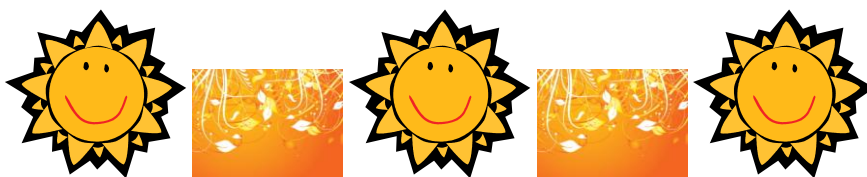




WYMONDHAM A C

# Footprints

## Summer 2011



# Footprints this issue

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Hi Everyone!

Welcome to the Summer edition of Footprints and thanks to everyone who sent me articles.

I am sorry it has taken so long to get this edition to you all but good things come to those who wait and we have some fantastic articles.

October looks like a fantastic month to enter a race as there seems to be a race on every weekend, so there is no excuse in not flashing your club vest!

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

[julia.kennelly@btinternet.com](mailto:julia.kennelly@btinternet.com) and the deadline for the Autumn's edition will be the end of 20<sup>th</sup> October 2011.

Thanks Jules



**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

Sam Epps Committee member

# Personally speaking

First of all let me apologise for holding up this edition of Footprints, I am afraid I let a little thing like the summer holiday get in the way. Jules very kindly waited for me to in order that you wouldn't miss out on P.S. I hope she was right! Having mentioned holiday I must just tell you I walked the Coast to Coast footpath, all 192 miles of it with Peter Heard, Kate and Andrea. After one soggy day of walking, which eventually brought us down into Grasmere I decided it was time for my first run since my back gave out. After a couple of miles of country lanes and liquid cow dung, I was passing through Grasmere high street when I heard "There's Ian" what a nice surprise to see Patsy and family enjoying a courtyard coffee, It's a small world and the Lake District is a beautiful place.

Now for the business of running, and how successful we continue to be as a club, led, as is so often the case, by Anne Martin who did so fantastically well in the World Vets Championships in Sacramento, USA. Anne competed in seven running events, took seven, Gold and Silver medals and broke a world record. This just goes to show you are as young as you feel, well done Anne. At the youthful end of our membership, well done to James Preston, who has trained his way to breaking the 16 minute barrier for 5k. I hope you will forgive me for picking out just two of a stars, I know that across the board you are all putting in the training and achieving great individual and team results, keep it up it makes for a good start each Monday evening.

It is a year now since the untimely death of our much loved Ed Burton; our thoughts are with Diane at this time. I have been delighted that so many of us have been able to take part in the three race summer series of Ed Burton Memorial Runs, in total almost 200 runners. My thanks to Terry Brannan for once again putting on the races and thanks to Paul Wightman, who, in double quick time, organised the super Ed Burton

memorial shirts, I am sure Ed would approve. I look forward to the 2012 series and hope I can run in them all.

Before I finish a look forward:

We are a month away from the Round Norfolk Relay in which we are entering a club class team. This has to be made up of at least 5 women and a certain number of vets in the team of 17. Thanks to all who put their name up for selection, it makes life so much easier, or perhaps harder, for Craig and Tracy if there are plenty of people to pick from. Please give your support to the team on the race weekend, 17<sup>th</sup> and 18<sup>th</sup> September, thanks to all who have already offered help and support.

Finally, the big music quiz night approaches, don't forget Saturday 1<sup>st</sup> October at Hethersett village hall, there is team participation so it should be fun so please give David your full support.

Keep running

Ian

# Wymondham AC Music Quiz

Years ago, the club used to have an annual Quiz Night some and some members may remember the fun and laughter had by all.

Over the last few years I have been writing and presenting Music quizzes for friends, and I thought it was about time I should bring one of these events to a wider audience. So what better an audience than the discerning members of Wymondham AC. So, with some trepidation I can announce that I will be hosting a **Club Music Quiz on Saturday 1 October 11 at the Hethersett Social Club**. Cost will be confirmed shortly but should be around £3 per person. If there is sufficient interest there will also be a buffet.

I will be bringing more details and entry forms to club night in the near future, but for now just a note about the format. Teams will be selected on the night by draw so as to try and even up numbers.

So put the date in your diary and look out for further details in the near future.

Look forward to seeing you on 1 October. Remember:

WAC Music Quiz – Saturday 1 October 2011

Hethersett Social Club

Put it in your diary now!

Thanks

David

PS. Also coming soon – the 10<sup>th</sup> WAC Winter Handicap Series.

# Ed Burton Trophy

## Terry's 5mile Summer Series 2011

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Thanks for a great response to the first of three races of the Summer Series. We had a fantastic turnout of 70 runners. It was good to see some of our new club members joining us for the first time as well as our regular participants.

I appreciate the new members would not have known Ed Burton whom I named the Summer Series in memory of. Just let me tell you, he was a great guy.

It was good to see some great performances by many of you. From my point of view, as a coach, it was rewarding to have such great support not only from runners but also from my support team, Paul, David, Andy, Rob and Eva – not forgetting Louise who baked the yummy profiteroles. A big thank you to All.

I chose this route for the 5 mile Summer Series because it is tough. I found it a challenge and I am sure you will also. I thought it would be good for the Series to give you something to get you working hard on the hills, to help towards becoming stronger runners.

I have enjoyed running these roads for the past 20 years. My time on this course was 29min 38secs and some of you have beaten my time already! I've been running many years now and it is good to see lots of you doing so well and enjoying your runs.

Terry Brannan

Coach

# My Edinburgh Marathon By Mark Tufts

After having a few setbacks while training for the last few Edinburgh Marathon's through injury in the past. I took the sensible approach last year to build up gradually after the last set back. My main aim last year was to get in to shape for this year's Edinburgh Marathon because it pained me so much not being able to run it last year in memory of my uncle.

I started to up my training after Lake District trip. This winter I decided to do as much as I could of cross country running and then do circuits to build up strength. This year I seemed in good form but needed to do a few preparation races, after setting a new p.b. at Broadland 1/2 Marathon which had stood for 3 years until then.

The week before the race was trying to do all the right things, and all the well wishes I got on the last club run before the race I couldn't believe it! My training had seemed to go so well because I got so much help from the coaches and my friends but Kim has help me more than anyone and can't thank her enough for her help .

The day before the big race met up with my mate Gerry and travelled up to Edinburgh. We got our bearings in Edinburgh and worked out the plans for the following day and got messages from friends wishing me a good run.

What a nice place Edinburgh was to stay in, with some outstanding landmarks, Edinburgh Castle springs to mind.

Race day arrived with Gerry rushing out for his race that started at 8 a.m. for the 1/2 marathon. I was getting in my normal routine and received text from Ian " wakey wakey Tufty" Cheers mate only been a wake 2 hours!

It would have been nice to run with my mate Ian but on different starts. On the starting line waiting for the off was thinking of all the people who help me get here, why I was doing this and my aim of sub 4 hours marathon . The gun went I am really doing this now. I felt so strong, the first 13 miles went so quick and with Gerry popping out of the crowd on a couple of occasions to cheer me on. The sun was out and I was having a good run. At about 18 miles I thought heard someone shout out ' Come on Tufty ' . At 20 miles the weather changed the winds got up and the rain showers got heavy. The marathon took its toll at 24 miles, I seemed to get slower and slower and then jogged and walked. I was on for 3 1/2 hours pace until then, I so much want to get under 3:45 and knew it was going to hurt. I Kept on thinking why I was doing this, as I crossed the finish line I put my arms in the air, the emotion took over I couldn't believe it 3:42:54 well pleased!!

I then met up with Gerry again and started the recovery at a local pasta place. On the drive back the next day the winds had got up really strong and I was thinking, glad I ran yesterday. It had still not sunk in how well I had done but I do feel I have a quicker Marathon in me.

# Personal Best Times - Update (as of 14/07/2011)

Update (as of 14/07/2011)

Collated by Eva Osborne

Herewith an update of personal best times achieved since 20/04/2011. The information is based on details in the red race book, so if you want to get a mention in the next edition, make sure to put your PBs into the book.

## **5k**

Andy Vinsen	18.54	Parkrun
Jason Mountain	19.18	Broadland
Mark Tufts	21.10	Parkrun
Steve CuvIELlo	22.54	Parkrun
Bex Faircloth	19.51	Broadland
Tracy Stevens	22.56	Parkrun
Patsy Bradley	23.57	Parkrun
Sue Stirling	24.27	Parkrun
Helen Lakey	27.12	Parkrun

## **5 miles**

Phil Waity	28.40	Yarmouth
Andy Vinsen	30.40	Yarmouth
Graham Coleman	34.16	Yarmouth
Steve CuvIELlo	38.43	B Hancock
Tanya Crofts	32.41	Yarmouth

## **10k**

Andy Vinsen	39.16	Breckland
Kevin Garwood	43.57	Broome
Bex Faircloth	42.24	Breckland
Samantha Epps	47.57	Breckland
Vikki Bradley	49.49	East Anglia Run
Patsy Bradley	51.46	East Anglia Run
Cassie Barker	52.09	East Anglia Run

**10 miles**

Andy Vinsen	65.26	Dereham
Kevin Garwood	74.38	Dereham

Bex Faircloth	70.45	Dereham
Claire Vinsen	72.11	Dereham

**Half-Marathon**

Gerry Watson	1.34.41	Edinburgh
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Sarah Robinson	2.27.14	Hanworth
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**Marathon**

Ian Crutchley	3.28.58	Edinburgh
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Mark Tufts	3.42.54	Edinburgh
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## **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 “standard” you have achieved. The standards are bronze, silver, 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 faster 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 if you accumulate 100+ points in a year you will receive a nice little memento at our annual presentation evening. Points range from 5 for bronze to 9 for platinum, 6 for cross country, 8 for relays and track & field events. Any “odd” distance like out 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 Osborne

# Dynamic Warm Up and Static Stretches

## Why do a dynamic warm up?

**A dynamic warm up moves the muscles through their range of motion, i.e. preparing the muscles for the intended work out / race. It promotes blood flow, therefore oxygen to the required muscles and it 'excites' the muscles not relaxes them, as does static stretching pre event. This can help to improve performance. A relaxed muscle as in static stretching can reduce performance and possibly increase risk of an injury. This particular warm up is really more than a warm up as it, stretches, strengthens and helps with balance whilst keeping your heart rate raised throughout.**

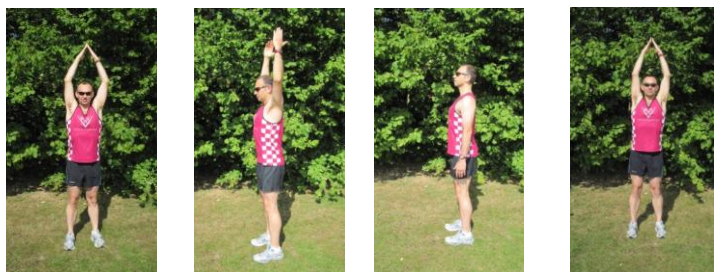
**Start with a 3-5 min jog to raise pulse**

**Set up – Tall upright posture, feet hip width, knees off lock, shoulders open, chest out, arms relaxed by side with relaxed breathing throughout.**

*It is very important to keep the muscles of the core drawn in at ALL times by pulling in belly button to 1/3 of max contraction. If you know how to activate pelvic floor muscles then do this too at 1/3 of max contraction. This will help protect the muscles of the lower back and strengthen the core muscles also. Do not perform this if you have a knee, hip or lower back injury. Any doubt, contact your G.P.*

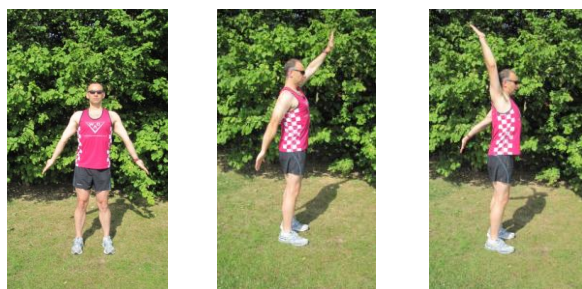
**10 – 15 reps of each move. Adapt as necessary for training or pre event/race .For example pre Run Race you may prefer to mainly work on the legs? Or add lunges, jump squats for example to increase intensity of warm up. For a challenging total body conditioning work out on its own, over time build reps up to 25-30 each resulting in approx. 30 min workout.**

**Lateral Arm Swings** – raise arms from side to overhead position so hands into clap position,



arms stretched high and straight and bring back down

**Straight Arm Extensions**- Raise one arm in straight position above and slightly behind head, whilst other straightened arm goes in opposite downward direction.



Controlled Swinging motion

**Shoulder Circles**- Arms stretched out parallel to the ground, initiating the circular motion from the shoulder joint. Circles start small and increase in size



**William Tell**- Similar to pulling on a bow and arrow, start with arms outstretches in front of body and take one arm back by bending at elbow continuing until elbow drawn back, with eyes following your elbow. Other arm remains straightened in front, lengthening through stretching both shoulder blades. Controlled motion.



**Spine Rotation-** *Hold arms out at shoulder height as if carrying a tray of drinks. Whilst keeping hips facing front on, rotate through the spine, with eyes following elbow to left rotation right through opposite direction, in controlled motion.*



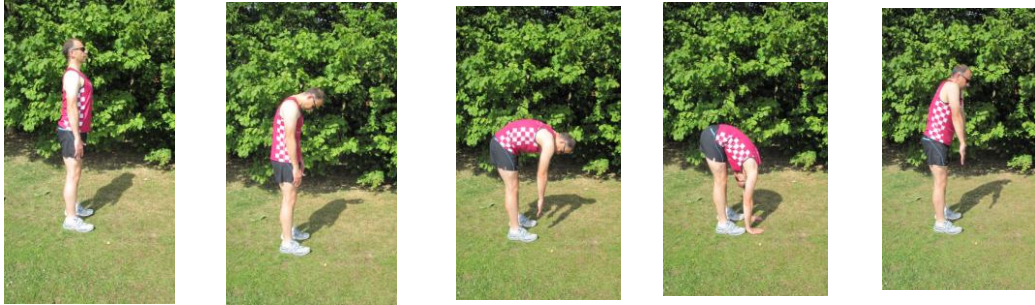
**Lateral spine flexion –** *Flexing the spine sideways by gently running hand down towards knee whilst the other hand draws up toward the arm pit. Remain upright without leaning forward or backwards.*



**Rainbow stretch-** *Take straightened arm palm up in wide arc from shoulder height up and over head stretching all muscles of the side of torso. As one arm returns, do the same with other arm.*



**Roll down-** (See comments re. Core at top of page) *Head and neck roll forward, arms hanging loosely, continue articulating through upper, mid and lower spine taking hands down shins towards floor and on floor if possible. Breathe in and return slowly straightening by moving pelvis forward, draw shoulders up to the ears and shoulder blades fall in soft v shape.*



**Squat and bow stretch-** *Keeping heels on floor, start to bend knees, sticking bottom out and squat so thighs are parallel to floor. Keep knee above feet without flaring knees open. Having arms outstretched and looking straight ahead enables the back to stay in straight diagonal line. Straighten up and take arms up in straight line above head, pushing through pelvis, creating a 'bow' shape. Return to Squat.*



## Race Report

### The Midsummer Munro - "The hardest half" Box Hill Surrey

Driving along the A24, rain bashing on the car window-screen so hard the wipers couldn't keep up; I got my first glimpse of Box Hill and the "Picnic Marathon" runners who were setting off two hours before us. The Picnic Marathon is run every other year (because there's not enough people who would want to race it every year), whilst the Midsummer Munro, so called because the total gain and loss of the course is 3000ft, equivalent to a Scottish Munro is run by approximately 150 to 200 "hearty fellows" every summer.

The race began at the bottom of a grassy slope, Dr Rob, the Race Director donned a pair of very short shorts printed with the Union Jack and conducted a cheerful rendition of the National Anthem before setting us on our way. The slope becomes steeper than I had first envisaged, and goes on further than we had hoped. Dr Rob darts about effortlessly, taking photos of the huffing and puffing runners as we're greeted by the sound of bagpipes at the top. At this point, some are already walking, and it becomes clear that this is a race of will power, not speed.

We soon reach the steps. I had read about these steps on the Runners World Forum and felt mentally prepared, but did not quite appreciate how relentless they would prove to be. They were too wide and deep to jog down, dizzying at points. Once at the bottom, we crossed the stream, water flowed over our ankles from the earlier rain, but this clearly did not deter everyone as some runners decided to leap in and swim or wade across to chants of "you don't know what you're doing" and applause.

With every crumbly slope we slid down, we would have to scramble back up at some point, and this is when the full effect of the steps was felt. No one ran, not even the tough guys, some climbed with vigour and determination, others, like myself attempted a few, stopped, panted, cursed, re-focused and attempted a few more. Here we were at the two-mile marker, feet drenched and my Garmin telling me that I had done that last mile in 17 minutes. It was going to be a long afternoon at this rate.

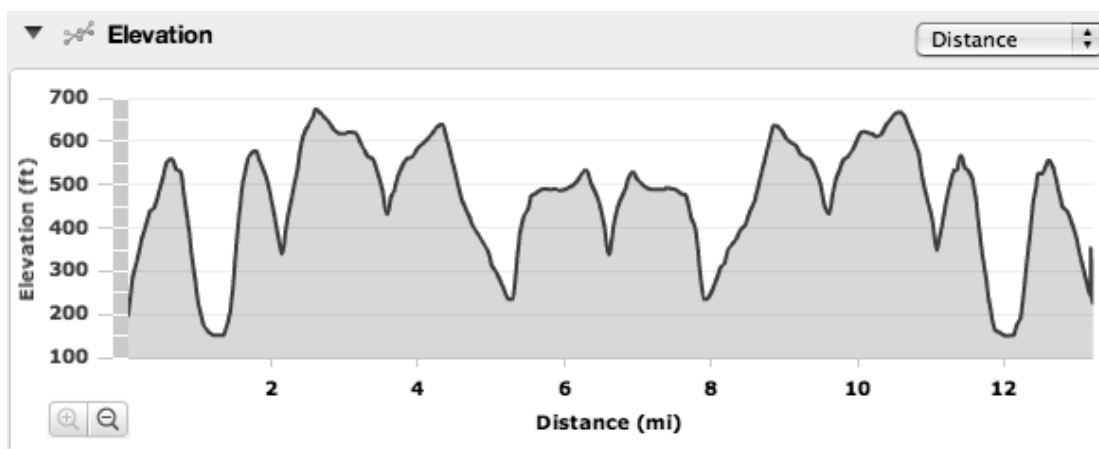
There were water stations almost every mile, cheerful marshals offered us jelly babies, and personalised encouragement as our race numbers had our names printed on them too, "Well done Samantha! Looking strong!" (I wasn't, but I appreciated the sentiment). Each fellow runner passed on the weaving course offered comradeship and support, for this, it was impossible not have a good time and share a grimacing smile.

Many of the hills were too steep to run on, but once we were going through the woodlands, the tracks evened out, allowing us to gain speed in the cool afternoon shade, punctuated by openings revealing spectacular views of the North Downs. This was the point where I stopped worrying about the pain, the time and the emerging blisters. Much of the race is hazy in my memory now, one steep hill blends into the next, but there was nothing quite like the hillside down to the half-way point – so steep that runners fell into each other, grabbing tree trunks and branches to steady their decent. At the bottom we were rewarded with a cool sports drink, before having to take a deep breath and go back up again, this time without the aid of gravity.

Getting further into the race now, my body had come to terms with the pace that was necessary to survive the course, at 10 to 11 miles, we would run up and down the steps leading to the stream again, but at this point I knew it was nearly over, ecstatic, adrenalin carried me through

the last few miles. To finish, we ran, leapt and bounced down the hill that we first trudged up, for me, almost three hours earlier. It was scarier running down, than it was going up, my legs now like jelly, so keen to reach the finish that the rest of my body could barely keep up.

Nothing beats that warm glow of exhaustion and achievement at the end of a race, looking back up the hill whilst eating complementary flapjack and cake, trainers flung off revealing new dewy blisters, I knew that next time I should probably train for those steps.



## Coaches Corner



Hi All

As the summer comes to an end may I recap on this seasons track with an average of 55 running at every session this has got to be our best year yet and it is all down to good coaching. Many thanks to Andy, Roy, Terry, Craig, and our newest Coach Chairman Ian.

What good and well thought out and enjoyable sessions they have been. Monday nights again a good turnout especially for Terry's 5 miles time trial, again thanks to him and his team. It is good to see Tracey back coaching with Dale and Steve. Kim as always puts on a good session. It is sad to see Tanya leave our club, but we wish her luck with her new work venture. It was good to have Mike back coaching with the beginners after a long layoff, and I could not forget Karl also back to his usual self after a long layoff. Jules also is back running and soon will be coaching again.

The sessions that Paul Evans and myself will continue on endurance. I am trying to organise a weekend away on the coast for everybody this will include endurance speed etc, also with speeches from UKA lead by Paul Evans. We will be looking at nutrition technique and programmes for 2012.

Watch this space have a good end to 2011.

Kind Regards

Head Coach Ron

If you know the car wash tune;-

Try running at the Wymondham Club

Come on and run with friends

At WAC Running Club

Get your work out Monday

Club members don't have to pay

One subscription is all that it takes

And decent running shoes to spare those aches.

The run out can be hard but the best

You'll enjoy it more with friends and then rest

Don't worry if you sweat and drool

And the coach don't mind sometimes if you act the fool

Work and work those muscles to the bone

Until it's time to go home

Try competing in our vest

We just like to see you, do your best.

At Wymondham Athletic Club.

## And finally some photos.....

### Winterton with Paul Evans and Ron



## Summer BBQ



R

**September**

A

Thursday 8<sup>th</sup> Norfolk Trail run

17<sup>th</sup> & 18<sup>th</sup> Round Norfolk Relay

C

**October**

E

1<sup>st</sup> Barningham Hall 5kish run Holt

2<sup>nd</sup> Jaguars Autumn 10k

8<sup>th</sup> Norfolk Coastal ultra Race, Kelling Norfolk

9<sup>th</sup> Marriots Way 10k

D

16<sup>th</sup> Bakers and Larner's of Holt 10k

I

23<sup>rd</sup> Great yarmouth RR East Coast 10k

30<sup>th</sup> Steeplechase – The Obstacle Race 10k/5k

A

R

Y

