

Wile E's World - Honiton Running Club Newsletter - DECEMBER 2000

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News & Information

Club email - HonitonRC@btinternet.com

Spoken word or bits of paper to Paul. For those of you receiving this newsletter by email, just click on the links (web addresses) and you'll be taken to the web page described, assuming you're already online, if not then dialup will connect you.

Our Annual general meeting will be upon us soon Wednesday 14th February after the club run. If you would like to take an active part in the day-to-day organisation of the club, please let us know. It doesn't need to be a full time job, the more of us that are helping the lighter the workload for everyone. If you have an hour a week free, then let us know and we will find you something productive to do. The agenda will be included in the next newsletter and will also be published on the notice board.

The first club annual race, The Fun Run, will take place on 13/5/2001. More details soon.

CHRISTMAS DINNER.

Our Club Christmas dinner took place on Saturday December 2nd at Liberty's, we all had a very enjoyable evening, hope you didn't miss it.



WANNA BURN SOME LAST MINUTE CALORIES?

Taunton Athletics club organise the "Bert King Memorial" run every year which takes place on Christmas Eve (or as near as possible other years). You may not realise, but Heather was running in this event last year (for AVR) and won the shield for first lady home! This is a mainly road run of 6.27 miles, with around 1½ miles of bridle path and starts at 10:30 a.m. The start is at The Catherine Wheel Inn at Hemyock. This is a popular run so it's wise to enter early, although if not fully subscribed you can enter on the day. Affiliated members £6:00 (£1:50 extra on the Day). Speak to Paul Soon for Application details or if you want to contact the organisers direct telephone 01823 325771. (Thanks to Karen for the entry forms)

Goodbye or is it merely "Au Revoir?"

A fond farewell to Mary Thomson who will be moving on to pastures new in January. Mary, as you may know, has been working at the Veterinary practice in New Street, and running with us, for the past couple of years. She has now decided on a career move that will take her to a new practice at Callington (near Plymouth/Saltash). I'm sure you will all join me in wishing her well in the her post and hope that our trails will cross again in the future.

Groan! - Mobiles

After digging to a depth of 100m last year, Russian scientists found traces of copper wiring dating back 1000 years, and came

to the conclusion that their ancestors already had a telephone network one thousand years ago.

So as not to be outdone, in the weeks that followed, American Scientists dug 200m, and headlines in the US newspapers read: "US scientists have found traces of 2000 year old optical fibres, and have concluded that their ancestors already had advanced high-tech digital telephone 1000 years earlier than the Russians." One week later, the Irish press reported the following: "After digging as deep as 500m, Irish scientists have found absolutely nothing. They have concluded that 5000 years ago, their ancestors were already using mobile phones."

Headline! New Study of Obesity Looks for Larger Test Group

BARBADOS MARATHON 2001

The time has come for a "get-together" to discuss and make plans & provisions for the trip in December. To that end; for those of you that have decided to make the trip I intend to have a gathering at my house on Saturday 20th January 7:30, please come along with your questions & ideas (also bring bottle of wine, we might as well enjoy ourselves). If you have only just developed an interest in going, please come along.

Tee & Sweat Shirts

For those of you still waiting for race kit, it should have arrived by the time you read this. Please pay your money to Paul as he has paid for all race kit in advance. Any new orders can now be taken. Apologies were received from the supplier; there was a misunderstanding over the return of "mesh" vests. All future vests will be of the non-mesh or "solid" material.

We now have new stocks of tee shirts & sweatshirts in stock.

Tee Shirts a Gift at £5 each

And a nice warm sweatshirt for the winter at £12:50.

All show the indefatigable Wile-e-Coyote logo on the front & our sponsor's web address on the back.

Wear 'em with Pride.

See Dave Dunn for yours today! (Or tomorrow)

(We don't make a profit on these garments, yet!)

We shall soon be in possession of some fluorescent yellow (reflective) Bibs, prices will be available soon, if you would like to reserve one, speak to Dave D or Paul L.

SUNDAY RUN?

As winter progresses and darkness lasts forever, it seems, it's time to think about running in the little daylight we have available. A number of you have suggested starting the Sunday morning run again, some of you Saturdays. Rather than do nothing, please discuss your preferences as most of us like a little company when we run. Watch the notice board for details of proposals but speak to each other and let us know your preferences.

One group occasionally leave for a run at around 8:00 a.m. but if you would like to run later let me know soon and I will try to organise, if required, a regular run.

Coaching

We are nearly at the position of booking coaching courses, even if you previously expressed a wish to attend please put your name forward again as confirmation.

Whilst details are still sparse we have been advised that the courses will be more "worker friendly" they will be held at weekends and, hopefully, last one day with some additional locally supervised coaching sessions within the club. Put your name forward now if you are interested.

Headline! - Police Begin Campaign to Run Down Jaywalkers

Training Program

Are you about to (or would you like to) start training to increase speed and distance and also like company? In the new year or possibly sooner I hope to start increasing distance with a view to generally having longer runs in the region of 2 hours/12+ miles. Obviously we will start at more modest levels, to suite all abilities, but the overall program will depend upon who partakes in the training. I would hope to have one long run at the weekend plus, at least two other training sessions. If you are interested speak to me soon.

Got any Ideas for some Variation on Wednesday nights?

We now have a handicap night, and have started some hill training. If you have tried some other routes or exercise that we can incorporate into our Wednesday sessions please share your experience with us. It will make the long winter nights of training more enjoyable.

CROSS COUNTRY CHAMPIONSHIPS

The Devon Championships take place at Bicton College on the 7th January 2001. We are intending to send at least one Ladies & one Men's team. While you may be approached anyway, please speak to Alan if you would like more information.

LONDON FLORA MARATHON 2001

You should have heard by now if you have been allocated a place in the London Marathon, if you weren't lucky enough to get a place, the Club entry is now available. To be eligible for the club entry, you must be,

1. A paid up member.
2. You must run 1st claim for the Club you run on behalf of, i.e. Honiton RC.

If you are interested in taking part for Honiton RC please speak to Paul A.S.A.P. There will be limited conditions namely gaining sponsorship; training etc. the cost of the entry is £21. We will discuss these issues when we know who the applicants are. In the event of there being more than one person being interested, we will hold a draw (*Pistols at 50 paces, or 25 after a run!*). The demand for this race is very high & a large percentage of applicants don't manage to get a place, it's a lottery.

So far Alan has expressed an interest in the club entry. This is your last chance to apply! If you are thinking about entering make not only do you need to make up your mind, but you will also need to start your training, if you haven't started already. The allocation will be made in the next few days.

Race Report & Results

Well done to Bruce, he raised £549 for the NSPCC on his Great North run, and achieved a PB as reported last month.

Well done to all of you that ran in the Colyton 10K & fun run (2½ miles). The annual Children in Need fund raising run, organised by

Axe Valley runners, was well supported by us once again, thanks to everyone for "flying the flag."

This year, fourteen runners took part, including members entering the 2.5-mile fun run.

The weather once again was fairly kind to all of the runners and apart from brief showers the conditions were average to good.

The first* Honiton RC member to cross the finish line was Warren Oak in 44 minutes 54 seconds. The other club finishers were Geof Waller (48:59), Mike Hayes, Sue Jones and Suzanne Lyus took part in their first run for the club with times of 49:22, 60:35 & 60:38 respectively. Alan Rowe and Sally Bowey crossed the line together, in 55:16. Joyce Curtis set another personal best, knocking an incredible 7 minutes off her previous time of 77:00.

The fun runners also put a creditable performance, Pete Lyus 22:21 and Karen Crow 23:00. The juniors though amazed everyone, Ben Lowman (11 yrs) managed 22:21 improving last year's performance by over 2 minutes 30 seconds, While Rosie Lyus (5 yrs) and running with Jo Lowman (much older) finished in exactly 44:00.

* In fact Kev Hawker was our first member (but running 1st claim for AVR) his finish time 34:03 and in fourth place, allegedly.

November Handicap Report

Eighteen runners took part in the second running of the club handicap and produced some interesting results. This was the chance to see whether a month of training made any difference to your time or if you need to amend your training regime. Joyce Curtis certainly enjoyed the run zipping round 1.33 better than last month to take the trophy for the most improved runner. Tom Pady knocked an impressive 1.22 off his October time jumping one place up the rankings, the only one to progress up the ladder. Karen Crow started by herself with a 4.57 handicap and managed to push herself to a 1.16 improvement. If she gets someone to aim at then she might be one to watch next month. Sue Jones made the most of running with Jenny Sleeman and Sally Bowey by improving 1 minute this month. Rachel Menday and Ceri Oak improved by 26 seconds and twelve seconds respectively while Alan Nicholls showed amazing consistency by finishing in exactly the same time as last month.

Several runners ran slower than last month but the biggest difference was only 47 seconds so there were no catastrophes. Let's see what they can do next month.

Well done everyone. - Alan

Thanks to Heather & Louise who did all the timing checks for us & also, to Alan who analysed the data & produced the report. Don't forget the next event is December 6th and here's where you start -

Name	November Time	Time for December
Sandy Marriott	Dns	00.00
Rachel Menday	35.21	00.34
Maggie Dillon	34.25	01.30
Joyce Curtis	34.22	01.33
Karen Crow	29.42	06.13
Ross Summers	Dns	06.04
Marion Broom	Dns	06.04
Sally Bowey	28.08	07.47
Sue Jones	28.06	07.49
Jenny Sleeman	28.06	07.49
Pete Lyus	Dns	08.57

Jo Lowman	26.37	09.18
Lindy Bennett	Dns	09.29
Mike Hayes	Dns	10.26
Alexis Kay	Dns	10.29
Gerry Evans	Dns	10.29
Alan Rowe	24.51	11.04
Nikki Gigg	24.47	11.08
Dave Dunne	24.42	11.13
Paul Lowman	23.44	12.11
Geoff Waller	23.20	12.35
Ceri Oak	22.34	13.21
Tom Pady	21.32	14.23
Alan Nicholls	21.28	14.27
Warren Oak	Dns	14.27
Bruce Tones	Dns	14.42
Jill Harrison	Dns	16.38
Martin Fullard	Dns	18.14
Shane Wallace	17.30	18.25
Kevin Hawker	Dns	18.57

The handicap is an ideal way of keeping a check of your own progress, but please don't get to despondent if your time should drop (like mine did last month, by 22 seconds) there are many factors we have little control over, just do your best and prepare for the shock when you, for reasons unknown, knock a minute or more off your best time, just ask Joyce.

POINTS SYSTEM.

This is where I try to describe the points system. After much prevarication at last month's committee meeting, I will now try to put into words what we finally agreed (e. & o.e.); I thought that

Yesterday scientists for Health Canada suggested that men should take a look at their beer consumption, considering the results of a recent analysis that revealed the presence of female hormones in beer. The theory is that drinking beer makes men turn into women. To test the theory, 100 men were fed 6 pints of beer each. It was then observed that 100% of the men gained weight, talked excessively without making sense, became overly emotional, couldn't drive, failed to think rationally, argued over nothing, and refused to apologise when wrong. No further testing is planned.

was one abbreviation I'd never need. Points will be awarded to each Handicap entrant on the following basis, Please try to remember we are competing in this event, even if only with ourselves at times. Take it seriously if you want, but don't take it to heart, so

1. THE TIMEKEEPER'S DECISION IS FINAL.
2. Each entrant will be awarded a number of points that will equal his/her finishing position, for example the person in first place is awarded 1 point, second place 2 points etc.
3. In the event two runners tie for a position say, equal third place, the persons involved in the tie would each receive 3 points (in this example). The next finisher would be placed 5th and receive 5 points.
4. The annual winner will be the person having the lowest number of points. The total number of points considered will be based on the best 8 results for each individual, out of a maximum of twelve runs. In the event of there being a tie for the annual winner, a ninth (or tenth) race result will be taken into consideration.
5. Timing of each handicap run, is not an easy task, when everyone arrives in a group the timekeepers may have problems getting the results on paper. If you have any doubts about your results query them at the time, as it's almost impossible to resolve things later.
6. The overall winner will have their name engraved on the shield.
7. THE TIMEKEEPER'S DECISION IS **STILL** FINAL.

MEMBERSHIP

Welcome officially to Sue Jones & Martin Fullard, they have been running with us for a little while now & recently decided to make it official.

Grrrrroan 2! (A Story)

Some days it doesn't pay to get out of bed!!

Bricklayer's Accident Report.

This is a bricklayer's accident report, which was printed in the Newsletter of the New Zealand equivalent of the Workers' Compensation Board. This is a true story (or someone has an amazing imagination).

Dear Sir:

I am writing in response to your request for additional information in Block 3 of the accident report form. I put "Poor planning" as the cause of my accident. You asked for a fuller explanation and I trust the following details will be sufficient. I am a bricklayer by trade. On the day of the accident, I was working alone on the roof of a new six-storey building. When I completed my work, I found I had some bricks left over, which, when weighed later were found to be slightly in excess of 500lbs. Rather than carry the bricks down by hand, I decided to lower them in a barrel by using a pulley, which was attached to the side of the building on the sixth floor. Securing the rope at ground level, I went up to the roof, swung the barrel out and loaded the bricks into it. Then I went down and untied the rope, holding it tightly to ensure a slow descent of the bricks. You will note in Block 11 of the accident report form that I weigh 135 lbs. Due to my surprise at being jerked off the ground so suddenly, I lost my presence of mind and forgot to let go of the rope. Needless to

say, I proceeded at a rapid rate up the side of the building. In the vicinity of the third floor, I met the barrel which was now proceeding downward at an equally impressive speed. This explains the fractured skull, minor abrasions and the broken collarbone, as listed in Section 3 of the accident report form. Slowed only slightly, I Continued my rapid ascent, not stopping until the fingers of my right hand were two knuckles deep into the pulley. Fortunately by this time I had regained my Presence of mind and was able to hold tightly to the rope, in spite of the Excruciating pain I was now beginning to experience. At approximately the same time, however, the barrel of bricks hit the ground and the bottom fell out of the barrel. Now devoid of the weight of the bricks, that barrel weighed approximately 50 lbs. I refer you again to my weight. As you might imagine, I began a Rapid descent, down the side of the building. In the vicinity of the third floor, I met the barrel coming up. This accounts for the two fractured ankles, broken tooth and severe lacerations of my legs and lower body. Here my luck began to change slightly. The encounter with the barrel seemed to slow me enough to lessen my injuries when I fell into the pile of bricks and fortunately only three vertebrae were cracked. I am sorry to report, however, as I lay there on the pile of bricks, in pain, unable to move, I again lost my composure and presence of mind and let go of the rope and I lay there watching the empty barrel begin its journey back down onto me. This explains the two broken legs. I hope this answers your inquiry.

Local (ish) Fixtures/Events

(m/t = multi terrain)

There are a number of cross-country events coming up, so for those of you that would like to take to the fields & trails, speak to Alan as he has all the details (I pass them on to him).

24/12/00 - Bert King Memorial - Hemyock (Wellington) page 1.

07/01/01 - Devon Cross Country Championships

14/01/01 - Axmouth **Challenge** Run 16k (10m) +5k fun run (m/t).

For application forms - call 01297 23796.

Cross Country

Before running became transformed by the marathon and road race boom in the eighties the running scene was quite different from that of today. I remember frequently turning up at cross country meetings in the North Wales League, changing in a freezing wooden hut, running six or eight miles over a hilly, muddy course, then washing down with freezing cold water, and enjoying every minute of it. The camaraderie was great. I ran in the National Cross Country, which was at Leeds that year, only once. It was a race I will never forget as there were over two thousand runners, an overwhelming number in those days. The 9 mile race was won by Ian Stewart, and he was finishing as I still had two miles to go. I was happy to finish in the top 60%.

Cross Country running has always been at the heart of British distance running. There are numerous leagues throughout the land with the season stretching from September to April. Schoolchildren from the age of twelve are encouraged to run in local school leagues and then to progress through the county schools cross country championships to the English Schools Championships. Athletic clubs across the country participate in Cross Country Leagues, often organised by county organisations. These leagues can act as a gateway to running in county, regional, national and international races and championships.

The general programme is usually to have a league race every month through the winter with the County Cross Country Champs in December or January. This is followed by a Regional Champs, Inter County Champs and the National Cross Country Club Champs. A British team is selected and the World Champs is in April.

At my last club I was involved in coaching a group of female runners from school to International level and would encourage anyone to try the sport or get to one of the Championship races. I went to a World Champs at Gateshead some years ago and was astounded at the speed that the leaders covered the ground. Some of the great names in the sport of athletics started in cross country and I've seen quite a few in action; Zola Budd, who ran barefoot, Ian Stewart, David Bedford, Brendon Foster, Nick Rose and a young Paula Radcliffe, who won an inter-league race in which two of my athletes were running some years ago. Karl Keska, a personal friend, who was the top European in this year's Olympic 10k, started his career in the Shropshire Cross Country league.

It would be nice to see Honiton entering the local league next year but in the meantime we could enter a team in the Devon Cross Country Champs which is at Bicton Park on 7th January 2001. I think it would be a great day out for all club members and their families and would be tremendous for club spirit, so lets give it a go!

Alan Nicholls (thanks to Alan for another contribution)

MIND BITES! (My mind is bogged, how's yours?)

"I always get muscle stiffness after an unusually hectic workout, but strangely, I tend not to notice any discomfort until about 36-48 hours afterwards."

If the above statement applies to you, the following theory offers one possible answer and remedy.

Moderate to high intensity exercise causes small tears in the muscle tissue. This muscle damage causes a normal inflammatory reaction in which fluid accumulates outside the muscle cells and a slow, gradual build up of tissue pressure ensues. This pressure soon reaches a level that stimulates nerve endings and the pain becomes perceivable. It continues to rise for around 48 hours, by which time the damaged tissue starts to regenerate and the pain eases.

The condition is invariably worse after a "layoff" or a sudden increase in training. Typically, it occurs in the gluteus, quadriceps and shin muscles, especially after running downhill or sprinting. It's always advisable to cool down with slow running and stretch after exercise, but this won't necessarily prevent the condition if there is sufficient muscle damage.

You can use anti-inflammatory drugs (Ibuprofen) and ice packs to help reduce the inflammation. The other important thing to remember is that while you have muscle soreness, and often for several days after it has gone, the muscles are weaker than they were, and therefore susceptible to further damage.

Groan 3 (Xmas treat?)

Sherlock Holmes and Mr. Watson went on a camping trip. After a good meal and a bottle of wine they lay down in their tent for the night and went to sleep. Some hours later, Holmes awoke and nudged his faithful friend awake.

"Watson, look up at the sky and tell me what you see."

Watson replied, "I see millions and millions of stars."

"What does that tell you?" Holmes questioned.

Watson pondered for a minute. "Astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, I observe Saturn is in Leo. Logically, I deduce that the time is approximately a quarter past three.

Theologically, I can see that God is all-powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow".

"Is that all?" Holmes asked.

"Yes." Watson replied. "Why, am I missing something?"

Holmes was quiet for a moment, then spoke:

"Watson, you idiot, someone has stolen the b****y tent."

FINISHING POST

Last Warning for Internet users - I have recommended www.coolrunning.com as a useful and informative site. Accessing the site has caused changes to be made to my system settings on my P.C. I can't be sure on the origin of the changes or indeed if those changes were of malicious intent, I recommend caution. If you have any problems with your computer trying to dial the Internet automatically, please contact me for further information.

Have you got a computer? Would you like good quality anti-virus software but you can't afford it or don't want to pay regularly for the necessarily frequent updates? I have been using some FREE software for around 2 months it also has free updates & is by a well-known, reputable, company. It is called InnoculateIT

(personal edition), get your from copy from <http://www.cai.com> and follow the anti-virus software links.

Useful or Interesting Websites.

Axe Valley Runners Website, worth a look to find out what's happening locally - <http://www.perratt.f9.co.uk/avr/>

The Government's views & policies for sport -

<http://www.english.sports.gov.uk/> or

<http://www.ukSPORT.gov.uk/> (news magazine & archive)

<http://seek.open.gov.uk/> - find out anything about sport (among other things), another Government perspective.

<http://www.nodoping.org> - the IOC's view of drugs in sport.

Barbados <http://barbados.org/do.htm> no more clues!

Discounts - Iron Bridge Runner & Whose Sport in Exeter will give a 10% discount on all purchases of running kit.

It appears that the "Honiton Sports Shop," near the Post office, no longer offers a discount. ASK prior to making your purchases.

If you would like your name added to the list of contacts please tell Paul. PLEASE let me have your articles, anecdotes, and thoughts for inclusion. The revised contact list re-appeared last month if you wish to have your name removed or added or would like a copy let Paul know.

***A very merry Christmas to
you all & happy running in
2001***

Anon, Dame Luck.

For email copies of this newsletter send your email address to
HonitonRC@btinternet.com