or **Sportlink, at Drayton Tel: 01603 868606**. Both offer good practical advice, and stock a wide range of shoes, covering most manufacturers with lots of styles (well you've got to look good too) and of course priced reasonably. (Don't forget to get your club discount!)

Kim

GRR IT'S GRIZZLY!!



Last October my friend and running buddy, Kim, asked if my hubby Paul & I would be interested in taking part in a 19-20 mile cross country event held in Seaton east Devon in March 2003. Kim assured me that it was great fun, a nice weekend away and if she could do it then I could do it! I thought why not. Paul was up for it, he loves a cross-country race and the further the better for him! So we duly sent our entries off and were accepted straight away.

Little did I know what lay a head! Over the next three months we spent every Sunday morning running over ploughed fields, through rivers, up hill and down dale over various distances and I think it rained nearly every time we went out! Everything was going well and I was even looking forward to it, then disaster struck! Kim strained her knee on one of our training runs, which meant

she had to take 3 weeks off and I then came out in sympathy by walking in to a door frame and badly bruising my knee, which meant I had to take a week off. Things were not looking too good the week before the grizzly and we were all very close to pulling out but somehow we managed to get better with the aid of support bandages and tape.

We travelled to Devon the day before the race and stayed at a lovely old farm with lots of lambs, sheep and cows. Ron and Jenny, veterans of the Grizzly, were also staying there. I did start to become nervous when Ron mentioned the bogs and the hills that we would have to climb! My fears did not subside when we went out later in the afternoon to admire the scenery, I did not realise that Devon had so many hills.

Race day was nice sunny day with a fresh wind. The start line was on Seaton seafront and the atmosphere amongst the runners was brilliant. I looked at Kim and she said "remember it's a long way so don't go too mad at the start." I thought don't worry I am not going to go mad! We had to negotiate the cobbled beach to start with, which was very tiring. I was glad when we turned on to road and started to negotiate the first hill. This is when I realised that the Grizzly is an experience, runners were enjoying it and not worrying about their times, personal bests, they just wanted to finish.

We had to run through an inlet of sea water, which came up to my knees, so wet shoes were now the order of the day, and back on the beach again this time we did a combination of walking and running. At the end of the beach we had to queue for 10 mins before we could climb the steep cliff, it was worth the wait to see the wonderful views. Once we got to the top we got chatting to lots of people from all over the country. We found many of them had completed the race several times before.

At the 10 mile point we came to a very nice country pub, where our support crew, were enjoying a pint of beer, (lucky things). They cheered us on and we managed to get some photos taken, while we grabbed a drink of water and some jelly babies. The next big challenges were the bogs, which were at the bottom of some steep hills. Kim was very concerned about the bogs because she had got stuck in one the year before and Ron had to pull her out. I wasn't too worried I knew if I kept going I would be ok. After the bogs there was a river to wash all the mud off. As you have no doubt gathered we were both very dirty and wet and we still had about another 6 miles to go. So if you are someone who does not like getting dirty and wet then the Grizzly is not for you!

As with most races the last few miles were the hardest. We were tired and hungry and were looking at finishing in about 4 ½ hours. More beach running lay ahead, and then back through the seawater inlet. The tide was coming in and the water was up to my waist, "oh no" I screamed, "my knickers are all wet!" which made Kim laugh and spurred us on to finish. At last we on to the last mile more beach, my heart sank I did not have much energy left.

Kim was just in front of me and kept urging me on and then we saw Paul, taking photos and cheering us on. Finally the finish line was in front of us we had done it in 4hrs 34 mins. What a relief!



Our rewards, a Grizzly Survivor t-shirt and a drinks bottle, energy bars and plenty of bananas! We were also treated to a cold-water hose down from the Seaton Fire brigade. After a quick freshen up we all enjoyed fish and chips, the best meal after The Grizzly!

I thoroughly enjoyed my first Grizzly and I am definitely going back next year to run it for a charity, so any kind sponsors would be greatly appreciated. I hope that next time there will be a few more Wymondham vests there, I am sure if I can do it so can lots of other members.

Remember only the brave attempt **The Grizzly!!!!!!!**

Dawn Wightman

FOCUS ON THE COMMITTEE: KARL CHAPMAN – SOCIAL EVENTS

As you already know my name is Karl Chapman I was born in Norwich in 1969 so I am a local boy. After leaving school I attended catering college and had a very varied career as both a chef and in management working in numerous restaurants in Norfolk & London. Not too many years ago my nickname was the Pillsbury dough man as I weighed in at over 16 stone, although Russell used to weigh more than that! (I didn't tell you that though). It was my nickname that made me change my ways and start running to keep fit. I can remember my first race was the Norwich half. I was very inexperienced and had trained by myself but managed to get down to 13 ½ stone and made my nipples bleed. Now I know what Vasaline is used for!

In 1994 I went back to college and successfully completed an access course in natural sciences where I also met my lovely wife Lisa (You may have seen her at the club occasionally). After completing a degree in Sports Science and Leisure Management at Luton University I worked at Vauxhall recreation club and Hatfield leisure centre. I have also worked for Hertfordshire Primary Care Trust developing Wellness clinics in conjunction with Welwyn Hatfield Council. Lisa and I moved back to Norfolk in November 2002 when we joined the club. I currently work as Hospitality Manager at Easton College.

As for other sporting interests I enjoy competing Triathlons although I am taking a break from Triathlon this year and concentrating on running whilst I finish renovating the house. However I hope to compete in triathlons again next year and am planning to compete in the French Ironman in June next year, so if anyone wants to keep me company let me know!

Finally, I would like to thank everyone at the club for the warm reception given to myself since joining the club. My running has certainly improved and I am enjoying running more than ever and this has been helped by being able to meet up with people locally several times a week either at the club or at other times during the week to run.

Karl

Focus on the committee: Paul Wightman – Vice Chairman (Peters right hand man!)

My Name is Paul Wightman (not many people know that!!)

I have lived in Wymondham for about 18 months having moved away from the city lights of Norwich. Before settling down in Norfolk with my Wife Dawn (the bossy secretary) I lived in various locations around the country.

I got the running Bug back in the mid eighties while serving in the Army. After returning to UK from a tour of the Falkland Islands in 1982 (thankfully in one piece) I decided to take up the running challenge. I competed in various

running events while in the Army the worst experience being the 3000m-steeple chase, never again.

After spending 6½ years in the Army I decided to leave for Civvy Street. I moved back home and worked with my parents near Bury St Edmunds. To try and meet new people and gain new friendships I decided to join Bury Pacers, this proved to be a good step and I started to compete in local races. In 1987 I had my best year with a PB of 1hr 20 mins for half marathon at the then the city of Norwich Half marathon.

During this time I met my Wife Dawn, we both moved to Norwich with me taking up a new job with the Royal Mail. I joined Duke St runners and competed for them at various different races.

Due to various injuries, running took a back step for a little while, but I re-joined the newly formed City of Norwich Club, and competed in 2 London Marathons getting the training wrong for both of them and having a PB of 3hr 22mins, one I hope I can improve in the future.

During this time I had been promoted at work and our office moved out to Wymondham in May 2000 to a newly built unit along Penfold Drive. After travelling from Norwich and various problems selling our house in Norwich we decided to rent a house in Wymondham and sample the experience. Dawn had become more serious with her running and I had helped her compete in the Great North Run. After a holiday in Jamaica and feeling and looking at least a stone over weight I felt I needed to sort myself out. Dawn suggested trying the Wymondham Running club. After the First meeting and Terry Brannan's smiling face we were both hooked. I have met some lovely people and enjoy the tremendous camaraderie with everyone at the club.

I did not realise how much I missed the buzz of running again and I am now to re-capture some of my old form. Having turned 40 I have a whole new adventure to experience. Running has always given me something and that is why I wanted to join the committee to give something back.

Maybe next year the Marathon shoes may come out and with the help of the excellent coaches and fellow athletes at the club I can bring that PB down.

MS

I have known for over two years that something was wrong with me, just a bad back or a trapped nerve I thought but as many of you will be aware I have recently been diagnosed with Multiple Sclerosis. M.S.

After several consultations with various medical professionals I was referred to a back surgeon at BUPA and felt disappointed to discover that my back was ok, however the problem was most likely higher up in my neck or head. I was then referred to a neurologist and had two MRI (Magnetic Resonance Imaging) scans, which revealed abnormalities within my body. At my request

I was told it was probably MS but further tests would need to be carried out to confirm this.

I was admitted to the N&N to have a Lumbar Puncture, a process where fluid is drained from your spine, it took nearly a week for me to recover from this procedure. But I now have an 80% diagnosis of MS, which is about as accurate as it can be. I have an appointment to spend a day with the department of neurology at the N&N to try to discover which of the four strains of MS I have.

Until earlier this year though I had only heard of MS and did not really know what it was. The most common form of MS is Relapsing and remitting, symptoms flare up and then calm down. MS is a very complex condition, which affects the workings of the central nervous system, the brain and the spinal cord. MS results from damage to Myelin, a protective coating covering all the nerves in the brain and the spine. When Myelin is damaged, the messages between the brain and the rest of the body become slower distorted or fail to get through at all. Damaged areas of Myelin are known as plaques or lesions and show up on scans. These are the abnormalities, which showed up on my MRI scan. Certain triggers seem to make symptoms worse; the most common triggers tend to be overdoing things and exercise, which raises the temperature of the body.

I do want to keep running but can now no longer race how I did in the past. I am at present having problems with my balance and co-ordination.

I want like to thank the running club as I am finding so much support from the members for what is a difficult period of my life.

Alex Hartley

Captain's Corner May 2003

Congratulations to all W.A.C members who took part in the London Marathon this year. Wasn't it a fantastic day. The sun was shining, the crowds and support, especially from the many Club members, friends and family that went down to watch, was the best that I have ever experienced and made running 26.2 miles very nearly enjoyable!

So now its back to concentrating on the local races that are on during the summer months. What a fantastic turn out WAC has managed to field in the first three of the clubs target Races - the Broadland 15m, GYRR 5m and the Breckland 10k. The Dereham 10-mile race will have probably taken place by the time you read this, so the next Target race will be the Norwich Half Marathon on the 15th of June. I have included this as one of the Club Team target races, as it is hosting the BMAF (British Masters Athletic Federation) championship. So, when you enter this race, if you are not a member of BMAF and you want to be included in this championship, then please see the entry forms on how to do so. Norwich is also a Club target race, so lets see if we can get 20+ Members there this year.

Other things to watch out for over the next month or so; the information on the Round Norfolk relay will be going up on the notice board shortly. This Year we are trying to record the Clubs fastest ever time, sub 23 hours, so everyone's help will be required to in order achieve this goal.

As there seems to be enough interest, I will definitely be organising a training weekend at Center Parcs on the 14th of November. The cost will be approximately £50.00 per person for three Nights. I would also like to see if there is any interest in going to Amsterdam on the 19th of October for 2/3 Nights, approximately £200, to do the 10k, 1/2 or full Marathon.

For information on the above then please have a chat with me on club nights and I will pass on the details to you.

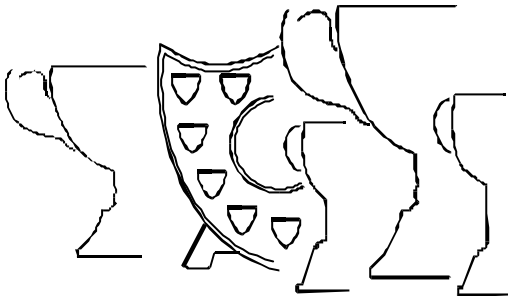
Thank you,
Russell

Wymondham AC 2003 Target Races

June 15	Norwich Half Marathon
July 25	Worsted 5 mile
Aug 21	Wroxham 5k
Oct 12	GYRR 10k

Team Target Races

June 15	Norwich Half BMAF C-Ship
July 3	Ryston 5mile County C-Ship
Aug 12	Midweek 10k County C-Ship
Aug 17	GYRR ½ M County C-Ship
Sept 13/14	Round Norfolk Relay
Nov 23	Hereward Relay



RECENT WAC SUCCESS STORIES.

Wymondham AC members, as ever, are very active in participating in local road races, cross-country events and of course the London Marathon resulting in many excellent performances.

Here are just a few of the recent results compiled from the race results book

February 16th – 22 members travelled to the Great East Run 20k/10k at Bungay. Mike Smith winning 2nd M60+, Jenny Christian 1st W45-55 in the 20k, and Margaret Bailey ran a PB in the 10k of 53.03.

On the same day, the 9k Ryston Cross country series, saw Elize Hartendorp 3rd W45 and Eva Osborne 1st W55, both Barry Parker and Geoff Davidson also made good times.

March 2nd – Wymondham 10/20. A really nice sunny day, and a very successful event. 318 runners including 11 from our own club. PB's achieved by Terry Epps, and once again Margaret Bailey.

Anne Martin took part in the London Half Marathon and was 2nd W60.

March 9th – The Grizzly, Devon. 6 intrepid runners made the annual trip to Devon, see the article written by Dawn Wightman in this edition of footprints.

March 16th – Broadland 15, Hastings ½Brentwood Hale and Thorney 12k, excellent times by all members, Terry Epps producing yet another PB in the Broadland 15

March 30th – Bungay Marathon, ¼Marathon. Another good turn out of members at these events.

March is such a busy month for races with all the London Marathon competitors finishing off their long training programmes, in preparation for their main event on April 13th.

April 6th – Peak District 45 Miles, yes really 45 miles, Trudy and Tony Deacon, Ian Sturgess and Geoff Davidson all travelled to the Peak District and completed this distance in 13hrs 29mins. Well done to them.

Flora London Marathon- 13th April.

New ladies World Record set again by the astonishing Paula Radcliffe what a superstar and a real pioneer for ladies running. 2hrs 15mins.

Dean Phillips and Rob Lines completed their first London Marathons, well done to them.

Superb performances also to Veronica Manly, Lyn Hazleton and Angie Bear.

Russell Clarke, David Matthews, Geoff Adams, Mike Smith (W), Roy Harvey, Steve Corbould, Eurwyn Jones, Alex Hartley, Mike Pope and Andrew Preston.

April 18th – 11 runners too part in the Bungay 10k, with PB's achieved by Rebecca Faircloth and Karl Chapman.

May 4th – The very popular Breckland 10k held at Croxton. Another good turn out by Wymondham Members, Rebecca once again producing a PB, and Prizes to Mike Smith (H) 1st M60, and Anne Martin 1st W60.

Race Programme for 2003

June	23 rd	WAC H/C 10k	Aug	18 th	WAC H/C 5k
	15 th	Norwich ½ Marathon		21 st	Wroxham 5k
	25 th	WAC Midsummer 10	Sept	1 st	WAC H/C X-Country
July	3 rd	Ryston Midsummer 5 (CC)		TBC	Wissey Half Marathon
	7 th	WAC H/C Golden Mile		13/14 th	Round Norfolk Relay
	13 th	Holt 7 Mile		14 th	Grunty Fen ½ Marathon
	25 th	Worstead Festival 10K		21 st	WAC 5k's
Aug	12	Midweek Series 10K (CC)	Oct	12 th	GYRR 10K
	17 th	Gt. Yarmouth ½ (CC)	Nov	23 rd	Hereward Relay

A few words from the Editor

Well yet another edition of Footprints, I hope that you all like the new print style, courtesy of the Print Shop at the Norwich City College. I felt it was time for a change and well the club is now celebrating its silver jubilee, so a new style footprints. There are many things happening within the club at the moment, celebrations being planned, new style kit with updated fabric, new coaching arrangements, and we want to try to increase our membership over this year, so when you see a prospective new member standing at the club, introduce yourself make them welcome, you were once a prospective new member.

Footprints now 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.

Here's to another successful 25 years running for Wymondham AC.

Kim



The Race Committee Need's your help.

Where: Morley Football Club

When: June 25th

Why: WAC Midsummer 10

What For: Marshalling, Results,

Refreshments, Finishing line, car park, and general help.