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## FOOTPRINTS THIS ISSUE INCLUDES

Chairmans Chat,  
Coaches Report,  
Captains Corner,  
Winter Handicap—The Results  
Ask Ziko  
Ironman Training  
AGM Minutes  
Race Diary



## Club Committee Members are

Chairman	Karl Chapman
Vice Chairman	Ian Sturgess
Secretary/club kit	Paul Wightman
Committee members	Russell Clarke
	Kate Barlow
	Andy Preston

## Editors Comment!

It's a bit of a bumper issue this time—I've decided to add the AGM minutes in for those who were unable to enjoy the nibbles etc on the night.

We've just had our most successful 10/20 ever numbers up 129 from last year. We also used our new race programme—'Race Master' which worked excellently.

We've had lots of new members joining recently boosting our numbers.

So enjoy the new hour in the evening – soon we'll be running in the country again and can give up the streets of Wymondham for a few months again.



## CHAIRMANS CHAT

Since the last edition of footprints a lot has been happening both at home and at the club. As you probably all know Lisa and I had a lovely baby daughter in February and this has taken up a lot of our time, however its time well spent. My nappy changing PB has decreased by 26.5 seconds! We would like to thank the club for the gift presented to us on the night of the AGM, it was very thoughtful and appreciated.

Although Christmas seems like a distant memory we will never forget the presentation evening held at Reymerston golf club in December. As always the night was great fun and the 70+ members and partners who came along all had a great time. The night also proved that some runners can mix both training and drink, although some handle it better than others Mr Brannan! Next years date has already been provisionally booked so Christmas is already coming.

The club AGM was held in February and was very well attended and successful. The minutes are included in footprints for all to read. Andy was elected as a new committee member and will prove to be a valuable addition. Andy is always full of ideas and is always ready to help. Club kit was also discussed and we will be receiving samples of new tracksuits and training gear soon.

We have had two very successful races already this year both the NYD 10K and the WAC 10/20 were both up in numbers showing the popularity of Wymondham races and the increase in people running generally. Thanks to the race committee and all those who helped for two great races. Its also nice to know that many runners commented on how well marshalled the race was and how friendly the marshals were which makes all the numb fingers and toes worthwhile.

Racing so far this year has been fairly thin on the ground as there are not many local races (apart from ours of course), however spring always sees the local race scene come into its own with races coming thick and fast. Good luck to all of you over the next few months, hopefully a glimpse of sunlight will get us in the mood for racing. I predict this year will be a good year for WAC especially in the ladies team, Vicky has taken over from Lisa as team captain and we have had lots of new ladies join the club to help boost the team. We have a good chance of winning some good team prizes in the ladies category and some good potential for individual performances too.

We have also seen many new runners join the club over the last few months and seen some old members return, this is all great to see and makes Monday night a real buzz and with the coaching on offer really worthwhile attending. Even the winter months haven't affected the buoyant numbers. It would be good to see more people down the track now the nights are getting lighter as these session will prove invaluable for summer racing. Ron and the coaching team will always welcome people to the track session.

Thanks also to Kim for putting another great issue to footprints together and she has also agreed to publish it more frequently as long as we can get people to write some articles, so put pen to paper ready for next time.

*Karl*

# COACHES REPORT

Here we are in Spring again, and of course looking forward to some good weather and some fast times.

This winter we have utilised the excellent UEA all weather track, providing coached sessions. We have also had good numbers attending Circuit training at the Hethersett Old Hall School Gym.

Ron has once again produced an excellent hill training programme which ran continuously during the winter months and using the hills available in Wymondham – believe me they are there.

Mike Smith has continued to provide an excellent steadier paced groups to help with the progression of both existing and newer members – and readily informed us that the Slow paced group is no longer slow – which is fantastic.

Terry and Alan's group have been training hard and fast throughout the winter months and I am sure will be producing some show stopping times this year.

Finally Trudy and I have been infilling where ever there has been a need providing sessions for any ability.

So for 2006, what is new, well. Ron and myself are working on a continuous progression training plan, which will result in us coaching side by side to provide the best we can for the members.

Please don't forget to come and join in on my 'Monday Carpet Crunch' where we are going to be working on core strength, and some new stretches for those hard to reach areas only previously reached by **Heiniken!** So don't be shy – bring a towel (the floor is nearly always horrid)

The coaches will continue to offer you the best they can for the coming season, remember if we're not doing what you need just ask.

Track sessions will commence from 27<sup>th</sup> April at Hethersett Old Hall School.

We will have a rolling programme in place by then offering a challenge for all abilities.

Copies of the programmes will be posted on the notice board.

*KIM*

Here is our new programme up till July, we have decided to work on speed and at the end of each month there will be a time trial.

Don't forget to join in the Monday Carpet Crunch afterwards—good core strength is essential for fast times!

### SUMMER PROGRAMME—RON & KIM—SPEEDWORK

April      10th      1 mile loop x 2  
              24th      Time Trial 5k

May        8th        Fartlec  
              15th      Pyramid  
              22nd      1 mile loop x 2  
              29th      Time Trial 5k

June        12th      Long Run  
              19th      Long Efforts  
              26th      Time Trial 5k

July        3rd        VO2 Max  
              10th      Timed Pyramid  
              17th      Fartlec  
              24th      Time Trial 5k



# CAPTAIN'S CORNER MARCH 2006

As I write this it's windy, wet and cold outside so it's hard to turn my mind to the summer months ahead. But the nights are getting longer and when the clock's change and we finally get to pack away the winter leggings, hats and gloves, the sun will be beating down and summer will be here! Why am I going on about summer I hear you say? Well it's just a long-winded way of whetting your appetite for a new summer race series. This year we will be replacing the Monday night summer handicap series with something different!

## THE WAC SUMMER RACE SERIES

This will be a point's scoring race series for WAC members, with the top three Male and Female runners winning prizes that will be presented at the clubs award evening.

## HOW WILL IT WORK?

There will be five local target races at which you can score points. To qualify, you must compete in at least two races or all five, but the more races that you compete in then the more points you can win.

Points will be awarded in the following way:

**5 pts for completing the race**

**10 pts for a new PB or the first time you have raced that distance**

**1 to 51 pts for the time recorded at that race (age graded %)**

The points awarded for the time you achieved will be based on the Age and Gender graded performance charts. This is based on the percentage you achieved compared to the current world best times at that distance; you will then be given points that match the % that you achieved. Example: (MV 48 10k world best time 30min = 100% age graded performance, a MV48 runs the 10K in 60 min = 50% age graded performance and 50% would score you 11 points)

There will be copies of the Target races, the Age graded performance chart and a copy of the sliding scale of points compared to % achieved on the club notice board.

To qualify for your points you must fill in the **race series result sheet** that will be in the race book. I will up date the running scores and post them on the notice board. I hope you take part in and enjoy the race series. I hope that with the points that will be awarded for PB's and new race distances will even up the scoring to the more established runners (as you get older PB's do not come as easily, as I know!!!!!!)

If you have any further questions then please let me know, and just remember....

**What do points make?????**

**Points make prizes!!!!!!**

*All the best for the new season Russell*

## WAC SUMMER RACE SERIES

May 28<sup>th</sup> The Great East Anglia Run 10K

[www.greateastangliarun.co.uk](http://www.greateastangliarun.co.uk)

June 11<sup>th</sup> City of Norwich Half Marathon

[www.conac.org.uk](http://www.conac.org.uk)

July 28<sup>th</sup> Worstead Festival 5 mile

[www.nnbr.co.uk](http://www.nnbr.co.uk)

August 24<sup>th</sup> Wroxham 5k race 3

[www.nrr.org.uk](http://www.nrr.org.uk)

September 3<sup>rd</sup> Wissey Half Marathon

[www.rystonrunners.org.uk](http://www.rystonrunners.org.uk)

## HI FROM VICKY—LADIES CAPTAIN

Hello everyone, as the new ladies captain I have been asked to write a few words for footprints. I hope you find them encouraging! I would like to say very well done to the ladies team who have produced some great results recently in both road and cross country events with some team and individual medals having been gained. I understand that this is the first time in a while that we have had a large number of senior ladies competing and so it was great for us to win silver team medals at the Norfolk Cross Country Championships in both the senior and masters categories.

Let's hope we can keep up the good work and I hope this excitement will motivate some more of you to come and train at the track on a Thursday evening. It would be

great for me to have some more female company and a bit of speed work can only help anyone looking to achieve a PB! I know some of you are slightly put off by these sessions being dominated by 'faster' runners but they really are open to everyone and you will be well looked after.

If you've recently looked at the new and improved WAC website you will see that we now have some target races throughout the year. Most of these can be entered online through the Runners World website, if you would like any more information please ask. If as many of us as possible could enter these it would be fantastic as there's nothing like seeing lots of grey and maroon vests on the start line to boost team spirit!

*Vicky*

## ASK ZIKO ZIPPOTAC



New to foot prints is this regular column written by former Polish distance runner Ziko Zippotac. Ziko held nearly all national titles and records during his rein as possibly one of the greatest runners of his era in the 1740's – 1760's. Ziko has now retired from competitive running and now shares his knowledge on not just running issues but on most problems that you may encounter in life. He is not just an excellent source of information he is actually a real life Guru. Due to the overwhelming success of the club races and the excellent management of the club we are able to employ him for his services in the form of an

advice column for footprints. If you wish to ask for his advice via his new column in footprints please write your question on a piece of paper and place in an envelope labelled

ZIKO  
HELP ME  
37 Glucosamine Avenue  
Creatine City  
Poland  
EPO H20

You can ask him anything you like as he truly is knowledgeable about all things, however his speciality is running and fitness. Please do not ask him about sex as he does not want to be confused with that bloke in the film 'Guru' that was out a couple of years ago. Below are a few questions that have been raised recently at the club and have been passed onto Ziko to get the ball rolling.

***When competing in the London marathon is it advisable to use Vaseline in ALL areas that rub or just external parts of the body? Name withheld.***

I don't think that Vaseline should be used to ease the pain of friction burns. Vaseline is a form of petroleum; petrol ignites with heat, friction is heat. Imagine the consequences! Make someone rich and buy a proper chaffing cream designed for sports and it won't stain your new club vest and shorts either. Also should we really be using Vaseline handed out by some stranger in London with Latex gloves on, some celebrities have been arrested for this sort of behaviour.

***A friend at the club tends to break wind quite often. What is the best way to avoid the consequences and is it harmful?***

Although not related to the previous question I would suggest that you keep away



from runners with wind and who use Vaseline as this would be harmful, otherwise no harm will come of you apart from a slight unpleasant smell that will pass. I would suggest that the best way to deal with this is to offer bungs to windy members who can use them discreetly to avoid any embarrassing outburst. Of course these do need to be high visibility though to adhere to the clubs strong policies on safety. This problem should not be confused with fartlek which is actually a genuine running term derived from the Swedes meaning speed play.

***Although I generally run well I have never managed yet to break 38mins for a 10k race but have ran faster in other distances how can I achieve this goal?***

You probably are just not good enough and should admit defeat and just run the marathons slowly for charity. At least this way you will make someone happy and can talk about nearly breaking 38 mins.

***How quickly can I start to run again after having a baby?***

All my previous 27 wives have been able to run almost immediately after giving birth. My mother says this is because of me however I do believe in reality that it is generally because they have been in my presence and my strong aura has helped them to start running quickly. Try simulating my aura after birth by having Paula Radcliffe assist in delivering your babies and this may help.

Thank You very much folks—Ziko

## Club Kit

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

# THE LONG ROAD TO THE LANZAROTE IRONMAN

In the last footprints I included some information on my triathlons in 2005, and two or three people asked me, what type of training I had to do to be able to compete in an Ironman?

Well as I am in week 15 of my 22-week program for my next Ironman in Lanzarote, on May 20<sup>th</sup>

I have copied my training log from last week, just to give you a flavour of what you need to do.

## **Monday**

AM 1hour 30 Swim Warm up and drills + 2x 1500mt

PM 50min Fast tempo run

## **Tuesday**

AM 70 min Bike Turbo, Drills + 8x 5min hard 100rpm

30 min steady run straight of the bike

PM 1hour Gym

## **Wednesday**

AM Swim 1hour15min fast 400mt reps

AM Easy 1hour Bike

## **Thursday**

AM Long run intervals 80 min 5x 1 mile 10 k pace

PM 1 hour Gym

## **Friday**

AM 30min very easy swim

AM 1hour very easy Bike

## **Saturday**

AM 2h 10min Easy/Steady run

## **Sunday**

AM 5hour 20 min Bike 90miles

AM 30min run straight of the bike

PM Collapse in a big heap and sleep!!!!!!

Weekly totals **Swim** 3hours 15min= 8k, **Bike** 8hour 30min= 150miles **Run** 5 hour 20min= 34 miles

**Gym** 2 hours



*So not much to it really!*

*Russell.*

## WINTER TIME TRIAL – THE FINAL 20 MAR 06

It felt like the coldest night of the year as 15 of those that qualified for this year's final gathered on Hubbards Close for the grand show down. Numbers were fewer than in previous years due to a number of factors; however those present looked forward either with eager anticipation or fear and trepidation, depending on their state of fitness.

So to the race. The runners were despatched according to the start list and Karl and I waited eagerly to see who would appear first and victorious, making imaginary bets on who we thought would be first. In the end we were both wrong as Peter Heard came round the last corner, striding purposefully towards the finish line with no other competitor in sight. Many congratulations to peter, his marathon preparations must be paying off. I wonder what he would sooner have, a London Marathon finishers medal and T shirt or the accolade of Wymondham AC Winter Time Trial Champion....No contest!!

Second overall and First Lady home was Louise White. There followed a mad rush as runners came charging in towards the finish. One of the pre-race favourites, James Preston was third, having run round with a small pebble in his shoe. He reckoned he would have broken 12 minutes but for this.

A word of sympathy and a framed map of the route for Gary Betts. Sadly for him, he missed a turning and despite others shouting to him he ploughed on. Must have been "in the zone" that the top athletes often talk about.

Finally the award for the most improved runner over the series of trials goes to Juliet Moore whose time has improved by an excellent 1min 26 seconds. Well done Juliet.

My thanks go to all those who ran in the qualifiers and the final and to Karl and Roy Marchant for their assistance throughout the winter. The Winter Time Trial will resume in October 2006 with one or two minor adjustments.

by Dave Hazleton

**WYMONDHAM AC**  
**WINTER TIME TRIAL FINAL**

20 MAR 2006 - RESULTS

NAME	START TIME	START POSITION	FINISH TIME	FINISH POSITION
PETER HEARD	+ 3:55	4	17:29	1
LOUISE WHITE	+ 5:55	5	15:57	2
JAMES PRESTON	+ 9:55	15	12:09	3
EDDIE GREENLAND	+ 7:55	11	14:11	4
ANDY PRESTON	+ 8:35	14	13:34	5
JULIETTE MOORE	+ 3:35	2	18:30	6
SIMON CHAMBERLAIN	+ 7:30	9	14:44	7
JULIA KENNALLY	+ 3:40	3	18:30	8
SHARON HURREN	+ 6:10	7	16:15	9
MIKE SMITH (W)	+ 6:00	6	16:26	10
TERRY EPPS	+ 7:55	12	15:07	11
ALAN HOLLAND	+ 7:45	10	15:50	12
KATE BARLOW	+ 3:20	1	No Time Available	13
RUSSELL CLARKE	+ 8:30	13	15:00	14
GARY BETTS	+ 7:10	8	No Time Available	15

# WYMONDHAM AC WINTER TIME TRIAL

## MONTHLY PROGRESS SHEET

	Race 1	Race 2	Race 3	Race 4	Race 5	FINAL	FINISH
NAME	10-Oct-05	14-Nov-05	12-Dec-05	16-Jan-06	20-Feb-06	20-Mar-06	POSITION
Hazel Marchant	XXX	22:36	21:54	XXX	XXX	DNR	XXX
Rodney Freeburn	XXX	20:31	XXX	XXX	XXX	XXX	XXX
Caroline Rix	17:35	XXX	XXX	XXX	XXX	XXX	XXX
Kate Barlow	XXX	19:02	18:49	XXX	XXX	NTA	13
Anne Martin	19:17	18:49	18:50	XXX	XXX	DNR	XXX
Juliette Moore	19:30	XXX	19:58	XXX	18:19	18:30	6
Julia Kennally	19:20	18:32	XXX	18:37	XXX	18:30	8
Jessica Preston	XXX	17:17	XXX	XXX	XXX	DNR	XXX
Peter Heard	18:45	18:13	XXX	XXX	18:23	17:29	1
Louise White	XXX	XXX	16:48	15:52	XXX	15:57	2
Lyn Hazleton	16:38	XXX	16:37	16:28	XXX	DNR	XXX
Sharon Hurren	XXX	XXX	16:22	15:59	XXX	16:15	9
Robin Stebbings	XXX	16:58	XXX	XXX	XXX	XXX	XXX
Dean Phillips	XXX	15:32	XXX	XXX	XXX	XXX	XXX
Shona Fairchild	16:51	XXX	16:40	XXX	XXX	DNR	XXX
Mike Smith (W)	16:14	XXX	16:16	16:16	XXX	16:26	10
Rachel Leathwood	XXX	15:08	XXX	XXX	XXX	XXX	XXX
Vicky Reynolds	XXX	XXX	15:53	15:29	XXX	DNR	XXX
Terry Brannan	14:56	XXX	15:03	15:54	XXX	DNR	XXX
Alan Holland	14:38	14:35	14:32	14:55	XXX	15:50	12
Dale Cooper	16:12	XXX	XXX	XXX	XXX	DNR	XXX
Neil Holland	14:46	14:58	XXX	15:31	15:10	DNR	XXX
Simon Chamberlin	XXX	15:16	14:48	14:55	14:58	14:44	7
Nigel Youngman	14:20	XXX	14:02	XXX	XXX	DNR	XXX
Eddie Greenland	14:13	14:25	XXX	XXX	14:39	14:11	4
Terry Epps	XXX	13:51	14:47	14:47	15:17	15:07	11
Paul Wightman	XXX	XXX	14:25	XXX	15:05	DNR	XXX
Russell Clarke	13:49	14:45	13:37	XXX	XXX	15:06	14
Karl Chapman	13:18	XXX	XXX	XXX	XXX	DNR	XXX
Andy Preston	13:40	13:38	XXX	XXX	XXX	13:34	5
Craig Dungar	13:22	13:30	XXX	XXX	XXX	DNR	XXX
James Preston	XXX	12:15	12:43	XXX	12:25	12:09	3
Gary Betts	XXX	XXX	XXX	15:06	15:14	NTA	15
Jeff Lansdell	XXX	XXX	XXX	15:08	XXX	DNR	XXX
Geoff Davidson	XXX	XXX	XXX	16:24	XXX	DNR	XXX

# Wymondham Athletic Club

## Annual General meeting minutes 21st February 2006

Full list of those present—available from Paul Wightman

Apologies for Absence: Vicky, Mike Pope, Russell, Lisa, Dawn.

### 2. Approval of minutes 16/02/2004

The minutes were approved by the members present. This was proposed by Ron and seconded by Jenny.

### 3. Matters Arising from the previous AGM

None

### 4. Reports

#### Chairman

Thank you for all coming.

I would like to thank everyone for their support and help with the club over the last year. My first year as chairman has been a nice experience and has only been helped by everyone at the club providing support and assistance. Many people contribute so much to the club and they should be thanked for their efforts as without them we would not be such a good club

This year has seen some consistently high numbers turn up for Monday club nights, generally in the high thirties and forties. The atmosphere is always good and everyone appears to enjoy coming and I think this is due to the relaxed environment that we have.

I would like to thank all committee members, coaches, race committee and volunteers for their help over the last year and their continued support for the next year.

We have also had some excellent performances over the last year as well and numbers of Wymondham AC members at events often out strip other larger clubs which is really good to see.

### **MOVING FORWARD**

After the meeting the first thing the committee always completes is the club yearly planner and we will again aim to do this over the next week. Its always difficult to know what to do next with the club and in which direction we should steer it. This is where all members need to provide the committee with feedback as to what they

would like to do over the next year and indeed for the future. That's not to say we need to do anything at all ,however I do believe that we should never stand still as a club and should always look at improving our membership base to ensure the continued success. Therefore if anyone has some feasible ideas for the future year please speak to me or other committee members and we can try and push them through.

Thanks again

Karl

Secretary -Paul Wightman

It has been a fantastic year for Wymondham Ac and I have enjoyed being the Secretary.

The year started with a big field in the Wymondham 10/20 and all the help and effort was excellent. I received a host of emails from happy runners and the way our club Marshall races is second to none. We have continued over the year to see the numbers of entrants in our races go up and the New Years Day race was a phenomenal success. The race committee do a fantastic job and I would like to thank them all for there efforts.

After the disaster of the famous shed being blown away, we now have a container purchased with club funds. This container will provide a dry and safe environment for all the race equipment and I am sure will be of huge benefit to the club. Thanks to Our Chairman Karl for all his efforts in making this happen.

We have seen our members in all different parts of the world, running, walking or just having adventure. The race results throughout the year have been excellent and we have been getting on the rostrum at a number of races. The new members have been working hard in training and we managed to get a senior ladies team title at the recent county x-country race. I am sure this year we are going to see the new members go on from strength to strength.

The Round Norfolk relay team had great success and all the team performed well and we came away with the masters trophy. Big thanks for Russell for all his efforts and to all members who helped in making the day special.

The ketts park relay again attracted a good response and we managed to raise money for the Stroke Association. Big thanks to Karl for all his efforts on this one.

The footprints continue to be a great read and a big thanks to Kim for all her efforts on making the magazine look professional and worth reading.

The handicap series have been good at bringing new member in to running against the clock and many thanks go to David Hazelton for making it happen.

One of the main reasons we manage to get the most out of our runners is because we have a very good coaching team. Ron and his team of coaches are always enthusiastic and willing to help. We have seen excellent schedules for all the different levels of runner. A big thank you must go to our coaches and please use the experience that the coaches hold.

Over the year we have seen the club grow in both numbers and reputation and when I speak to runners from other clubs, they speak very highly of our club. We are lucky to have very supportive members and all members are encouraged to improve their running and fitness. I have noticed the fun element is a big part of a Monday evening and our Chairman has been very good at bringing that to the club. We have seen various little jokes played on our members and everyone involved has taken this in great fun.

The Year was ended with another fantastic Awards Diner at Reymerton Golf Club. This is the 3<sup>rd</sup> year we have held the evening at this venue and I think you will agree with me that it has simply got better and better. This year we were lucky to have a fellow committee member working at the Golf club and Russell made the evening even more special with his little touches of club colours and wine etc.

I thank you all and hope I can continue serving you in a way that keeps the club a happy and vibrant place to come and run.

I am here to serve you the members, if you would like to see any changes or have any suggestions please put them forward, we are here to Help you.

I am sure this year will be even better for Results, Coaching and most of all Fun.

Treasurer—Terry Epps

Terry handed out a copy of the latest Income & Expenditure Report. We started the year with £4800. All the races have been very profitable with £4100 coming in from them. The Club subs have stayed at £15.00 and generated £1300. we have paid the rugby club for the year the fee has gone up to £20.00 due to VAT being added. We have purchased 6 mobile phones for the race committee.. Overall been a very good year financially for the club.

Track and Field – Veterans—Adrian Dearnley

Adrian thanked every one who took part. We did not get to the finals this year but was very hopeful with support from the club we would do well this year and encouraged all members who are over 35 years old to take part. to take part.

6. Election of officers



1 committee place to be elected.

Andrew Preston proposed. No other person put forward and Andrew was welcomed onto the committee.

## 7. AOB

### Club Kit

Karl advised we had found a supplier Trakman to meet our requirements and will be getting a design together very shortly for all members to see.

### David Hazelton

Asked all members to consider helping with the Track & Field evenings as there are very few officials and helpers on the evenings. Suggested a sub committee for the Track & field could be formed.

Race numbers .. Please do not give your number to someone else. This can cause serious complications and could lead to unnecessary distress to the wrong parties.

### Summer Handicap.

After a little discussion Steve stated he would no longer be organizing the Summer Handicap. Karl asked for a volunteer for the summer handicap, no one came forward. The club plan will be looked at and the committee will look and how the summer handicap will progress.

### Club Standards

Mike Smith Hethersett asked what had happened to the club standards. A discussion on club standards was held and Karl felt the standard should be re-launched. The Standards themselves had now been put on the website and it is hoped that a new and improved way forward will be found.

A congratulations presentation was made by the club to Karl & Lisa for their recent arrival Daisy may.

With no other business to discuss the meeting finished at 8.50pm

# R A C E D I A R Y

## WAC SUMMER RACE SERIES

May 28 <sup>th</sup>	The Great East Anglia Run 10K
June 11 <sup>th</sup>	City of Norwich Half Marathon
July 28 <sup>th</sup>	Worstead Festival 5 mile
August 24 <sup>th</sup>	Wroxham 5k race 3
September 3 <sup>rd</sup>	Wissey Half Marathon

April 16th	Trowse 10k
23rd	Flora London Marathon
30th	Breckland 10k—Croxtan

May 6th	Race for Life—Norwich (1)
7th	Race for Life—Norwich (2)
14th	Dereham 10 mile
21st	Bentley Charels 10k—deeping St James
21st	Gog Magog Trust Trail 5 (+) Magog Down

June 1st	Wroxham 5k (1)
21st	WAC Midsummer 10
29th	Wroxham 5k (2)

July 23rd	St Ives 10k
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August 13th	Great Yarmouth East Coast half Marathon
24th	Wroxham 5k (3)

September	
10th	Grunty Fen half marathon
24th	Diss 15

October	
8th	MSC Felixstowe half marathon
22nd	North Norfolk 7—Holt
29th	Fenland 10