



# FOOTPRINTS SPRING 2007



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### Club Committee Members—Re-elected are:

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

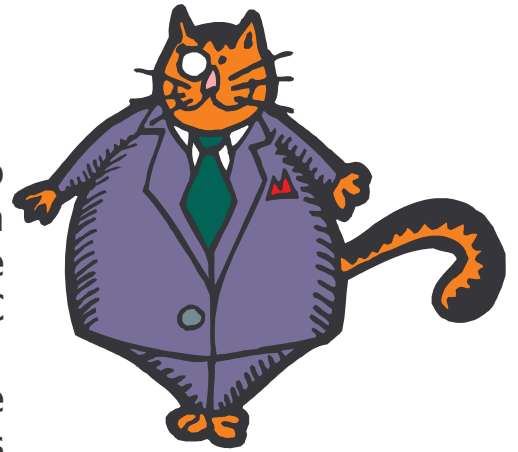
## SPRING ESSENTIALS

**CLUB KIT—VESTS, POLO SHIRTS, CLUB  
TRACKSUITS, RAIN JACKETS  
SIZES S,M,L,XL**

**AVAILABLE FROM PAUL WIGHTMAN ON CLUB  
NIGHTS**

## Chairmans Chat.....

I am sure you will all agree that it is hard to believe it's March already. Christmas may be a distant memory to us but we can't forget the great evening had by everyone at the WAC annual presentation evening hosted by Reymerston Golf Club. The food, atmosphere and dancing was brilliant. I think Paul has already booked next years date so when its published put it in your diary so you don't miss out.



The new format of voting for the presentation also went down well and the spread of awards spanned all sections of the club. We had more votes in this year than probably the last four put together, and the outcome was very close in all categories. So thanks for taking part and making it a success, however no comments about vote rigging please!

Since the last issue of Footprints we have hosted two of our biggest races the New Year's Day 10k and the spring 10/20. Both races were an enormous success with them both filling up to the limits. Thanks should go to all of the people involved in helping organise and marshal the races.

The races that we host as a club are very important for delivering a service to runners who want to race, as most of us do. If we did not have volunteers none of us would be able to race. Also it does bring an income into the club to pay for the roof over our heads on a Monday night as well as subsidising our track use, race entries, kit subsidies.... Sounds great! Well yes it is but unfortunately we get a regular group of people who marshal at all the races but that's not enough. For example the 10/20 race probably needs in excess of 45-50 people just to marshal the course safely! We did not have that many club members on the 4<sup>th</sup> March. OK, lots of people have other commitments and we can't change that and we don't expect you to change your life. I also understand that people want different things from the club. However we can all agree that running the club successfully does require an income.

However it is getting to the point where we will have to look at either stop doing some of the races or hire in help. None of these is a good option as ultimately it will result in loss of income. That means no subsidised activities for members and increased membership costs. The committee is now going to undertake a review of the races with the

race committee to look at how we can move forward. One of these issues is '*compulsory volunteering*' as part of your membership! I don't think this is the best route so don't let the decision be made! It could be a choice of helping at a race or selling raffle tickets to your friends to win some homemade blackberry jam and we know what male runners do to blackberries!

The club AGM was held in February with a good turn out of members and some nice soup. All current committee members agreed to continue to stand for the next two years and some good discussions were held on various subjects. The minutes for the meeting are at the back of this issue. The spirit was indicative of the clubs success over the last couple of years and on behalf of myself and the committee I would like to pass on out thanks for your support. It is nice to get positive feedback and makes the work worthwhile.

One of the things that the committee will be focusing on over the next year is the clubs website. We will be looking to make it a better resource for not only members but also runners looking for information about our club. Paul and one of our new members Dennis will be heading up the team who will manage the website, so thanks to them in advance for taking on this challenge.

For some members London Marathon is just around the corner and by the time they read this they will probably be thinking about their last long run before easing down for the big race. I have the greatest respect for anyone who completes a marathon, so good luck to you all I know you will do the club proud!

One of the good things about this time of year is the races start to come back to life with lots of 10ks being held in our area and of course all the pretty flowers come out to play and we can look forward to some great running weather. Hopefully the target races for the club will be published soon and we can start to look forward to some good team results for the club. Your club captains will I am sure be speaking to you soon.

Good luck for the next few months I hope you all get some pb's or just have a great run.

Karl

# C O a C h e s S R e p o r t

After another successful Winter of coaching, our club is still offering good quality sessions to members and of course will continue to do so into the warmer months ahead.

Primarily our core groups will remain the same, we will continue to try to provide at least 3 sessions per week, catering for the main speeds, fast, intermediate and steady. Circuits on Thursdays will continue at Hethersett Old Hall School.

After Easter we will begin our grass track sessions at the Old Hall School as well.

We will be producing a training guide for these sessions, which will be displayed on the notice board so that you all know what sessions will be taking place on which weeks.

During the AGM, we were asked to help by providing specific goal sessions, ie: a session geared for those entering a 5k race, 10k etc., we are going to discuss how we best tackle this task at our coaching meeting. If you have any specific questions please talk to one of the coaches who will be happy to help.

We have one of the best coaching teams in the area, and here's a list of who we all are

Ron Marsh – Level 3 and Head Coach

Trudy Deacon – Level 3

Kim Reader – Level 2

Terry Brannon – Level 2

Paul Wightman – Level 2

Karl Chapman – Level 1 C/A

Andy Preston – Level 1 – C/A

Jessica Preston – Level 1 – C/A

Craig Dungar – Level 1 – C/A

Margaret Bailey – Level 1 – C/A

Mike Smith (H) – Level 1

Alan Holland - Level 1

# Ask Ziko



After a short break from writing I am back to give WAC members some much needed advice. I know lots of you were upset when I was not in the last issue. I was away training some people at a special camp in Alabama. These great people are trying to break the world record for the marathon in the Clydesdale class. They now have a good chance of rolling round in a record time.

Any way back to your questions...

**Q: Whats the best thing to do when you have an injury? I have been old to run through the pain. Is this correct?**

Yes its hard to believe that even in this day and age people still think its OK to grit their NHS teeth and just get on with it. They say "***I will bang out some miles. It only hurts a little, don't worry it be should be OK***" then they say... "***OH how on earth did it get worse! I cant understand it I only done 80 miles at the start of the week***" what Muppets! They should know better. My advice, of course purely made up but none the less good advice is to think about your situation. A week off sooner is better than three weeks off later! Now that's good advice.

**Q: I get really nervous at the start of races. What advice can you give me?**

First of all I am sorry to hear about your accident on the start line. Nerves can be a funny thing and can cause these reactions. I think you managed to get away with it though and I won't tell anyone. Sports Psychology is a huge business nowadays and there are plenty of good books out there that can give you some great advice. So don't be tight and go and buy one. I will of course borrow it when you have finished.

**Q: When do you think it is best to start wearing shorts again for running?**

This is always a tough one. When is it warm enough to put on the shorts to get some air around the legs etc... personally I think March-

April is about right, maybe sooner when the ice caps have finished melting. But that's a generalisation, for you I don't think its fair to show off your legs. Your gout is now turning a bit nasty and those voracious veins have more ridges than the moon so best leave the leg-gings on.

**Q: The chairman wants me to help marshal some races. Should I help?**

No don't bother, buy some of my blackberry jam instead. I also have some nice nettle balm for massaging tired legs.

**Q: One of the knowledgeable members from the club keeps talking about flow. What do they mean?**

Flow is a state with universal qualities that is experienced by people in all forms of activities. Furthermore Flow is a mental state in which a person is fully immersed in what they are doing, focused on involvement and success in the activity. However, this does not mean winning. Flow is characterised by several factors. Goals need to be clear, concentration is focused with loss of self consciousness, feedback needs to be direct and the balance of ability and level of the challenge need to be right as well as personal control. People in flow will also experience a sense of distorted time.

Think back to a recent training session or race that went well. Why did it go well? We all know that our best races are the ones with no pressure, simple goals and the challenge is not beyond the level of our present skills i.e competing in a marathon on limited training will result in a poor result. However training well and good preparation will result in a good performance resulting in Flow. Next time you have a good race or session you are not in the commercialised "Zone" you are in fact experiencing a state of Flow.

Next time you are completing some mile efforts I will happily bet that the first section will go quickly but the last will feel like an eternity. This is because we all feel good at the beginning with positive thoughts and clear goals but then the last few seconds just don't go! You are in Flow at the start of the effort but not in the last part. Success therefore can be achieved by following the principles of Flow. Easy!

Information taken from my good friend Mihaly Csikszentmihalyi or pronounced "chicks send me high"

# RACE ROUND UP

Well A big thank you to all who helped out at the 10/20 on the 4th March. As we always say, without the voluntary help of the members we would simply not be able to put these races on. The 10/20 is a particularly difficult race to organise due to several factors, the amount of marshalls we require to maintain runners safety, manning the water stations adequately, lead cars and sweepers. Once again though we pulled it off and have boosted the coffers significantly. (Terry Will be very happy)

A few special thanks, the time team who made producing the results a much easier job, Sharon and Ian who did a super job at the registration desk, Dennis in the car park and afterwards helping clear up the Hall, Sue Phillips and Deans Mum who went wizzing off in the car the help at a water station, all the marshalls (who are always smiling and cheering people

on, it's always mentioned by runners) and Karl—who stepped in as a roaming sweeper and collected runners who had to pull out.— Wow this sounds like an Oscar speech, but brilliant it's so excellent to see people pulling together and proving that Wymondham AC is an excellent club

We really want to make our races not just good, but brilliant races, we have some excellent scenery to run through, I know the fastest ones aren't looking around when they reach high oak (one of the highest points in Norfolk) We are looking for some new faces to join in race organisation, so don't be shy—come forwards and talk to either myself or Karl.

Kim





# SPORTS INJURIES

According to research by Barclays Spaces for Sports initiative, a person who regularly participates in sport will pick up on average 1.65 injuries each year, adding up to 22 million sporting injuries a year.

There are three common types of injury.

## 1. Acute injuries.

These happen suddenly and are usually associated with Trauma. The risks and effects of acute injuries can be minimised by proper prevention and planning, and by ensuring that any First Aid given is effective, safe and prompt.

## 2. Overuse injuries.

These injuries are due to repetitive actions that put too much stress on the bones, muscles and joints. Effective, safe and prompt treatment should be given as soon as possible. However, if this is a recurring complaint you should see a health professional for diagnosis and treatment.

## 3. Recurrent injuries.

These are extremely common and are the result of someone returning to a sport before an injury has healed. After sustaining an injury, activity should only be resumed on professional advise. On return it is important to ease into the activity gently and slowly build up to the pre-injury sporting level.

## Facts.

Approximately 75% of running injuries occur from the knee down. Knees are the most common body part injured accounting for 25% of running injuries. Other commonly injured body parts are feet, ankles, lower leg, shin, upper leg back and hip.

Common injuries include overuse injuries to both joints and muscles as well as sprains and strains

## GI, What's That?

You have probably seen it around or heard it mentioned, it is even included on most supermarket labels, but do you really understand what it is? Well if you don't here is a quick lesson in The Glycaemic Index (GI). Glycaemic index is a measurement describing the effect that individual foods have on your blood glucose levels. It is a way of showing how quickly foods are digested, absorbed and converted into glucose in your body. All carbohydrate-containing foods are ranked on a scale of 0-100 (pure glucose = GI of 100).

High GI foods are those in the range of 60-100 and are refined starchy foods such as:

- Potatoes            White rice
- White bread        Sugary foods
- Soft drinks        Biscuits

These kinds of foods can cause a sharp rise in blood glucose levels.

Medium GI (40-59) and low GI (less than 40) are less refined starchy foods such as:

- Porridge oats      Beans
- Lentils              Muesli
- Fruit                Dairy products

These foods have a smaller effect on blood glucose levels than high GI foods.

The GI for each food is based on the effect that food has when consumed alone. When combinations of foods are eaten then the GI changes. For example the presence of sugar will raise GI of a meal whereas fat, protein and fibre lower the GI of a meal. A baked potato on its own has a high GI but combining it with some cheese or tuna which both have a low GI slows the digestive process and lowers the GI of the whole meal.

## **So why is GI relevant to you as runners then?**

Well the type of carbohydrate consumed and the timing of this is a key part of ensuring good glycogen replenishment. The key to efficient glycogen refuelling and minimal fat storage is to maintain steady blood glucose levels. Too much high GI food can cause sharp rises in blood glucose levels and increased fat storage. In comparison low GI foods produce a more stable increase. It is not necessary to cut out all high GI foods just remember to eat them with some protein or healthy fat. However as runners there is a time when higher GI foods should be eaten. This is immediately after training as they do promote more rapid refuelling.

It is not just the GI you should think about, it is also the amount of carbohydrate eaten, as a large amount eaten in one sitting can also cause rapid rises in blood glucose levels. Eating smaller but more frequent amounts of any carbohydrate can help avoid this. Therefore to achieve maximum glycogen storage it is best to:

- Eat little and often
- Limit high GI snacks to immediately after training
- Avoid overloading on carbohydrate
- Stick to balanced meals of carbohydrate, protein and healthy fat

If you want to find out the specific GI of foods then either keep an eye out on food labels or look it up on the Internet.

There you go, really its not all that complicated and I hope this article has been of some interest to you all.

***Ruth***

## WYMONDHAM AC SUNDAY RUNS

At the AGM some of the members expressed an interest in starting some informal runs on Sundays for members. Therefore we are going to try and start two sessions per month from two different locations.

We need plenty of people of all abilities to come along to make them a success. The pace will be dictated by who turns up, but hopefully we will have enough to split into two groups for different speeds. The distance will be anything from about 60mins to 90mins. Anyone wanting more can either add time or decide with others at the start of the run. So please put the dates in your diary and set your alarm clocks.

The first session will be on the 18<sup>th</sup> of March @ 8.00am starting from Colney lane near the UEA. The session will then follow the pattern below every month.

1<sup>st</sup> Sunday of the month @ Wymondham Abbey gates @ 8.00am

3<sup>rd</sup> Sunday of the month @ Colney Lane near UEU @ 8.00am.

If you have any questions please ask any of the committee or coaching team.

Karl





## Take care of your Feet!

**Think how far they carry you and how we sometimes neglect them because they are hidden inside socks and shoes.**

1. **Don't ignore pain.** Painful feet are not normal. Many foot conditions can be cured if you visit a chiropodist as early as possible.
2. Wash your feet daily in luke warm soapy water. Do not soak the feet as this may cause them to become excessively dry
3. Dry your feet thoroughly, especially in between the toes.
4. Apply moisturizing cream all over the feet, except in between the toes.
5. You should contact a chiropodist if your nails become thick, tough and discoloured.
6. Any growth on your feet such as corns calluses and verrucae's should be monitored.
7. Peeling of the skin or excessively dry skin should be treated. Seek advice from a chiropodist.
8. If your feet are itchy, that may be a sign of a fungal infection of the skin. Seek advice from a chiropodist.
9. Remove any hard skin you may have gently with a pumice stone or a skin file. It is not wise to use a pumice or skin file over a joint. If your lesion is over a joint, seek advice from a chiropodist.
10. Trim toe nails with a nail trimmer. Cut them straight across and not too short. Do not cut down the corner as this can lead to in growing toenails.
11. Select appropriate shoes for your feet.
12. Purchase new shoes later in the day when feet tend to be at their largest.
13. Wear new shoes in slowly and remember new shoes should not hurt your feet.
14. Be cautious of home remedies for corns and verrucae as they can cause damage to your skin.
15. **Do not carry out bathroom surgery,** cutting out a corn with a pair of scissors can be very dangerous and can lead to further problems with the feet.
16. If you are at a beach, put sun block cream on your feet as well as the rest of your body.



## CLUB SOUP –CLUB SOUP –CLUB SOUP – CLUB SOUP

By popular request I have been asked to give away the recipe for the vegetable soup that some of you had at the AGM. Its really not that hard and even the worst cooks can make this. I can't give you exact amounts because I just guess or do I mean years of experience! This is actually a very healthy soup as well.

1. Cut up the following ingredients to roughly the same size. You can choose the size and shape to suit your culinary style but not too big or too small.

2 carrots  
4-5 medium size potatoes  
1 leek  
1 onion  
½ head of celery



Some vegetables will cook quicker than others but that does not matter as these is a bung it in & forget soup.

2. Place all the vegetables in to a large pot with a little olive oil or butter, and place on a medium heat just enough to start sweating them off. Add in some mixed herbs at this point. Be guided by your own taste, about 2 teaspoons.
3. Once the onions are translucent add in about 1 ½ litres of vegetable stock. Use a good quality stock cube as these will give a better flavour. And also add in more than it recommends making up as this is were some of the flavour will come from. If you don't put enough stock in it will taste weak and P.....y!
4. Let this all simmer until the vegetables are cooked; season with a little black pepper to taste, or add some more stock cubes if needed. If the vegetables have soaked up a little more water add more stock.
5. Cut some bread and enjoy!

Karl

# WINTER TIME TRIAL SERIES

by David Hazleton

As I sit and think about this Time Trial update it appears that spring is sprung. Warm afternoon sunshine, blossom on some of the trees, a lunchtime run in summer gear (almost) and Champions League Footy back on the television. Oh and I nearly forgot, the most important event of all, namely the final of the 2006/2007 Winter Handicap on 26 March 2007

All four time trials have now been run and a total of 31 club members took part in these. Many runners have improved over the period of the winter and some have set PBs for the course, so well done to all participants thus far. However there is the little matter of the final still to be run. A handicap start (positions worked out by me based on your previous performances) and if I get it right all those competing should cross the line together. Hmmmm, does not always work out like that, but that is for me to worry about. I am still working on the handicap start times but I will ensure that they are displayed on the club notice board well before the event. For those competing in the final just run as hard as you can, enjoy it and good luck.

Accompanying this article there is a chart of all those who took part in each of the events with times, so you can compare and contrast your efforts with others. Thank you all for entering and once again, good luck in the final.

Dave H.

## WYMONDHAM AC WINTER TIME TRIAL COMBINED RESULTS

	TIME TRIAL 1	TIME TRIAL 2	TIME TRIAL 3	TIME TRIAL 4
NAME	30-Oct-06	27-Nov-06	29-Jan-07	26 Feb 07
Lyn Hazleton	18:13	xxxx	16:50	xxxx
Kate Barlow	xxxx	19:45	xxxx	xxxx
Rodney Freeburn	xxxx	23:26	22:31	22:31
Peter Heard	xxxx	xxxx	19:25	19:53
Caroline Carr	xxxx	18:59	xxxx	xxxx
Kirsty James	xxxx	18:42	xxxx	xxxx
Donna Close	xxxx	17:57	xxxx	xxxx
Eva Osborne	19:42	19:20	xxxx	xxxx
Julia Kenally	17:43	17:44	xxxx	17:34
Kim Reader	16:24	16:39	xxxx	16:46
Juliette Cox (nee Moore)	18:27	17:57	xxxx	18:01
Jessica Preston	xxxx	17:46	xxxx	xxxx
Ron Marsh	16:37	xxxx	16:09	16:18
Jenny Chrstian	16:01	xxxx	15:41	15:48

## WYMONDHAM AC WINTER TIME TRIAL COMBINED RESULTS—continued...

	TIME TRIAL 1	TIME TRIAL 2	TIME TRIAL 3	TIME TRIAL 4
NAME	30-Oct-06	27-Nov-06	29-Jan-07	26 Feb 07
Nick Phelan	xxxx	16:17	16:24	16:36
Robin Stebbings	18:21	16:30	xxxx	xxxx
Chris Milstead	14:58	xxxx	xxxx	xxxx
Mike Smith (W)	16:27	16:37	16:42	16:38
Matt Hanford	19:16	xxxx	xxxx	xxxx
Dale Cooper	xxxx	16:11	16:11	16:40
Terry Brannan	15:34	xxxx	15:17	xxxx
Geoff Adams	15:43	xxxx	xxxx	xxxx
Simon Chamberlin	15:06	15:24	14:29	xxxx
Vicky Reynolds	xxxx	15:08	15:05	xxxx
Ian Sturgess	15:11	xxxx	xxxx	15:23
Eddie Greenland	14:06	13:59	13:46	13:49
Terry Epps	15:35	14:19	14:44	xxxx
Russell Clarke	14:07	xxxx	14:11	xxxx
James Birch	14:29	xxxx	xxxx	14:12
Peter O'Callaghan	15:03	xxxx	14:05	xxxx
Ady Preston	xxxx	14:00	14:07	14:04
Paul Wightman	14:29	xxxx	xxxx	xxxx
Craig Dungar	13:37	xxxx	13:28	xxxx
James Mulvaney	xxxx	12:37	12:35	xxxx
James Preston	11:52	xxxx	xxxx	xxxx
<i>Sharon Hurren</i>	xxxx	xxxx	16:06	xxxx
<i>Gerry Watson</i>	xxxx	xxxx	15:57	15:58
<i>Jo Watson</i>	xxxx	xxxx	16:12	15:50
<i>Russell Matthews</i>	xxxx	xxxx	14:13	15:15
<i>Roger Beardmore</i>	xxxx	xxxx	14:13	xxxx
<i>Karl Chapman</i>	xxxx	xxxx	14:42	13:50
<i>Tony Deacon</i>	xxxx	xxxx	xxxx	17:17
<i>Neil Holland</i>	xxxx	xxxx	15:16	15:22
<i>Andy Preston</i>	xxxx	xxxx	xxxx	14:13
<i>Chris Barnard</i>	xxxx	xxxx	xxxx	13:55



# **Annual General meeting minutes Wymondham AC**

## **19th February 2007**

Present: Terry, Paul, Karl, Kim, Jenny, Ron, Angie, Robert, Mike Smith (H), Dennis Bartrum, Mark, Dean, Simon, Steve, Margaret, Eva, Jules, Vicky, Mike Smith (W), Jeremy, Dennis Wells, Kate, Roy, Nick, Kirsty, Eleni, Kerry, Jessica, Craig, Ady Preston, Andy Preston, Ali Preston, David H, Peter, Ian, Eddie, Adrian, Tanya, Paul Goodwill, Steven.

Apologies for Absence: Dawn, Sharron, Lisa, Veronica, Gerry, Jo, Mel, Hazel, Neal, Alan, Lyn, Terry, Trudi, Mike, Russell.

### **2. Approval of minutes 20/02/2006**

The minutes were approved by the members present. This was proposed by Kim and seconded by Peter.

### **3. Matters Arising from the previous AGM**

None

### **4. Reports**

Chairman – Karl Chapman

Welcome and thanks for coming to the AGM. It's hard to believe that it's been a year since the last AGM. So much happens throughout the course of the year and it's not until you get to a night like tonight where you take time to look back. The club has again taken another huge leap in the right direction. Total membership has continued to blossom steadily; however the numbers of members turning up consistently on club nights is fantastic to see. Last year in my chairman's address I mentioned how good it was to see 30-40 runners at club nights every week. This year it's in the region of 55-65 and on one night we even had a head count of 68! This shows that the club is becoming ever more popular, and members are also proud to be a part of WAC.

The clubs camaraderie and team spirit is second to none on the local scene, with WAC constantly fielding 15-20 runners at local race and proudly wearing their club vest and tracksuits wherever they go. The club has also picked up some county medals and age group prizes at many races throughout the year. WAC is definitely moving forward and gaining recognition and admiration from other clubs and their members.

Over the last year volunteers have loyally provided their services to the club to enhance the total experience that members can now enjoy. The success of the club undoubtedly stems from many different areas and if it were not for volunteers we would not be as successful.

One of the success stories over the last year is the mini stretching sessions provided by Kim. This is a great example of how the club has grown. Kim started with a few people joining in and then with the addition of mats purchased from club funds up to twenty people can now enjoy the benefits. So a big thank you to all those that have helped in any way over the last year.

I would also like to take the time tonight to thank a couple of people for their services to the club. For many years Eurwyn and Patricia Jones have worked hard to organise the club races to the benefit of the club and local runners. They have now decided to call it a day and take a well earned rest from organising the races. So a big thank you to them for all their efforts.

The next couple of years are where the real challenge begins. Once you have something that is a success you can't afford to sit back and take it easy. I want the club to continue to develop and provide an excellent service to its members. The committee is focused on improving the club further and always wel-

comes any input from members. At the last committee meeting we talked about how we could further improve the way in which we do things as a committee and club, I am confident this will provide the club with some of its best years to come.

Thank you once again and I look forward to another memorable year.

### **Secretary—Paul Wightman**

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

As Club Secretary I am lucky enough to receive the first call from a potential new member and it is always a pleasure to welcome new members to a Monday night because I know you will all welcome them and help in them in reaching their goals. This year we have seen a big rise in member numbers and I hope all new members are enjoying there time with WAC. I apologise for sometimes missing Phone calls or emails from members and new members but I am fairly sure these are only on rare occasions.

I receive some fantastic feedback from other clubs about our races via email and face to face and would like to thank everyone for all there efforts in making my role as secretary so easy.

I would like to thank everyone for there continued efforts on the Presentation evening. I think you will agree with me, it is a lovely way to finish the year and maybe one year I will finish with a shield!! Russell and Kate do us proud and my thanks go to them both for all there help.

Lastly I would like to thank our Chairman Karl and the committee for all their hard work and the humour they bring to the club. It has been a difficult year for Karl but I am sure you agree with me he has made the Club a fun and very enjoyable experience for us all.

I am looking forward to the forth coming year and I sure we will have even more fun and laughter.

### **Treasurer—report is available from Terry Epps**

### **Race Report—Jeremy Lightowler**

On behalf of Eurwyn and rest of the race committee I would like thank you to all members for there help at races. As you have seen from the treasurers report we do rely on the money from races to help pay for club activities. I hope you all continue to help make the races a success for the forthcoming year.

### **Coach's Report—Ron Marsh**

We have a 4 new coaches. We have been complimented on the quality of our sessions by other clubs in Norfolk. Thanks to Kim for the new Core training sessions on Monday nights. Big thanks to the committee for a good year.

## **6. Election of officers**

No members proposed any members for the committee and Karl asked if the club and the committee were happy to continue in their present roles. All committee members agreed to continue for 2007/08.

## **7. AOB**

### Race Helpers

Need more people to commit to help organize races

### Sunday Runs

Have gone by the wayside. Proposal put forward to hold runs from the Wymondham Abbey 1<sup>st</sup> Sunday of the month. Committee to look at for the forthcoming year.

#### Club Website

Jeff Lansdell has done a great job for 5-6 years and has decided to take a back seat on the website. Paul W is going to take over but would like some help from a member. Dennis Wells volunteered to help.

#### Ron Marsh Raised the issue of Press coverage and could be better.

Lively debate about the press releases and what stories or press releases the local papers will publish. Everyone agreed to look at this and try and find a way to raise the club's profile.

#### NYD 10 KM

Dean Phillips raised his concern about the parking due to the construction of a new Library at the Central Hall Car Park. Race committee now aware and to be prepared.

#### Mike Smith Hethersett

Can the results of Races be put in Footprints? Debate on this issue and Kim will look at the possibility.

#### Target Races - David Hazelton

When will the Target races be decided for 07. Could a X-C event be included in the target race. Committee will deal with this at first meeting.

#### Feedback On Coaches

Can the coaches be more race specific on there training. Ie. Target Races. To be discussed at coaches meeting.

#### Karl & Soup - Kate Barlow

Thank Karl for the Bread & soup well received.

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

# RACE DIARY

April

1st Bungay Black Dog Marathon / 1/2 Marathon  
8th Trowse 10k  
22nd Chase The Train—Aylsham  
25th Gt Yarmouth Promenade 5 mile Series 1  
29th Breckland 10k—Croxtan

May

6th Great East Anglia Run 10k—Kings Lynn  
9th Gt Yarmouth Promenade 5 mile Series 2  
13th Dereham 10  
23rd Gt Yarmouth promenade 5 mile Series 3  
28th Brandon Forest Half Marathon

June

8th Guy Fawkes 10k—Easton College  
20th WAC Midsummer 10  
22nd Stowmarket Striders Friday 5

## Editors Comments,

Hi all, hope you have enjoyed reading this issue of Footprints.  
Thanks to all who contributed , and I hope some of you feel inspired to write something for the club magazine. It's easy to contact me just email to

[footprints@wymondhamac.org.uk](mailto:footprints@wymondhamac.org.uk)

It's the start of a new running season, think positive, do your best, try something new, achieve lots but above all else enjoy!