



WYMONDHAM A C

FOOTPRINTS SUMMER 2008





Footprints—this issue includes

- Chairman's chat
- Coach's report
- Rons Recovery
- What is Hip Resurfacing
- Captains Corner
- Quick Race Round-up
- 5 mile race- results so far
- Whose walking up the aisle
- Race Diary

A little bit of history

Great Yarmouth
Half Marathon 2004

Does anyone know
this line up?

I'm sure some of
them had more hair
then!



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

CHAIRMANS CHAT



As the weather gets warmer its good to see old and new members make their way back to Tuttle lane on a Monday evening, I don't think its the weather that brings them out so it must be the tea! The year is going so fast and it will soon be Midsummer and our 10 mile race will be over and the days will be getting shorter, good news though Christmas will be here soon.

The last few months have seen members racing at the clubs own races and time trials. Ron has been organising the 5k time trials for members with some good performances, this is a great benchmark for members to see how they are progressing without the pressure of racing. Terry & co have also reincarnated the old High Oaks 5 mile race, the first race was well attended and a great success. Thanks to all those that helped put these events on I know the members appreciate it and enjoy these events.

As I write this it's only a week away before the Hethel Engineering 10 miler and I am sure it will all run smoothly. Our next event is the autumn 5K in September and we will need all hands on deck once more. It's important that we have plenty of help for our races and although we always manage to scrape through it would be nice to know more than a week in advance how many people we have to help, please!

As for performances recently both Tanya Crofts and Olly Milk have both been drinking the same performance enhancing herbal teas and have been reeling off the PB's well done to you both.

Over the next couple of months the club will have a new website. Its something that the committee and especially Paul have been looking at for some time. The initial designs look really nice, with a modern refreshing style. This will hopefully become a more useful resource for both members and other people looking for information on our races etc.

I am off to pack my bags ready for a trip to Dorset with the college cricket and netball teams. If I remember I will bring some seaside rock back.

Karl

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Terry said that he thinks there is a good quality in the club at present. At the top end group there is five or six people who are really going to go places this year. Spearheaded on by their captain Andy Preston. Also our 5 mile club race was great with as many as 40 runners taking part. It was good to see our chairman Karl Chapman settling back into form fed by Ollie, Ben, Andy, James and Ed, Top Guys.

Good to see Paul Wightman on the mend so when he gets fit we had better watch out, also Alan Holland is on the mend and Stuart after his third place in the Yarmouth 5 miles.

P.B. also for the ladies Kim, Tracey & Juliet, which gives all our coaches a big smile with the club going places.

I would like to thank everyone for their help on Monday 12th May, Great Job.

ANDY & TERRY

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Well there's plenty going on at Hethersett Old Hall School track for those who have never been before come along and give it a try—Ron has provided us with us with a challenging programme this year—and of course there has been the abs workout session afterwards. We've been fortunate enough to have this great facility now for 6 years and each year we certainly go from strength to strength. Numbers attending has been fantastic, and the enthusiasm of everyone equally so, everyone seems really committed to doing the best that they can do and improving performances constantly.

We've welcomed lots of new faces to the coached sessions on both Mondays and Thursdays which is really great to see such an interest in Wymondham AC and the camaraderie of running in a group. So let's keep up the hard work and find some new challenges to help our club celebrate its 30th year.

My Operation and Recovery after Hip Surgery – Ron Marsh

Mon 25th February – Operation Day

I arrive at the Spire Healthcare Hospital (BUPA), they make me very welcome. We have a discussion about all of the good points as well as the bad points of my operation again. I am ok with this. The next person I see is the anaesthetist who comes to see me to discuss what would be happening regarding aesthetic for my forthcoming surgery. The next thing I knew I was being woken up ‘its all over Mr Marsh it was not a pretty sight!’ I was on oxygen, tubes coming out and a drip in my hand. I felt very sore and I also had drains coming out of the wound, where 38 staples had been put in and to top the lot I had a catheter fitted.

Tues 26th Feb

The day after the operation they have to turn me over onto my side, this was the moment that I felt pain, so much so it made me sweat. I felt much more recovered when three lovely nurses came in to say it was “Bed bath time Mr Marsh” well suffice to say they took all the covers off me and I think I’ll keep the rest to myself!

Wed 27th Feb

Today I had to prove to my physio that I could get out of bed on my own and walk on my own. Before I went into hospital, I had been practicing how to walk with two crutches, which the ‘Mrs’ Janet had used previously after her foot surgery. I got on very well using the crutches so I knew I was going to be ok.

Thurs 28th Feb

Good news the physiotherapist came to see me and told me I was ready to go home, I could not get out quick enough. When we got home I just sat in the car and had an overwhelming urge to cry and that’s just what I did, looking back now I think it was the realisation that it was all over and it was down to me to make my dream come true to be running again soon.

Fri 29th Feb

I walked for 100 yds in the morning using crutches and again in the afternoon. I also had to lie for 30mins fully stretching my arms and legs.

Sat 30th Feb

I walk 100 yds three times today and do upper body exercises.

Sun 1st Mar

I walk 200 yds this morning non-stop, then I have to do it again this afternoon followed by leg exercises.

Mon 2nd Mar

I do the same again

Tues 3rd Mar

Today I walk for 200yds am and 400yds pm then do my upper body work and leg exercises.

Wed 4th March

I walk a quarter of a mile this morning and afternoon.

Thurs 5th Mar

Today I have my staples removed all 38 of them, then I have to walk a quarter of a mile with one crutch, and finally I start walking without the crutch.

I increased my distance slowly to 2 miles per day, I began to include fartlek work – walking faster and slower, then lifting my knees up. I was really starting to feel good again, but it took six more weeks before my mind and body wanted to take a few strides.

I started to run when my consultant Mr. Nolan said I was ready.

I've never had any doubt in my mind that I would be running again. My own determination and hard work from my family and friends have helped my road to recovery. Now I am running regularly and soon I will be entering races again.

Many thanks to all for the card signed and sent from the club, it helped perk me up when I needed it.

I hope this will give a lot of encouragement to those of you with any injury problems, listen to what your body tells you both good and bad – determination wins through!

Ron.

What is Hip Resurfacing

Hip Resurfacing is a type of hip replacement which replaces the two surfaces of the hip joint

The procedure is very bone conserving as the head of the femur is retained. Instead of removing the head completely, it is shaped to accept an anatomically sized metal sphere. There is no large stem to go down the central part of the femur and the surface of the socket (acetabulum) is also replaced with a metal implant, which is press fit directly into the bone.

The resurfacing components are made of 'As Cast' cobalt chrome which is finely machined to produce a very high quality surface with a low friction finish, hence low wear.

CAPTAINS CORNER

I would like to start by saying a big well done to all the runners that took part in the target race at Breckland & Great East Anglia 10k on 4th May (unfortunately I thought my wife had entered me and hadn't). I would be grateful for any positive or negative feedback on how you felt the races went for you, I'm sorry but have not had time due to work commitments to look through result sheets.

It's really nice to see an influx of new faces on a Monday night and if there is anything I can do to help with your training or any other matters come and have a chat with me and that goes for any other club members.

With so many members making the time to race it would be good to get together at the start for a warm up, for those who prefer to be on their own to warm up there is nothing to stop you from joining us in the cool down session at the end of the race, as this is great for Club moral.

I am interested in how many of our club members get on in any race, so please come and chat to me.

Andy



A quick race round up—Hethel Engineering 10 mile 15th June 2008

Thanks to all the members who gave up their morning to come along and help out at this event.

Sadly numbers were down on last year, but still a good turnout overall. Conditions were pretty good this year, and we've received plenty of positive feedback about the race and of course how friendly our marshals are—well of course we are Wymondham AC the friendly club!

1st home in a time of 57mins 22 was Jez Cox from St Albans Striders
1st lady home was Emma Coombes from CONAC in 1 hour 5 mins 21, so good times from both of those, although interestingly neither beat last year's 1st male or female so a course record ready to be beaten - anyone from our club going to take on the challenge!

Next race from us will be the Abbey 5k in September.

WYMONDHAM AC CLUB 5 MILE ROAD RACE 2
16TH JUNE 2008

		RACE 1	RACE 2	DIFF
1	OLIVER MILK	29.51	28.21	-1.30
2	JAMES PRESTON	X	29.13	
3	RICHARD WHITE	X	30.32	
4	BEN STRATTON	30.31	31.25	+0.54
5	EDDIE GREENLAND	32.02	31.42	-0.20
6	NEIL HOLLAND	33.12	32.05	-1.07
7	IAN STURGES	33.41	33.38	-0.03
8	CARL MACHIN	35.10	34.20	-0.50
9	JENNY CHRISTIAN	35.53 first lady	35.30 first lady	-0.23
10	DAVID HAZELTON	X	35.30	
11	STEVE CHILDERHOUSE	X	35.59	
12	GEOFF ADAMS	X	36.01	
13	GERRY WATSON	37.24	36.04	-1.20
14	ED BURTON	X	36.09	
15	CRAIG DUNGOR	X	36.11	
16	IAN CRUTCHLEY	X	36.38	
17	KIM READER	36.52	37.09	+0.17
18	JULIET COX	37.56	37.24	-0.32
19	DALE COOPER	X	37.26	
20	MIKE SMITH (W)	41.17	37.29	-3.48
21	GRAHAM COLEMAN	41.22	38.48	-2.34
22	ANGIE BEAR	38.22	39.07	+0.45
23	LYN HAZELTON	39.44	39.08	-0.36
24	KIRSTY DAYNES	41.51	39.29	-2.22
25	ANDRE LUCKETTI	X	40.47	
26	ROBERT SCARFE	42.05	40.49	-1.16
27	JULES KENNELLY	42.12	40.55	-1.17
28	PETER HEARD	41.50	41.03	-0.47
29	CAROLINE CARR	42.21	41.55	-0.26
30	ANNE MARTIN	42.28	42.02	-0.26
31	MIKE POPE	41.57	42.07	+0.10
32	L COOPER	X	43.41	
33	CHARLEY COOK	X	44.54	
34	NICK WRIGHT	X	45.45	
35	LINDA FLATT	X	45.45	
36	WENDY LARKE	X	47.03	
37	EMILY BURKITT	48.52	48.42	-0.10
38	JEANETTE POLLEY	X	49.00	
39	SUE HARVEY	X	49.00	
40	MIKE SMITH (H)	X	49.00	

Thanks to everyone who took part and for everyone who helped on the night
 Last race TBA end August / September

Dean and Terry

Hi Everyone, well it's that old footprints time again, it's a bit late in publishing this time as I've had so many work commitments and time is very short. So from the next edition you will have a new editor in Jules who is going to take over the reins now she is giving up her role as of chairman of the Abbey Kindergarten. So I hope you will support her and give her plenty of articles for putting in future editions.

I've been putting footprints together now for a quite a few years and we've had all sorts of articles ranging from nutrition information kindly provided by Ruth, Russell and his Ironman challenges and more recently Ron's recovery from his hip resurfacing.

Thank you to everyone who has contributed whilst I've been editor.

Finally congratulations to Gerry who now has a son in law and to Jo who has a new husband. A couple of photos for you all to look at.

Kim



RACE DIARY

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

August

1st Wibbly Wobbly Log Jog

10th Great Yarmouth half marathon CC

17th Reepham Runners 10k

20th Wroxham 5k series—Race 3

September

7th Wissey half marathon

14th WAC Autumn 5k

28th Diss 15 & 7.5

October

5th Coltishall Autumn 10k

12th Griffon Run 5k

19th North Norfolk 7

26th Great Yarmouth 10k

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