



WYMONDHAM A C

FOOTPRINTS



WINTER

2007/08



Footprints—this issue includes

- Chairman's chat
- Coach's report
- WAC Weekend
- Winter Time Trial Dates and News
- Iron—a real essential
- The Himalayan 100 mile stage race



Club Committee Members are

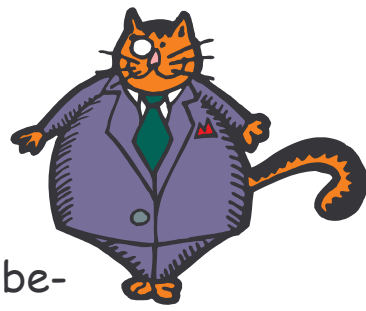
Chairman	Karl Chapman
Vice Chairman	Ian Sturgess
Secretary/club kit	Paul Wightman
Treasurer	Terry Epps
Committee members	Russell Clarke, Andy Preston Kate Barlow

welcome to you all again.

I hope that you all had an excellent Christmas and new year. Thanks to everyone who came along on the annual tour of the tacky and not so tacky Christmas lights of Wymondham. I thought you might like to have a look at the best I've ever seen, so turn on your pc's, make sure you turn up the speakers and look on www.youtube.com and in the search bar type in 'Wizards of Winter' Click on the Wizards of Winter and sit back and enjoy—then just imagine if you lived next door to this!!!

Kim

Chairmans Chat



Happy New Year! Just like the rest of you, I can't believe how quickly this year has gone, Daisy will be two years old in February. I can remember someone telling me how they wished they had spent more time with their kids when they were young; I now know how lucky I am. Although on the other hand I now have a new found respect for my mum. She had three boys to bring up, well done mum.

I can't remember any particularly good performances over the last few months, partly because I can't remember as I am getting forgetful in my old age but also because I don't have the club book to look back at. Anyway if you have had a good run over the last few months well done its good to see all that hard work has paid off. If you have not had any good races recently then at least you have been wearing the club vest promoting the club in a positive image, just put in a bit more training next time!

I think the club presentation was a great success again, with some good food and company. The presentation awards themselves were very well received and the awards went to the right people. I think a special mention to Mark Tufts; He broke eight PB's last year which is a fantastic achievement and something we should all aspire to and be motivated by. Even if your Pb's are in the past, age group standards are still there for the taking. Also Ask Mark about his new artwork, that's devotion.

Another member Jules Kennily has also had a good year. The one thing that I really like about Jules is her passion for running if you talk to her she is so enthusiastic and really enjoys it, again another great thing to aspire to. I can remember a couple of years ago Jules was not always happy with her running and found it hard in the beginning, how things change.

On another note if anyone is injured at the moment don't despair, patience and the right approach and help will ensure a speedy recovery. I know Paul has a longer wait but I can remember not being able to walk far without pain or sit down in October 2006 and then running a PB in July 2008. It's not an easy journey and everyone has different needs, but a positive attitude along with the right support and treatment will soon get you running again.

I am not disciplined enough to keep a diary and know that I should for training but it won't happen. However I have decided to keep a scrapbook of my running year. I am basing it around events in the year and my highs and lows, but not everyday events. It's looking good so far I have some good photos from two races since boxing days along with a description of the race and my race number. Maybe some of you could do the same building up to a big race or event. It would be good to show these at the presentation evening this year and it's a great reminder of your year.

The 18th February is the club AGM, Paul will be sending out information soon so please send any agenda items to him before the 4th February to be included.

Karl

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

**AVAILABLE FROM PAUL WIGHTMAN
ON CLUB NIGHTS**

C

Happy New year to you all, I hope you've all enjoyed the festive season and perhaps indulged a bit, well I know I have, having been given lots of chocolates and wine, including 1kg of Maltesers, that's a heck of a lot of Maltesers!

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So It's back to work again for us all, we are still in the midst of cross country running, with the mid week series going well, as well as Norwich Road runners xc at Horsford. The next one of these will be on the 24th February start time is 10 o'clock and it's only £2.50 to enter on the day, so lets get some training in and see lots of new faces on the cross country scene. It was particularly muddy last time, so much so I nearly lost a shoe in the mud, terrific fun for all. Some great training for cross country would be hill training, giving you that extra leg strength that you need for dealing with the mud and the softness of the surface.

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Even though Ron is currently injured he is still actively taking part in coaching activities, on Monday nights he is going to be doing specialised speed sessions near the police Hq as well as hill training work using some of the varied hills in Wymondham, a coach will lead the group to meet him at the training area and these sessions are open to all abilities. We wish him a speedy recovery.

Monday club night still continues to be our major training night, we are still putting on at least three main coached groups, fast, intermediate and steady run.

Why not in 2008 try to mix it all up a bit and try a different coaching group, listen out to the session mentioned if it's something you fancy give it a go! You could even join in with the ab's group after the main run, see if you can hold a plank for 2mins! Instead of just watching and

sessions with new coaches involved each doing their own type of circuit training.

Andy has been using his knowledge of Football training to whip us into shape, and has shown a talent for Skipping! Karl has treated us to some really great plyometric work, Ron has of course given us a major workout, and well what have I done, well we've done some incredible planks!

I'm going to be restarting the Sunday runs from Wymondham Abbey Gates once per month, so listen out for mentions on a Monday and I'll put a list up on the notice board.

I hope we can inspire you all to do a few races throughout 2008 (Even I've managed 2 races and it's only January)

If you need help with your training programme please come and talk to the coaches that's what we're here for.

Kim

Award winners for 2007	
Road Runner of the Year	Jenny Christian
	Mark Tuft
Cross Country Runner	Eva Osbourne
	James Birch
Coaches Award	Jules Kennely
	Mark Tuft
Founder Members Award	Paul Wightman



The plan is to drive up to the Peak District on Friday 22 Feb. in the afternoon, and then stay at Thorpe Farm Bunkhouse at Hathersage in the 'Hope Valley' for two nights and then drive back on Sunday afternoon. This will give us all day Saturday and Sunday morning to fit in some long walks or fell runs and if we are lucky there may even be some snow up on the tops.

The approximate price would be £20 per person for the accommodation plus food and traveling, if any one is interested then please reserve your places with me by phone or e-mail, I will then update you on traveling plans and walk and run routes, Check out their web site www.thorpe-bunk.co.uk

Russell Clarke 01953 605324
clarkedaws@supanet.com

NEW YEARS DAY 10K 2008

Another very successful day for Wymondham Athletic Club. The 10k on New Years day was our biggest entry in the clubs history. Although a scary prospect and a big step it was defiantly the right decision to increase the limit. The venue and parking just about coped with the numbers and the course was very well received by all runners.

Although a course with some tough climbs in parts, it turned out to be a fairly quick race with the top twenty four runners getting under 38 mins. We have received some really good feedback from people who entered the race, especially commenting on the friendliness and helpfulness of the marshals. We always get nice comment like this and it make all the hard work and stress of organising the race worth it.

We also had some great press coverage with articles in the EDP twice the Evening news and also the Wymondham and Attleborough Mercury, as well as some great pictures and coverage on www.wam24.co.uk.

Thanks to all of those that helped on the day and also to those that helped behind the scenes with the organisation. I did ask the treasurer if we could all have a bonus but I have not heard anything back yet, I will buy posh biscuits for a few months instead!

Don't forget we do it all again on the 2nd March for the spring 10/20, I trust we can count on your valued help again.

Karl



WINTER TIME TRIAL UPDATE

by David Hazleton

Picture the scene dear reader , Monday club night, Head Coach Ron has just spoken and I am just contemplating the choice of sessions as I walk out of the door into the freezing cold November night, your editor stops me, smiles sweetly and utters those magic words TIME TRIAL. I thought I was missing something, that was last week wasn't it? But no, please can I write an article for Footprints? Sure I said, when is the deadline? As soon as possible, I want to get it printed by the weekend! A minor panic, but here goes.

At the end of November, with two events completed things are looking good. There have been a record number of competitors, 43 so far which is a fantastic show of support for which I thank you all. It is heartening to know that this event retains its popularity and long may it continue. It is also gratifying to see so many new club members of all standards taking part. Also I would like to thank all those who have helped at the finish by calling times and names over the years, your input has been a great help.

All the results so far this year are printed at the end of this article but I thought it might be interesting for once to look back at times recorded from previous years. You will be pleased to know I can only go back as far as 2005-06 event but one name that keeps cropping up and from memory has yet to miss an event is Eddie Greenland. Eddie is "Mr Consistency", his time this month (November 07) is exactly the same as he recorded 2 years ago in Nov 05. But for improvement we have to look at the ladies, in particular Juliette Cox. In November 2005, Juliette ran 19:30, but on her latest run (Nov 07) she ran 17:46, nearly two minutes quicker. And we only have to look at the winner earlier this year in Rodney Freeburn to show that age is no barrier to competing.

Finally just a quick reminder of the dates for the Group 2 events:

Monday 14 January 2008

February 11 February 2008

The final will be on 10 March 2008.

Remember that you have to have completed 2 events, one from each group to get a place in the final. However if you did not manage to record a time in October or November's event you can still enter but you will be given an additional 30 second time penalty for the final.

Wishing you all a very Happy Christmas and a peaceful New Year

David

WYMONDHAM AC
2007-08 WINTER TIME TRIAL
COMBINED RESULTS

	TIME TRIAL 1	TIME TRIAL 2
NAME	08-Oct-07	12-Nov-07
Rodney Freeburn	21:44	22:11
Wendy Larke	21:41	21:34
Juliette Cox	17:49	17:46
Donna Close	XXXXXXXXX	18:42
Eva Osborne	XXXXXXXXX	18:58
Peter Heard	19:03	XXXXXXXXX
Tanya Crofts	15:57	XXXXXXXXX
Elani Ball	17:43	18:26
Emily ?	19:42	XXXXXXXXX
Kate Barlow	19:08	XXXXXXXXX
Louise White	16:10	XXXXXXXXX
Caroline Carr	18:43	XXXXXXXXX
Leo Matthews	16:06	XXXXXXXXX
Nick Feelan	16:14	XXXXXXXXX
Kim Reader	17:01	16:42
Angie Bear	16:51	XXXXXXXXX
Ian Crutchley	16:36	XXXXXXXXX
Jerry Watson	16:00	XXXXXXXXX
Carl Machin	15:58	16:00
Ruth Sturgess	16:49	XXXXXXXXX
James Sturgess	16:30	15:06
Ben Stratton	XXXXXXXXX	15:07
Graham Coleman	19:05	18:38

	TIME TRIAL 1	TIME TRIAL 2
Name	08-Oct-07	12-Nov-07
Mike Smith	16:43	16:58
Dale Cooper	16:07	16:37
Patrick Larke	XXXXXXXXXX	15:49
James Lucas	15:13	XXXXXXXXXX
Kirsty Daynes	17:55	XXXXXXXXXX
Neil Holland	14:41	XXXXXXXXXX
Eddie Burton	16:12	XXXXXXXXXX
Eddie Greenland	13:53	14:26
Roger Beardmore	14:14	XXXXXXXXXX
Andy Preston	13:49	13:39
James Burch	13:29	XXXXXXXXXX
Richard White	14:01	XXXXXXXXXX
Karl Chapman	13:27	XXXXXXXXXX
Jenny Christian	XXXXXXXXXX	16:26
Mark Tufts	XXXXXXXXXX	16:04
Geoff Adams	XXXXXXXXXX	15:43
Paul Goodwill	XXXXXXXXXX	15:32
Russell Clarke	XXXXXXXXXX	15:26
Ian Sturgess	XXXXXXXXXX	15:10
Ady Preston	XXXXXXXXXX	14:13
Terry Epps	XXXXXXXXXX	14:17

Iron – a real essential

Why do you need Iron?

Iron is an important nutrient for any athlete. It has been shown that athletes have an increased requirement for iron in comparison to sedentary individuals. It is needed in the formation of the oxygen carrier in haemoglobin (found in the blood) and myoglobin (found in the muscles). It therefore has a key role to play in the transporting of oxygen around the body. It is also found in a number of the muscle enzymes involved in energy metabolism.

Runners can have above normal iron losses due to the destruction of the red blood cells in the soles of the feet caused by continuous pounding on hard surfaces, as well as bruising to the bladder and bowels, caused by the repeated movement of abdominal contents during running.

How much iron do you need?

- Women 11-50years 14.8mg/d
- Women >50 years 8.7mg/day
- Men 11-18 years 11.3mg/day
- Men >19 years 8.7mg/day

What causes iron deficiency?

If you do not take in enough iron from your diet to meet your requirements then you could develop iron deficiency anaemia. This leads to a decreased ability to transfer oxygen around the body, symptoms of which include a decrease in aerobic performance, increased breathlessness including being excessively tired despite plenty of rest. All of which would have a detrimental effect on overall running performance. You are at risk of iron deficiency if you have a poor diet with few good sources of iron in it.

What are good sources of iron?

There are two forms of iron in our diet, *haem* and *non haem*. *Haem* iron is found in haemoglobin and myoglobin of animal based foods. The body is good at absorbing iron from meat with the most concentrated sources being red meat and offal. Other meats including poultry (dark part of meat), fish also contain iron but in a smaller amount.

Non haem iron is found in plant foods and is absorbed less efficiently than *haem* iron. This means they have to be eaten in a greater quantity than meat sources to achieve the same intake of iron. Good vegetarian sources include pulses, whole grains, dark green leafy vegetables, eggs, fortified foods and dried fruits.

Here is the iron content of some foods along with average portion sizes.

Calves liver (100g)	12.2mg	Bran flakes (1 bowl)	10.0mg
Dried apricots (5)	7.0mg	Red lentils (4 tbsp boiled)	4.0mg
Baked beans (1 small tin)	2.9mg	Chick peas (4tbsp)	2.8mg
Lean beef fillet (grilled)	2.4mg	Wholemeal bread (2 slices)	2.0mg
Walnuts (12 halves)	1.2mg	Eggs (1 large)	1.2mg
Broccoli (2 spears)	1.0mg	Dark chicken meat (2 slices)	.8mg

One thing to remember about iron is that its absorption can be affected by the intake of other nutrients. For example absorption is inhibited by a certain component in tea, this is why it is best to avoid drinking tea around meal times. Absorption can be improved by consuming vitamin C rich fruit and vegetables with iron containing foods, for example a glass of orange juice with breakfast.

Hopefully you can use the information in this article to think about how you can ensure you achieve your daily requirements as this really is key nutrient for the healthy runner.

Written by
Ruth Sturgess

Himalayan 100 Mile Stage Race 2007

At the end of October I took part in this 100 mile race to celebrate my 50th birthday. There were 71 competitors which included 5 journalists, so rather than me trying to explain the magic of this race I will leave it to the experts, and have added two links to sites that will do the race the justice it deserves.

<http://www.brittis-designs.co.uk/himalayan100mile/report.html>)

http://www.sleepmonsters.com/racereport.php?race_id=5220

I have added my race section, which will be best read after you look at the two race reports.

MY RACE

Day 1 (24 miles)

We started the race at Manybhanjang (6600ft) and finished at Sandakphu (11,900ft). This is the first race I have started that I would be forced to resort to a power walk after only 10 minutes. The steepness of the climb meant that there would not be much more than 8 miles of this stage being run, the paths were made up of large cobblestones making every step have the potential of being an ankle breaker. This was a tough day, over 10,000 ft of climbing, that's like climbing Ben Nevis from sea level two and a half times! And with the last 2-3 hours being at altitude making every breath an effort, I was more than pleased to reach the finish in 6.31.

Day 2 (20 miles)

Up at 5am, to see the sunrise and the stunning views of Mt Everest, Lhotse, Makalu and Kanchenjunga, four of the five highest mountains in the world. The race today was an out and back along a ridge, the paths were more runnable, today being a mixture of cobblestones and dry earth tracks. I ran well on the out section only having to walk two of the steepest climbs. The return leg was more up than down and some 10 minutes slower. I had a good day and felt OK and finished in 3.55 just making the top 20 finishers.

Day 3 (26.4 miles) (but closer to 30)

A 6am start for this, the longest stage of the race. The thought of having to run on legs that had already covered 44 miles was not a pleasant one, but after the first mile they started to loosen up. The first 2 hours went by quickly as I was feeling ok, in fact I was feeling so good that I forgot to keep up the regime of eating and drinking at the aid stations which would have its pay back later in the day. The first 19 miles were all at altitude on a hilly undulating ridge but then you started the descent, 11 miles all down hill on very rough mountain tracks losing 6,000 ft. Half way down this descent with about 6 miles to go to the finish the pay back came. I bonked BIG TIME!! I found myself between aid stations with no food or water and with absolutely zero in my tank. I sat on a rock staring out at the fantastic views down to the bottom of the valley, wonder-

ing just how the hell I would make it to the finish! But then in the distance, a fellow runner appeared she stopped; I think she was happy to have the excuse to have a sit down! And with her supply of two gels and a slab of chocolate washed down with a good slug of water, got me going again. First at a walk and then back in to a jog which got me to the next aid station and finally to the finish at Rimbik in 6 hours 6min 15th overall and first in the 50+.

Day 4 (13 Miles)

I had a very bad night's sleep as the efforts of the last three days were catching up with me. I had picked up a chest infection on Day 1 and was on a course of antibiotics from the trip doctor, but they had done little to stop my constant coughing. I was glad of the later, 9am start for this stage, which was now on rough but tarmac roads and it felt good to slip on road shoes rather than the trail shoes of the last 3 days.

If this race was in the UK it would be hailed as a classic half marathon. The first 6 miles are all down hill (Gas hill steep) losing 1,500ft on zigzag mountain roads, this was a killer on the knees and by the time I reached the bottom my right knee was screaming out in pain every time I pushed off to run. There was a 1 mile level section at the bottom where you cross several rivers and then, yes, you guessed it, 6 miles up hill gaining all of the 1,500 ft. I was reduced to a mixture of power walking and jogging as my knee was killing me. I finished in 2.13, not a good time for a half marathon but this was no ordinary half!

Day 5 (17 miles)

We started this stage where we finished on day 4, and the road continued its way up. The first 8 miles were all up hill, gaining another 2,000ft. I had a strapping put on my knee to help support it and as I did not want to jeopardise finishing the stage I had decided to walk the first 8 miles, then, try to run from the top to the finish. The views today were stunning which helped take my mind of the pain in my knee. At the top I popped some strong pain killers and started the hop, skip style of running that would get me to the finish. I linked up with three other runners and we stuck together keeping each other going. We all celebrated together as we crossed the finish line in (3.33) and were met with the cheers and applause of the whole village, including the school children as the school had been closed for the day.

What a feeling, 100 miles in 5 days! This is not sold as a race, and should not be treated as one; every person that finished, whether it was the first, in 15 hours 39min or the last, in 40 hours still came away with a feeling of elation on completing this fantastic run in some of the most beautiful mountains of the world.

Russell Clarke 22hours 19 min

Can you run a marathon after recovering from ME? I did!

In February 2002 I was diagnosed with ME. I won't go into to what an awful illness it is, but trust me it's real and very scary. I was really lucky to discover Reverse Therapy (reverse-therapy.com). This is all about listening to your body and is a lot harder than it sounds, but with practice and determination I was able to feel the benefits and a year after starting the treatment I was well enough to go back to work part-time. I have since left work and am doing a degree in integrative counselling, but that's another story!

By the end of 2004 I was able to do some light exercise and in early 2005 a friend suggested I start running. After horrid memories of cross country at school I resisted her suggestion for as long as possible. However, in the end I agreed to run the Race for Life. I really enjoyed it and have been running ever since and this year couldn't resist entering the Loch Ness Marathon.

The race took place on 7 Oct and what an amazing experience it was. It really tested whether I listen to my body and don't let my head interfere. Although it was very tempting to predict and aim for a time, I strongly resisted (although when pushed said about 4 ½ hours).

My marathon experience was out of this world. I did the whole thing (including the long training runs) listening to my body and gave it permission to stop at any point. My body decided it didn't want to stop and rewarded me with one of the best experiences of my life. I ran the race using my heart rate monitor, rather than my GPS (I didn't want my head to get in the way with an expectation of time). I knew that if I kept my heart rate to an average of 140bpm then I would make it. I never at any stage felt the urge to check my time or set myself a time goal - my hard wiring must really have changed!

At the start everyone went off really quickly, but I just kept an eye on my heart rate and ignored the fact that I was constantly being over-

Taken. However, from 15 miles to the end I had to run in the middle of the road because I was overtaking everyone in sight!!!! I even ran all of the hills there was a long hill at about the 17 mile mark!) and enjoyed every one of them. I never even came close to hitting the wall. At 24 miles a marshal told me that I looked too fresh, so I just smiled and said I was having a ball (which was true). I even managed to do a 'sprint' finish and was still overtaking people right to the very end. Afterwards I felt great and enjoyed a fabulous holiday in the highlands.

I later checked my average heart rate for the whole race and it was 140!! I had genuinely listened to my body and it repaid me 100 fold! On top of all that I finished in 4 ½ hours! I am absolutely convinced that if I had aimed for that time and not listened to my body that I'd have gone off too quickly, struggled in the second half of the race and probably done a slower time. And because I have learnt so much about listening to my body I was back running 8 days after the race and still loving it!

Now when I look back three or four years to when I was at my most ill and imagine someone telling me that not only would I be able to exercise regularly, but that I would run a hilly marathon and love every minute of it I definitely wouldn't have believed them. Listening to my body has been the best thing I have ever done.

Helen Salmon



RACE DIARY

January

16th EACCL— Great Yarmouth

February

13th RAF Marham, Shouldham Warren EACCL

17th St Peters Brewery 20k

20th Nowton Park, BSE, EACCL

24th Horsford Cross Country

March

2nd Wymondham 10/20

12th RAF Barnham—EACCL Relays

16th Broadland Half Marathon Grand Prix

23rd Trowse 10k

April

13th London Marathon

23rd Great Yarmouth 5m Series—Race 1

May

4th Great East Anglia Run 10k

4th Breckland 10k

7th Great Yarmouth 5m series—Race 2—Grand Prix

11th Coltishall Relays 5.25k—Individ. 5k

18th Dereham 10m—Grand Prix

21st Great Yarmouth 5m series—Race 3

28th Wroxham 5k Series—Race 1