



WYMONDHAM A C

FOOTPRINTS



SPRING 2008



Footprints—this issue includes

- Chairman's chat
- Coach's report
- Winter Handicap
- Hypnotherapy
- Mid week runners
- Runners Nightmare



Club Committee Members are

Chairman	Karl Chapman
Vice Chairman	Andy Preston
Secretary	Paul Wightman
Treasurer	Terry Epps
Committee members	Russell Clarke, Dave Hazelton Kim Reader

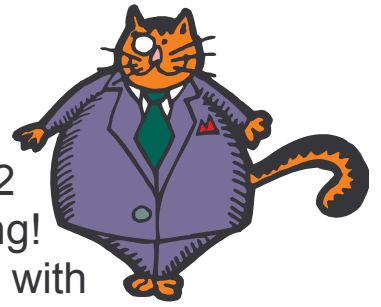
British Summer time again, well spring anyway,. The clocks have gone forwards we can look forward to those lovely longer lighter evenings and running out of the town confines again.

A huge thank you to all of you who have attended the circuit sessions throughout the winter months, it's been great seeing so many members attending. I hope that you've all gained some strength and feel ready for the track. My bike, my MP3 and I have worn a little groove in the road to Hethersett for circuits every week . Cycling is a great way to add to your fitness and endurance levels, and it's good for the environment too.

Whatever, your plans for the next few months, enjoy.

K

CHAIRMANS CHAT



I just arrived home after watching the Broadland 1/2 Marathon which takes place at the beginning of Spring! I am sure all of those people running would disagree with this, it was freezzzzing! Having said that Wymondham AC had a good turn out of runners and some very good performances despite the nasty conditions. Richard White ran under 1.25hrs to come in first for WAC, followed by Ed Greenland who smashed his PB by over 2 mins running under 1.27hrs. Tanya Crofts also put in another good performance to break her PB in an attempt to take the Road runner trophy from Mark Tufts this year running a shade over 1.35hrs.

The cross country season is drawing to a close now and many Wymondham runners will be happy to get back onto the roads to push for PB's consolidating all the extra strength gained from the mud. Mike Smith (W) will be more glad than others as he can't stay on two feet if the going gets too tough. Andy Preston has been the pick of the bunch over x-country so far with some very good performances at Horsford finishing well inside the top ten every race and winning his age group over all for the series. Eva and Anne have also had some great races home and abroad, other members have also benefited from some good XC races with Gerry & Kim enjoying Horsford. The one thing that made me laugh was how much pleasure James Birch had beating the chairman at XC, he told nearly every marshal he went past that as long as he beat me he was happy. James I let you win to make you feel good, it's all part of the service as chairman!

Now that spring is under way (honest) there will be lots of races to compete at so don't hold back, put on the WAC vest and do your club proud. The club captains (Andy & Jules) will be motivating you all to compete over the next few months and the coaches will be pushing hard to get your PB's.

Our own race for spring was the 10/20 held at the beginning of March and was the best race entry in years with 500 people entering the two races. A big thank you to all those who helped on the day,

many of you sacrificed mothers day to help out on a very busy race day. Although a success the race in this format will be reviewed over the next couple of months as it has lots of problem a race in terms of the course and the amount of manpower required to put the race on. On the day we had about 65 helpers, but in reality to make it safer and viable we need about 80. Considering we have about 110-120 members it's not easy to do.

The AGM took place in February with no major issues arising. We have now managed to place two more people on the committee, Kim Reader and Dave Hazelton have both agreed to come on board to help run the club, so many thanks to them for their support. There will be some minor changes to responsibilities of the committee over the next few months which will hopefully make things a little smoother and consistent in the way club activities are handled. Remember if you would like anything discussing at committee meeting please let one of the members know and we can put it on the agenda.

Finally, I should mention for those that are new to the club and for those that have been around too long and can't remember it's the clubs 30th year in 2008. It's hard to believe that some of the members who are still attending were there when it all started; if I manage 30 years at the club I will still be younger than some of our senior members now, just tipping 64. If you have any ideas of how we could celebrate this 30th year please pass on your ideas and let's see if we can make it happen.

And on a final note in honour of our long serving senior members I would like to share a quote from one of them. ***'Why is it I can never remember what I have forgotten'*** who on earth would say that?

Karl

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So spring is coming—the daffs are out.

Coaching continues at Wymondham AC.

The main format will remain the same for this season, just as an example to you all, my sessions for the next few weeks are as follows.

31st March	Hills
7th April	Country Run—4 min efforts (apx 1k)
14th	Country Fartlek
21st	1 mile Loop x 2—plus out and back run
28th	Recov. Run
5th May	Bank Holiday
12th	Tempo Run 5/10/5
19th	Long Run
26th	Bank Holiday

The faster group sessions are going to be

31st March	1km Efforts
7th April	Long Fartlek—(5-6 miles)
14th	2mins on/1min off—35mins apx
21st	Short/Fast Fartlek (5-6 miles)
28th	1mile Efforts—2min recovery
5th May	Bank Holiday
12th	1km Efforts
19th	Hills
26th	Bank Holiday

Track at HOHS will be starting in April, we'll make the announcement on Club night, timings are 6.30 please.

Sessions will include things like 400m reps, Parlovs, timed pyramids, distance pyramid and probably the odd cross country for a change. We will also be doing core work too, so bring a towel or something to lie on if you don't grass!

I look forward to seeing lots of you there we had an excellent turnout last year, after all this is a great facility make the most of it.

Ron will be returning to training from around the 31st March.

RACE UPDATE

Another successful road running race was hosted and organised by the club. We had a bumper entry this year with both the 10 & 20 mile races reaching their limit of 250 runners. We even had the Mayor of Wymondham, Len Elston start the races!

The wind played a big factor, making conditions very hard mainly for the marshals out on the course for many hours, Well done for not getting blown away, apparently the runners suffered a bit too!

In the 20 the first Wymondham AC runner home was Terry Epps who is training hard for the London marathon, finishing in a time of 2.19.23, Russell Clarke finished in 2.27.47 but he did start late and was on his own for a long way chasing the others, however he had been helping to set up the course from 7.00am as well! also competing from WAC were Ian Mclean 2.32, Rob Howes 2.45.38. The first Wymondham lady home was Lynne Hazelton with a very good run of 2.53.44 followed by Lucy Perry in 3.26.40.

On another point we did have some members marshalling for nearly five hours and some were lucky enough to be looked after by some local residents who provided them with cups of tea and support during the day. This highlights the effort put in by everyone that helped on the day and thanks to everyone for their support.

Our next race will be the Hethel Engineering 10 mile race on the 15th June we already have some entries and expect the limit to be reached in advance of race day. We need lots of help for this day and at least the weather cant be any worse, can it?

Karl

Hypnotherapy

By April I will finally be qualified as a hypnotherapist. Hypnotherapy is generally used to help people stop smoking, lose weight, phobias and with emotional, stress and anxiety problems but it also can help in improving sports performance and this includes running. At the Amsterdam marathon I used hypnotherapy to improve two Wymondham AC runners' performances.

Sports psychology can help with lots of sports problems like motivation but hypnotherapy can go one stage further in eliminating obstacles to peak performance that most athletes carry around with them in the form of one mental block or another such as fear of failing, fear of humiliation, fear of competition as well as lack of confidence, lack of concentration and lack of assertiveness, these can all be eliminated with hypnotherapy, this is done by changing the subconscious thoughts that can hold us back. The overall objective in having hypnotherapy for running would be to overcome fears and pressure, to program for the perfect race, to have a winning attitude and to accomplish a specific race goal for personal achievement.

Hypnotherapy and E F T a related therapy can also help in overcoming injuries as they are often made worse by inhibiting thoughts. Although hypnotherapy cannot heal a physical injury the right emotional response can often heal physical things much quicker.

Your athletic performance can be greatly improved by having hypnotherapy and many athletes use self hypnosis where they visualize their movements during a race before the race begins this provides reinforcement and refinement of your physical skills, refine your technique as well as improve concentration and coordination. Of course the basic requirements must also be met 1]physical conditioning 2]well balanced diet 3]no use of drugs 4]a receptive and healthy mental state. Several well known athletes use hypnotherapy as part of their sports psychology as eighty to ninety % of an athletes performance is in the mind.

Stephen Frosdick

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WINTER HANDICAP 2008

THE FINAL - 17 March 2008

David Hazleton

Way back in the depths of autumn when I planned the Winter Time Trial dates I looked at the projected race calendar and thought 10 March would be ideal. Sitting between our own 10/20 miler and the Broadland Half Marathon would suit all very nicely. As we all now know 10 March proved to be far from ideal. Horizontal rain and very strong winds guaranteed no one but the very hardy (or slightly barmy) would turn up on club night. With only about 20 people at the club on that foul night and only about 6 able to take part in the final an executive decision was made to delay the final by 1 week.

Although it proved to be a good decision, conditions were not much better for the 17th, however 22 members made it to the start line. The start of the final is always something I approach with trepidation. Did I get the handicapping right?, is there a bandit in the group?, so many what ifs! Will all runners get away at their allotted time? (See below) So as the handicapping unfolds, it becomes clear that on the whole I got it about right. First across the line and Champion for 2008 was Peter Heard with a running time of 20:47, which makes a net time of 18:02, his quickest time by 30 secs. First lady was Eleni Bell with a running time of 21:17 and spookily her net time was also 18:02. Many congratulations and well done to both on a fantastic effort.

A few "Mentioned in Dispatches" – To Carl Machin, a reminder not to do your warm up too far away from the start.... you may miss yours, which he did by nearly a minute! To Mike Smith (W), Dale Cooper and Eddie Greenland who were the only runners to complete all four heats and the final. Also recognition and thanks must also go to all the runners who took part in the qualifying events, over 50 in total which I think is the best ever. Without you there would be no competition.

For these results I am totally reliant on runners either recording their own times or remembering times called out as they finish for me to record afterwards, so if your time as recorded on the sheet is inaccurate or wildly wrong I apologise. It is very difficult to record the times of runners finishing as a mob.

My thanks go to Russell Clarke for his valued assistance in the final and to Cheerleaders in Chief Chairman Karl Chapman and Paul Wightman though fortunately fully clothed and without the freaky dance routines and pom-poms!



The Winter Handicap will return in the autumn, meanwhile I hear rumours of the resurrection of a summer competition and also the return of Ron's regular 5km Time Trial. I hope you all have a great summer.

2008 WINTER HANDICAP FINAL
17 MARCH 2008

NAME	START TIME	RUNNING TIME	NET TIME
WENDY LARKE	00:00	21:48	21:48
RODNEY FREEBURN	+00:05	21:40	21:35
<i>PETER HEARD</i>	+02:45	20:47	18:02
GRAHAM COLEMAN	+02:50	20:56	18:06
ELENI BELL	+03:15	21:17	18:02
JULIETTE COX	+04:05	21:17	17:12
ANGIE BEAR	+04:40	21:45	17:05
MIKE SMITH	+04:55	21:53	16:48
KIM READER	+05:10	21:36	16:16
JENNY CHRISTIAN	+05:30	21:33	16:03
DALE COOPER	+05:45	22:34	16:19
JO WATSON	+05:45	22:34	16:19
JERRY WATSON	+05:50	22:04	16:14
ED BURTON	+06:05	22:07	16:02
MARTIN EDGAR	+06:10	23:17	17:07
PATRICK LARKE	+06:20	22:14	15:54
GEOFF ADAMS	+06:20	22:02	15:42
CARL MACHIN	+07:35	23:40	16:05
ROGER BEARDMORE	+07:35	No Time available	No Time available
EDDIE GREENLAND	+07:55	21:55	14:00
JAMES BURCH	+08:25	22:14	13:49
BEN STRATTON	+08:25	22:03	13:38

WYMONDHAM AC
2007-08 WINTER TIME TRIAL
COMBINED RESULTS

	TIME TRIAL 1	TIME TRIAL 2	TIME TRIAL 3	TIME TRIAL 4	FINAL
NAME	08-Oct-07	12-Nov-07	14-Jan-08	11 Feb 08	17-Mar-08
Rodney Freeburn	21:44	22:11	XXX	22:56	21:35
Wendy Larke	21:41	21:34	22:53	DNF	21:48
Juliette Cox	17:49	17:46	XXX	17:05	17:12
Graham Coleman	19:05	18:38	XXX	18:32	18:06
Caroline Carr	18:43	XXX	19:22	XXX	XXX
Donna Close	XXX	18:42	XXX	XXX	XXX
Eva Osborne	XXX	18:58	XXX	XXX	XXX
Peter Heard	19:03	XXX	19:35	18:34	18:02
Kirsty Daynes	17:55	XXX	18:40	XXX	XXX
Eleni Bell	17:43	18:26	18:41	XXX	18:02
Emily ?	19:42	XXX	XXX	XXX	XXX
Kate Barlow	19:08	XXX	XXX	XXX	XXX
Louise White	16:10	XXX	XXX	XXX	XXX
Tanya Crofts	15:57	XXX	16:21	XXX	XXX
Leo Matthews	16:06	XXX	XXX	XXX	XXX
Nick Pheelan	16:14	XXX	XXX	XXX	XXX
Kim Reader	17:01	16:42	XXX	16:32	16:16
Angie Bear	16:51	XXX	17:46	17:11	17:05
Ian Crutchley	16:36	XXX	XXX	XXX	XXX
Jerry Watson	16:00	XXX	16:41	16:29	16:14
Carl Machin	15:58	16:00	XXX	XXX	16:05
Ruth Sturgess	16:49	XXX	XXX	XXX	XXX
James Sturgess	16:30	15:06	15:09	XXX	XXX
Ben Stratton	XXX	15:07	XXX	13:33	13:38
Mike Smith	16:43	16:58	17:20	16:53	16:48

	TIME TRIAL 1	TIME TRIAL 2	TIME TRIAL 3	TIME TRIAL 4	FINAL
NAME	08-Oct-07	12-Nov-07	14-Jan-08	11 Feb 08	17-Mar-08
Dale Cooper	16.07	16.37	16.35	16.17	16.19
Patrick Larke	XXX	15:49	16:06	15:49	15:54
James Lucas	15:13	XXX	15:36	15:15	XXX
Neil Holland	14:41	XXX	XXX	14:42	XXX
Ed Burton	16:12	XXX	XXX	16:01	16:02
Eddie Greenland	13:53	14:26	14:27	14:00	14:00
Roger Beard- more	14:14	XXX	XXX	15:03	No Time
Andy Preston	13:49	13:39	XXX	XXX	XXX
James Burch	13:29	XXX	13:58	XXX	13:49
Richard White	14:01	XXX	14:23	XXX	XXX
Karl Chapman	13:27	XXX	XXX	XXX	XXX
Jenny Christian	XXX	16:26	16:36	16:19	16:03
Mark Tufts	XXX	16:04	XXXX	XXX	XXX
Geoff Adams	XXX	15:43	16:07	15:53	15:42
Paul Goodwill	XXX	15:32	15:31	XXX	XXX
Russell Clarke	XXX	15:26	XXX	XXX	XXX
Ian Sturgess	XXX	15:10	XXX	17:33	XXX
Ady Preston	XXX	14:13	XXX	XXX	XXX
Terry Epps	XXX	14:17	XXX	XXX	XXX
Jo Watson	XXX	XXX	17:04	16:23	16:19
Martin Edgar	XXX	XXX	16:42	16:20	17:07
<i>Tracy Stevens</i>	XXX	XXX	XXX	16:50	XXX
<i>Jonathan Batchellor</i>	XXX	XXX	XXX	17:22	XXX
<i>Tim Hill</i>	XXX	XXX	XXX	13:17	XXX

Mid week runners—Cross Country only!

Well this has been an interesting year for me I've rekindled an old and dangerous love for Cross Country.

Dangerous??? How so, well those of you who have known me for a few years will know that I have rather a pot hole finding tendency which leads me to do damage to my poor ankles! But I think this is the year of living dangerously.

I've been going along to the Mid week cross country series on Wednesday afternoons in various locations.

I did do a few of them a few years ago, and then due to other commitments was unable to do them again until that is November last year.

Someone mentioned the midweek series on club night and the next one was at UEA so I decided to go along and give it a try, and that way I won't have to run in the evening. I have to say it was a flipping freezing day, and I had to get an extra layer on courtesy of Pete Johnson from the runners centre to try to keep warm. Anyway, there were quite a few familiar faces there and I made a pact with myself just to enjoy the outing, after all it was a very low key event. Well as with most cross country it was a bit up and down, some mud and extra soggy mud. But I really enjoyed myself and chugged in in 14th place in the women I hasten to add. I resolved to do the next one and see how that went, in the meantime I decided to do some off road training—the Tiffey Valley.

Next event was January 9th at RAF Barham near Thetford, a terrific course with bomb craters and fun stuff, I felt better this time and more confident and managed to get 11th place. We moved on to January 16th Caldecote Hall, the Redwings visitors centre, 10th this time. I resolved to buy a new pair of shoes with better traction and chose a pair of inov8's, they are just fab no slipping at all, Steve my husband did offer to knock a few nails in an old pair of running shoes for me to improve grip—I politely declined.

Wednesday 13th February was Shouldham Warren, running here was just a joy, through the forrest trails and I even enjoyed the big hill, No slipping or sliding in the new shoes and I came in 9th.

The last race was at Bury St Edmunds, such a lovely park sadly the daffs weren't quite out but still a lovely setting—lucky Bury Pacers to have such an excellent location. I ran strongly overtaking a few runners—must be the shoes, and managed to finish 10th.

The very last event was the Relays at RAF Barham again in March—teams made up of three. I'd been running for the Runners Centre so my team was made up of Anne Millet, Jude Durrant and myself. It was a terrifically windy day and the course was different to the last time I had run here, each team member has to run one lap of around 2.2km, quite a challenging loop with some short ups and down, a couple of long drags and the wind to deal with. I was the first runner in our team, the first part of the course felt like an eternity because it was round the perimeter of the base and just long, straight, and riddled with rabbit holes, I started just at a steady pace and let a few rush off in front as I felt good I figured I would definitely catch and pass a few on the inclines which I did, and when I finished my leg I had got a good lead and put our team into 2nd place in the ladies with just UEA in front . Both Jude and Anne ran brilliantly and we came in 2nd overall. So Silver medal for us. Then at the presentations, to my complete joy The Runners centre team A had won the 1st Ladies Team Prize which was me, Jude and Anne Millet. The Runners Centre Team B had won the 2nd Ladies Team Prize as well, which was Eva, Anne Martin and one other. I was 2nd in my age group overall so that was one for the running log for this year. I think I'll be making some dates for later on in this year to do the cross countrys again, well what else is there to do on a Wednesday afternoons throughout the winter!



**EACCL Cross Country, Great Yarmouth, 16th January -
Robin Stebbings**

The latest round of EACCL saw us tackle a very wet & muddy course from Caldecott Hall near Fritton (between Haddiscoe & Gt Yarmouth). The course follows farm tracks & then gets in to the forest (I believe it is known as the Waveney Forest), where in places there is no option but to go through the water, about 1 foot deep at its best (or worst) depending on your preference for road/off road.

A good turnout on a marvellous winter afternoon, although sadly none of the military teams were present. Because it is a points competition, runners like me were able to finish 29th & so score 171 points, which is more than I usually score (the winner gets 200 points).

Another impressive turn out from WAC members.

Robin

CAPTAINS CORNER

Hi

As I have now been asked to be the new male captain, I would like to say a few words of how I would like to see this year go. First of all, with discussion with the committee we will be targeting races throughout the year. A list of races will be published in Footprints and all runners will be encouraged to enter these as target races. We are now a large club and should be winning more team prizes. As a level one coach, I would like to

see more Runners trying different sessions on a Monday night. (Why not join us in the fast group, you may be surprised what you can do!) As a Captain I would like you to find me approachable at all times, and I am looking forward to getting you to believe that if you push yourself that little bit more, hurt a little, you will reap the benefits and enjoy many P.Bs over this coming year.

Good Luck in all your races

Andy

RUNNERS NIGHTMARE

As you know I had just been on holiday for two weeks in October, I had been back at the running club for one week only, when I woke up on the Tuesday morning with groin pain, so I went and saw my GP who advised rest for two weeks to see if it went away. In the meantime I was due to see my Chiropractor for a yearly visit, through this consultation he deduced that it was my inductor muscle, at this point he gave me some stretches to do which he thought would help. After two weeks I went back to see him again and I told him that it was no better, he decided to give me an x-ray, which again did not show anything up on my hip, so by this time I was getting worried as I was struggling to run or even walk. The pain was so severe I had to go back to my GP and ask him if I could see someone private to sort out my problem, he recommended an MRI Scan and with a follow up appointment to see Mr. J Nolan who then became my surgeon. What an experience the MRI Scan was!!! After a few days from having the scan I had an appointment to see Mr. Nolan. On him having looked at the Scan it wasn't rocket science to see by the look on his face it was bad news. He looked at me and said sorry it is your hip, you will need to have a replacement, at this I went very quiet, stunned was the word but I was absolutely devastated. He said don't worry I know what running and sport means to you, I think I can help you with a new hip, it is called 'Birmingham Hip resurfacing', we do not usually put these in 64year olds only younger people, but because you are so fit, I think we should give it a try, we will get you running again within a few weeks of the operation. You cannot believe how I felt with this news, it was absolutely marvelous, I gave him a big hug, shook his hand and thanked him and I said I will see you in hospital. I suppose this could happen to any of us above the age of 50. If caught early there are other ways of treating this problem.

The rest of my recovery will be in the next issue of footprints.

p.s. I am making a good recovery, see you all soon.

Coach Ron

RACE DIARY

April	
13th	London Marathon
23rd	Great Yarmouth 5m Series—Race 1
27th	Chase the Train, Aylsham
May	
4th	Great East Anglia Run 10k
4th	Breckland 10k
7th	Great Yarmouth 5m series—Race 2GP
11th	Coltishall Relays 5.25k—Individ. 5k
18th	Dereham 10m—GP/CC
21st	Great Yarmouth 5m series—Race 3
28th	Wroxham 5k Series—Race 1
June	
8th	Guy Fawkes 10k, GP
15th	WAC Hethel Engineering 10mileGP
25th	Wroxham 5k—Race 2
29th	Great Yarmouth—new Race—details when available
July	
3rd	Midsummer 5m—Ryston Runners GP
5th	Lord Mayors 5k
9th	Mike Groves Run—Coltishall GP
13th	RAF marham 10m
25th	Worstead Festival 5m

City of Norwich AC—www.conac.org.uk

North Norfolk Beach Runners—www.nnbr.co.uk

Ryston Runners—www.rystonrunners.co.uk

Coltishall Jaguars— www.coltishalljaguars.co.uk

Norwich Road Runners—www.nrr.org.uk

Great Yarmouth & District—www.gydac.org.uk

Great Yarmouth Road Runners—www.gyrr.co.uk

Brandon Fern Hoppers—www.bfh.org.uk