



WYMONDHAM A C

Footprints

Autumn 2010



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Hi Everyone!

Welcome to the Autumn edition of Footprints and thanks to everyone who sent me articles. I know that's fast approaching winter and I wish Heart would stop playing Christmas tunes in November! It's been worth the wait as we have some smashing articles and a real bumper edition!

Any articles that members would like to put in the winters edition can be e-mailed to me at:

julia.kennelly@btinternet.com and the deadline for the winters edition will be the end of January 2011

Thanks Jules

WAC Awards Night

28th January 2011

AT

Park Farm Hethersett

7.30pm for 8pm

**Should be a night not to be missed in the WAC
Social calendar!**

Committee Members

Ian Sturgess Chairperson

Kim Reader Vice Chair

Paul Wightman Secretary

Terry Epps Treasurer and membership secretary

Russell Clarke Committee member

Andy Preston Committee member

Jules Kennelly Committee member

Personally speaking

How time flies when all is well, and I hope you all feel that as a club we are in pretty good shape and doing the right things. The committee and the coaches work hard to try and provide for all and I think the results so many of you have achieved this season bear testament that the work has paid off, with a fair chunk of effort from yourselves, my thanks to all.

Winter is now just around the corner and many of you braved the gales on Thursday evening probably feel it's arrived. One thing that is certain, we have moved into darkness for many of our training runs, it should go without saying that the risk level in these conditions goes up sharply. For several weeks now Ron has reminded us all of the need to wear reflective vests/tops, I still see runners out in dark clothing!! That's this week's ticking off.

So what are we going to do through the long cold winter? Cheery sole! Personally I think I'm going to take it easy for a bit and let the joints have a bit of a breather. For others of you it maybe the time to get stuck into the cross country season or begin you marathon training, don't forget to keep focussed for the club winter handicap, details on the website. In the first one we had nearly sixty runners, quite a number for Dave to manage! Whatever you are doing good luck, and remember our coaches are there to help.

On the social scene we have had some good weekends this year. Thanks to Kim for organising two great trips to the Lakeland trail races, funnily enough taking place in the Lake District! A good time was had by all. The Round Norfolk Relay should also be seen as something of a social as well as one of the premier team events. Thanks to all involved, in particular James, Craig and Andy for organising our team. The team itself put in a great performance as can be seen from the results. James and Terry

reached stardom by featuring in the winning Photograph taken at this year's event. (Have a look on the RNR website if you haven't seen it).

Last month by popular request Sharon and Jules organised a drink at the Railway Tavern, sorry I wasn't there!! I am advised a good time was had and further club get together of this nature maybe on the cards. It would seem that although your chair has resisted the draw of Facebook the majority of members are on it quite a bit, as a result I believe it is proving to be the best way to keep informed on who is doing what and when. If you are wondering if there is a Sunday run taking place from Waitrose or elsewhere then facebook maybe the place to look first.

Just time to finish now with some important news items:

We need your help to put on our ever popular New Years Day 10k, Please put your name on the helpers sheet.

The club Annual Presentation Dinner is on Friday 28th January 2011, at Park Farm, only 70 places available. Cost £25 per member plus one guest.

The end of the year is approaching and you need to be thinking whether you would like to be elected to the committee or even take the chair.

Keep Running Ian.

Round Norfolk Relay

<u>Stage</u>	<u>From and to</u>	<u>Distance</u>	<u>Name</u>	<u>Time</u>
1	Kings Lynn – Hunstanton	16.32	Andy Preston	1.51.58
2	Hunstanton – Burnham Overy	14.06	James Preston	1.30.00
3	Burnham Overy- Wells	5.39	Juliet Cox	47.07
4	Wells – Cley	11.14	Tracy Stevens	1.37.37
5	Cley – Cromer	10.18	James Sturgess	1.22.09
6	Cromer – Mundesley	7.86	Terry Brannan	1.01.03
7	Mundesley- Lessingham	9.24	Roger Beardsmore	1.00.27
8	Lessingham – Horsey	7.52	Sharon Hurren	52.56
9	Horsey – Yarmouth	11.30	Ian Crutchley	1.17.25
10	Yarmouth – Bungay	20.06	Jack Gillick	2.28.45
11	Bungay – Scole	14.60	Carl Machin	1.52.05
12	Scole – Thetford	19.67	Neil Papworth	2.25.30
13	Thetford – Feltwell	13.25	John Dungar	1.41.16
14	Feltwell – Wissington	8.80	Tanya Crofts	1.00.56
15	Wissington – Downham Market	7.20	Kim Reader	56.55
16	Downham- Stowbridge	5.49	Phil Waity	33.21
17	Stowbridge – Kings Lynn	11.73	Gerry Watson	1.21.26

We came 11th out of 54 teams and completed it in 23 hours 40 minutes and 56 seconds. The average min/mile was 7.17.50. Tanya Crofts and Phil Waity won their stages. Well done Wymondham!

2010- 2011 WINTER TIME TRIAL

David Hazleton

It's early November as I write this, the clocks have gone back and the grip of autumn is getting stronger. With only Christmas and the onset of winter to look forward to you may be forgiven for thinking there are not many bright spots to encourage you out to the club on a Monday night. Oh but dear runner, there are. Ron and his excellent team of coaches who offer a varied programme of training on a Monday and Thursday evenings and the banter and wit of those leading and participating in these sessions. But the highlight of the winter activities must be the Monthly Winter Handicap! (Well I like to think so!) and judging by the record number of entries for October's event, you do too.

Events run on the second Monday in October, November, January and February (I leave Christmas out for obvious reasons) culminate in a Grand Final in early March. To qualify for the Grand Final you must have recorded a minimum of two times over the four qualifying events (this is so I can calculate a handicap start time for each runner in the final), the theory being that if I get the handicapping right, everyone should finish at the same time!

As this is the first Footprints since September, it is the first opportunity to write on progress thus far for 2010/2011. The first of this year's events was held on 11 Oct 10 and saw 58 runners start, the largest ever, and my thanks must go to Terry Brannan and Andy Preston for their valuable assistance at the finish, and also to everyone who took part. Quickest overall was Olly Milk, who improved slightly on his 2009 best with a time of 12:47. Quickest lady was Bex Faircloth with a very impressive time of 14:51. It was good to see Rodney Freeburn competing in this event. A previous winner Rodney bettered his 2009/10 best time by over 1 minute. Well done Rodney, it gives hope to us all!!

For those who ran last year I have also included the best 2009/10 time on the results sheets, so each of you can see how far you have progressed...or not!

The latest event was due to be held on 8 November, however foul autumnal weather intervened causing the event to be postponed. At the time of writing no decision has been made on the new date so listen out on club nights for the new date. Results for the October event are on the club notice board.

Finally, dates for future events are as follows:

Event 3 - 10 Jan 11

Event 4 - 14 Feb 11

Grand Final 14 March 2011.

2010 Venice Marathon

26 miles 385 yards, 42.195 kilometres, a famous Greek battle – no matter how you define the distance a marathon is a long way to run! With that in mind it makes sense to select one with some kudos.

As well as Ron and myself, Roy and Angie wanted to try another marathon but it needed to be a bit special. Venice fitted the bill pretty well - taking place in October, the thought of being able to train in daylight most of the time is an attractive one – no interruptions with snow or ice either! This year's race date was 24 October, also Ron's 67th birthday, making it the ideal choice and a good excuse for our non-running partners to enjoy an autumn break. Entering was straightforward and flight and hotel packages were reasonably priced.

We were all a little unsure of how we would cope with the training never mind the race! Roy had not raced on the road for a while, Angie had been advised to keep the distances shorter, Ron had undergone hip resurfacing surgery nearly 3 years ago, and as for me – well, I hadn't run a marathon (or any distance over 10 miles) since London 2005 and I simply didn't know whether I could do it.

Ron drew up a 16 week schedule for the two of us starting in mid July. From the beginning it was fraught with problems – illness whilst on holiday reduced the schedule to 12 weeks. I then had a knee problem which refused to go away, but finally we made a start. Pretty soon our long runs which hadn't been much more than 8 miles doubled. We also

experimented with energy gels. Roy and Angie were following a mostly off road schedule which was also going well. It was interesting to speculate what effect different schedules might make to the end result.

We left home for Venice on Friday 22 October. Our hotel in Mestre, on the mainland, was conveniently situated a short ride from the airport and a ten minute train journey from Venice itself. After arriving and settling in we made our way to Exposport to collect our numbers. This proved to be a wise move for me as they still had some extra small t-shirts left! We enjoyed exploring Venice on Saturday and it helped to divert attention away from the next day!

Race day dawned cloudy, still and cool – ideal! Buses from Mestre ferried us to the start in Stra. To say the buses were full would be an understatement. They were the ‘bendy’ variety and I found myself doing involuntary splits as we went round corners as I was standing on the bendy bit! As we neared Stra traffic had built up at the roundabout and our driver had a problem with one of the road signs; not to be beaten he jumped off the bus and yanked it out of the ground and threw it in the ditch!

The start was from the Villa Pisani, built in the eighteenth century and set in beautiful grounds. 6,000 plus runners got some odd looks from the visitors queuing to see the inside of the villa! After finding the right baggage buses we were directed to the start corrals – Roy was in the yellow start and Angie, Ron and I in blue. Once in there you can’t leave and all that standing about gave me plenty of time to think I really shouldn’t have drunk so much; I wondered whether there any portaloos on the course (there weren’t!).

At last we were off and the nerves disappeared. A mostly flat course, the first 15 km passed along the Brenta Riviera that runs from Stra to Malcontenta passing wonderful villas, many of which are now hotels. We were well supported along the route, both musically and by locals. As 2010 was the 25th anniversary of the Venice marathon we were looking forward to finishing the race through St Marks Square – the first time this had been done.

Although we had no race plan Angie and I ran together for the first few kilometres. Eventually I knew that despite the complete absence of portaloos I would have to stop. As I emerged from the cover of a clump of bushes Angie was no longer in sight. After a while I saw her in the distance and eventually drew level again. The latter stages of the race went through an industrial area; long, straight and endless – the shapes in the distance never seemed to get closer! As we neared Venice itself we could see the pontoon bridge specially constructed to take runners over the Grand Canal into the city. Unfortunately the route then diverted away from St Marks Square as flooding made it impassable. With only 3km remaining to the finish line we faced one of the more interesting challenges of the course – 13 bridges. These were partially covered with wooden ramps and had large signs to remind runners how many more there were to go – I think I would have preferred not knowing!

The sight of that finish line was very welcome! Although not my fastest marathon it has to be one of the most memorable; I felt pretty good; something that must be attributable in part to the energy gels (I don't usually bother). I soon spotted Roy and Angie came in a few minutes later. Ron struggled with a knee problem which surfaced at 20 miles – it hadn't been an issue in training at all. His hip, which had been his main concern, was fine. It was a huge personal challenge after such major surgery which only underlines why we shouldn't measure success in a marathon by the time on our watches; it's the finishing that counts.

Ron was also running to provide funding for sports equipment for the 63 children at Chapel Road School in Attleborough, all of whom have severe and profound learning needs. A very big 'thank you' to the club members who supported Ron through sponsorship.

Jenny Christian

Robert Ewin *50.29* *(Coltishall)*

Sharon Hurren *41.52* *(Yarmouth)*

Juliet Cox *45.21* *(Yarmouth)*

Jen Rudd *53.02* *(Yarmouth)*

Cassie Barker *53.17* *(Yarmouth)*

Samantha Epps *52.58* *(Yarmouth)*

7 Miles

Ian Crutchley *47.49* *(North Norfolk)*

10 miles

Louise Freestone *1.24.22* *(Fenland)*

Cassie Barker *1.24.57* *(Fenland)*

Jen Rudd *1.26.36* *(Fenland)*

Samantha Epps *1.30.11* *(Fenland)*

Half-Marathon

Jack Gillick *1.23.05* *(Yarmouth)*

James Preston *1.25.45* *(Yarmouth)*

Ian Crutchley *1.30.29* *(Yarmouth)*

John Dungar *1.38.53* *(Yarmouth)*

James Sturgess *1.38.53* *(Yarmouth)*

Kevin Garwood *1.44.41* *(Wissey)*

Mal Garwood *1.52.06* *(Wissey)*

Sharon Hurren 1.35.24 (Wissey)

Cross Country

Ian Crutchley 19.21 (Ryston)

It is good to see some of the newer members taking part in races and producing good times. Well done everybody!

Eva Osborne

Club Standards – How do they Work?

If you have a look at the red race book at club nights, you will find not only the results of races but also in the right hand column the “Standards” you have achieved,. The standards are bronze, silver and gold, diamond and platinum. They are based on age graded results compiled and developed by WAVA (World Association of Veteran Athletics) in order to compare performance of athletes in different age groups. If you look closely you will see that some members achieve a gold standard and somebody who has actually run raster only gets bronze – how Come?

Let’s take some results from the recent 10K race in Yarmouth as an example. Mark Tufts running 44.24 gets silver whilst Rodney Freeburn, although much slower with 62.37 also gets silver. Not fair, I hear you shout, Well, but it is because Rodney’s PERFORMANCE at the age of 72 is in fact as good as Mark’s who is 30 years younger (Sorry Mark!) See what I mean? Have a look at the book of club standards available at club-nights to see what you have to aim for.

Now back to the red race book. You will see in the left hand column two rows of numbers. Each time you take part in a race, you will get points according to the standard you achieved. These are shown in the first row; the second shows your total for the year. The purpose is to encourage you to take part in events and of you accumulate 100+ points in a year you will receive a nice little memento at out annual presentation evening. Points range from 5 for bronze to 9 for platinum, 6 for cross country, 8 for relays and track and field events. Any “odd” distance like our winter time trial gets you 4 points for doing it.

If all this sounds too complicated – why don’t you just run in races and I’ll do the calculations. Eva Osbourne

The Wetsuit Saga Continues.....

The Wetsuit Saga Continues.....

In the last issue of footprints I wrote about my wetsuit escapades this year at both Whittlingham Broad and Fritton Lake.

I have decided I'm pretty much allergic to Fritton Lakes Green Water, sneezing all the way home every week, but still loving every minute of the swim. Each week I'd been working on endurance swimming and distance. I've been in the water in most weather conditions, from really windy with choppy waves to rain showers where you don't even notice it's raining until you finish your swim look up and realise everything is wet outside of the lake. But mainly the weather this year has been brilliant for swimming, with reasonably warm water – that's anything over 16 deg.

I left you last time with the final of the Aquathlon looming close. On the night of the final in August (wow that seems like forever ago) the main decision really was wetsuit or no wetsuit, lovely cosy warm wetsuit or thin fabric tri suit, the water temp 'average' in August well can be warm, but can also be a bit on the nip side out in the middle. It was a difficult decision, improved speed and buoyancy in the water but longer time in transition to remove the suit, tri suit zero buoyancy but just pop your trainers on and leg it?

So best plan of action was decided on speaking to some of the more experienced ladies taking part in the event and wetsuit it was. The water temp wasn't too bad, warmish and as usual fairly green. The course is very simple an open water start rather than a mass dash off the small beach area diagonally across the lake to a yellow buoy a turn to another buoy and along in a large triangle, back to the beach and out on the run. I got too close to the front in the start and ended up somewhat churned up in the mass thrash of arms and legs, and even though I'm a reasonable

swimmer, it's a bit like being too far up the front in a 5k race at the start – you can easily get trampled. Once I'd got myself sorted and my swim stroke going, things improved but not enough to catch up, I was incredibly annoyed with myself and came out of the water in only what I could call an angry state, I pulled my wetsuit off slipped on my trainers and just tore off in the cross country run, the fury of the swim seemed to spur me on to try and chase down the ladies who had come out of the water in front of me. It's a two lap course in the aquathlon and I managed to catch up and pass two ladies on the first lap, knowing that I had to keep the momentum going to stop anyone catching and passing me, I think I ran the best time in the final compared to the other events, so a bit of rage and fury really can help!

The upshot of it all, I finished 2nd, I decided to wait around for the overall results hoping that I might possibly have won my age group, and to my total delight, I was 2nd in the series overall. This prize was something I had never even remotely considered possible when I took part in the first event after only my very first open water swim session and at that time I was just glad to finish.

So what lessons have I learned from a season of open water swimming – it's brilliant fun to be so unrestricted and free to swim without having to keep turning, I know it can be a bit cold, but then it's a mental as well as physical challenge to overcome.

My main focus has been you have to face your fears to overcome them – my fear of open water although still there a bit is not really a major issue for me anymore.

I don't like to wish time away, but I am definitely looking forward to the next season of both open water swimming and aquathlon. Oh and who knows maybe a couple more triathlons too. So with swimming over its autumn and the evenings are dark, it's Turbo trainer time.

Roll on spring!

Coaches Corner



Hi All

Well the summer as been and gone also the light nights which means we are now running in the dark so remember to wear something that can been seen by others I know that I always go on to you about this but it is really important to be seen. As coaches we are responsible for our own groups that we take out on Monday and Thursday nights.

Club nights have been amazing with large numbers attending the sessions that we provide especially on Thursdays, with an increase of 100% from the previous year. Many thanks to all the Coaches who work hard on these nights to achieve the maximum effort from the Members and also the three sessions Paul Evans put on for the club. What a good summer it was.

As mentioned by the Chairman we have joined The Norfolk Athletic Network, I have been asked to be the Representative for our club, which I shall work hard at with the support of our coaches and members. If any of the club has any issues on running please let me know. I shall be running an open endurance course at Ketts Park on Sunday 12th Dec, which will involve our coaches and other clubs also representative from England Athletics, plus any member of the network including supports from our club members.

It is time to look forward to 2011 try to program your races and do something different. The coaches are always available to support and advise you also use the Thursday nights sessions which Terry and Kim provide, Kim on Core and Fitness, Terry on Endurance these sessions are essential for the coming season. Those doing to The London Marathon please seek advice from our coaches and do not start too early on your schedule.

Regards

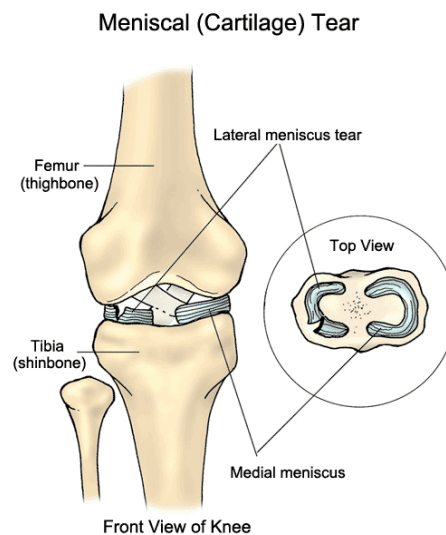
Ron (Head Coach)



Onwards and Upwards

If only I had found WAC when I first moved to Norfolk!

When I first moved to Norfolk I thought what better way to meet new friends than through my love of sport. I took forward my Northern roots and joined 'Lakenheath Women's Rugby Club'. A season later I realised that perhaps I didn't quite have the rough tough physique that I thought and being of slight build had its disadvantages. Running fast was a bonus and the glory of try scoring exciting but, on occasion my speed on the wing as 'Outside Centre' was no match for the awaiting crunch of a tackle from the more 'hefty lasses' as they say up north. The close of the season included a fractured spine of the scapula, broken ribs and finally a knee ligament injury. It was time for a reality check and I decided that perhaps my teenage love for running was a more sensible approach and I discovered 'Wymondham AC'. Little did I realise that the knee injury would come back to haunt me in my running days!



The instability of the knee due to the ligament injury meant excessive movement of the knee joint causing swelling, numbness through the left leg and immobility at its worse. The further I ran the run the worse the pain.

I sought treatment starting with an NHS consultant, acupuncture in my gluteus, physiotherapy and rehabilitative post run massages, all of which were not conclusive in eradicating the pain. A five year journey of being

in discomfort was close to an end when a WAC club member suggested I see Jo Murphy (murphyphysiotherapy.com). Within 20 minutes she diagnosed what she thought was the issue and the rest as they say is history. The x rays revealed a 'Menisci Tear' and damage to the 'Patella Tendon'.

In July 2009 I had a 'Patella Tendon Transfer' and the tear in the 'Menisci' was repaired. It was a frustrating long six months before I could attempt to run and in November 2009 I finally managed to run a mile at more than a shuffle. The mile soon led to a second and third and before I knew it the distance clocked up and aerobic endurance was regained. Better still, there was no pain or discomfort!

The race season began in earnest in 2010 and although I have been a little slower than 2009 in comparable races I so far managed in excess of 25 races, double that of what I have been capable of doing pre the operation. I'm still a long way from PB territory but I'm back and racing and more importantly valuing every moment that I am able to run. The knee operation has given me a new lease of life and the opportunity to do events that were unthinkable due to the knee instability. I welcome every race I enter and even when it gets tough I find myself smiling and enjoying the moment of being physically fit to race. For the first time I have been able to participate in the cross country season, trail race in the Lakes and complete several sprint and Olympic distance triathlons.

Triathlons along with strength and conditioning training has enabled me to build strength and reduce the impact of continual road running whilst maintain the passion for running. This has been my first year of doing triathlons and I'm hooked and looking forward to 2011 and all being well an Ironman.

When I was unable to run, race and get to the club it gave me the opportunity to reflect on what we sometimes do not give ourselves the opportunity to consider. Every member of the club including you has an important role, most of which is unsaid in the journey through fitness and for the less fortunate, injury.

The member that; encourages you to have the confidence to enter your first race, the role models within the club that inspire us to do the unthinkable whether it's a marathon or even an Ironman, the phone call that encourages you to get back to the club after being out through injury for what seems an eternity, the member who tells you to dust yourself down if you have a bad race and equally congratulates you on a successful race, those that organise the trips and social elements of the club. I could go on as the list is lengthy but you get the picture.....

This year has been my first year injury free and I am getting back into the swing of things and already I am looking at the year ahead with no excuses and a race schedule that will only be challenged by my commitment and not pre or post injury. Bring on 2011!

I did not want to write this article as a self indulgent moment but to hopefully inspire those that are going through injury to remain positive, it is not a pleasant place to be but you will soon be fit and injury free. Those that are free from injury enjoy your running and relish every moment.

On a final note I would like to take the opportunity to say a huge thank you to the club coaches. The diversity of the coaching sessions is first class and the commitment you offer on a weekly basis is not taken for granted.

Happy Running, TC

Tanya Crofts

And some photo's

Round Norfolk Relay



R

November

A

28th Larking Gowen City of Norwich Half Marathon

December

C

5th Bunwell Santa Run 5K

5th RNLI reindeer run Sandringham 10K

E

12th Buxton 5K Christmas run

January

1st Wymondham New Year 's Day 10K

30th Reedham ten

D

31st Steeplechase Obstacle race 10 and 5K

I

January

More information on forth coming events can be found on the runnersworld web site at:

A

www.runnersworld.co.uk

R

Y

