



Footprints *Summer 2004*

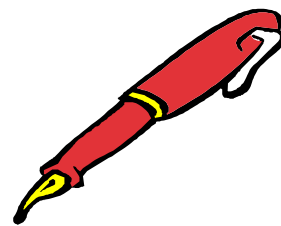


Wymondham AC



This Issue includes:-

- Chairman's Chat
- Coaching News
- Balloon Flight, Web Sites
- Breakfast Runs
- London Sightseeing Tour
- Race Committee Update
- Race Diary



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

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

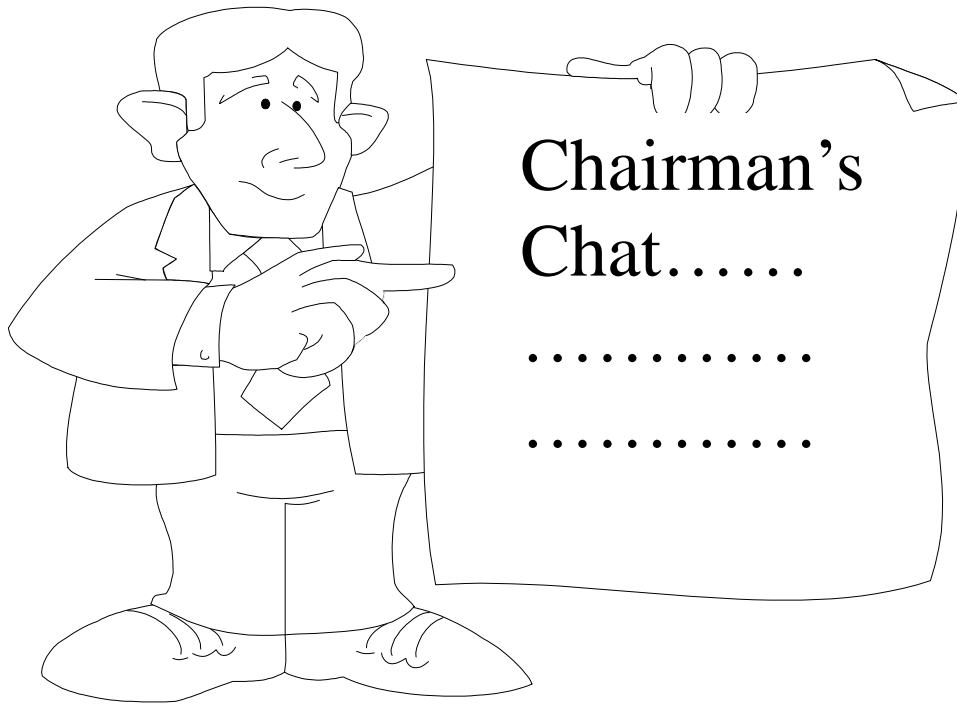
*Awaiting Re-certification

A few words from the Editor

I hope that all your winter training preparations went well and that your times etc are coming down and pb's being achieved during the early summer months.

The track sessions are in full swing at Hethersett Old Hall School, as well as maintaining the circuits programme, Wymondham AC Coaches and club still has plenty to offer. By the time this issue is printed we will have hosted our first breakfast run at Colney Lane, which I hope was well attended. Contributions to Footprints are always welcomed, please send them electronically if you can to footprints@wymondhamac.org.uk, you can of course still pass them to me on disc, cd and handwritten.

Kim



Since my last chat to you we have seen the following come and go the Clubs A.G.M. our 10/20 mil road race, Flora London marathon, World Masters Indoor Championships, to mention just a few. A well attended A.G.M. saw new faces on the Committee and I feel they are all working well together and the future of the club is in very capable hands, they are at present

arranging Early Morning Breakfast Runs and possibly some extra Summer Runs, the Kett's Park Relay is again being held with the hope of inviting clubs and local organisations to participate, Winter House Runs to be reinstated, the Annual Presentation Evening based on the same format as last years very successful event, so as you can see the committee are working hard and silently. Please read the notice board for dates of the above events, finally on the work of the committee a big thanks to Karl and his band of workers who have erected the clubs equipment shed bringing to an end the ongoing saga of "The Shed".

March saw the running of our 10/20 mile road race once again a very successful event both financially and entry wise. I would just like to thank Eurwyn and Jeremy as joint Race Directors for all their expertise and hard work that made this event so successful also to everybody who turned out to help on the day, beware our next race is on 23rd June. Eurwyn will be asking for your help.

Flora London Marathon in April saw the Wymondham Vest out in Force with 14 members braving the cold and wet, congratulations to you all, notable achievements were, Veronica 1st Lady in her age category (incidentally Veronica is also Ranked No 1 in the UK at 20 miles) Russell for cracking the 3 hour barrier again and to Margaret for achieving her goal. The Wymondham vest was also visible in Germany at the World Masters Indoor Championships worn by Eva where she collected a Gold and Bronze medal.

The first track and field meeting was held in May, if any one is interested in competing please contact Steph or Adrian, I also understand that helpers are required to officiate on the night ----- any volunteers please???

Financially the club is in a very sound position so overall the first quarter of this year has been very successful both on and off the Running Field/Road.

That's all folks

Peter

Coaching News

Hi Members

Now that the winter season is behind us and the track sessions at UEA have finished we can reflect on the benefits gained. I strongly recommend these sessions to those of you who may be thinking “its not for me” – we can all benefit no matter what level we’re at.

Now comes more hard training at Hethersett Old Hall School as our summer grass track work gets under way. Already there has been a very positive response. Our coaches all bring something different to these sessions, so plenty of variety is there to encourage you. All levels are catered for, especially newcomers. A word of warning – don’t forget your insect repellent – those of you have know the consequences to their cost!

For those of you who prefer to continue with the indoor strength work with Sam, this is still on offer for all members throughout the summer.

It is the time to consider your choice of race. Plenty are available, all distances. Why not select a shorter race with an earlier start and make it a family day out? Or enter just for fun whilst on holiday and enjoy new scenery and a change of location with no pressure.

A reminder for ALL with the onset of warmer weather; please remember the importance of being fully hydrated – you must take water or energy drinks on board no matter what distance your race or training run is.

To focus your training it’s good to have a “target” race to aim for. Your coaches will be happy to prepare schedules and advise you. For those of you taking part in the Round Norfolk Relay special training will be available every other Monday from July.

Ron

What a good idea!

When packing your car for a race, why not include an old washing up bowl, a large bottle of water, a flannel and a towel then if the facilities don’t include a shower at least you can rinse your feet, get the mud off your legs and have a simple wash down, and then you’ll have a much more fragrant trip home!

Not quite as good as Easyjet, but the best I can do.

If you fancy a flight in a Hot Air Balloon then let me know.

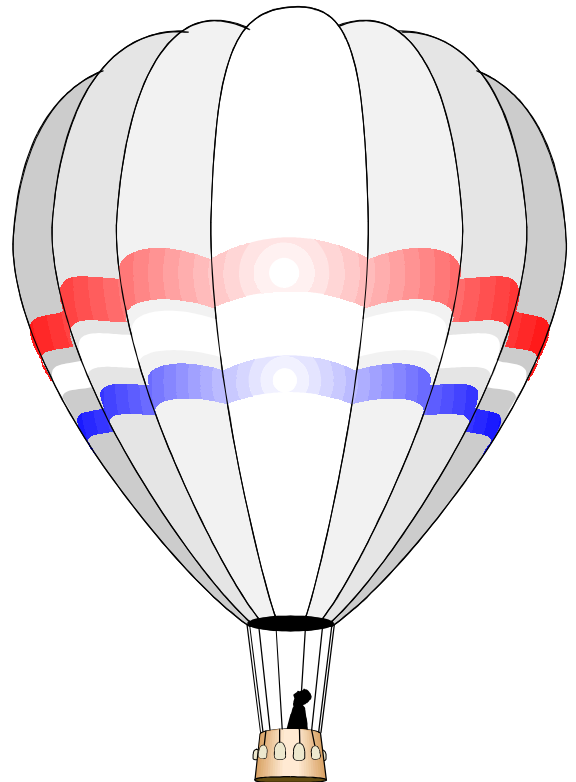
I can arrange it at 1/3 the normal price.

No Strings (only those holding the balloon to the basket).

Pay at the time of the flight.

The only condition is that you must not disclose how much you have paid to other passengers (Who may have paid the full amount!).

You can even jog back from where the balloon lands if you want!!!



Mike Pope

Useful Web Sites

www.runnersworld.co.uk

for events, training, health, kit and runners forum(the forum is well worth looking at as it gives runners the opportunity to comment on individual road races) and on-line race entries

www.runnersweb.co.uk

training, books, race diary etc

www.marathonguide.com

marathon race directory, news, products and training tips

www.ingrid-kristiansen.com

running philosophy, planning and race preparation

www.sportinjuryclinic.com

sports injuries, analysis, recovery and prevention

www.runnerscentre.co.uk

Runners centre, Norwich- kit, local races, and grand prix events and results

www.race-results.co.uk

results of most UK road races

www.wymondhamac.org.uk

our club site with events planner, articles, committee meeting minutes and much more

Can you suggest any more interesting sites?

ROUND LONDON SIGHTSEEING TOUR 2004

“Welcome to sunny Blackheath”, said the conductor. “All change for the Round London Sight-seeing Tour”. 7.45 am on a Sunday morning was too early to be on a train to the start of the London Marathon. According to my plans, which were already in disarray, I shouldn't have arrived until 8.45 am.

The resulting hour and a half wait at the start left me wet and shivering. But it was difficult to feel sorry for myself once we got underway. A wave of emotion took me over. The presence of numerous charity runners brought home to me the special significance of the sacrifices and effort they were making to run the race; partially sighted runners being led, teams in costumes and children supporting their mums and dads brought a tear to my eye. I doubted whether I was entitled to join them, running as I was for my own self-interest and nothing else. Still, I was clearly not alone and soon the good feeling generated by my fellow runners and the crowds along the route spurred me on, especially around Cutty Sark and over Tower Bridge. Bands, music and banners were everywhere! This was clearly what it was all about.

I managed to miss seeing my wife and family waiting along the Highway as arranged – depressing – especially for them. As the rain fell, they became more downcast as I appeared to have been overtaken by a man in a phone box, several Wombles and two camels. I slogged around the Isle of Dogs as the effort began to tell – overtaking Graham Gooch, one of the two celebrities I saw was the only highlight of this stretch, but then coming back into the city I was boosted by the support of WAC members between 20 and 23 miles. Thanks to them for their support; it was great to hear people calling my name! Thanks also go to the enterprising lad seen picking up discarded Lucozade drinks and offering them back to passing runners; he raised a smile, and I am glad to say I didn't sample his wares.

I slipped into gloom again when I realised that I may not make my target of under four hours despite having been on target at 20 miles. The level of support around Westminster however and the realisation that I was going to finish soon got me going again. Fortunately, my supporters, who had relocated, saw me pass Big Ben, so their day wasn't wasted. I showboated unashamedly as I fulfilled my vision of crossing the finishing line first - with arms raised in acknowledgement of the adulation of the crowd! Unfortunately I was not on the television at that point but some of you may have seen me earlier whilst struggling along the Embankment.

Crossing the finishing line of the London Marathon fulfilled an ambition. It was that ambition that led me to Wymondham A C three or so years ago. I couldn't have done it without the help, encouragement and support that everyone gave me – and the club even gave me the entry.

Thank you, you're a great bunch.

Now the ambition is to do it again – for charity - but quicker!

Roll on next year!

Peter Heard



Summer Breakfast Runs



Sunday May 30th and August 8th

Meet at the grass track in Earlham Park at 8.30am

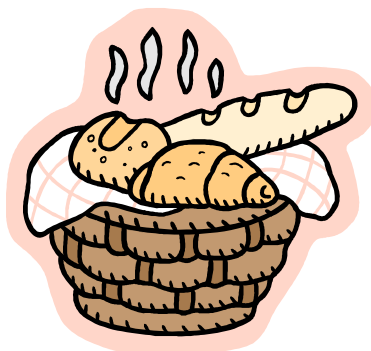
3,5,8 and 12 Mile runs, all off road in the Park

Picnic Breakfast provided by W.A.C at 10am back
At the Grass track

Bring your own Tea, Coffee, blanket or chairs

A Social morning for all club members and their Family's

No need to book, just turn up and enjoy the day



Race committee up date!!!!

Thanks for all your help making the annual Wymondham 10 and 20 mile races successful. It was a brilliant turn out and your help made the race run smoothly.

In order to make our next race the midsummer 10 on Wednesday June 23rd as much of a success we once again need your help. So put your name on the sheet for Marshalling, car parking, refreshments, water stations and all the other 101 things needed for a successful race

I would like to take this opportunity of thanking Louis Cooper for recently joining the committee and Kate Barlow for sponsoring the midsummer ten miler on behalf of the Norfolk Golf and Country Club, and also Adnams brewery of Southwold for the prizes which this year are bottles of beer.

If you or your company is a potential sponsor for future races perhaps providing spot prizes, trophies etc, advertising goes out on the race entries contact Kim Reader, Dawn Wightman or myself. Or perhaps you want to get more involved helping on the actual race committee. We meet 8 times a year to present ideas, discuss, and plan our up coming events so that they run even better than the previous ones.

Yours Thankfully

**Eurwyn Jones
Race committee chairman**

Race committee:

**Eurwyn Jones
Patricia Jones
Kim Reader
Louis Cooper
Jeremy Lightowler
Les Hill
Mike Smith (Wymondham)**

RACE DIARY 2004

10th June	Run for the Loo 5—Peterborough
11th June	Ipswich Jaffa Friday 5
13th June	City of Norwich 1/2 marathon
15th June	Bungay Black Dog Summer Series 10k
19th June	Midsummer Madness 1/2 Marathon, Framlingham
23rd June	WAC Midsummer 10
1st July	Ryston Runners Midsummer 5
4th July	Feast Beast 7—Sutton , Ely
10th July	Lord Mayors 5k, Norwich
July	Worstead Festival 5
July/August	Wibly Wobly Log Jog, Brandon
26th August	Wroxham 5k
September	Wissey 1/2 Marathon
September	Round Norfolk Relay
November	Hereward Relay

Summer Handicap Series

**7TH JUNE—GOLDEN
MILE**

5TH JULY—10KM

2ND AUGUST—5KM

**6TH SEPTEMBER—
CROSS COUNTRY**



Prizes

**Bottle of Wine for
1st Lady, 1st man in
each event**

**Overall Winners
trophy at
presentation night.**