



# ***FOOTPRINTS***



# ***SUMMER 2007***



## Footprints—this issue includes

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## Club Committee Members are

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

## Sunday Runs

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

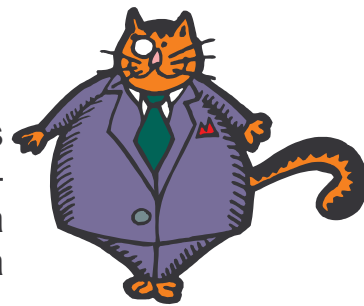
3<sup>rd</sup> Sunday of the month @ Colney Lane near UEA @ 8.00am.

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



## Chairman's Chat

I am writing this article on the longest day of the year which is really good news as it will soon be Christmas! Since the last issue of footprints the months have flown by, life just travels at a speed that would be enviable to even Mo Farah. But that's a good thing, I must be enjoying myself, and I am. My back is better and my running form is coming back and will be racing at the second Wroxham 5K next week, don't really care about the time too much as long as I have a good race and flow.



Anyway what's happened recently then? The London marathon has taken place and was completed by several club members with varying degrees of happiness, so congratulations to all of you and more on that later.

Racing members have again been turning up in good numbers with some good results for club age groupers. Notably club stalwart Terry Brannan has been on fire lately and has posted some very good times, close to 20 mins for 5K and under 42 mins for a 10K, that very good for an old boy, well done TB.

As for our own races we had a fantastic day on the 17<sup>th</sup> June with our first 10 mile race from the Hethel engineering Centre taking place. We have had some excellent comments about the way the event was organised, the course, race HQ and friendly helpful marshalls. Yes we had a problem with the distance from the start to the race HQ, but this by no means overshadows the success of the event. Well done and thank you to all of those that helped on the day and behind the scenes organising the race. Next years race will be even better and we have already talked about what can be done to make this happen. I know in the last issue I mentioned that we had lack of help at races, it must have worked as we had lots of help some new faces as well, thankyou.

Our traditional 5K race held in September will be happening but not from Morley village hall as there is not enough parking. The new venue and course are yet to be finalised, however details will be released soon and I hope you will all offer your support as marshalls once more.

I must also thank Dennis Wells and Paul for their efforts on the website, it is now being updated frequently and has some more information on. This is an ongoing project and over the next few months we will see more changes for the better to make the website a good resource for members and other runners.

The Sunday runs, which are listed on the website, have also been successful. We don't have lots of runners but we do have groups of 6-12 which is a good start. As a runner your long run is the base for your programme so if you want some company please make use of these sessions.

I am off now, cup of tea, down the track, good run, nice chat, I reckon **56** people tonight Ron!

KARL

# Coaching Report

Coaching at Wymondham AC continues to go from strength to strength. This year we have been providing some of the best coached sessions ever.

Our newer coaches are regularly taking out groups and bringing in new ideas to the running forum.

The Abs session now regularly sees all the mats full and not much groaning anymore (well apart from Ian who was groaning last week!) so we must be achieving that 6 pack even if it is a little hidden. The core strength we've been working on is really beneficial to your running form and of course the 'beach body' (well it is summer - thunder storms and all!)

I was looking through some old issues of footprints and found that we started out abs sessions in Spring 2006, so happy 1<sup>st</sup> birthday to us, well done to all of you who have been regularly joining in with these sessions and I'll keep on trying to think of new ways of working on that core strength.

Thursday track nights at HOHS have been fantastic we've seen 20+ runners attending regularly. It's a true credit to our club the friendly atmosphere and the willingness of everyone to give it their all.. We're now into the 2<sup>nd</sup> 8 week plan this one concentrating on speed work, and finishing with a relaxing cross country run around the field margins near the HOHS grounds. (A copy of the plan is on the notice board)

The boys have been working hard up at the UEA grass track and trails once again with a core attendance which shows commitment to the coaches and club.

Just to remind everyone about Rons 5K's they take place on the first Monday in the month. There are 3 more to go. The next one will be on the 2<sup>nd</sup> July.

# Get Your Fats Straight!

Fats are an important and essential part of our diets, but what is also important is to understand which fats should be avoided and which ones should we should try and actively consume. Hopefully this article will help do this.

Different types of fat.

There are two main types of fat in our diets, saturated and unsaturated. Both these are found in different foods and have different roles to play within health.

## Saturated fats

Foods containing saturated fats are those that are solid at room temperature, for example butter, lard, cheese and meat fat. Processed foods including meat pies, sausages, cakes and biscuits also contain high amounts of saturated fat along with products containing coconut and palm oil. This type of fat is thought to cause increased risk in heart disease. To help achieve optimum health and peak sports performance the recommendations are to keep saturated fat intake as low as possible as they have no positive benefits.

## Unsaturated fats

There are two types of unsaturated fats, monounsaturated and polyunsaturated. Replacing saturated fat with unsaturated fat in the diet is beneficial to health as it can help decrease cholesterol level.

## Monounsaturated fats

These fats are usually liquid at room temperature with some of the richest sources being olive and rapeseed oils, avocados, olives, nuts and seeds. This type of fat has been shown to be beneficial to health as it works to decrease total cholesterol. This type of fat is a key component of the Mediterranean diet which is famous for being particularly good for heart health.

## Polyunsaturated fats

These fats are always liquid (oil) at room temperature. PUFA are divided into two groups n6 (omega-6) and n3 (omega-3).

Omega-6: This type of fat is found in vegetable oils such as sunflower, corn, palm, groundnut, canola and soya oils and most western diets provide an adequate supply of n6 PUFA through the consumption of vegetable oil and spreads.

Omega-3: Many western diets are deficient in omega-3 and the advice is that we need to try and increase our intake of this. Good sources of omega-3 include, oily fish such as mackerel, fresh tuna, salmon, sardines, linseed and linseed oils, pumpkin seed, walnuts, rapeseed oil, soyabean and Columbus eggs. The government recommends that the easiest way to achieve the necessary intake is to consume 2 portions of oily fish a week which is the equivalent of 3-4 grams of omega-3. Although it is always best to try and get all necessary nutrients from food omega-3 supplements can be taken to meet the requirements.

The general benefits of omega-3 are fairly well advertised in particular its role in improving heart health. Research has also demonstrated that it has a number of roles



that could specifically help improve athletic performance which are relevant to us as runners. These include:

- Improved delivery of oxygen and nutrients to cells
- Increased energy levels and stamina
- Increased exercise duration and intensity
- More rapid tissue growth and repair
- Anti-inflammatory actions preventing joint, tendon and ligament strains
- Decreased inflammation from overtraining and improved healing of injuries.

### Trans fatty acids

This type of fat is very rarely found in natural food products and usually forms as a result of the manufacturing process. If you look on food labels you will often find this kind of fat in foods such as cakes, biscuits, low fat spreads and pastries. To date the exact effect to health of this kind of fat is unknown however effects are thought to be worse than saturated fats. Based on this trans fatty acids should be avoided as much as possible by cutting down on hard margarine, fried foods from fast food chains and by checking labels of biscuits and bakery products that could contain these kinds of fatty acids

### Some key tips to help improve your fat intake

Cut down on saturated fat such as butter, lard, cream and fatty meat, pastry, cakes and biscuits.

Avoid frying and grill, bake, microwave or steam instead

Monounsaturated fats such as olive oil, rapeseed oil and walnut oil are the best types to use for occasional frying or salad dressings

Use monounsaturated or polyunsaturated spread such as olive oil, sunflower or soya spread for spreading on bread

Try to have at least 2 portions of oily fish each week to help increase omega-3 intake

Choose lean cuts of meat and trim off any visible fat

Choose low fat dairy foods such as low fat milk, low fat or low calorie yoghurts and fromage frais.

I hope this article has been of use to you all and maybe cleared a few things up regarding the fat in our diet.

Ruth Sturgess.

# Captains Corner

## Round Norfolk Relay 15<sup>th</sup>/16<sup>th</sup> September 2007

I think you have all heard of the saying 'Never say never'. Last year I said that I would not be organising the Round Norfolk Relay again and that it was time for someone else to have a go. Well, no volunteers were forthcoming, so I will once again organise this year's race. If there is anyone in the club that would like to work with me this year, with a view to taking on the job in 2008, then please let me know.

As for this year's race, the sheet to put down your name, to either volunteer to help, or run is up on the club notice board. I have not yet decided on a category for the team this year, but would very much like to give new members and ladies the opportunity to take part. We may even organize the day differently this year by trying to create a good team spirit, and just having one large mini bus to take all the runners round the course from the start to the finish, instead of having to arrange drop off points and lifts to and from the beginning and end of each stage. If you have any views on this and as to what type of team to enter then please let me know on a Monday evening.

### Club Target Races

- 28th June—Wroxham 5k (Race2)
- 22nd July—RAF Martham 10 Mile
- 27th July—Worstead Festival 5 Mile
- 3rd August—Wibbly Wobbly Log Jog
- 12th August—Great Yarmouth 10k
- 2nd December—CONAC Half Marathon



# Russell's 100 Challenge

This year on the 12<sup>th</sup> of October I will celebrate my 50<sup>th</sup> birthday, so in true Russell style (or madness) I have set myself three challenges to mark this special year, all based around 100 and 5.

**Challenge one** was completed on the 3<sup>rd</sup> of June when I finished the Norwich 100 mile bike ride in less than 5 hours (4 hours 54 min).



**Challenge Two** will be to Swim 100 kilometers over a 5 week period from the 1<sup>st</sup> of August, that's an average of 2.85 kilometers or 114 lengths of Wymondham swimming pool every day.

**Challenge three** will be by far the hardest! as I will be travelling to the Himalayas in November to compete in the Himalayan 100 mile stage race, that's running 100 miles over 5 days at altitudes of up to 12,000 feet. Day three of the race is the Mt Everest challenge Marathon.



I will keep you up dated as to my progress in the next copy of foot prints

Russell



## THE WINTER HANDICAP FINAL – Dave Hazleton

As the sun beats in through the window and the summer flowers are emerging, it seems odd to sit and write about an event that happened over two months ago. Yes your editor has prevailed upon me to put something down about the Winter Handicap Final. (without the threat of extra abs or a big stick!) It was that long ago I had to check the calendar, 26 March for those who had forgotten or preferred to forget, so awful was their run!

So, of the 29 members who qualified for the final 20 members lined up for the start. For some confidence was high, other who were more subdued, less so. One thing for certain, the winner was a surprise for us, maybe not for him though as Rodney Freeburn crossed the line first in a time of 20:32, slicing two minutes off his seasons best time. For those who do not know Rodney, he is one of our longest serving and more senior members, having been running for at least 25 years to my knowledge although he competes mainly in Cross Country and Orienteering events these days. Well done indeed to Rodney who wins some Sportlink vouchers. Second was Peter Heard and third our highly esteemed (??) Chairman Karl Chapman. First Lady home was Juliette Cox.

Once again the event was well supported throughout the winter, which is very gratifying from an organisers point of view. In all, 43 members participated in the time trials and the challenge for the next series starting in October will be to encourage more members to compete and increase those in the final. I will endeavour to deconflict the final with early spring races to enable runners to be fresh for the final.

The Winter Handicap will be back in October in a similar format. If anyone has any suggestions about improvements I will be pleased to listen. Meanwhile,... where's my ice cold lager!!

## WYMONDHAM AC WINTER TIME TRIAL COMBINED RESULTS

	TIME TRIAL 1	TIME TRIAL 2	TIME TRIAL 3	TIME TRIAL 4	FINAL
NAME	30-Oct-06	27-Nov-06	29-Jan-07	26 Feb 07	26-Mar-07
Lyn Hazleton	18:13	xxxx	16:50	xxxx	xxxxx
Kate Barlow	xxxx	19:45	xxxx	xxxx	xxxxx
Rodney Freeburn	xxxx	23:26	22:31	22:31	<b>20:32</b>
Peter Heard	xxxx	xxxx	19:25	19:53	<b>18:33</b>
Caroline Carr	xxxx	18:59	xxxx	xxxx	xxxxx
Kirsty James	xxxx	18:42	xxxx	xxxx	xxxxx
Donna Close	xxxx	17:57	xxxx	xxxx	xxxxx
Eva Osborne	19:42	19:20	xxxx	xxxx	xxxxx
Julia Kenally	17:43	17:44	xxxx	17:34	17:44
Kim Reader	16:24	16:39	xxxx	16:46	16:30
Juliette Cox	18:27	17:57	xxxx	18:01	<b>17:42</b>
Jessica Preston	xxxx	17:46	xxxx	xxxx	xxxxx
Ron Marsh	16:37	xxxx	16:09	16:18	18:07
Jenny Christian	16:01	xxxx	15:41	15:48	16:04
Nick Phelan	xxxx	16:17	16:24	16:36	16:26
Robin Stebbings	18:21	16:30	xxxx	xxxx	xxxxx
Chris Milstead	14:58	xxxx	xxxx	xxxx	xxxxx
Mike Smith (W)	16:27	16:37	16:42	16:38	<b>16:16</b>
Matt Hanford	19:16	xxxx	xxxx	xxxx	xxxxx
Dale Cooper	xxxx	16:11	16:11	16:40	<b>15:54</b>
Terry Brannan	15:34	xxxx	15:17	xxxx	xxxxx
Geoff Adams	15:43	xxxx	xxxx	xxxx	xxxxx
Simon Chamberlin	15:06	15:24	14:29	xxxx	xxxxx
Vicky Reynolds	xxxx	15:08	15:05	xxxx	xxxxx
Ian Sturgess	15:11	xxxx	xxxx	15:23	<b>14:59</b>
Eddie Greenland	14:06	13:59	13:46	13:49	<b>13:27</b>

NAME	30-Oct-06	27-Nov-06	29-Jan-07	26 Feb 07	26-Mar-07
Terry Epps	15:35	14:19	14:44	xxxx	xxxxx
Russell Clarke	14:07	xxxx	14:11	xxxx	DNF
James Birch	14:29	xxxx	xxxx	14:12	<b>13:33</b>
Peter O'Callaghan	15:03	xxxx	14:05	xxxx	xxxxx
Ady Preston	xxxx	14:00	14:07	14:04	xxxxx
Paul Wightman	14:29	xxxx	xxxx	xxxx	xxxxx
Craig Dungar	13:37	xxxx	13:28	xxxx	xxxxx
James Mulvaney	xxxx	12:37	12:35	xxxx	<b>12:20</b>
James Preston	11:52	xxxx	xxxx	xxxx	xxxxx
<i>Sharon Hurren</i>	xxxx	xxxx	16:06	xxxx	xxxxx
<i>Gerry Watson</i>	xxxx	xxxx	15:57	15:58	<b>15:39</b>
<i>Jo Watson</i>	xxxx	xxxx	16:12	15:50	<b>15:39</b>
<i>Russell Matthews</i>	xxxx	xxxx	14:13	15:15	<b>15:05</b>
<i>Roger Beardmore</i>	xxxx	xxxx	14:13	xxxx	xxxxx
<i>Karl Chapman</i>	xxxx	xxxx	14:42	13:50	<b>13:15</b>
<i>Tony Deacon</i>	xxxx	xxxx	xxxx	17:17	xxxxx
<i>Neil Holland</i>	xxxx	xxxx	15:16	15:22	<b>14:33</b>
<i>Andy Preston</i>	xxxx	xxxx	xxxx	14:13	xxxxx
<i>Chris Barnard</i>	xxxx	xxxx	xxxx	13:55	xxxxx

Here's a Classic Clanger Comment from Dennis Wells after Ron's First 5 Km

***I DIDN'T FOLLOW HER BECAUSE I THOUGHT SHE'D GONE THE WRONG WAY!***



Just to clarify then "It's a Left, Left, Left, Left, straight on, then left course"! Well done Dennis –

## ASK ZIKO

I have decided to start a small business in the rag trade and combine this with my superb advice on all matters of life and running. I have been working closely with a sports clothing company and will be producing some one of specially designed T-shirts and I will be putting my name to them so they will be highly desirable. Sizes will be little, bigger than little, larger than bigger than little, big large and you need to exercise more size.

Prices are yet to be finalised, but there will be a small mark up and all the proceeds will be going to a charity. Please see my good friend Karl for ordering and more information.

Thanks for your purchases in advance it really is niceness of you.

**Q: I helped at the last race and was in supposed to marshal, however I forgot my compass and was unable to find my marshalling point. What should I do if this happens again?**

A: Firstly well done for turning up to help marshal, although you didn't actually help! We couldn't put on races without your help, well we did. But anyway back to you question. Being lost can be quite frightening but you will never have to worry again when you learn how to make a compass out of grass, my friend Ray Mears will tell you what to do all you have to do is give him a call, his number is 07798745662 you can use your phone to call him!

**Q: Ziko can you help me solve a riddle please. On club nights I am first to arrive, last to arrive and last to leave, so why do I nearly always make the tea?**

A: I like riddles, especially the egg ones with sweet and sour sauce! Only joking my English is not that bad. This riddle is easy to solve and you only have to focus on the middle of the riddle (that rhymes!) when you arrive back at the club just sit down and put your feet up, give it a few weeks and people may start to help. We don't want to start a tea rota again, we are all friends and should help each other out.

**Q: I run with another club at the moment but for various reasons want to change. I have been to WAC a few times and quite like it there. I don't know what to do should I join them or not?**

A: Well ultimately the decision is yours, however maybe I can help by highlighting a few good points about WAC.

1. The members are really nice, although some a little odd, but harmless
2. we have some great coaches, although they told me that
3. you get a great Christmas dinner
4. you will be insulted nicely on a regular basis
5. we are the premier road running club in Norfolk

Hope this helps your decision.

Later  
Ziko



# *Russell Clarkes, Race Report Ironman Malaysia Saturday 24<sup>th</sup> Feb 2007*



I arrived in Langkawi with just 4 days to acclimatise from the joys of running and cycling in the British winter, to preparing to race in the high temperatures of the Malaysian summer.

The first few days were spent as normal. Putting the bike together, registering, and slowly getting used to swimming in a lovely warm sea (31c) and having a look at the bike and run course.

The organisation of the race was very good. On the Friday I went down to bike check- in and prepared myself for the 7.15am race start on Saturday.

## **SWIM 1.24**

The race started when it was only just light and spotting the marker boys was not easy, but as it was just a straight out and back course, we all headed in the right direction.

I had a good start, and found some good space to swim in. The half way turn around seemed to come round very quickly. By now the sun was up and I was really enjoying the swim. It was a bit tough on the return leg as we were swimming against the current of an outgoing tide, but I arrived at T1 in good shape, in a time of 1.24. Not my quickest but for a non wetsuit swim, I was happy with this.



## **BIKE 5.53**



The organisers had changed the bike course from last year, from being very flat, to 3 laps with two nasty climbs in each lap. With a 21-11 rear cassette my gearing was not right, so there was a lot of out of the saddle work to be done. It was a very scenic route taking in lots of small villages on the way, were the support from the local children was fantastic. One thing that was mentioned at the race briefing was to keep a look out for monkeys, Water buffalo and snakes crossing the roads? I paced





myself on the ride making sure to eat and drink well. I consumed 10 litres of liquids, 6 power bars, 4 bananas and 8 gels. My new bike was very comfortable and apart from having to stop three times to take my shoes off to get rid of cramp in my toes, the bike leg went very well. I was even coping with the heat ok, which was now at 38c, so as T2 approached an 11.30 finish time was still my aim.



### **RUN 5.28**

At T2 I had decided to change out of my tri suit and into running shorts and a vest. Plenty of sunscreen was applied, a power bar consumed and I was off on the 4 lap out and back run course, a steady 5 k climb up followed by 5k down.

The temperature was now at over 40c that's 109f in old terms!! And as soon as I had completed the first

1k. I knew that I could forget about getting a good time, and that this would be just about getting to the finish line. Without the cooling effect of the wind you create on the bike the extreme heat just hits you and instantly saps all of your energy.

By the end of lap two I knew that I was in trouble. I had stopped sweating had goose bumps all over and began to feel very cold and shiver.

These were the signs of my body not coping with the heat. I stopped for 10/20 minutes sat under a tree and tried to cool myself down with lots of ice and cold drinks. I told myself that I was going to finish, even if it was at a walk and that is what happened. The next lap and a half were walked, but as the heat of the day slowly dropped (to only 36c) I got back into running the last 5k in an effort to get under the 13 hour mark. I actually finished the race running very well and even managed a sprint to the finish line.





Things went downhill fast after finishing. I collected my gear and bike, I met Nicki, my sister and her husband at the finishing line, and then just passed out, they rushed me to the medical centre where I was put on a drip and treated for Heat Stroke and then for hypothermia, that is when your core body temperature keeps going up and up but you show all the signs of being very cold, my temperature went up to 40.5c and at that point they transferred me to hospital, as if your temperature goes much higher than 41c you start to risk having serious damage to your internal organs and brain. (Not that an Ironman has got a brain) But after a day in hospital, all was well and they let me out to finally have a beer and celebrate finishing a tough day at the office!! Would I recommend this race? Yes, I would but just go there to enjoy the race and forget about a time.

*RUSSELL*

## Quick Race Round Up

On Sunday June 17th Hethel Engineering Centre was the fantastic new venue for the Midsummer 10 miler.

Wow, what a venue, we had it all, easy access from A11, lots of car parking, plenty of toilets, secure changing and baggage store, even toilets at the start/finish area. An informative power point presentation by Paul Wightman was displayed using the big plasma/LCD screens at the centre, rolling results also displayed on the screens. (A rather brilliant touch we thought!) Delicious refreshments and snacks. (Especially the Belgium Buns which were extremely tasty—thanks Kate)

The course management team had pulled together an excellent rural course which was predominantly flat—well only two real hills to speak of, both at East Carlton.

Together we have created a superb event for the local running calendar.

We have received lots of really positive comments from competitors about the event, a few negative ones of course mainly to do with getting to the start, however all in all a brilliant job executed by all those members who gave up their precious time on a Sunday and fathers day no less too! .

Finally just to let you all know, we had a total of 230 entries which is a record for us—and only 20 short of the race limit of 250.

**Get ready for an equally fantastic 5k in September**

*Kim*

# RACE DIARY

Here are just a few local races to tempt you. Check out Runners world for loads more [www.runnersworld.co.uk](http://www.runnersworld.co.uk)  
July

1st	Sutton Feast Beast 7
5th	Ryston Runners Midsummer 5
8th	Abbey 10k—Ramsey, Cambs
11th	Mike Groves 5.85k, Coltishall
11th	Bungay Black Dog Race series—Race 2
14th	Lord Mayors 5K
14th	RAF Marham 10 mile
27th	Worstead Festival 5

August

1st	Bungay Black Dog Race Series—Race 4
3rd	Wibbly Wobbly Log Jog (Race full)
12th	Great Yarmouth 10k
19th	Reepham 10k
22nd	Wroxham 5k (Race 3)

September

2nd	Framlingham 10k
2nd	Wissey 1/2
9th	Grunty Fen 1/2
15th/16th	Round Norfolk Relay
23rd	Diss 15
23rd	Sandringham 10k
30th	Felixstowe 1/2

