



# ***FOOTPRINTS***

***SPRING 2004***

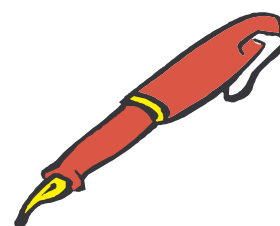


*Wymondham AC*



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### CLUB OFFICERS

#### WAC Committee

Chairman	Peter Clarke
Vice Chairman	Paul Wightman
Secretary	Dawn Wightman
Treasurer	Terry Epps Karl Chapman Russell Clarke Ian Sturgess

#### Race Committee

Chairman	Eurwyn Jones
Secretary	Jeremy Lightowler
Marshall's	Mike Smith (W)
Entries	Trish Jones
Sponsorship	Kim Reader

Club Captains	Russell Clarke Margaret Bailey
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#### Track & Field

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

#### Head Coach Coaches

Ron Marsh
Trudy Deacon
Terry Brannon
Alan Holland
Kim Reader
Sam Brown
Mike Smith (H)*
Steve Corbould
Margaret Bailey
Paul Wightman

\*Awaiting Re-certification

### A few Little words From the Editor

The daff's, crocus and snowdrops are all flowering beautifully, soon we will be in the lighter evenings and shrug off the gloom of dark nights. Start planning your running programme for the year, get a coach and above all enjoy yourself.

Contributions to Footprints are always needed to keep the club magazine up and running, please send them to me electronically if you can [footprints@wymondhamac.org.uk](mailto:footprints@wymondhamac.org.uk), or floppy disc, cd, even handwritten.

Enjoy your spring running.

Kim

## CHAIRMAN'S REPORT 2003-2004

Firstly I must say how honoured and privileged I was to be elected as your Chairman for a second time, most of you remember me from 3 years ago.

This year has been a milestone in our club, we have celebrated our Silver Jubilee, 25 years of a running club in Wymondham, quite an achievement when you consider how small a town 'Wymondham' was when Wymondham Joggers first took to the streets, as the Town has grown so has our club.

Over the last year we have made various large capital investments these items your committee have deemed necessary for the smooth running of the club, now, and in the future years, you have also seen the introduction of a new club vest and a new look Footprints. The overall financial position of the club is sound; you will hear further details on the finances in the Treasurer's report.

Our own Road Races have generated excellent results both in attending Runners and income; this is down to the excellent organisation of our Race Committee ably led by Eurwyn. You will note that our 10/20 mile race we have obtained added sponsorship from Poynter Professional Services and Waitrose Supermarket, which we hope we can maintain for the future.

Two notable achievements were reached this year, in the Round Norfolk Relay we obtained a club record time and in Track and Field both the Ladies and Men's team reached the Finals at Bedford. Individually the Wymondham Vest has been in prominence in great numbers at County, Country and World Events, returning with many P.B.s and Trophies. This is a reflection of the wonderful coaching system we have, our thanks to Ron and all the coaching team for all the commitment and enthusiasm they have shown you.

Over the past year your committee has worked extremely hard with great enthusiasm to implement all your requests and ideas brought to their attention at last years A.G.M. and the Mid Year General Meeting, plus a host of other committee work, to this end I would like to thank them personally, and, on your behalf, for all their commitment, time and enthusiasm. These words of thanks also go to all members who hold various positions within the Club (sorry but too many to thank individually)

So, to the future, Membership is on the increase, running is improving, coaching is excellent, Atmosphere at Club Nights is good, Handicaps are a success, Thursday Night activities are well supported, overall a very contented club!! So my own personal opinion is we should continue with the same format, with some fine tuning on some of the above, look for more sponsorship for our Races, improve the Social Side, promote the club more, how big a club do we want to be ???, now the committee needs your suggestions to keep WYMONDHAM ATHLETIC CLUB moving forward in the right direction.

Peter

# COACHING NEWS

Here we are again another year of running well. We now have no fewer than 9 coaches and 7 mentors to help achieve your best so there is no excuse of not having a good season.

My congratulations to Margaret, Paul and Steve who have passed their Level 1 Coaching award, and also many thanks to Alex and Mike for helping on Monday nights.

To all new members if you would like running schedules and advice please ask one of the coaches, they are all available with different ideas, and have a track record for getting the best out of all of you and helping to improve your overall performances.

This year more runners are taking part in our coached sessions on Monday's and Thursday's, which I feel shows that our coaches are making sessions more interesting.

We shall all be soon running out on our summer country routes (I can't wait) with different sessions for you to join in on and enjoy.

If you are interested in helping on the coaching/Mentor team please do not hesitate to make yourself known to me or any other coach for more information.

RON

Head Coach

## Club Mentors

Jenny Christian  
Alex Hartley  
Rob Lines  
Ian Sturgess  
Robin Stebbings  
Eva Osborne (occasionally)

## Monday Club Sessions

March 1st	Hubbards Close
March 8th	A11 VO2 Max
March 15th	1.25 Mile Reps
March 22nd	Town Tempo
March 29th	Ayton Road Fartlec
April 5th	Country Reps
April 19th	Country Pyramid
April 26th	Country Tempo

## WINTER TIME TRIAL HANDICAP FINAL 26 JAN 2004

One dark and dank Monday night each month, from October to January, many club members have, after club night, been seen gathering under a lamp-post on Norwich Road. What is this group? A breakaway faction planning a military style operation to storm Waitrose for some energy drinks, or a new breed of human greyhound chasing a virtual reality hare? A strange breed some of them too. Urged on by a bloke with a clipboard and a watch saying 3 - 2 - 1 - GO! every so often, they would chase off in to the night returning a short while later, some making very strange grunting and groaning noises as they chase up the road toward the aforementioned bloke, still standing there under his lamp post. That bloke was me and happily for the Waitrose management, it was only the monthly Winter Time Trial taking place.

Rather sooner than planned, the final was held on 26 January. In all 37 runners took part in the 4 time trials and of those, 32 qualified for the final, which was a fantastic effort by all who took part. On the night 22 made it to the start line and I am indebted to Roy Marchant for his assistance in the final. Without his help the start and finish would have been absolute mayhem. Thanks Roy!

So to the run itself. The overall winner was Lisa Chapman, who improved her time by over a minute, obviously been out with Karl, sharing his Tri-athlon training. First man home was Mike Smith (Wymondham) so well done to them. A full list of finishers is below. I have not included times as my watch recorded 20 times for 22 runners. ....A problem.

Notable performances came from Clive Ling and Tim Rowe, both of whom broke the course record within 30 seconds of each other, the record staying with Tim with 12.10. Clive's 12.14 lasted less than half a minute!. Battle is joined for next winter.....maybe.

Among the ladies, Gillian Bee's improving times over the winter over the winter are notable. She improved from a first performance of 18.12 to an unofficial time of 16.31 in the final. Progress indeed.

The winter time trials can be a good guide of how you are improving, so if you have not yet tried it, give it a go next winter. Good luck and good running.

***Dave Hazleton.***

# WYMONDHAM AC WINTER TIME TRIAL

NAME	START TIME	FINISH	PERSONAL
		POSITION	TIME
LISA CHAPMAN	00:00	1	N/A
GILLIAN BEE	04:00	2	N/A
MIKE SMITH (W)	05:45	3 1st Man	N/A
DENNIS BARTRAM	05:50	4	N/A
CLIVE LING	08:35	5	N/A
EDDIE BURTON	05:55	6	N/A
ROB LINES	06:50	7	N/A
TERRY EPPS	08:00	8	N/A
IAN STURGESS	07:00	9	N/A
NEIL HOLLAND	07:10	10	N/A
LYN HAZLETON	05:50	11	N/A
FIONA HUNTER	05:25	12	N/A
TIM ROWE	09:00	13	N/A
MIKE BAILIE	03:25	14	N/A
JULIE TAYLOR	02:55	15	N/A
PETER HEARD	04:50	16	N/A
ALAN HOLLAND	07:25	17	N/A
KARL CHAPMAN	07:55	18	N/A
TERRY BRANNAN	07:10	19	N/A
RUSSELL CLARKE	08:20	20	N/A
DIANNE BURTON	01:50	21	N/A
ADY PRESTON	08:40	22	N/A

Notes:

Firstly my thanks to Roy Marchant for his assistance on a freezing night. Without him the start and finish would have been a complete nightmare. Many thanks for your help Roy.

Congratulations to the winners, Lisa Chapman, obviously been getting in some serious coaching from Karl, and to Mike Smith (W), running to form had an excellent performance to take the Men's prize.

Sorry there are no times, my watch only recorded 20 times for the 22 finishers and without photo-finish I cannot discern from my hurriedly scribbled finish notes who shares times. Sorry about that, maybe the handicapping was too good.

Finally thank you to all the runners who took part in the 4 time trials and the final. I am told the event will be back next winter, however someone else will be organising it.

Dave Hazleton

# CAPTAINS CORNER

Well it is almost over, Marathon training that is, but sometimes March is a hard month to keep your motivation going.

You have spent lots of hours out on the road, and now that spring Marathon is just around the corner. But somehow getting out of your door first thing in the morning is getting harder and harder to do.

So if you are looking for some motivation and ways to make the last weeks of your training fun (well almost) then look no further as I have gathered to gather sum words of wisdom to get you rushing out of the door with a smile on your face.

## *Leaving your watch behind*

Take your watch off and just go for a run- anywhere, don't think about how far or fast you're running, just run, explore, feel the sun, wind, rain on your face and think how lucky you are to be healthy enough to be out running.

## *Running in the Rain*

Nothing perks up a run as much as running in the rain. Why? Because everyone will think you're NUTS! So put on your jacket and a baseball cap and get out there in that rainstorm!

## *Setting a new Goal*

If you're becoming bored with running, consider revisiting your running and race goals, try something different, A cross country or trail race, a Triathlon, or if you are completely mad an Ironman! Re set your age goals, you will not be as fast as you wear in years gone by.

## *Taking the Scenic Route*

If you know of a great country trail to run on, even one that's a bit of a drive away then plan to spend a weekend morning driving out to run it. Spending even one run on a beautiful, peaceful trail can eliminate boredom in a flash

## *Taking time off*

If you haven't taken sum time of in a while and you're feeling stale. Then plan to take 2/3 days off Don't do it today because you'll miss the opportunity to look forward to it. Plan which days you are going to have of and then relish them.

## *Varying your route*

If you're running the same route every day, until you just can't stand the thought of going down that same street, past that same house, where that same man yells the same stuff to you every time you go by, don't throw in the towel – just change your route!

To sum things up, ***If you always do, what you do, then you will always get, what you get.*** So go on try something new, and you will get to that Marathon starting line with a spring in your step and a smile on your face. As for getting to the finish, well that's a nothing altogether.

Enjoy your training, I will look forward to bumping in to you, in the poring rain, on a new off road rout, well rested, and with no idea of the Time.

Russell

## WAS IT GRIM????? WELL IT WAS COLD!!!!!!!

A few months ago I made a remark about wanting to do the Grim Challenge at some point to Trudy, who's prompt reply was "I'll do it with you", well that was my mind made up, and I thought well I'll have to rope Dawn in, as she loves to get muddy, wet and cold. (You'd never believe it if you saw her dressed in a suit preparing a presentation for work).

As with all races we began to train and incorporated it into our preparation for Grizzly in March (Yes I know, I wasn't going to do it again, but well you have to, don't you!) We sent off our applications and I think we all secretly hoped it would already be full – UNFORTUNATELY NOT!. Christmas came along and we reduced our training a bit, and Dawn and I began to worry a bit that we perhaps hadn't really done enough not having a clue what to expect except the details on the entry forms. The numbers turned up and we were committed, Dawn, Trudy and Me. Sadly Trudy was unable to take up her place as she hadn't done enough training due to balance problems, colds and stuff. So, we did our level best to drum up another victim oh I mean runner, so we tried and tried to persuade Kate Barlow; she's done Tough Guy, so I thought well that shouldn't be a problem, but she was not going to be swayed.

Early in the morning of the 18<sup>th</sup> January, we departed from a very icy, but beautifully sunny Wymondham, heading due south for Aldershot – The Home of the British Army. All too soon we had arrived in Aldershot, and a queue of traffic all heading in the same direction to the Tank Testing Area. As with all races, there are runners of all abilities and from all walks of life. Dawn and I were somewhat apprehensive before the start as we made our preparations, we truly had no idea what to expect except wading through water. We had already made our minds up to have a good run, a laugh (as ever), and finish well whenever, and we thought around about 1 ¾ hours was a good guess.

As we were herded into the start pen, apprehension began to rise, the gun went off and we were away, down a wide hard and stony track with lots of water filled pot holes, We were roughly in the middle of the pack, the one's in the front are breaking the ice on the puddles! The paths were winding a little and we were thinking well this isn't too bad, a little bit of mud, shallow puddles, and no problem. Then, as with most things, the course changed a little; suddenly the puddles were not puddles anymore they were small shallow ponds! We ploughed through them and wow was the water cold, then it was getting deeper and the ponds longer, and we ran through them getting very wet, the sun shone but flip was the water cold, it really got to your bones, amazingly when we came out the other side you felt a rush of cold on your joints and then you were really quite warm from the sun. We went on like this for some time clocking off the miles with a bit of mud, more water, forest tracks and some rough ground, and we were getting competitive overtaking other runners really pushing on and I kept thinking it's got to get tougher. Of course the worst of the water was to come, we came round a bend and could hear some screams and in front of ours was a long stretch of water, at the side was an alternative route avoiding the ice cold water, now you may think we took that, but think again, there was a spectator, a 'bloke', who was shouting 'Softies to the left!' I said to myself well I'm no softy and went ploughing straight into the water and so of course did Dawn, It was so cold it took your breath away for a moment, but we did it – we're tough..... (ish) and all too soon we were through all the real watery stuff and over the last bank towards the finish. We crossed the line together of course as we do in these types of events with a huge smile on our faces and arm in arm for achievement.

Would we do it again, OF COURSE we would, it's muddy, it's wet and it's a laugh!

Hope to see you there next year.

Kim



**WYMONDHAM ATHLETIC CLUB  
MEMBERSHIP APPLICATION / RENEWAL  
YEAR COMMENCING 1<sup>st</sup> MARCH 2004**

**Personal Details**

Name .....  
Address .....  
.....  
.....  
Post Code .....

Telephone Home ..... Work .....  
E-mail .....  
Date of Birth ..... Sex Male/Female  
Next of Kin ..... Relationship ..... Tel .....

Do you belong to another Running or Athletic Club? Yes  No   
If Yes, Name of Club ..... Name of First Claim Club .....

Membership Details, tick box as appropriate

Senior £15.00  Under 11 £3.00  Under 18 £5.00  Family 25% discount   
Life Membership (over 60's only)  Second Claim member for Track & Field only,  
£5.00

If family membership, please note below name of each member and complete a separate form for each member

Names ..... / ..... / ..... / .....

Fee for new members joining after 1<sup>st</sup> June will be calculated pro rata based on number of months of the membership year remaining at date of joining.

**Declaration**

I agree to abide by the Club rules and enclose cash/cheque for £ ..... made payable to Wymondham AC. I understand that the Club, or its officials, shall not be held responsible for any injury, loss or damage as a consequence of my participation in any of the Club's activities.

Signed ..... Date .....

Please return the completed form to  
TA Epps  
1 The Poplars  
Forncett St Peter  
Norwich  
NR16 1HP

**WYMONDHAM ATHLETIC CLUB**  
**MINUTES OF ANNUAL GENERAL MEETING - 16<sup>TH</sup> FEBRUARY 2004**

Present: Peter Clarke, Dawn Wightman, Kim Reader, Terry Epps, Paul Wightman, Jeremy Lightowler, Karl Chapman,  
Russell Clarke, Roger Beardmore, Margaret Bailey, Robert Scarf, Adrian Dearnley, Geoff Davidson, June Davidson, Rob Lines, Gillian Bee, Dean Phillips, Trudy Deacon, Ian Sturgess, James Birch, Mike Bailie, Mike Smith (H), Steph Mullarney, Eva Osborne, Ann Martin, Louis Cooper, Gary Malcolm, Mike Smith (W), Eurwyn Jones, Kate Barlow, Dennis Bertram, Ron Marsh, Jenny Christian, Steve Corbold, Terry Brannan

**1. Apologies for absence**

Veronica Manley, David Hazleton, Alex Hartley, Mike Pope, Pat Clarke, Alan Holland, Andy Preston, Roy Marchant, Hazel Marchant

**2. Approval of previous minutes**

Approval of minutes proposed Kim Reader, seconded by Kate Barlow.

**3. Matters arising from previous AGM minutes**

None

**4. Reports**

**4.1 Chairman**

See Chairmans Report at front of magazine

**4.2 Secretary**

Dawn Wightman presented the following:

I have now completed my first year as your club secretary. So far it has been an enjoyable experience working with all the committee members and getting to know all of you better as club members. We have welcomed many new members this year, who we hope they have enjoyed their running experience at WAC.

Over the last 12 months your committee has been busy addressing the various issues that arose during the AGM as well as arranging some interesting events for you such as the Running fitness magazine profile, The Ketts Park Relay and the presentation evening.

Issues that have so far been addressed include the club running vests. These have now been ordered from Ron Hill and I would like to thank Paul Wightman for his help in arranging this. The vests will cost £15.00 each, so please see Paul if you would like to purchase one or any other club kit.

On the subject of club kit I would like to advise you that Roger Luck has passed the responsibility for the kit to Paul Wightman.

I would like to thank Roger for all his hard work over the many years that he has looked after the kit.

An issue that has also been addressed is the date of the Bury 20 and Wymondham 20 and 10 mile races. The Muscular Dystrophy committee who organise the Bury 20 were going to run the race on March 7<sup>th</sup>, which clashed with our race but after several emails we have managed to keep this date and they have moved theirs to 29/02/04.

While on the subject of the races, I would like to thank the race committee for all their hard work over the past year.

The club secured 3 places for the London marathon. These went to Margaret Bailey, Peter Herd and Peter Hubble, good luck to you all.

Our website is now up to date thanks to Jeff Landsell's hard work but any ideas for improvements from you as members would be appreciated. Due to the efforts of Terry Epps our Treasurer, we have now secured funds, which have allowed us to purchase a lap top computer for the club.

Kim Reader has also done very well in producing the new look footprints and she has also been working hard on the Members hand book, which is now complete and will be sent to members in the near future. Thanks Kim.

Karl Chapman and Paul Wightman have been spending some of their spare time recently erecting the club shed at the Rugby club. This will hold all the race equipment, so freeing up the race committee members garage space.

Thank you to Karl and Paul.

Another big thank you to Peter Clarke and Paul Wightman for all the tireless work as Chairman and Vice Chairman. I am sure you will all agree they have done an excellent job over the last year.

I have also been working closely with the race committee in respect of race sponsorship for our 20 and 10 mile races this year. I have arranged for Waitrose supermarket to sponsor the finish line water and Poynter Professional Services the company I work for, will be sponsoring the winners cups. These will be presented on the day by Mr Nick Vincent Poynter Director.

If any one has any ideas regarding sponsorship or knows of a local or National company that may be interested in sponsoring our races, please let me know. I will be happy to approach them on the clubs behalf.

On a final note please remember this is your running club and the committee is here to work for you. So please let us know if there is any thing you would like us to do to make your running experience at Wymondham more enjoyable.

### **4.3 Treasurer**

Wymondham AC is in a good financial position with a total of £4085.67 in the bank.

See attached income and expenditure statement for 2003 and 2003 race income and expenditure report. *(Editors Note: Please see Terry Epps if you would like a copy)*

Terry has now agreed to become the new club membership secretary and he also thanked Adrian Dearnley for auditing this years accounts.

### **4.4 Coaching Committee**

Ron Marsh presented the following:

I feel that there is now a much better atmosphere within the club and I feel that the regular coaches and members meetings have contributed to this. We now have very good coaches on board and I would like to welcome our new coaches Paul Wightman, Steve Corbold and Margaret Bailey. I hope you all continue to enjoy the sessions and see the results come in for you.

## **4.5 Race Committee**

Jeremy Lightowler presented the following:

Thank you to all members who helped with the races over the last year. We now have the facility for our 10/20 mile race to be entered on line and to date we have received about a third of entries by this new method. This method seems to have attracted many people from much further a field in the UK.

The committee would really like to have two new members on the committee to help out over the next year, so if anyone would like to help please speak to either me or Eurwyn. We are also looking to improve the corporate image of the club races this year with new signs, marshal bibs etc with the WAC logo on.

## **4.6 Track and Field**

Steph Mullarney presented the following:

Thank you to all members who competed in the veteran team during 2003. Thank you to Adrian Dearnley for running the men's team. I think it is great that for such a small club we always managed to have a track and field team.

We have only four meetings per year during the summer and I would like to encourage any Lady over 35 or Gentleman over 40 to attend as a competitor or a supporter.

Adrian Dearley thanked Steph for all her hard work over the last year.

## **5. Proposed amendment to constitution item no8:**

MEMBERSHIP FEES SHOULD BE PAID WITHIN ONE CALENDAR MONTH.

Proposed by Chairman and seconded from the floor.

Peter advised that membership subs are now due on the 1<sup>st</sup> of March each year. These must be paid within one calendar month otherwise a reminder will be sent out to members. Peter asked for this to be seconded and Jeremy Lightowler agreed to do this.

Ian Sturgess advised that there should be a vote from the floor for this proposal. A vote was taken from the floor and was unanimous.

## **6. Election of committee members**

Committee members up for re election this year are Terry Epps, Kim Reader and Jeremy Lightowler.

Terry has agreed to stand again as the club Treasurer and all members agreed to this.

Kim and Jeremy have both decided to stand down after several years as committee members and Peter thanked them for all their hard work.

Three members agreed to be nominated for the two positions these were: Russell Clarke, Steve Corbold and Ian Sturgess.

A secret ballot was held among members and Ian and Russell were voted on to the committee.

## **7. Appointment of independent Auditors**

Adrian Dearnley and Robin audited the accounts this year and Adrian agreed to take on the task again in 2004.

All members were happy with this.

## **8. Election of Club Captains**

Margaret Bailey and Russell Clarke were both happy to carry on the roles during 2004. All members were happy with this.

## **9. Eva – Round Norfolk Relay**

Eva advised members that she is a member of the of the Relay organising committee. She would like the opportunity to brief all members on the relay in the near future.

Peter advised that a meeting would be held to discuss the relay after the club run on 23/02/2004. Eva was happy with this and invited all interested members to attend.

## **AOB**

### **Winter Handicap Series**

Peter advised that he would like to make some presentations in respect of the recent winter handicap series.

The ladies race was won by Lisa Chapman and Peter presented Karl Chapman with a trophy and a bottle of wine on Lisa's behalf. The second and third lady was Gillian Bee and Lynn Hazleton respectively and both received a bottle of wine.

The men's winner was Mike Smith (W), who received a bottle of wine and a trophy and the second and third men were Dennis Bertram and Clive Ling respectively, who both received a bottle of wine.

### **Members Hand book and Annual club plan**

Peter advised that the members hand book and annual club plan details will be available at the end of March 2004.

### **Club Shed**

Kim asked when the club shed would be completed. Karl advised that the cement is being delivered for the base on 20/02/04 and both he and Paul would be spending part of their day's holiday laying the cement. The shed will then be erected on Saturday 28/02/04 and if any other members would like to help please let Karl know as any extra help would be appreciated.

### **Action Karl/Paul**

Thank you to our Chairman and 2004 presentation evening

Paul thanked Peter for all his work as the club chairman over the last year and also advised members that the presentation evening for 2004 will at the Norfolk Golf and Country Club on Saturday 11/12/04.

The meeting was concluded at 20.45pm

Dawn Wightman (WAC Secretary)

**Next meeting AGM 16/02/2005**

# RACE DIARY 2004

3 <sup>rd</sup> March	Hadleigh (Hospital Combine)(mid week XC)
7th March	WAC 10/20
14th March	Grizzly, Devon
14th March	Thorney 12K
17 <sup>th</sup> March	Shouldham Warren (Final Cross Country Race)
21st March	Broadland 15
24 <sup>th</sup> March	Barning Camp, Honnington (Relay Rates)
28th March	Linton 1/2, Cambridgeshire Joe Cox 10, Stowmarket
4th April	Bungay Black Dog Marathon & 1/2
18th April	Flora London Marathon
2nd May	Heritage Coast Walk/Run Marathon

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

No heart rate monitor but still want to be able to work out percentages of your maximum heart rate so that you can train correctly

Firstly How to work out your Maximum Heart Rate

220—Age + Maximum Heart Rate So If you are 40  $220 - 40 = 180$

For Example: 75% of your Maximum Heart :  $\text{Max HR} \times 0.75 = 75\%$ ,  $180 \times 0.75 = 135$

So Why Do you need to know these figures well, Working at 60-70% of your Max HR helps with Weight Management. Working at 70-80% improves your aerobic Zone, and working at 80-90% works your anaerobic threshold.

Kim



The Race Committee Need's  
your help.

WAC 10/20 7th March

Venue: Central Hall,

Marshall's, Water Station etc.,Please  
help in any way you can.