

FOOTPRINTS



AUTUMN / WINTER  
2005



Footprints—This issue includes:

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Coaches Report / Circuit Training  
Race Committee Update  
Russells Triathlon Tales  
A Friendly Rivalry  
Winter Handicap Time Trials  
Report on the Round Norfolk Relay  
Race Diary for 2006



Your Committee is:

Chairman:	Karl Chapman
Vice Chairman:	Ian Sturgess
Secretary/Club Kit	Paul Wightman
Committee Members	Russell Clarke
	Lisa Chapman
	Kate Barlow

### A Few Words from the Editor

Well we have a jam packed issue this time, thanks to all those who contributed. Lots of interesting stuff to read. I congratulate Karl and Lisa who are expecting their first baby in February, so I'm sure we'll see Karl trying to break the half marathon record pushing a buggy, with Lisa Hot on his heels. Another life changing experience for them, good luck to them and the patter of tiny trainers!

Kim



## CHAIRMAN'S CHAT

I always find it difficult to sit down and write this bit for footprints and am never sure what to put in. So this time I decided to make a list of things that have happened since the last edition, now I have got a list that's too big!

Here we go (forgive me if I have forgotten anything and it's not in date order, it's written as I remember it)

We have had a couple of very successful races since the last edition. Both the midsummer 10 and the ladies & gents 5k races were a great success with good turn outs to both races. Thanks should go to all those who helped organise the races and all the volunteers involved, without your help the races would be impossible to run and your efforts will always be appreciated. We also held the Ketts Park Relays again (with rain again!). We have raised over £200 for the Stroke Association made up from donations, entry fees and BBQ money. A few more people to support and race would have been nice though, maybe next year!

Kate hosted a pitch and putt event at Reymerston during the summer with a good turn out for a successful event and something that we will organise again soon. Maybe without Ian Sturgess though as he is apparently a much better golfer than he is a runner!

We have also had the RNR where the WAC team won the veterans class in a great time for a bunch of old folk. A great achievement for all those involved and much deserved. Russell has promised to put two teams in next year. So start training now!

We have also had some great results and turnouts from members at lots of local races, people walking up the Himalayas, winning gold medals, winning county medals, competing in Ironman events, racing abroad, racing long, racing short and much, much more too. We try to mention everyone's achievements on club nights but well done again WAC members in all your exploits over the last few months.

So what's happening next? The winter handicap has started again on a safer and more enjoyable course and the first race was won by some bald bloke (unlucky Craig), thanks to David for organising these. We have the Hereward relays coming up in November, we had six successful teams last year, can we match that again. Get those entries in

and the club will pay for those teams that race.

The Christmas awards dinner & disco with resident club disco dancing professional (Dennis) will be taking place in December which is always great fun. There are some voting slips included in this edition to vote for various different categories with guidelines to help.

Welcome also to all our new members that have joined WAC lately. New and old members contribute to some great club nights with well over forty people turning up on Mondays on a regular basis.

I am sure there is more, sorry if I missed anything, but Kim will tell me off if I go on too much.

Karl

## **Wymondham AC Club Awards**

Saturday 10th December is our annual awards and presentation evening, once again at the Norfolk Golf and Country Club. We award our members in the following categories, Male and Female Road Runners of the year, Male and Female Track athletes of the year, Male and Female Cross Country Athletes of the Year, and Founder Members Shield, these are all awards voted for by you the members.

When you are about to cast your votes, remember that awards are not necessarily awarded for the number of races or first places in age categories runners have achieved, equally you may choose to vote for someone because of their determination to finish no matter what. The cross country award is often a difficult one to vote for because of the small number of members who regularly race, so this again could be someone who regularly runs cross country but does not race or a member who participates in challenging cross country events such as The Seven Sisters, Grizzly or Tough Guy.

The Committee members vote on a special award named the Bob Wood Trophy, which is awarded to an outstanding member/non member helper who has contributed towards matters pertaining to the club.

Finally, the Coaches Award, which is presented to the male and female runner who has made outstanding progress and personal achievement.

### **Last Years Winners were:-**

Male Runner – Terry Epps

Female Runner – Veronica Manly

Male Track – Steve Corbould

Female Track – Anne Martin

Male X Country – Dennis Bartram

Female X Country – Eva Osbourne

Coaches Award – Dean Phillips/ Kerry Freeman

Founder members – Russell Clarke

Bob Wood - Steph Mullarney

# COACHES REPORT

As I write this article in pleasant sunshine I'm reminded in two weeks time we shall have adjusted our clocks once more which means winter approaches and more of our running will be done in darkness and possibly inclement weather. This means preparing for the conditions we may encounter and remaining positive and upbeat about training; it is all too easy to find excuses not to run at this time of year. However, as we all know the hardest part of a run is often the journey from the chair to the front door! Firstly we must remember how important it is to remain safe at all times; reflective gear is a necessity. Body temperature also needs some thought. Warm muscles will respond more quickly, therefore 'layering' is the smart way to dress. Now for the important bit – we must keep focused as we do at the start of the summer season. There are still races to do and challenges to think about. For variety why not try some cross-country? You will find all kind of benefits from off road

training and racing. For added variety we are again using the track at the UEA Sport spark. For speedwork I cannot recommend this enough. Also why not try the circuit training at Hethersett Old Hall School. These well-organised sessions are great for core strength and anaerobic/aerobic work. Now is the time to seek the advice of your club coaches in order to prepare for 2006. Perhaps you've applied for London or another full marathon or maybe your target for next year is a 10km p.b. Whatever the distance please ask the advice of your coaches. Maybe you feel the coaches are not offering exactly what you need from the club. If so please see me or any of the other coaches; we are always receptive to constructive criticism. We are here for the benefit of you all; to enable you to get the best from yourself, your training, and to enjoy your running.

*Ron Marsh*  
*Head Coach*

# CIRCUIT TRAINING

'Circuits are perfect for developing all round fitness, and for strengthening your core muscles of the body. Core stability improves your running, but running does little to improve your core stability. The central core needs to be strong to protect your back, which, as you get older is essential as back injuries can effect your illiotibial band and your knees.

Circuits are fun and will improve your cardiovascular system, generate good stride length and produce improved leg and back strength. The various stations that make up the circuit include exercises based on plyometrics (stretching muscle groups prior to contraction), stretching, aerobic exercise to get your heart and lungs pounding and resistance work to build strength, including free weights, crunches and push ups etc.

Why not give it a try! Every Thursday evenings between 6.30pm - 7.45pm at Hethersett Old Hall School gymnasium - and its free!!

If your partner doesn't run, but wants to get fit, bring them along too. A family membership offers a big discount and as one circuit session at any gym costs around £4.50p it is very economical as they run through until Easter (six months for the price of one!!).

Trudy DEACON Level 3 Coach.

**Have you seen our fab range of running kit?????**

**All in Club Colours**

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<b>Sweatshirts</b>	<b>£13.00</b>
<b>Hoodies</b>	<b>£20.00</b>

# Russell's Tales of Triathlons

Well, with the running session nearly over, I recently looked in my running log book and it was with some surprise that I found only 5 road races entered for this year, one Marathon, two ½ marathon and two 10k's. This got me thinking as to just what I have done this year, and of course the answer is Triathlons. Yes, once again they have been the main focus of my year, so I thought that I might as well share some of the experiences that I had, with you

## Bala Middle distance UK Championships 2k swim 78k bike 21k Run



### Swim

Got it all wrong! Started too near the front and got swam all over, not a pleasant experience, this led me to having to revert to breast stroke (it was that or drowning). I let the crowd go by and then tried to get back in to my stroke but with the water temp at only 13c my legs had cramped up and I had to resort to hanging on to a safety boat to stretch the cramps out, I finally got going again and finished in a very slow 49min.

Transition did not go any better, as my fingers and toes had no feeling in them changing for the bike was not an easy task.

### Bike

I was very happy to get on to the bike and determined to make up for lost time, that was the second mistake of my race, with 50 miles of a very hilly bike course to cover and with most of the climbing in the first 20 miles it was not long before my legs started to scream out in pain, I was very pleased to reach the highest point of the course and to then start the descents, reaching speeds of 40mph in a cross wind on a racing bike is a feeling that every one should experience at least once in their life !. My legs held out to the finish and with no crashes or punctures finished in a good time and picked up over 100 places on the field. The transition to the run went well and even the weather had started to brighten up, so I was looking forward to the run.



### Run



Now running comes quite naturally to all of us, especial us Runners, you know you don't have to think about it, it just happens one foot in front of the other, well not this time!!

As much as I tried to relax and let my legs go they just said, NO WAY you've just biked up a mountain and now you want me to run well it ain't happening! I decided to listen to my legs, as they knew best and stopped at the first drinks station and spent 2/3 mins stretching them out, it was pay back time for working to hard on the hills on the bike. I did finally get going again and much to my surprise I started to feel good and was soon passing other competitors.

At about 5k the run course starts a 5k climb to the turn around point, the hill steadily gets steeper and steeper with the last 2k being as tough a challenge as Gas hill in Norwich,

many of the runner were reduced to a walk but by now I was going well and continued to pick up places.

The run back down the hill was just as bad, jarring every bone and muscle in my body, but I still felt good and finished the run in 1.35

Triathlons are very much about pacing and being clever and doing the right thing at the right time, and as you can see by my account of this race I am definitely still learning.

The rest of the year went a lot better and I was very pleased with my season, the results of which are listed below. Triathlon is a great sport and one that gives you a lot of pleasure. But you definitely only get out of it what you are prepared to put in to it in training, (more so than only running) and training is what I enjoy, so at least for one more year you may not see me at too many road races.

Bala middle distance UK championships 2k /78k /21k

4 hours 54mins finished 154<sup>th</sup> 21<sup>st</sup> in age cat

Norwich Olympic distance 1.5k /40k /10k

2 hours 22mins finished 20<sup>th</sup> 2<sup>nd</sup> in age cat

Cow man ½ Ironman 2k /96k /22k

5 hours 7mins finished 52<sup>nd</sup> 5<sup>th</sup> in age cat

Ironman UK Sherborne 2.4 mile / 112mile /26.2 mile

11 hours 29mins finished 182<sup>nd</sup> 8<sup>th</sup> in age cat

70.2 ½ Ironman UK 1.2 mile / 56mile / 13.1 mile

5 hours 57mins finished 134<sup>th</sup> 12<sup>th</sup> in age cat

## SUNDAY HOUSE RUNS

Tis the season for house runs, tra, la, la, la, la etc.,  
We would love some volunteers to host house runs, Look out  
for the list which is soon to appear on the notice board, on  
road, cross country, various distances if possible.





## A FRIENDLY RIVALRY

Rivalry in sport makes for great headlines and great theatre. Who will forget Australia and England in the recent Ashes series? Outstanding sport, stunning drama. Coe against Ovett, Ali versus Frazier all great rivalries of the past and all created great theatre, providing the journalists with a great deal of ammunition to fill their newspapers and magazines.

But un-noticed by the sports writers and journalists a new sporting rivalry has germinated this summer, Lansdell and Lines. Who? This duo will never make the headlines that those mentioned above did, but their rivalry, whilst keen has always been friendly. Jeff Lansdell and Rob Lines are both members of Wymondham AC and throughout the summer they have matched each other, stride for stride in local races, each pushing the other harder, each achieving excellent PBs. Even in training there is more than a hint of competitiveness. I know, I have breathlessly followed the pair of them on numerous training runs!! Both are dedicated to the cause of improvement and both have worked very hard to achieve their results. Jeff, by sheer effort of will and many many miles has improved his ½ marathon PB by around 4 minutes and taken his 5K time below 20 minutes several times this summer. He has also set PBs at 5 miles and 10km. Rob's progress is equally as good, having set six PBs this year at similar distances to Jeff. His training methods are slightly different though. Rob's first sporting love is Kayaking so running is used to supplement this. He also decided to attempt a triathlon or two (finishing very well in the London Tri) and also found time to take part in the London to Paris Cycle ride. So his preparation for running races, though at odds with what many coaches preach, may have some merit. Cross training can be very useful. Thoughts please coaches! Anyway back to the story.

Their PB competition started in March with Jeff slicing over two minutes off his ½ marathon best at Broadland, whilst a week later Rob replied with a 41:58 10km at Bungay, reducing his best by a similar margin. Then the competition really got going with them trading finishing places and PBs over the Gt. Yarmouth midweek 5 mile series. Both set PBs in each of the 3 races, Rob reducing his from 34:26 to 32:46 and Jeff from 33:24 to 32:51. Whilst Rob was preparing for his first Triathlon and his London-Paris Bike ride, Jeff went on to record an 1 – 31.59 at the City of Norwich ½ marathon, another PB.

There followed the Wroxham 5km where once again PBs were recorded by both, Rob reducing his by a minute to 19:42 and Jeff to 19:47 Both were quick enough to gain entry for the Lord Mayors 5K but only Rob decided to accept the challenge. Before that event though Rob further reduced his 10km PB to 41:15 once again at Bungay. In fact the only race Jeff ran but did not record a PB was the Midweek 10Km.

They have both decided on one more challenge to round off the year – The Amsterdam ½ Marathon. I know they have both put in much hard training for this last effort and their results hopefully will be worth it.

How many other club members can say they have set in excess of six PBs in less than a year? Not many I would think. Their rivalry has been friendly and good-humoured throughout and they have often trained together, but it has served to spur each of them on to greater efforts throughout the year. You may wonder why I am writing this. Well, both are very modest individuals, not given to advertising their successes, but I felt that such an improvement by both members is worthy of a wider audience. If you are looking for someone to vote for as Road Runner of the Year at the annual awards then Jeff and Rob must merit consideration for their efforts.

Stop Press – Results from Amsterdam: Jeff ran 1.32.15 -And Rob 1.42.28

### **RACE COMMITTEE UPDATE**

Well done to all who have helped out at the last two races, the Midsummer 10 back in the heady days of June, and the ever popular 5k Ladies and Mens races in September.

Entries were once again up on the previous years, we need of course to keep making our races better and better as the funds raised from events go towards keeping our coaches trained up, allow the club to contribute towards the UEA Track and Circuits at Hethersett, and not forgetting subsidising the main event the Christmas Dinner and Presentation Evening.

We are currently planning to have a race committee meeting shortly to discuss our next events, namely the New Years Day 10k, and of course the extremely popular pre-London training run the 10/20. We are thinking about our sponsorship plans for next years races, as well as suitable prizes for each participant. If you have any ideas to put forward, please let us know, we do value your input  
The race committee is

**Eurwyn Jones, Jeremy Lightowler, Trish Jones, Kim Reader,  
Peter Clarke, Mike Smith (W), Louis Cooper and Les Hill.**

## WINTER TIME TRIAL SERIES

There are some sure signs that winter is nigh, the leaves turn a wonderful shade of gold, members start appearing in gloves, hats and all forms of cold weather running gear and the Winter Time Trial gets under way.

For those not familiar with this epic contest, I will explain. Each month from October a time trial will be run over the same route with a final event in March to decide a winner. Members are free to enter as many monthly events as they wish but are required to complete two time trials for entry in to the final. Starting positions and timings for the final will be based upon an average of your qualifying times and decided by me beforehand. Allowances will be made for rogue times so racing snakes beware!!

The first event for the 2005/6 season was held on 10 Oct 05 and resulted in 20 finishers, which was a very good start. Especially pleasing was to see a good number of new members competing. Well done to all of you.

### **Results of the first event are below.**

NAME	START TIME	FINISH TIME	RUNNING TIME
Hazel Marchant	00:00	DNF	
Caroline Rix	00:20	17:55	17:35
Anne Martin	00:40	19:57	19:17
Juliette Moore	01:00	20:30	19:30
Julia Kennally	01:20	20:40	19:20
Peter Heard	01:40	20:25	18:45
Lyn Hazleton	02:00	18:38	16:38
Shona Fairchild	02:20	19:11	16:51
Mike Smith (W)	02:40	17:54	16:14
Terry Brannan	03:00	17:56	14:56
Alan Holland	03:20	17:58	14:38
Dale Cooper	03:40	19:52	16:12
Neil Holland	04:00	18:46	14:46
Nigel Youngman	04:20	18:40	14:20
Eddie Greenland	04:40	18:53	14:13
Russell Clarke	05:00	18:49	13:49
Karl Chapman	05:20	18:39	13:19
Andy Preston	05:40	19:20	13:40
Craig Dungar	06:00	19:22	13:22
Terry Epps	06:20	DNF	

## ROUND NORFOLK RELAY – 2005

This is the first time that WAC has entered an all-masters' team in the RNR. The relay now in its 19<sup>th</sup> year, attracted its largest entry to date, 39 teams tackled this physically and organisational challenge.

The teams must consist of 17 runners, each covering between six and twenty miles, runners are accompanied by a cyclist and a support vehicle. However, from Lessingham via Winterton, Great Yarmouth, Scole, Thetford and Downham Market the race is run in darkness, the athletes running in the headlights of their support vehicle.

Once again Russell Clarke our team captain, Ironman and all round mastermind, planned and also ran in the race, leading the team to an excellent start putting WAC in 10<sup>th</sup> place overall.

Wymondham Runners each managed to hold onto their placing at each stage. Angie and Jenny the only two female runners of the team, both gained second positions in their categories.

Conditions were near perfect throughout the event, resulting in excellent times. All stages are different in distance, performances are calculated according to age and gender. The final finishing time was 23hours 8mins 47 secs, placed the team 11<sup>th</sup> Overall and the First place in the Master Class.

Well done to not just the runners, but all the cyclists and mini bus drivers, without whom this event would simply not be possible.

The runners and times are listed as follows:-

<b>Name</b>	<b>Distance</b>	<b>Time</b>
<b>Russell Clarke</b>	16.32	1:52:10
<b>Ian Sturgess</b>	14.06	1:44:38
<b>Angie Bear</b>	5.39	41:57
<b>Roy Harvey</b>	12.06	1:32:29
<b>Jenny Christian</b>	10.09	1:16:49
<b>Ron Marsh</b>	5.89	43:44
<b>Terry Brannon</b>	9.95	1:10:19
<b>Alan Holland</b>	10.52	1:15:12
<b>Mike Smith</b>	8.30	1:05:56
<b>Terry Epps</b>	15.08	1:39:18
<b>Andy Preston</b>	19.60	2:12:12
<b>Ed Greenland</b>	18.37	2:18:14
<b>Geoff Adams</b>	13.98	1:47:39
<b>Dennis Bartram</b>	7.70	56:11
<b>Rob Scarfe</b>	6.76	56:22
<b>Dale Cooper</b>	5.49	40:18
<b>Paul Wightman</b>	11.63	1:15:19

# R A C E D I A R Y

## **Midweek XC Series**

2 <sup>nd</sup> November	Wattisham Airfield
16 <sup>th</sup>	Gt Yarmouth
23 <sup>rd</sup>	RAF Honnington
30 <sup>th</sup>	UEA - Tbc
11 <sup>th</sup> January	Chantry Park, Ipswich – Tbc
25 <sup>th</sup>	Friday Wood, Colchester
15 <sup>th</sup> February	Bacton Wood – Tbc
22 <sup>nd</sup>	Nowton Park, Bury St Edmunds
8 <sup>th</sup> March	RAF Marham – Tbc
15 <sup>th</sup>	RAF Honnington

## **Ryston XC Series at Shouldham Warren**

13 <sup>th</sup> November	9k
18 <sup>th</sup> December	6.5k
15 <sup>th</sup> January	5k
19 <sup>th</sup> February	9k
26 <sup>th</sup> March	6.5k

## **Other Races**

20 <sup>th</sup> November	St Neots half Marathon
27 <sup>th</sup>	Hereward Relay XC
4 <sup>th</sup> December	Grim Challenge
18 <sup>th</sup>	Turkey Trot, Lowestoft
31 <sup>st</sup>	Ely New Years Eve 10k
1 <sup>st</sup> January	Wymondham AC – New years Day 10k
8 <sup>th</sup>	Norwich RR XC Series, Horsford
29 <sup>th</sup>	Tough Guy
5 <sup>th</sup> March	WAC 10/20
12 <sup>th</sup>	Grizzly, Devon
23 <sup>rd</sup> April	London Marathon



**WYMONDHAM AC**  
**PRESENTATION NIGHT**

**Norfolk Golf and Country Club**

**4 Course Meal and  
Entertainment**

**Saturday 10th December 2005**  
**7.30 ONWARDS**

**All Welcome**