

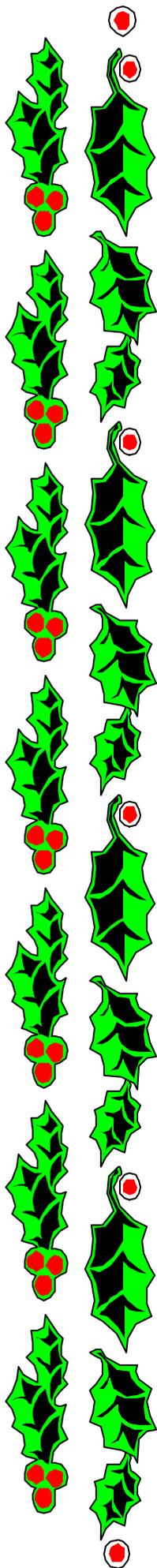


*FOOTPRINTS*  
*SILVER JUBILEE*  
*WINTER 2003*



Wymondham AC

1978 - 2003



# Footprints – this issue

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## **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
Scrap Book	Eva Osborne
Footprints	Kim Reader
Social Events	Paul Wightman Karl Chapman

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

\*Awaiting Re-certification

## From the Chair

Hi everybody, once again its time for a few lines from the Chair.

Since my last chat back in August we must congratulate both our Ladies and Men's track and field teams for their wonderful performance in the league final at Bedford in September. My thanks go to both Stephanie and Adrian for their time and effort spent on organising all the events on the track and field calendar.



Yet another great team/club event was the Round Norfolk Relay, when our Team on 17 Runners set a new club record time. Congratulations to all 17 and a special thanks to all the helpers who either cycled, drove or observed over the 2 days. My thanks to both of our Club Captains Margaret and Russell for their time and effort in organising the Team and helpers.

We also held the first of our Anniversary event in August namely the Relay, barbeque on Ketts Park a very enjoyable time and well attended (should this become an annual event????) Thanks Carl and Paul and your band of helpers for putting this on.

We also held our half Yearly open meeting in August, thank you to all who attended. It was agreed that members would have the option of paying their annual subscription by Direct Debit, discontinue membership cards, and quiz night to be resurrected.

Reminders, dates for you diary, New style club vests £10.00 until 1<sup>st</sup> January 2004 then at full price £15.00 see Paul our kit man.

Its still not to late to attend our Anniversary/Presentation evening on the 11<sup>th</sup> December, 4 course meal and entertainment all for £14.95, great value, great evening, do come along, again see Paul

Helpers are required for our New Years day 10k race, Eurwyn will be chasing for helpers in the near future.

It is with great sadness that we learned of the death of Roger Gibbons suddenly on the 20<sup>th</sup> October 2003. Roger was until 2 years ago an active and well respected club member along with his wife Carol, Roger was also an Accredited Course Measurer, Roger will be sadly missed, not only by our Club but also throughout Norfolk.

I attended the cremation representing Wymondham Athletic Club, a donation of £25.00 was sent to Reephams Surgery at the Family's request. Our Sympathy and condolences go to Rogers's wife Carol and all the Family.

With Christmas and the New Year nearly here I would like to take this opportunity to wish you, your wives, husbands, partners and family's 'A Happy Christmas and Prosperous New Year and many P.B.'S.

## Peter

# Coaching News

This issue of footprints I would like to talk about winter training, as we all know the evenings are cold, wet, dark and really miserable, so we have to try to make the most of these elements. I usually find that making sessions shorter, on time and more intense that you get the benefit of training for shorter periods of time, while still achieving your maximum benefit. Try just 30-40 minutes with speed efforts and hill running. All of these sessions are available from our Coaching team. You can still do longer runs on Saturdays and Sundays, where you can try cross country runs off road or on country lanes. This is all stamina building for the season ahead. As I have mentioned to you on Monday club nights, get yourself the help of a coach, they will help you set out a program for this winter and the forthcoming season. This means all members experienced or not should have a coach to improve their performances.

I hope that after you have read Footprints, my coaching team will be inundated with athletes wanting coaching programs, so that they can achieve their goal and PB's in 2004.

Ron

New level one coaches are Paul Wightman, Margaret Bailey and Steve Corbould, well done to them for achieving Level One.

## Trudys Quick Tips

Don't use fabric softener on your wick-away sportswear – it clogs up the pores and stops the moisture wicking away.

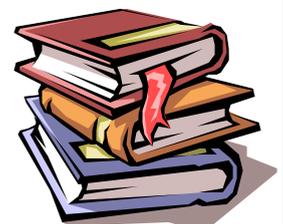
If you are out walking and need to put on waterproof trousers, or if you are on the track and need to put on over trousers, put your foot in a plastic bag, then put on your trousers – they glide on easily and cleanly and it saves you having to take your boots/trainers off first.

## Record Book

The update of the Record Book is nearly complete with the information that I had to hand. Without having access to the past club diary's this has been rather hit and miss affair and may be it contains errors of fact.

If you see any necessary corrections please let me know for future updates.

Ann Martin



## **Track and Field: The Final and Other Thoughts**

The Veterans Track and Field season for 2003 concluded on Sunday 7<sup>th</sup> September 2003 with the Final held at Bedford. Following 4 strongly contested matches between May and August, Wymondham AC qualified for the final in both the Men's and Women's section.

As is often the case, several of our athletes were unable to compete on the day of the final. This made our task that much more difficult, leaving the men to complete 18 events with only 6 competitors, while the women had only 5 team members.

The situation was not helped by the fact that Wymondham was responsible for running the shot putt event. With the help of a friendly field judge and the willing co-operation of Dena Parfitt's husband, Kevin – our only supporter on the day – we not only ran the event without any hitches but also were one of the few field events to keep to the timetable. I think every member of the team took hold of a tape measure, clipboard or collected shots at some point during the event, and all between competing in other events.

I would like to take this opportunity to say a big thank you to all the team for the cheerful and enthusiastic manner in which they approached the whole occasion. There was willingness by everyone to undertake events they would not usually compete in, simply to increase the number of points for the team.

I am very proud to say that I am a member of the Wymondham AC veterans' track and field team.

This is a good time to bear in mind that Wymondham AC not only enters a team into the EVAC League each year, but has missed competing in the final of the League on only a handful of occasions. It says much for the quality of our athletes that we have such a good record in the league.

Our success in this cannot be under estimated, as the Club does not have facilities for training and supporting track and field events, and has struggled to encourage many first claim members to participate. I must therefore, also pay tribute to the support of a number of second claim members without whom we could not have achieved the same level of success.

This achievement was brought home to me at the end of the final when, watching the winning teams collect their trophies, it struck me that every one of the teams there were based at an athletics track, with specialist coaches and support....except for us. Not once during the day did it cross my mind that any of us were out of place, because we definitely were not.

My thanks go to all the athletes who competed in the league this year, their support has made my efforts to organise the events much easier and very worthwhile.

Merry Christmas and Happy New Year to you all!!

Stephanie Mullarney



# WYMONDHAM AC WINTER TIME TRIAL 2003 – 2004

By Dave Hazleton

Once again the Winter Time trial Series is up and running, and is proving as popular as ever with twenty-three athletes competing in the November run.

It is good to see more ladies taking part, indeed they made up almost a third of all competitors in the last two trials. This is a much better ratio than many county races. There is still room for more though, so please do not feel inhibited about your standard of fitness, a glance at the results sheet will tell you that there are all standards competing.

The dates for the remaining events and the final are listed at the foot of this article.

Some of the newer members may wonder where this event came from. I claim no credit for its origins. In a previous life I was a member of Thirsk and Sowerby Harriers, a running club in North Yorkshire. They held a winter event run on similar lines to ours – a road run. Their summer series was different though, a Fell Race over a similar distance. Interesting, very interesting. I would love to do that here in Wymondham, but sadly (or happily for you) there are no Fells. So that is the event's origin.

Back to the present and the results so far. The November event was special for a number of reasons, not least of which was the number of competitors. Well done to all who took part. Highlight was the new course record set by Tim Rowe of 12 – 14. His only comment afterward was that he was not flat out!! Most improved was Carl Harmer who sliced over a minute off his October time and Rob Lines who recorded 15:19 in October and 14:34 in November. There will be some interesting handicapping come the final. Of the ladies, well done to Gillian Bee who showed a marked improvement over her October time and Lisa Chapman who, like her husband, continues to make good progress. Well done to all. Complete results follow this article.

One final thing, there will be a twist to the December Handicap, Chairman Pete has agreed that a special Christmas prize will be awarded to the competitor who makes the greatest improvement in his or her time in this event from the times recorded in their last time trial of the current series.

The dates for the remaining races are as follows:

Monday 8 December 03

Monday 12 Jan 04

Final to be run on Mon 26 Jan 04.

Remember, with the revised structure you only need to have run in two time trials to qualify for the final.

I have also included a map of the course for newer members.

# Winter Handicap— The First Two Races Results

NAME	<b>Race1</b> <b>13 Oct 03</b>	<b>Race 2</b> <b>10 Nov 03</b>			
			Gillian Bee	18:12	17:09
			Kerry Freeman	18:19	18:34
Karl Chapman	12:53	12:36	Margaret Bailey	18:29	DNR
Terry Epps	13:39	DNR	Eva Osborne	18:30	DNR
Paul Wightman	13:40	DNR	Lisa Chapman	21:41	21:16
Alan Holland	13:42	13:55	Dianne Burton	DNR	19:23
Nigel Poppleton	13:53	DNR	Kate Barlow	DNR	18:39
Terry Brannan	13:55	14:09	Fiona Hunter	DNR	16:08
Ian Sturgess	14:01	DNR	Nik Smith	DNR	15:54
Neil Holland	14:08	13:51	Lyn Hazleton	DNR	15:06
Carl Harmer	14:39	13:30	Mike Smith (W)	DNR	14:58
Eddie Burton	15:15	14:51	James Preston	DNR	13:54
Rob Lines	15:19	14:34	Russell Clarke	DNR	12:56
Elise Hartendorp	16:04	15:51	Andy Preston	DNR	13:12
Peter Heard	16:34	16:31	Ady Preston	DNR	12:39
David Amos	17:30	DNR	Tim Rowe	DNR	12:14



## Snowdon – Second Time Lucky.

At 08.30 on sat 25<sup>th</sup> October, Geoff Adams, Steve Corbould and myself headed for North Wales (with some trepidation) to run in the National Trust Snowdonia Marathon. Having done the same journey last year only for the race to be postponed because of gales (the first time for 21 years this had happened). We had already seen part of the course and with Geoff having stomach muscle trouble and myself just recovering from the flu-type virus going round we were a bit apprehensive.

On Sunday we rose early to a fine, sunny and slightly cool day and although have gained an hours sleep by putting back the clocks we weren't looking forward to the 1 mile walk (uphill of course) from Llanberis to the start at Nant Peris, but it wasn't too bad after all.

After depositing our 'kit bags' in the transport vans and taking photo's on the start line we were ready for the off. At 09.30 the gun went and we were away on a slightly downhill section which soon turned into a steady climb of 900' in 4 miles at which point more photos were taken (any excuse for a breather – how come I've got both cameras in my bum bag??) and then came a welcome downhill leg of 8 ½ miles with stunning views of a snow capped Snowdon to divert your mind of any aches and pains.

Another stiff climb of 400' in 2 miles and then things evened out for a bit but we were still using the numerous feeding stations around the course, all with water, orange, isotonic drinks and mars bars (one even had home baked apple pies didn't it Geoff!!) and then, at 21 miles we turned into an old quarry road which rose 700' in 2 ½ miles and I don't recall seeing many people actually running up this section.

It was just as difficult descending the other side, on mostly unmetalled track, pulling on the thigh muscles whilst trying to keep upright and control your speed. At last Llanberis was in sight and after a couple of doglegs, through the streets we crossed the finish line within 3 mins of each other (having each in turn been pulled through bad patches by the others) donned our foil wraps and had a welcome cuppa.

Geoff 4hr 16mins, Steve 4hr 19mins and myself 4hr 18 min. It was a tough, scenic, very well organised, very well supported event and all in all an enjoyable week-end. What about next year? Well maybe its time to try the "Seven Sisters" or Dublin – who knows?

Mike Smith (W)

## **An eventful Round Norfolk Relay by Margaret Bailey.**

Congratulations and well done to all those who took part in the Round Norfolk Relay in September. It's one of the main events our club participates in during the year. Well done to Russell for all his hard work and preparation before hand, and a special thank you from me to my husband "Terry" who drove the minibus, we had a great day, me navigating, him driving.

Alan Holland started the relay at 10.31am with me cycling for him. Words of encouragement came in the form of 'I've got your number' from a group of lads at the side of the road.

Next time I cycle for the Round Norfolk Relay, I'm going to fix a basket to the bike to carry all the drinks runners need, I had Lucozade taped to the cross bar, water on the handle bars and the map stuffed in my bra!

We had just started stage 2 in the mini bus when a siren went off, at first I thought it was the Police, we quickly pulled over to find something was wrong with the minibus. After searching it, Terry realized that by lifting the back mudguard it stopped, so we had to find a garage and adopt a quick repair using a ball of string and some knots. Peace at last.

Whilst looking for the Maritime Museum at stage 3 we missed the left turn, and finally arrived 3 minutes late at the change over point, big thanks to Ron who was luckily also doing some time keeping.

Our final event of the day was an incident with an Angry Farmer, we were following Mike Smith (W) and were stopped whilst I was on the phone, the conversation goes something like this.....

Farmer: Who Organises this event?

Me: Err' Let me see (Rifles through some papers), Oh, I don't know.

Farmer: This happens every year.

Me: Yes it does

Farmer Why do you always use this road, I've been watching you

Me: Well, this is the Round Norfolk Relay

Farmer: Well it's bloody dangerous

Me: Yes it is

Farmer: Well, I'm writing to the press

Me: Oh Ok, err sorry Karl that was an angry farmer

And with that we drove on to Lessingham arriving just before dark.

When Eva saw me first thing at registration she said 'you look worried', and I was and well now you all know why.

Margaret Bailey

# Bishop Auckland 10K

For any club members who fancy a 10k race outside of East Anglia, then why not try the Bishop Auckland 10k held on the Sunday of the August bank holiday weekend.

For the last two years, Paul and I have taken part in this well organized race, which is sponsored by New Balance and Running Fitness magazine.

The race starts in the center of Bishop Auckland and proceeds to lead runners around a slightly testing hilly course and then finishes in the splendid surroundings of Auckland Castle.

Many elite runners take part in this race and this year Paul was pleased to meet former 1080's London Marathon Winner 'Eammon Martin'. Paul was even more chuffed when he beat him! I also met and chatted with Paul Larkins, the editor of Running Fitness and thanked him for the profile they ran on WAC in May this year.

We both bettered our 10k times on the year before and were rewarded for our efforts with a very nice t-shirt each and a goody bag.

This is a great race if you fancy a long weekend away with plenty of great places to visit such as Newcastle and County Durham and if you fancy a great, cheap night out then I can definitely recommend County Durham, where the locals are very friendly!

Dawn Wightman, Club Secretary.

## Focus on the Committee

Name Peter Clarke  
Age 60 - ish????  
Position at WAC Chairman

So who am I?? And how did a non-runner become your chairman>>  
I will now attempt to give you the answers, only the printable ones.

I have a wonderful wife Patricia who is an active Club member we have 4 married daughters and 6 grandchildren.

I have worked in the marketing sector for the majority of my working life here in Norfolk and the London Area (I was in the London area during the heady days of the swinging 60s, Carnaby Street, World Cup winning year etc., etc., that's all you are going to hear about that time) and am now enjoying semi retirement working 3 days per week.

As to my sporting ability achievements, not a lot, at school level Athletics, Tennis, Football represented the schools at all these

since school days Badminton and Football to local senior level.

Now the leading question how did I come to be involved with WAC I must thank Patricia, back in 1995 my beloved wife decided she wanted to run the London Marathon in 1996. In my infinite wisdom I found Eva's home number, Patricia phoned and joined WAC, the old saying "if you can't beat them join them" came into play and I then joined WAC, a little known fact is that I did compete on the track for the Club in the 4 x 200m relay back in the late 90s and during this time attended some of Ron's coaching session (even you Ron could not turn me into a runner!)

In 1997 I was elected as your Chairman, thanks to strong arm up my back tactics from the then Club Captain Alan Holland - thanks Alan, the same tactics were used again in 2003 this time by Roger Beardmore and Terry Epps. I really must be a gluten for punishment.

That's it folks, that's all I dare tell you, at least you now know how I became the tea boy, odd job person and oh! Yes Chairman.

## AMAZON PAIN ZONE ( JUNGLE MARATHON 2003)

'Are you kidding' that was my first response when my brothers partner Shirley Thompson asked me if I wanted to join her on the inaugural jungle marathon race in the Brazilian rainforest, for Shirley it was just another day at the office as she runs a website [www.eventrate.com](http://www.eventrate.com) that advertises a multitude of ultra races, and before she endorses a race she likes to do it first. When I had finished pinching myself and realised I really was off to the Amazon, I had 6 months to train and get in shape for what I rather naively assumed would be a challenge, but not that tough. I was fairly fit and just gradually increased my weekly mileage to just before the race peaking at 60miles.

It was only when I arrived at the airport and was flying out for the race that I realised what a challenge the race was going to be, as other competitors were rather amazed that I hadn't done anything like this before, not even a marathon, at one point someone pointed out to me how extreme it was that I had chosen this for my first ultra race. I was starting to feel very nervous especially when I saw some of the competitors, Karim Mosta the eventual race winner was a professional runner who had already completed 102 ultra races, and earned his living on sponsorship for such events.

After the initial introduction and day at the hotel we set off early the next morning on a boat down the Amazon to campsite one, it took us 8hours to get there.. It was pitch black when we landed at campsite one, we all staggered up the bank to be greeted by something that looked more stark than a POW camp, our sleeping arrangement was in hammocks, before you think of lazy summer days swinging in a hammock with a marguerite, these were plastic narrow hammocks that lurched to the side, better than a black coffee for keeping you awake. The next morning we had lessons on how to survive in the Amazon, if you see a jaguar 'stand by a tree' if you see wild pigs 'jump in the tree' Yep we are all going to die!!!!!!!

Day 2 in camp one was exciting it was the start of the race, we were to race to camp 2 roughly 27km away, if we'd known how much more basic camp 2 was in comparison to camp one we may not have been in such a hurry to get there. The race was fairly tough, initially I stayed at the back as I was worried about being in the jungle alone ' what if I saw a wild pig' but it wasn't long before my competitiveness got the better of me and I was racing to catch the front runners, my first mistake as the humidity catches you unawares and for the first 18km I felt strong, and was managing to keep up, the first river crossing was quite wide and the water went up to my chest, but I still felt fairly energetic, the last river crossing I did not fair quite so well, I came out of there feeling very tired and unable to keep up, it wasn't long before I fell behind and found myself completing the stage alone, I was starting to feel quite light headed, and was relieved when I saw the finish line, but it was great to have Stage one under our belts. On talking to other more experienced athletes I realised the mistake I had made was not eating and drinking enough, I would not repeat this again if I could help it. It was a sad day as we lost our first runner today.

Day 2 was a better day for me, after my mistakes the day before I made sure I stayed well hydrated and remembered to snack often. I felt really elated when we arrived at camp to find we were among the first into camp, although I paid a price for hammering it that day with my feet, and my trainers were showing the strain, the start of what was to hinder me for the rest of the race. Others did not fair so well today, we lost a couple of competitors to dehydration, some ended up in hospital hooked up to an IV.

Day 3 was supposed to be 41km but due to other competitors suffering yesterday the stage has been cut to just under half to give people chance to recover, another one of the competitors was felled by dehydration and had to be hooked up to an IV, she remained in camp and through supreme effort managed to complete the next day.

Day 4 another easier day, the stage had been cut to 19km, but through a mix up it was shortened again to about 12km. I felt great today and managed to come in with some of the front runners. My trainers finally gave up the ghost today, I was running through the jungle like coco the clown with the soles hanging off them, that evening found me trying to sew them back on wondering how I was going to make it through the next few days.

### *Jungle Marathon Continued.....*

Day 5 dawned, to say I felt demoralised today would be an understatement, I could barely stand on my feet and had the prospect of 80km in front of me today, fortunately I was kindly loaned Gerard's trainers (one of the runners who had dropped out through dehydration) they got me through the jungle stage and then I put my sandals on for the road stage, as my feet were throbbing and rubbing so much in the trainers, and after having them dried and dressed at the end of the last jungle stage I couldn't bear the thought of putting wet trainers on for the road stage. Even though half of the road stage was at night, and not very flat, apparently when it rains vehicles can't get up them, I found it infinitely more enjoyable than the jungle stages. I got to the edge of the jungle with 8km of this stage left at about 11.45pm, 19 hours on my feet, and slept there till morning ready to complete the last 8km in the light, a couple of brave runners went through the jungle just as it was getting dark and were apparently trailed by jaguars

Day 6, we all woke early eager to get the next 8km behind us, then we could spend the rest of the day recovering. I really don't want to go back into the jungle, I'm finding it quite oppressive, my feet are so sore its not very long before I find myself stumbling along alone, I had hoped for an easy, it's really tough straight away with lots of climbing, some of the climbs are so steep the only way up is crawling on your hands and knees, going down I don't trust my feet so I just slide down on my bum, I haven't eaten today, so have very little energy left, I didn't eat very much yesterday, god bless SIS and REGO without it I don't think I would have survived. My biggest fear is water I really don't want to get my feet wet. The doctors keep telling me to keep them dry ,but who are they kidding not long before another river crossing more swamps and mud, the pain trudging through the water and mud is excruciating, lucky I'm alone as the air is quite blue with the expletives coming from my mouth, when I eventually stumble into camp some four and a half hours later I feel quite broken and don't know how I'm going to survive tomorrow I stagger over to the river to wash my feet and like a wimp can't stop crying with the pain and enormity of it all. Eventually I make it over to the doctors area and sit for an hour while they dress my feet and then eat my last meal, ironically the one I was least looking forward to dehydrated spaghetti bolognaise was the most enjoyable meal I'd had all week.

Day 7 we were all looking forward to getting today over with, the route had been altered, so rather than wading through the river we went up it on boats which despite the trepidation wondering what was ahead of us, was rather fun, I'm only relieved I don't have to get my feet wet today (boy was I wrong) I decide to take it easy today, I know I'm not going to make up the time I've lost over the last 2 days and decide just to make sure I finish the race. Soon we're wading through more ant invested mud that find my sandal clad feet very tasty, for once I'm happy to throw myself in to the next river just to get them off. at some points we find ourselves crossing local peoples property which is rather pleasant, but when we go back into the jungle it is as tough and inhospitable as ever, to top it all I'm starting to worry that I will run out of water again as the check points are once again not where we are told they would be, fortunately Shirley stays with me today and so at least I know I'm not going to be stranded without water alone. Eventually just like buses we come across 2 checkpoints within a few km of each other, and find ourselves on the road to Rio preta, as we approach the town we can see there is a carnival atmosphere going on, I managed a pathetic jog over the finish line and am then whisked off to the doctors enclosure once again to have my feet dressed. Being in Rio Preta was surreal, we were like pop stars for the day, signing T-shirts and having our photos taken with locals, who thought what we had done an incredible feat, and considered us crazy and were all patting us on the back congratulating us, I'm amazed they could stand that close to us as none of us smelled very pleasant. It was amazing to see how dense the jungle is, and to think we had run through it, in some places we were the only people to have trodden there, as some parts were cut specially for us.

Arriving back at the hotel was wonderful, I couldn't wait to phone home and let them know I had survived, I then dived into the shower, and then the bath and then the shower again, in fact the hotels water consumption will have gone up that day as we all spent a long time washing the jungle off. Despite all of this I wouldn't change any of it, the experience was definitely a once in a lifetime if you feel adventurous I would strongly recommend checking out the website and registering for an event, I might see you there.

JAYNE ALLEN

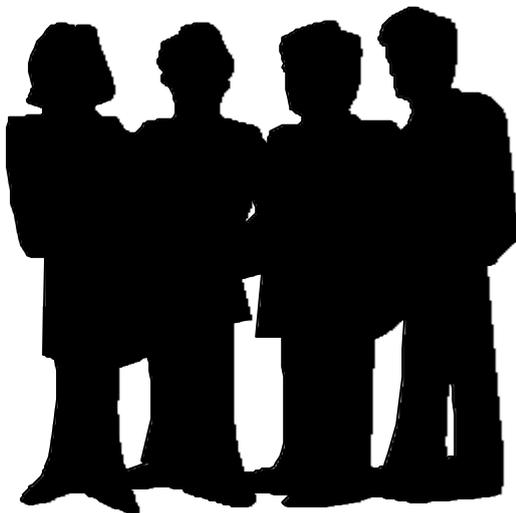
# RACE DIARY 2004

10 <sup>th</sup> December	Wattisham Camp, Ipswich (mid week XC)
14 <sup>th</sup> December	Turkey Trot 10
31 <sup>st</sup> December	Ely New Years Eve 10k
1 <sup>st</sup> January 2004	WAC 10k
18 <sup>th</sup> January	The Grim Challenge, Aldershot
18 <sup>th</sup> January	Norwich RR Cross Country Series Race 2
21 <sup>st</sup> January	Chantry Park, Ipswich(mid week XC)
28 <sup>th</sup> January	Acle (Great Yarmouth Road Runners)(mid week XC)
18 <sup>th</sup> February	Nowton Park, Bury St Edmunds(mid week XC)
3 <sup>rd</sup> March	Hadleigh (Hospital Combine)(mid week XC)
7 <sup>th</sup> March	WAC 10/20
14 <sup>th</sup> March	The Grizzly, Devon
17 <sup>th</sup> March	Shouldham Warren (Final Cross Country Race)
24 <sup>th</sup> March	Barning Camp, Honnington (Relay Rates)
18 <sup>th</sup> April	Flora London Marathon

Mid week XC— These are provisional dates – check with Pete at the Runners Centre before travelling!

## **A Few Words From the Editor**

Well, I don't know about you all, but I can't believe it's nearly Christmas Again. We are getting well into the realms of Cross Country with yet another successful Hereward Relay and the mid week cross countries meetings around East Anglia.. I heard a story from a friend of a lady who had done the first Jungle Marathon, - Jayne Allen, and I hope you've enjoyed reading about her exploits in the Amazon. I thought it was an incredible feat of strength and endurance. Footprints has its own email address [www.footprints@wymondhamac.org.uk](mailto:www.footprints@wymondhamac.org.uk) I wish you all a Very happy Christmas and happy new year.  
Kim



The Race Committee  
Need's your help.

New Years Day 10k,  
WAC 10/20 7th March  
Venue: Central Hall,  
Marshalls, Water Station etc.,  
Please help in any way you can.