

Wile E's World - Honiton Running Club Newsletter - February 2001

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News & Information

Club email - HonitonRC@btinternet.com

This unusually long "beast" includes agenda for AGM +minutes of last year's AGM. Please try to make an appearance on Feb 14th (7:30 ish) I know it's a special day so we will be as quick as possible. Please, if you nominate someone for a position on the committee, confirm with the individual that they are willing to take part first.

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 AGM is upon us, Wednesday 14th February after the club run. Non-members are welcome to come along but only members will be eligible to vote in the election of committee members. 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 can spare 3 or 4 hours a month, 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.

If you are not able to attend but would like to offer help in running the club or nominate someone for the committee, please speak to Paul.

Current Committee Members are,

Lyn Pike - Chairman*
Geof Waller - Vice-Chairman
Dave Dunn - Treasurer
Paul Lowman - Secretary

General Committee Members

Alan Nicholls - Race Secretary & Coach
Maggie Dillon
Jill Harrison
Alexis Kay
Noel George
Louise Cray

- Indicates vacant position for 2001-2002.

The D.C.A.A. AGM takes place on Wednesday 21st February 7:30 p.m. at Exeter Harriers club house, Exeter Arena.

This event is being used by the DCAA as an opportunity for local club officials to meet, so it would be a good idea to send a couple of representatives. Anyone (committee members) interested? There will be a buffet and informal chat @ 7:00 pm so we need to advise if we are attending. Speak to Paul soon.

Devon County A.A. Athletics OFFICIALS courses.

Courses for the following officials are available in March, Starter & Marksman, Track Judging, Timekeeping & Field

Judging. For more information please speak to Paul by February 6th as applications have to be made by the Feb. 8th.

Grizzly Marshals - Not so much the people more the event.

Thanks to those of you that have volunteered to help AVR with the event (11th March), in doing so you once again publicise our club and maintain a healthy relationship with another good local club. If you haven't been approached and would like to help please let me know soon.

The first club annual race, The Fun Run, will take place on 13/5/2001. More details will be available on the notice board soon & in next month's newsletter.

Every time we enter an event a written report is sent to the local press, namely Midweek Herald, Honiton News & Express & Echo. Unfortunately the reports sometimes don't appear, but rest assured they DO get sent.

The following report was to appear in the local press but because of space constraints, I presume, it didn't appear.

(Please don't confuse Cross-country with multi-terrain).

THE 2001 CROSS COUNTRY CHAMPIONSHIPS - 07/01/2001

Honiton RC decided to venture "off road" for the first time last weekend to take part in The 2001 Cross Country Championships held at Bicton College, East Budleigh. The event was organised on behalf of Devon County AA by Exmouth Harriers.

This was the first time that Honiton RC had entered teams in a Cross Country event and there was an air of trepidation prior to the start.

The concerns were soon forgotten as the starting pistol sounded and the ladies team proceeded to tackle the four laps of the hilly & slippery course (8440 metres). After a long and tiring chase the Ladies team managed an overall 8th place out of a total of nine teams, an excellent result for the first time out.

Individual Ladies results were: -

Ceri Oak	20 th	-	45m 01s
Nikki Gigg	35 th	-	52m 38s
Jo Lowman	37 th	-	54m 06s
Sue Jones	41 st	-	58m 49s

The Senior Men & Veteran Men's event consisted of a gruelling 5 lap run over 12120 metres (Approx. 7½ miles). Three of the team hadn't entered a cross-country since their school days (in the dim & very distant past) but the team spirit prevailed and all the members finished. The men's team position was not available at the time this report was written.

Men's results were: -

Warren Oak	85 th	-	65m 47s
Alan Nicholls	88 th	-	67m 50s
Geoff Waller	91 st	-	69m 14s
Dave Dunn	92 nd	-	70m 47s
Mike Hayes	94 th	-	72m 57s
Pete Lyus	95 th	-	76m 12s

As Honiton Running Club approaches the end of it's first year the Chairman & Committee would like to extend it's thanks to all members that have represented the club or helped with organisation in the past year (That must be all of you!). We would

also like to appeal to those non-club runners to come along to Honiton Sports Centre on Wednesday nights (6:30pm) to join us for a social run and contribute to the sporting success of the club & town.

BARBADOS MARATHON (or ½ marathon, 10K) 2001 - A reminder

A "get-together" to discuss and make plans & provisions for the trip in December took place on 20th January. If you are interested in joining us and have not already mentioned it, speak to Paul a.s.a.p. it's your last chance! I can now confirm departure dates, flight and accommodation information, you have no more than a couple of days. Don't miss out on the trip of a lifetime, it's not as expensive as you might think.

Tee & Sweat Shirts

Geof has made arrangements to have the club name printed on our race kit, we will arrange to have your shirt printed free of charge. To make printing worthwhile we have to print a minimum of 10 items at a time. Speak to Geof (or Paul).

Dave Dunn has now taken over all club kit orders. If you would like a tee shirt, sweatshirt or race kit, speak to Dave.

All outstanding orders for Kit have now been fulfilled and new orders can now be taken.

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

Tee Shirts a Gift at £5 each.

A Sweatshirt for the winter or keeping warm before a run? A steel at £12:50. See Dave for yours today! (Or tomorrow)

SUNDAY RUN?

Our race commitments permitting, regular Sunday runs will continue in January. Bear in mind that the Cross-Country championships will take place at Bicton on Sunday 7th January.

Coaching

Sonya Ellis, The SEAA regional athletics co-ordinator has advised me that the level 1 coaching courses are to be held in Exeter during March. If you expressed a desire to participate in the course & have heard nothing by February 20th please contact me.

Training Program.

There are members out running most days of the week, training for specific events or just increasing distances. If you would like company speak to each other. I will endeavour to print an up to date contact list next month to assist.

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.

LONDON FLORA MARATHON 2001

Alan was the only member to express an interest in the club entry. The allocation was made by default. Alan will be raising sponsorship for the club; all proceeds will be split between the club and a charity, nominated by Alan.

Grrrrroan !

Are You Having a Bad Day? - IT COULD BE WORSE!!!

The following are all true stories - apparently (*who cares, at least this shows someone has a vivid imagination!*)

Fire authorities in California found a corpse in a burned out section of forest while assessing the damage done by a forest fire. The deceased male was dressed in a full wet suit, complete with scuba tanks on his back, flippers, and facemask.

A post-mortem revealed that the person died not from burns, but from massive internal injuries. Dental records provided a positive identification. Investigators then set about to determine how a fully clad diver ended up in the middle of a forest fire. It was revealed that on the day of the fire, the person went for a diving trip off the coast some 20 miles from the forest. The fire fighters, seeking to control the fire as quickly as possible, called in a fleet of helicopters with very large dip buckets. Water was dipped from the ocean and then flown to the forest fire and emptied.

You guessed it. One minute our diver was making like Flipper in the Pacific, the next he was doing the breaststroke in a fire dip bucket 300 feet in the air. Apparently he extinguished exactly 5'10" of the fire.

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

This article was taken from the California Examiner, March 20, 1998 (*Hmmm!*).

No matter what happens ... somebody will find a way to take it too seriously.

Race Report & Results

See news.

January Handicap Report (& preamble)

Congratulations to Lyn shown just after, belatedly, receiving the Handicap trophy for January.

MEMBERSHIP

Two new faces have recently arrived, Dan & Jamie, welcome to both of you & we hope you will both enjoy our (your) club.

I mislead readers, as well as myself, last month. Tom Pady is indeed moving to Yeovil, very soon, but still intends to meet us on Wednesday nights.



Close your eyes & think of winning!

Unfortunately, the timekeeper (?) started Martin early in the January handicap, which caused confusion & led Lyn to almost miss recognition for her victory over the clock & the rest of the field. Well-done Lyn. The timekeeper (whoever it was) wishes to offer humble apologies to all competitors.

Handicap Report for January 2001

The first handicap race of the New Year saw 15 club members brave a cold and windy night. The County Cross Country event on Sunday had left some of us feeling tired and sore and this showed in some performances.

Lyn Pike led the way home with a 64 second improvement on her debut time, she was chased by Jenny Sleeman just 3 seconds behind with a 61 seconds improvement from her November time. Sue Jones brushed aside the tiredness from Sundays County Cross Country race to improve her time by 44 seconds in 3rd place, Mike Hayes, last months winner, did likewise to improve by 31 seconds.

Martin Fullard ran his second handicap and improved his time of October by 6 seconds. He came home in first place but after a "stewards inquiry" it became clear that the timekeepers set him off 96 seconds early. It also transpired that he had run the

wrong way and had added about 100 metres to the course. Luckily Martin had recorded his own time so the problem was sorted out and Martin was placed 5th home. Ceri Oak again improved her time by another 4 seconds while the rest of the runners all came home within a reasonable period. Two newcomers finished the course, Malcolm Salter whistled around in 20.57 and young Dan Brown in 24.32. Thanks to Paul and Jo for doing the timekeeping at short notice. Alan.

February 2001 Handicap

For clarity and for space restrictions I have limited the table to the last two events.

Name	Dec 00	Jan 01
Sandy Marriott	dns	dns
Rachel Menday	dns	dns
Maggie Dillon	dns	dns
Joyce Curtis	34.24	dns
Ross Summers	dns	dns
Marion Broom	dns	dns
Karen Crow	dns	dns
Sally Bowey	dns	dns
Gerry Evans	dns	27.52
Pete Lyus	26.28	27.44
Sue Jones	28.27	27.43
Jenny Sleeman	dns	27.05
Jo Lowman	dns	dns
Lyn Pike	Dns	26.29
Lindy Bennett	dns	dns
Nikki Gigg	dns	25.52
Alexis Kay	dns	dns
Dave Dunne	dns	25.04
Alan Rowe	dns	dns
Dan Brown	dns	24.32
Paul Lowman	23.27	23.56
Geoff Waller	23.15	23.47
Mike Hayes	24.00	23.29
Alan Nicholls	22.26	22.27
Ceri Oak	22.26	22.22
Tom Pady	21.41	dns
Warren Oak	dns	dns
Bruce Tones	dns	dns
Malcolm Salter	Dns	20.57
Jill Harrison	dns	dns
Martin Fullard	dns	17.35
Shane Wallace	dns	dns
Kevin Hawker	16.20	dns

Martin Fullard was set off at 16.38 in January so his time has been amended.

Avoid Injuries a reminder: -

1. Warm up before exercising.

2. Afterwards, warm down and make sure you stretch again. (Make time after a run to have a gentle jog to warm down or alternatively, walk or cycle home. This will let all muscles & tendons recover & reduce the likelihood of stiffness or injury).
3. Take a daily supplement of Glucosamine sulphate to help lubricate joints and keep cartilage healthy (Vegetarian option is now available). Available from health food stores and chemists, or Heather.
4. Eat plenty of fish (twice a week at least), olive oil, nuts and seeds to give the body a natural dose of healthy fats to lubricate joints. Vegetarians should consider vitamin and mineral supplements, see your local pharmacist. Also, take a daily cod liver oil supplement for the same reason.
5. Drink 1.5 litres of water a day; more if you are exercising heavily, to lubricate the body and ensure nutrients reach the joints.
6. Avoid tea, coffee and alcohol because they are diuretics and dehydrate the body.
7. Keep joints warm in cold weather and do daily mobilising stretches such as these:
8. Put hands on hips and then move your hips in large circles. Sit on the floor and then hold your kneecaps and then move them in circles. Your head from side to side and swing your arms from side to side. Roll your shoulder blades; stretch your fingers out completely and then close your hands to make a fist.

Grrrrroan 2!

STILL THINK YOU ARE HAVING A BAD DAY?

A man was working on his motorcycle on his patio and his wife was in the kitchen. The man was racing the engine on the motorcycle when it accidentally slipped into gear. The man, still holding onto the handlebars, was dragged through the glass patio doors and along with the motorcycle dumped onto the floor inside the house.

His wife, hearing the crash, ran into the dining room and found her husband lying on the floor, cut and bleeding, the motorcycle lying next to him, and the shattered patio door. The wife ran to the phone and summoned the ambulance.

Because they lived on a fairly large hill, the wife went down the several flights of stairs to the street to escort the paramedics to her husband. After the ambulance arrived and transported the man to the hospital, the wife up righted the motorcycle and pushed it outside.

Seeing that gas was spilled on the floor, the wife got some paper towels, blotted up the petrol, and threw the towels in the toilet. The man was treated and released to come home.

Upon arriving home, he looked at the shattered patio door and the damage done to his motorcycle. He became despondent, went to the bathroom, sat down on the toilet and smoked a cigarette. After finishing the cigarette, he flipped it between his legs into the toilet bowl while seated.

His wife, who was in the kitchen, heard the loud explosion and her husband screaming. She ran into the bathroom and found her husband lying on the floor. His trousers had been blown away and he was suffering burns on the buttocks, the back of his legs, and his groin.

The wife again ran to the phone to call the ambulance. The very

same paramedic crew was dispatched and the wife met them at the street.

The paramedics loaded the husband on to the stretcher and began carrying him to the street. While they were going down the stairs to the street accompanied by the wife, one of the paramedics asked the wife how the husband had burned himself. She told them and the paramedics started laughing so hard, one of them slipped and tipped the stretcher, dumping the husband out. He fell down the remaining stairs and broke his arm.

Taken from a Florida Newspaper.

Local (ish) Fixtures/Events

(m/t = multi terrain)

11/02/01 - Fulfords 5 - Exmouth 5 miles.

15/02/2001 - NEW ISSUE OF RUNDOWN DUE TO HIT THE STREETS ANY DAY NOW. UNTIL IT ARRIVES THIS LIST WILL BE VERY SHORT

04/03/01 - A "pre-Grizzly" run at Woodroffe School Lyme Regis. 10 miles m/t (2 Laps) Hilly & Nothing to do with AVR.

11/03/01 - The Grizzly (18m) or if you didn't get a place,

11/03/01 - Bradninch Guildhall Chase (8m) + Fun Runs

06/05/01- Great West Run

13/05/01 - Honiton RC Fun Run

27/05/01 - Plymouth Half Marathon (no entry on the day)

14/10/01 - Provisional Date! Honiton RC 10K+ Full details as soon as the course has been agreed and measured.

MIND BITES! (food for thought)

I'm not a complete idiot, some parts are missing.

I keep wondering when my performance (running) will get better, or indeed will I get any better? If you have the same thoughts & frustrations as me, why not review your training & techniques.

We have many members with years of experience under their belts, discuss it with them. You even consider asking Alan for a tip or two, he may bite, but I'm sure he will be able to offer a few pointers.

Groan 3!

I was worried that I might have to use a good joke this month but at the last minute I found this one, read on

Mary Poppins decided to stop at a hotel for the night. She approached the receptionist and asked for a room for the night.

"Certainly madam," he replied courteously.

"Is the restaurant open still?" inquired Mary.

"Sorry, no," came the reply, "but room service is available all night. Would you care to select something from this menu?"

Mary smiled and took the menu and perused it. "Hmm, I would like cauliflower cheese please," said Mary.

"Certainly, madam," he replied.

"And can I have breakfast in bed?" asked Mary politely.

The receptionist nodded and smiled.

"In that case, I would love a couple of poached eggs, please."

After confirming the order, Mary signed in and went up to her room for the night.

The night passed uneventfully and the next morning Mary came down early to check out. The same guy was still on the desk.

"Morning madam...sleep well?"

"Yes, thank you," Mary replied.

"Food to your liking?"

"Well, I have to say the cauliflower cheese was exceptional, I don't think I have had better. Shame about the eggs though, they really weren't that nice at all," replied Mary truthfully.

"Oh...well, perhaps you could contribute these thoughts to our Guest Comments Book. We are always looking to improve our service and would value your opinion," said the receptionist.

"OK, I will...thanks!" replied Mary.... who checked out, then scribbled a comment into the book. Waving, she left to continue her journey.

Being a curious fellow, the receptionist picked up the book to see the comment Mary had written:

"Supercauliflowercheesebuteggswerequiteatrocious!"

Arrrrrrrrrrrrgh!

FINISHING POST

When you use the internet, are you concerned that someone might illegally access (scan or hack) on to your computer? It happens, and when it does you can pick up viruses, lose confidential information or have your computer email software used by a third party to send "spam" email, without your knowledge. If you would like to control which pieces of software can access the Internet or prevent outsiders accessing your machine then you need some firewall software. This type of product has been in use for many years by large corporations. They want to restrict their networks to authorised users only & also restrict employees from accessing various sites. Fortunately there is some free software available, which will safeguard your computer from external "attack" and also prevent illicit software already on your machine (unknown to you) from dialling up the Internet. The software is Zonealarm and can be found at <http://www.zonealarm.com>, follow the online instructions. If your machine is old and slow this will not have a major impact on performance, whereas the anti-virus software previously mentioned will.

Axe Valley Runners Website, worth a look to find out what's happening locally - <http://www.perratt.f9.co.uk/avr/>, we will have a mention on this site in the near future.

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

Going to Barbados in December? Keep a check on the weather at <http://www.bbc.co.uk/weather/5day.shtml?world=0292&links>

Discounts - Moorland Rambler in Fore Street Exeter have agreed to give a 10% discount on purchases from their large range of outdoor clothing, footwear & equipment. Whilst this is not a specialist running shop, it is surprising what a large stock they carry that will be of use for running, as well as other outdoor leisure activities.

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

ASK for your discount before making your purchase.

I will be re-issuing the contacts list soon, if you would like to be included/excluded/amended please let me know.

PLEASE let me have your articles, anecdotes, and thoughts for inclusion.

Anon, Dame Luck.

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

HONITON RUNNING CLUB 1st AGM 2000

Minutes of the meeting held at 6:30 p.m. on 2nd February 2000 at Honiton Sports Centre.

Members Present		Apologies
Linda Pike	Bruce Tones	Jill Harrison
Geof Waller	Louise Cray	
Paul Lowman	Dave Dunn	
Noel George	Joyce?	
Jo Lowman	Karen Crow	
Alexis Kay	Sandy	
Maggie Dillon	Marriot	

- 1) **Matters arising from minutes of previous meeting were briefly discussed. In the absence of a formal committee, at that time, it was decided that outstanding matters would be covered during the current meeting.**
- 2) **Club name.** The resolution to change the name of the club was unanimously accepted by all present. The club name would be changed to "Honiton Running Club" with immediate effect.
- 3) **Subscriptions.** The resolution to drop the "per run" fee in favour of an annual subscription was unanimously accepted. The Annual subscription will be £12.00 and payable from 1st March each year. The cost of the annual subscription would be reviewed each year and any changes notified prior to 1st March. For a new member who joined part way through the subscription year the cost of membership raised would be on a pro-rata basis.
- 4) **Election of Officers & General Committee:** the following officers were elected.
 - a) Linda Pike; Chairman. (proposed: Jo Lowman/seconded Bruce Tones)
 - b) Geoff Waller; Vice-Chairman. (proposed: Paul Lowman/seconded: Bruce Tones)
 - c) Dave Dunn; Treasurer. (proposed: Bruce Tones/Paul Lowman seconded:)
 - d) Paul Lowman; Secretary. (proposed: Dave Dunn/seconded: Linda Pike)
 - e) General Committee - Jill Harrison, Alexis Kay, Bruce Tones, Louise Cray, Noel George & Maggie Dillon.
- 5) **Meetings.** Committee meetings would be held bi-monthly on the first Tuesday of the month at a mutually agreed venue and time.
The next meeting will be held at 7:30 p.m. on Tuesday 7th March 2000 at Paul's house.

- 6) **The Resolution to Open a Bank Account (current) with HSBC was passed.** Paul advised that with the committee now elected we would now be able to complete our bank account application (with HSBC). Dave & Paul would liase regarding the Bank account application and discuss with signatories i.e. Linda + Geof. (Action Dave & Paul)

Minutes of the meeting held at 6:30 p.m. on 2nd February 2000 at Honiton Sports Centre.

- 7) Paul advised that, subject to criteria specified in the application form, our application for affiliation to the SEAA (South of England Athletics Association) would commence.
- 8) A sub (action) committee would be formed to discuss and arrange any immediate projects i.e. Annual race, Sponsorship etc.

The above minutes form an accurate record of events of the meeting dated 2nd February 2000.

Signed

.....

(Chairman)

(Secretary)

HONITON RUNNING CLUB GENERAL MEETING AGENDA FEBRUARY 14TH 2001 (7:30 ish)

1. Minutes of the last AGM.
2. Chairman's Report
3. Treasurers Report
4. Secretary's Report
5. Club Rules & Constitution
6. Nomination & Election of Committee
7. Next Bi-Monthly Meeting Date?
8. Any Other Business Meeting Closed @

	Nominees	Proposed by	Seconded by	Elected
Chairman				
Vice-Chairman				
Hon-Treasurer				
Hon-Secretary				
Club Captain				
General Committee Members				

Please note that Nominations/Volunteers will be accepted at the AGM. Election by a show of hands will take place if there are more persons are nominated than positions available. It is assumed that all posts are available.