



FOOTPRINTS  
SUMMER 2006



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### Club Committee Members are

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

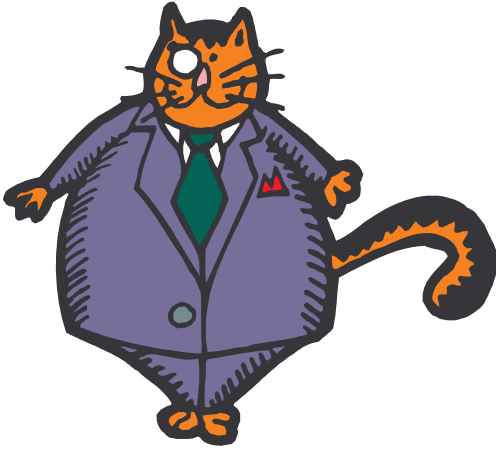
A few words from the editor.....

Hope you are enjoying the current spell of good weather, enjoying your running etc, the race results are brilliant with everyone performing so well. Glad to hear some of the newer members are also doing well, achieving pbs and enjoying the running scene.

Have a good summer.

Kim

## CHAIRMANS CHAT



About a week ago Paul and I were out running on a Friday night, just an easy run for about 30mins. Nothing special about that really, but do you know what was so good about it? All we did was talk about running! Nothing else just running. At the moment both I and Paul are so keen and enthusiastic about the sport. We were not talking about our own performances either it was all about others at the club. We talked about how great some people are doing, how some people can only improve in the future, the numbers running for the club, the club atmosphere, everything we

talked about was positive. Now you may think we are a little sad, you may be right and that we have nothing else to talk about. That may be true but how many people in this world can forget all their worries, keep fit and talk about their friends whilst exercising? Its times like these were you realise that living life its self is far more important than just existing to live.

Since the last edition of footprints the local race scene has come to life and WAC runners have been out in force. Not only do we field a team of about 16-18 runners at most local races we also come away with prizes and good quality performances and PB's. It's also good to see new people having a go at racing. For example Jo Watson raced for the first time over 5 miles at Great Yarmouth in May and ran a superb race in a little over 36 mins in windy conditions. That's a great result in many ways and relates to my opening remarks. It's not all about being the fastest it's about being there at that time and doing your best. Jo was nervous about racing but need not have worried as she performed well and will no doubt improve.

Also Kris Barnard has been running well achieving close to 38 mins for 10k along with Ollie Milk who clocked 38min dead at the GEAR. Looking through the diary the ladies have romped off with some team prizes and Vicky broke the magical 20 mins for 5k at Wroxham. Also running well at the moment is Paul who after a year or so of getting large round the waist has slimmed down and his times are falling as quick as his waistline did. Not many people know this but Paul has been running for years and was at different clubs before Wymondham and used to run great times i.e. under 60 mins for 10 miles!

Again listening to my own words of wisdom I had a great week of living recently. It started with a PB at the GEAR running 37.58, then ran an even better 17.48 at the Wroxham 5k and finished the week off by watching England play Jamaica at Old Trafford.

Its also good to see members taking part in some charity runs such as Ron, Jenny and Kim who ran the Quidenham Hospice Walk 4 life and some ladies entered the Race for life races. We have dropped our own mini charity race this year due to lack of numbers, however maybe we should do something as a club for charity. Any ideas?

The round Norfolk relays will be upon us soon and we hope to put in two teams, one ladies team and one in the open category to see if we can break the club record. Both teams need 17 runners plus reserves and helpers so please see Vicky and Russell ASAP to sign up for a great race. Also as a club we want to showcase our club by entering as many people into the Lord Mayors 5k in July. It is a great race and a real challenge. We have at least 15 people who could make the mark of sub 20 minutes, especially based on the first Wroxham race with 4 people under 18 minutes and many more under 20mins. The club will also pay for those that enter these two races. (Cheque has already been sent to RNR so we must get two teams!)

That's enough from me, I will let you read the rest of footprints and as always thanks to Kim for putting it together and for all those that contribute. Starts writing now for the next issue as it would be nice to have others contribute. You can talk about anything you like as long as it has a tenuous link to running or the club. Give it a go!

Thanks and good luck for another couple of months good training and racing.

Karl

## **ENERGY FOOD!**

I thought I would share with you one of my favourite quick recipes. It's easy to make and cheap and nutritious. This recipe is for one person so multiply according to how many people are eating. If any one else has some easy recipes maybe you could publish them in footprints. We promise to pay you nothing for your recipe ideas.

### ***Tuna pasta with black pepper, lemon juice and olive oil.***

#### **INGRIEIENTS**

- 50-75g OF PASTA – Any type you like although whole wheat is best
- 1 tin of tuna chunks in brine (drained)
- 1-2 dessert spoons of lemon juice
- 1- dessert spoons of olive oil
- Milled black pepper (teaspoonish)
- Parmesan cheese (optional)

#### **COOKING INSTRUCTIONS**

1. Simply cook off the pasta until al dente, drain and return to pan
2. Add tuna fish
3. Add lemon juice, olive oil and black pepper. Vary these ingredients according to taste.
4. Mix it up on a gentle heat
5. Put in bowl, top with parmesan
6. Eat with salad

# Coaches Report

As ever the coaches have been providing you all with some excellent programmes for this summer and it is of course showing with the results which are coming through in the race book.

Monday club sessions are continuing, with at least 3 coached groups going out on Monday nights. Offering an excellent coaching base we aim to offer at least 3 core groups—Fast, Intermediate and easy paced, sessions include Fartlek, pyramid training, time trials and much more.

The club has now purchased some mats for Monday nights Carpet crunch, which will make things a more

pleasant for those joining in with core strength and stretches.

Thursday Track training is going really well at Hethersett—Trudy has been working us really hard with some excellent strength, endurance and speed sessions . She'll be away for a few weeks though visiting her new granddaughter 'Hope' born on 30th May so congratulations to both her and Tony for becoming proud grandparents—in the mean time Ron will be taking the track with some equally challenging sessions.

The UEA grass track and hill group is still working well, with a good group working there on hill training and endurance.

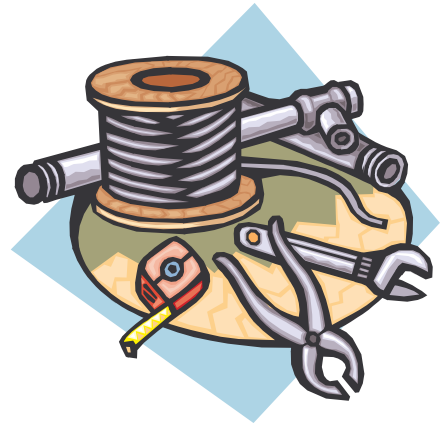
*Kim*

## **WAC SUMMER RACE SERIES**

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

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

# New Technology and Marathon Training



The following advice on marathon training was given by an American lady to our tour guide during our recent holiday.

Firstly she explained that a lot of marathon runners caused damage to their toes during the race and lost toe nails in the weeks after the run. To overcome this problem the lady had covered her feet in Moleskin plasters before the race and this had worked really well.

Her second problem to overcome was leg cramps in the later stages of the race. She had used a system of electrodes taped to her calf and thigh muscles to stimulate the blood flow and avoid getting cramp. These were connected by wires to a battery pack strapped round her waste.

Thirdly in order to save time visiting the toilet during the run she had started to eat pumpkin seeds for weeks before the event. These had dramatically reduced her visits to the bathroom and she was really confident of beating the time set by an eighty year old friend the year before.

So, our guide asked, how had the race gone and had she achieved her target time. Oh yes, came the reply, but there had been a few problems. The Moleskin had prevented any damage to the feet. She did not suffer from cramps but the wires had caused some serious loss of time. Unfortunately she had forgotten to eat the pumpkin seeds during her final preparations and this had resulted in many visits to the toilet during the second half of the race. After a final visit to the loo she realized she would need to run the last 400 metres in order to beat her friend's time and she had managed this by a few seconds. And what time did you do, our guide asked. Oh just inside nine hours came the reply.

It just goes to show that new technology has its place but is no substitute for real training, I'm sure Ron would agree. I'll leave you to draw the mental picture of her struggle with the wires and battery pack during the loo visits, but her description had the tour group in howls of laughter.

ROY

# Captain's Corner June 2006

Well the first of the new summer race series proved to be a big success. Nineteen members of WAC made the trip to Kings Lyn on May 28th to run in the first Great East Anglia 10k race.

The well-organised and fast, traffic free course was a pleasure to run, with the start and finish set in the park in the centre of Kings Lyn. There were 1,650 runners making this the biggest race on the local race calendar, and with good support all the way round it had the feeling of running in a mini London marathon.

There were some good performances from the WAC members, with Andrew Preston bringing the men home and Vicky Reynolds continuing her good year by leading in the Ladies. The Ladies finished second in the Club team category with the men in fourth. New PB's were achieved by Karl Chapman and Dean Phillips (handy for the extra 10 bonus points). Please let me know of any others.

I have attached the provisional results; they may change slightly with the addition of new PBs or if this was your first race at 10k. With the next race in the series fast approaching, 11th June the Norwich half Marathon, a clearer picture of the series leaders will take shape. I look forward to seeing you there and working hard for that new PB.

## Round Norfolk Relay

This year we have entered two teams, one in the open class and one Ladies team. I will be organising the open team and together with Vicky, the Ladies team. Keep an eye on the club notice boards for information and for adding your name to either run or help out with the Race. As you know this is a big commitment by the club and all your help will be needed to make it a successful day. The Days to keep free in your diaries are the

***16<sup>th</sup> and 17<sup>th</sup> September.***

The relay covers 193 miles around the county boundary. There are 17 stages ranging from 5 to 19 miles. To enter a team we need about 20 runners willing to participate to allow for illness and injury etc. It sounds like a great experience. Please let me know if you would like to run, along with the maximum distance you would be willing to cover. You can email me at [vickswich@hotmail.com](mailto:vickswich@hotmail.com), further information can be found at [www.roundnorfolkrelay.com](http://www.roundnorfolkrelay.com).

## Summer Race Series—Results sheet

### Race 1: Great East Run— May 28th— 10K

Name	M/F	Age	Time	PB	First	Age %	Age points	Points
VICKY REYNOLDS	F	25	41.41			72	33	38
OLIVER MILK	M	27	38			71	32	37
DALE COOPER	M	46	45.34			63	24	29
MIKE SMITH (H)	M	64	43.09			79	40	45
ANDREW PRESTON	M	41	37.29			75	36	41
ELLIE PHILLIPS	F	39	61.26			51	12	17
RUTH STURGESS	F	20	44.32			67	28	33
DEAN PHILLIPS	M	37	45.19	10		60	21	36
PAUL WIGHTMAN	M	43	38.47			73	34	39
RUSSELL CLARKE	M	48	38			78	39	44
MARK TUFTS	M	38	46.22			59	20	25
IAN STURGESS	M	47	39.56			73	34	39
KARL CHAPMAN	M	37	37.58	10		72	33	48
VERONICA MANLY	F	57	47.15			77	38	43
ROBERT SCARFE	M	53	49.49			62	23	28
MIKE SMITH (W)	M	60	45.27			72	33	38
PETER HEARD	M	48	48.55			60	21	26
ANN MARTIN	F	70	54.02			79	40	45

## Ironman Lanzarote



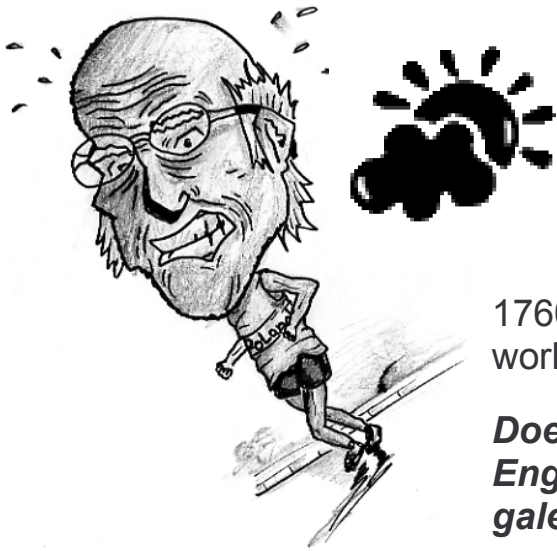
On the 12 December 2005, I started my 25-week training program for the Ironman and after 59 hours (140k) of swimming, 281 hours (2,075 miles) of Biking, 78hours (616miles) of running I thought I was ready to challenge the toughest Iron man course that there is. Well how wrong can you be, I was nowhere near prepared for what the race had in store for me. On Race morning the event was in danger of being postponed, as there were 54mph winds on the top of the mountains!!! They did subside but only to 30mph with 38mph gusts, not so good on a bike? The island was also enjoying unusually hot weather for the time of year, 28oc to 31oc on race day. That together with the 8,400ft of climbing on the bike course (that's over two times higher than Ben Nevis!!) And on road surfaces that a mountain bike would be happier on than a Race Bike, meant that it was a case of survival to the finish, and finish I did in 13hours 28 min, 2 hours slower than my best time but at least I finished, and in a perverse kind of way even enjoyed it,

**Swim 1hour 18m, Bike 7 hours 8m, Run (walk) 4hours 51m**

Ps my next Ironman race is on August 20<sup>th</sup> so let the training begin!!!!

Russell





## ASK ZIKO

New in our previous edition 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. So here is the latest update from him and his worldly knowledge!

***Does Ziko have any special tips on running in the English Springtime? i.e.: pouring rain, howling gale?***

My friend Fishy Michaela has been reporting on the great British weather for many years and is rarely wrong! She has given me a forecast for June and July and has said to forget about springtime because by the time this newsletter comes out it will be summer. She has predicted that June and July are going to be scorchio so members should wear little or nothing except sun cream to protect exposed skin. If however you are a little shy or do not have the body of a finely tuned athlete you should wear a little more clothing as you may give the club a poor image.

***What's the best way to travel to the running club on Monday evenings?***

In this age of high fuel costs, decreasing oil supplies and climate change we should all think about this question very seriously. Running to the club is the answer that may seem to be the most obvious for those that live within in Wymondham, however with busy lives and the thought of running at least another 300 yards home after a run and 19 biscuits we should maybe start a car pool for members in Wymondham. I have suggested that the chairman is bought a new people carrier so that he can take the club box in each week and pick up members on the way. As for those of you outside Wymondham you should sell your houses and move to Wymondham as its really nice and it has a Waitrose.



***What's Ziko's advice on dealing with a member's smelly feet?***

Chop them off with a blunt rusty penknife with Whisky as anesthetic or just see a chiropodist to remove the smelly corns and bunions built up from years of running. Changing socks regularly and airing shoes also helps. Remember you only have one pair of feet (unless you come from Mars) so look after them.



## What nutritional advice would you recommend after a hard training session?

Traditionally the club has always had tea and biscuits after sessions which is very quaint but not the best thing to have. During my heyday in the Polish team we used to drink poltuneggabanailky. This is a highly potent protein rich sports recovery drink devised by our top sports scientist at the VETSRUS institute. The recipe is below for you to try.



- ½ pint of skimmed goats milk
- 250gms of raw tuna
- 3 cooked egg whites
- 1 ripe banana
- Blend all ingredients together and drink within 15 minutes of a hard session.

*Thank you very much folks Ziko*

Now Don't forget everybody—our fantastic Polish friend is knowledgeable on all sorts of subjects so get your questions in, and you too can receive quality advice!

### Wymondham Final Positions For Mid Week XC League 2005 / 2006

Position	Men		No. of Races	Points
26	R Stebbings	M50	8	1061
39	R Scarfe	M50	9	958
43	R Freeburn	M65	10	924
46	L Hill	M40	6	889
58	M Smith	M60	5	740
69	D Bartram	M55	4	594
104	L Cooper	M60	3	385
	<u>Ladies</u>			
39	A Martin	F65	3	539
49	E Osborne	F65	2	362
71	K Barlow	F50	1	170

R Stebbings & R Freeburn Won Age Group Prizes.

# Summer Breakfast Runs

**W.A.C**

2006

**Sunday July 2<sup>nd</sup> August 8<sup>th</sup>**

**Meet at the café in Earlham Park at 8.30am**

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

**Meet back at the café for breakfast**



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

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

## **Some Nutritional Tips on Refuelling Your Muscles– Ruth Sturgess**

Hello all. A few weeks ago I got chatting with Kim about my studies of nutrition at university and in particular my keen interest in sports nutrition. Kim suggested I shared some of my knowledge with the rest of you through an article in footprints, so here it is. I have chosen one aspect of sports nutrition that I hope you will find interesting and relevant, that is the importance of refuelling our bodies through what we eat before, during and after training sessions.

Carbohydrate is the main and most important source of fuel for us runners, and it's found in breads, cereals and potatoes. When you eat these foods the carbohydrate is stored as glycogen in your muscles and liver. It is these glycogen stores that have a direct effect on your ability to train in terms of intensity and duration. If your muscle glycogen levels are low, it will lead to early fatigue and reduced training intensity and performance. If your glycogen levels are well stocked, it will enable you to train at an optimum level with maximum benefit.

### **When and what should you eat before training?**

You need to try and eat between 2-4 hours before training ensuring you do not feel hungry but leaving enough time for your stomach to settle. Avoid leaving any bigger gap than this between eating and training, as the body might not have enough fuel to last the training session. The best types of foods to eat at this time are those that provide a sustained source of carbohydrate.

Some of examples of meals to have 2-4 hours before training:

- Sandwich/roll with meat, cheese or egg filling and salad
- Jacket potato with a filling like, beans, cheese, tuna or chicken
- Pasta and tomato based sauce
- Bowl of wholegrain cereal or porridge made with milk

Some examples of snacks to have 1-2 hours before training:

- Fresh and dried fruit or diluted fruit juice
- Smoothie
- Yoghurt
- Energy, cereal or breakfast bars
- Fruit loaf

### **When and what should you eat during training?**

If your training session is going to last an hour or less then water is all you need. If your training is for longer than this then you would benefit from eating some form of carbohydrate during the workout as this can help delay fatigue. If you plan on having a snack during the session then make sure it is before you feel fatigued to allow for absorption time.

Some of examples of foods and drinks to have during training:

- Isotonic sports drink or glucose polymer drink
- Energy, cereal or breakfast bar
- Diluted fruit juice
- Banana or a handful of raisins and sultanas.

### **When and what is best to eat after training?**

This is when most rapid refuelling of you muscles takes place. You should have some form of carbohydrate to eat as soon as possible after a training session. In the first 2 hours after training you should eat those carbohydrate foods that provide rapidly absorbed carbohydrate.

Some examples of foods and drinks to have in the first 2 hours after exercise:

- 1-2 portions of fresh fruit with a glass of milk
- 1-2 cartons of yoghurt
- A fruit smoothie or homemade milkshake (made with fresh fruit)
- A sports bar (containing carbohydrate and protein)
- A sandwich/roll with a protein filling, such as chicken, peanut butter or egg
- A bowl of cereal or porridge made with milk
- Jacket potato with tuna, baked beans or cottage cheese.

The more intense and longer the training session has been the more carbohydrate it will take to refuel your muscles.

### **What is best to eat between training sessions?**

Your diet between training sessions is also important. Try and eat small but regular balanced meals that contain sources of carbohydrate, protein and fruit and vegetables.

Well that's it from me but I hope you've all picked up a few helpful and relevant tips to help keep your muscles well stocked for the summer season ahead.

*Ruth*

## Run Safely in the Sun



As runners we try to be aware of all aspects of running to make us improve our performance – good quality trainers, technical kit, proper hydration and nutrition, I wonder if we spend any length of time thinking about the impact of the sun and UV light on our skin as we are generally so exposed to light from being out doors to participate in our chosen sport.

I've done some research on the internet about the levels of skin cancer in the UK, and amazingly the numbers of diagnosed skin cancers have doubled in the last 20 years.

So what can we do to protect ourselves from photo ageing, sunburn and skin cancers? Well reports suggest that we keep out of the sun between 11am and 3pm, for those participating in race events we know that that is virtually impossible, most events start at around 11am. Practical advice suggests that we use a sun cream; yes we know that I hear you say.

UVA rays — the ones that make your hide leathery - you don't burn.

UVB rays – the ones that make you burn.

Both may contribute towards cancer

You need to use a broad-spectrum sun cream that offers protection against both UVA and UVB. UVB protection is calculated in SPF (Sun protection factor) UVA is generally calculated by most of the big brands (Ambre Solaire/Soltan etc) in a star rating – 0-5 the maximum being 5. Cancer Research UK recommends wearing nothing lower than factor 15, which gives about 93 per cent protection against UVB rays.

Apply your cream correctly this means thickly and 30 mins before exposure to the sun – most people apparently don't use enough cream.

Cheap creams are as effective as expensive ones; they are all tested in the same way.

Put on a hat - a legionnaires ones is best (a cap with a long flap at the back to protect your neck)

Use sunglasses with a UV protection on them a CE mark with British standard BS EN 1836: 1997, UV400 label, a label saying 100% UV protection.

Drink plenty of fluids to avoid dehydration.

More information is available from [www.cancerhelp.org](http://www.cancerhelp.org)

Kim

# RACE DIARY

June 21st 29th	WAC Midsummer 10 Wroxham 5k (2)
July 2nd 15th 23rd	Powters Newmarket 10k Lord Mayors 5k St Ives 10k
August 4th 13th 24th	Wibly Wobly Log Jog 5m Great Yarmouth East Coast half Marathon Wroxham 5k (3)
September 10th 16th/17th 24th	Grunty Fen half marathon Round Norfolk Relay Diss 15
October 8th 22nd 29th	MSC Felixstowe half marathon North Norfolk 7—Holt Fenland 10

## Club Kit

Available from Paul Wightman  
in 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

***NOTES:***



# Norfolk Golf and Country Club Presents



Pitch and Putt Night  
Wednesday July 12th  
6.30pm turn up and play

Why not stay after the fun and  
have a Bar Snack at just £3.50 per  
head