



FOOTPRINTS

SPRING/SUMMER
2005



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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 here we have it another issue of footprints. Please, please, please don't be afraid to pass an article to me for printing, it doesn't have to be a GCSE standard essay, a report about a race or special place to run, whatever, you can bet we would all love to hear about it.

We have some great new cross country routes opened up in the Wymondham area, where farmers are allowing the use of field margins for Bridleway and Footpath, most of it is around the Melton Road area. It's so nice to be away from cars and of course it is good for the legs to be off the roads. Cross Country encourages good concentration and good leg strength, as well as the great pleasure of being behind the hedgerows to look at nature's bounty. We have an abundance of wildlife around here, from Greenfinches and Pheasants to beautiful Deer, so why not take a leisurely cross country run and see what you can see. Just think what the treadmill runners are missing!

Enjoy the summer months, Kim

Chairmans Chat

So far so good. The club is still going with me as Chairman! When Peter asked if I had thought about being the next Chairman I was a little apprehensive but he reassured me and said all I had to do was make the tea. He did tell a little white lie, there is a little bit more to it than teas maid. I am just one of many volunteers who give the club a good solid base (unlike the shed!) to help run and organise the activities. These are the people who really keep the club going and should be thanked for their efforts. However we always need more help and if you can help then this is always appreciated. You don't have to do much but just making the tea on a club night or marshalling at one of the races will go a long way. If you want to help in some way come and see me or one of the committee members for more info.



Since the last issue we have had some fantastic numbers at local races with good results with numerous members not only winning age related prizes and team prizes but also Rachael winning the ladies event overall at the Dereham 10 mile race and Rob and Jeff helping win the Yarmouth 5 mile mens senior prize with myself. London was also well attended with nine members taking part, there will be more about their exploits later in foot prints.

The summer will also bring some great races to look forward too and Wymondham AC will be contributing to the local race scene holding the midsummer 10, The Ketts Park relays and the Ladies and Mens 5k race in September. This is also the ideal time of year for anyone who has not raced before or is coming back to try a nice short distance race. There are plenty of 5 & 10k races out there to claim a PB. See the coaches for some advice on how to shave of those precious seconds and make good use of the track sessions at Hethersett.

On the social side of things we hope to organise an evening of pitch & putt with a nice drink and bar meal. The Pingu trail run was well received earlier in the year and similar runs to different locations for some off road running will also take place. If anyone wants to try something new or has any ideas for the club then come and chat to myself or one of the committee members who can put your ideas forward.

Finally, thanks once again to Pete for his time as Chairman his efforts and dedication are much appreciated by all of us. We will still see him from time to time I am sure as he is always welcome and I do believe he will be helping out at some of the races.

Karl

COACHING NEWS

Hi it's me again, your coach.

With summer almost upon us hydration is a very important part of our running; don't be fooled by cool breezes or evening runs; dehydration can catch us out so pay attention to fluid intake. Replace some of those warm comforting drinks with water and juices. For racing or hard training sessions always carry water and refuel with sports drinks.

It is essential to select some target races and introduce the correct training schedules to maximise performance. This is where your coaches come in especially if you are new to running and racing. This has been proved over recent months when looking at race results. New schedules can also benefit the experienced runner; a different approach can shave off those vital few seconds in a race.

Over the winter months track running at UEA has been beneficial and the coaches intend to maintain this success on the grass track at Hethersett Old Hall School. Don't worry if track running is new to you; all abilities are catered for. In programmes the speedwork from track sessions is necessary to improve performance over all distances whether your preference is a 5km or a half marathon.

With all this hard work it's good to be able to look back on your training and races and review your progress by keeping a training diary or log. It's simple to record mileage, performance, weather etc. and see what works for you.

Don't worry about 'losing form' whilst on holiday – we all need to rest. However, should you see a race wherever you are give it a try, perhaps as a training run. Enjoy a change in surroundings, perhaps a different country; you may even win a prize. We'll all enjoy reading about your exploits in Footprints!

Thursday Track Sessions at Hethersett Old Hall School

Following a Rolling Programme, this is a guide to what the coaches are currently offering.

Fast 400's x 6 x 2 Sessions

Time Pyramid—1 min increments up to maximum of 5 mins

Endurance 800's x 4 x 2 Sessions

Parlov's x 8 x 3 sessions

Endurance 400-600–800-1000-800-600-400

Time Pyramid—30 sec increments up to 3 mins x 2 sessions

Endurance 600's x 6 x 2 sessions

Time Trial 5k or 200's

CAPTAINS CORNER

Men's Team

Well, the start of another running season is well under way and we have had some good performances from several WAC members running in the local road races. Terry Brannan picked up an age group award at the Bungay 20K and the Men's team of Karl Chapman, Jeff Lansdell and Rob Lines won the senior team prize at the first Great Yarmouth midweek 5-mile race. We also had some good times recorded at this years London Marathon, with three runners close to that magic three hour time - Terry Epps (3.04) Andy Preston (3.01) and myself (2.54). So thing for the rest of the year are looking very good.

My aim this year as Men's team captain is to try and put in our strongest teams, both senior and Masters into the **County Championship Races** to win as many individual and team prizes as we can.

Wymondham 10 Mile 22nd June

CONAC mid-week 10k 3rd August

Gt Yarmouth ½ Marathon 14th August

Wymondham 5K 11th September

To run in our own races all runners would be asked to supply a helper or marshal so as not to make the race committee's job any more difficult.

There will of course be our biggest team event of the year, the Round Norfolk Relay on the 24th 25th September were we hope to again put in two teams, so get you names to the team captains on a club night to secure you place.

Enjoy your Running

Russell Clarke Men's Captain

Ladies Team

Hello, Almost 6 months into the year already and the ladies at WAC have been achieving great things, Eva won gold for her part in the 4x200m relay in Stockholm, Kim, Kerry and Jenny all ran the London Marathon, Racheal is having a fantastic year with too many great races to mention. Judi, Trudi and Ann won gold at the AA Cross Country Championships. Ann, Margaret and Eva also won silver at the National Masters Cross Country. At the first Yarmouth five mile series Lyn won 3rd W40, Margaret 2nd W50 and Anne won 1st W60. Diane and myself got a PB. Jessica won the winter Handicap stealing my crown with 100m to go ! . Well done to you all and all those I have not mentioned..

To any of you new ladies if you haven't entered a race try one they are great fun rewarding.

Any one interested in the Round Norfolk Relays please see me on club night.

Keep you a running!. Lisa Chapman

The Four Inns Walk

For those of you who missed last years account, don't worry, there is always another opportunity so here goes with Four Inns 2005!

What is it? Well, in truth it's 45plus miles of off road up and down over the bleakest, wettest, highest peaks in the Southern Pennines and Derbyshire Peak District. On the other hand, if you are trying to get a team of three or four like minded folk together, then its:

"a terrific event over some of the most beautiful moorland in Britain, the pre race atmosphere in the pub at Holmebridge is great and the elation of finishing a real test of team work and personal commitment has to be experienced", a bit like the grizzly really!!

Teams of three or four compete over the 45 mile course for a number of trophies. Normally the time to complete the event varies from the fastest team in under 8hours to the slower teams who will finish around the 18 to 20 hour mark. All team members carry a rucksack with emergency rations spare clothing etc. An ability to use a map and compass is helpful although you can rely on the team in front as long as you can see them!

This year members of the club were involved in two teams, Jeremy, Tony and Emma in one and Trudy, Ian and Geoff Davidson in the other, we were joined by two guys from the emergency services. Both teams enjoyed great support from Roy and Hazel who were there to meet us at the key check points, a big thank you to you both, it really does make all the difference.

This year both teams had the same start time, 0602, Trudy said we needed to start early!

By the way, wake up from the delights of the church hall floor is 0400, kit check at 0500, this all adds up to sheer enjoyment!



It was a crisp bright morning which turned into a very warm day as Geoff was to mention once or twice during the second half of the race!! this may have been added too by the need to walk at a brisk pace, plus a bit of running, in order that captain Trudy's team would complete the course inside the magic 12hours. I for one am really glad we did as although I'm not certain what a "hissy fit" looks like I'm sure it's not a pretty sight! (sorry Trudy).

Completion of the task in 11hours 56 minutes and around 16 hours was not without the odd pain, to be endured both during and for sometime after the event. My view is this just adds to the enjoyment and reinforces the magnitude of the challenge, time to stop before I get really carried away! Suffice to say another great event, thanks team and once more a special thanks to Hazel and Roy.

Can you enter next year? Of course just have a look at the Four Inns web site or ask one of us for details!!

As always enjoy your running

Ian Sturgess.

CLUB RECORDS

The club records were updated in 2003 as they had not been done for a number of years. This proved to be quite a difficult task and there were a few errors.

In order to facilitate future updates, please can you give me in writing the following information: your name and age group, place, date and title of the event plus the time/distance of your record. This means no one will have to spend time searching the club book and establishing all the necessary details.

Anyone who would like a copy of the Club Records, please ask me on a club evening. I look forward to hearing news of your magnificent feats.

Anne Martin

LONDON MARATHON

On the 17th April, 9 Wymondham AC members faced one of the biggest challenges in running at one of the biggest races. Many of them had spent hours training, some to run a PB others to simply complete the distance for a good cause. All of them should be congratulated on their success in completing the gruelling distance. Here is a brief account of their day.

Kerry Freeman – This was Kerry's first marathon and was completed not only as a personal challenge but to also raise money for a worthy cause. Kerry may not have run the fastest time, however anyone who can keep going for over 5 hours is probably tougher than most faster runners. Well done Kerry.

Mike Pope – Mike a veteran runner of the marathon had a tough race and finished outside 5 hours. Mike may have had a tough race but again working through those demons during a race and crossing the line is always a great result.

Ron Marsh – After speaking to Ron I know he was pleased with his time and his words not mine, not bad for an old boy. Well done coach.

Stephen Frosdick – Stephen gained his club place when Mark Tufts pulled out through injury. (Always next year Mark, I am sure you will make the start line again) Stephen was elated as he has had problems through injury in the past and jumped at the chance to compete at short notice. I think it can be said that Stephen was the member with the biggest smile on the 18th April.

Kim Reader – Kim was a little subdued with her finish time, however she can take comfort in the fact that she still has a faster marathon time than me! Still a good run Kim by anyone's standard.

Dean Phillips – A good solid run for Dean who's running is improving all the time and I am confident that the PB's will start to fall at great rate in the future.

Jenny Christian – Fastest Wymondham lady in 3.36.56 very impressive I am sure you will all agree. The time speaks for itself.

Terry Epps – Terry tripped on a kerb twisting his ankle at the start of last years race so this year he was happy to finish in a very good time of 3.04.33. He also earned £25k for coaching Paula the basics in marathon pit stops.

Andy Preston – Andy has completed marathons before but never raced one. This year he raced and finished just outside three hours and achieved a PB. Russell will have to look out next year. What does the Preston family eat?

Russell Clarke - I did a lot of training with Russell last year. He is a machine when it comes to long distance. 2.54.25 (PB) is amazing and I really believe he has more to come. That's scary!

Well done everyone. I am in awe of anyone who just gets to the start of a marathon.

Good luck for next year?

Karl



Ride for Life (who needs a bicycle!)
in Aid of Quidenham Hospice
Santon Downham

Santon Downham is a really charming little village in the heart of Thetford Forest with a really pretty green in the centre, a good village hall and an abundance of forest trail walks for most levels.

Having not done much in the way of running or swimming or cycling event, since the London Marathon when Ron announced this event I thought it would be a really excellent way of returning to running.

The course had been really clearly marked out and was so simple to follow. (Ron, his son in law and a friend had been on bikes and marked it out the previous day—ask him about his cycling skills and staying upright!)

The runners were Ron, Jenny, Veronica, Dennis and me. The run was taken at a really comfortable pace with recovery still in mind. Dennis of course wanted to be at the front trying to lead the way! He missed a few signs, I think he had his running head on.....

The forest at this time of year is full of spring, birds chattering the trees with new leaves, wild flowers and of course no cars. It was such a good venue I think that I would have to call it one of my Rave runs to coin a phrase from Runners World, the route included sandy tracks, grass paths, muddy cross country and riverside paths the route had been clocked as 10 miles.

This is obviously a very successful event for the Quidenham Hospice and such a good charity event, I would highly recommend it to anyone. Even though I know it is the ride for life I was surprised by how many cyclists there were, and like runners all levels, some looking most professional in all the gear, others with children on tag-a-long's, kids on mini mountain bikes and lots of walkers who could do a choice of distances from 3 miles to the 10 miles we ran.

Would I do it again, most definitely a great event.

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

All in Club Colours

Available from Paul Wightman in a range of sizes S,M,L,XL

Club Vests	£15.00
T Shirts SS	£8.00
T Shirts LS	£12.00
Sweatshirts	£13.00
Hoodies	£20.00

Race Committee Update

A big thank you to all who helped out at the 10/20 in March, it was the most successful 10/20 we've ever held despite the adverse weather conditions. Our club of course makes money at these events which is what enables us to subsidise club events and keep our subscriptions so reasonable.

We are currently working towards our next event, The Midsummer 10 which will be on Wednesday 22nd June, this is a county championship event and a club target race. Our main sponsor for the Midsummer 10 is the Norfolk Golf and Country Club and Adnams Brewery. A big thanks goes to Kate Barlow for organising this for us. Your help is needed to make this event possible, it's only for a few hours in the evening and help is needed from 6.30 onwards at Morley Football club. Please remember if you are running the event we would really appreciate a helper on your behalf for marshalling, finish line help, refreshments, car park duty, and of course the money we raise goes back into club funds.

We appreciate your comments on how we can improve our events and what you think of our prizes, we were particularly pleased with the 10/20 prizes of a small backpack– always useful for trainers and bits at races, a handy key fob, as well as printed matter advertising other events.

Our race committee is:

Chairman	Eurwyn Jones
Secretary	Jeremy Lightowler
Entries	Trish Jones
Sponsorship	Kim Reader
Sponsorship	Pete Clarke
Marshall's	Mike Smith
Course	Louis Cooper
Race Prep	Les Hill

Race Diary 2005

June 22nd	Wymondham Midsummer 10 (CC)
June 24th	Stowmarket Striders Friday Night 5
June 30th	Wroxham 5k
July 2nd	EVAC—Chelmsford
July 3rd	Vets Grand Prix 10k—Comberton
July 6th	EVAC Track & Field
July 7th	Ryston Runners Midsummer 5 (GP)
July 9th	Lord Mayor's 5k
July 22nd	Mike Groves Run
July 29th	Worstead Festival 5
August 3rd	Midweek Series 10k
August 3rd	EVAC Track & Field
August 5th	Wibly Wobly Log Jog
August 14th	Great Yarmouth 1/2 Marathon (GP/CC)
August 25th	Wroxham 5k
September 4th	Wissey 1/2 Marathon (GP)
September 11th	Wymondham 5k's (CC)
September 18th	Great North Run
September 24th	Round Norfolk Relay
September 25th	Round Norfolk Relay
September 25th	Diss 15
October 16th	Great Yarmouth 10k (GP)
October 23rd	Holt 7m
November 6th	Guy Fawkes 10k (GP/CC)
November	Hereward Relay
December 11th	Buxton 5k
January 1st	Wymondham New Years Day 10k

GP-Grand Prix Event

CC-County Championship