

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



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News & Information

Club email - HonitonRC@btinternet.com

Spoken word or notes to Paul.

We now appear on the Web (internet), click on the link below to visit the main page of the site at <http://www.timeoutdoors.com/>.

Once at the main page you can use the clubs/search facility to find our page. The site is still under development & hopefully I will be able to keep our club information up to date. There are many useful links & general health and fitness pages in addition to the shop and discounts I mentioned last month.

<http://www.entryforms.org.uk/forms.htm> a new web site to get your race application forms, it's new but already worth a visit.

Freebie - If you have a BT telephone line you are now entitled to their new "BT Answer" service and it's FREE. When your line is engaged or you're not home messages will be recorded for retrieval when you are available. DON'T MISS ANY MORE CALLS, phone 150 for details.

Race Report

While the others were about to "have a go" at Yeovil Martin Fullard had decided to try the **Graham Sykes 10k/Devon Champs** at Exmouth on June 3rd. Martin finished in 14th place in an amazing 35 minutes 37 seconds, that equates to 5:43.8 minutes per mile! Congratulations.

Yeovil Town RRC - 5k Series (June 13th 2001)

Alan, Ceri & Jo attended this meeting and completed the course in a respectable time.

Ceri was first club member home in 20:55, Alan followed shortly after in 21:55 and Jo last in 26:16. The course was flat and fast attracting a lot of interest locally (Yeovil). If you are interested in taking part in the next event on Wednesday 11th July, speak to Alan.

Torbay Half Marathon - 24th June. Pete & Steve Pengelly decided to pound the roads of Paignton, Galmpton common, Brixham & Goodrington seafront in search of the mythical "third wind." Did they find it? Ask them on Wednesday, all I know is they finished a little over two hours, well done chaps.

Thanks to you all for flying the flag for Honiton RC!

If you want to try a new race and want company, speak to Alan your Club Captain & race organising bloke.

The Club Fun Run.

Fun run, 16/9/2001 watch the notice board for details.

Dan's Fund raising run

Dan Brown not only completed the Great West Run in 1:38:57, on the sixth of May, he also presented the "729 Club" with a cheque for £216 in sponsorship.

Congratulations Dan and a special thank-you from Pete Lyus on behalf of the members.

The 729 club is a local charity providing leisure facilities for people with learning difficulties, relying on voluntary help to keep it running.

If you can spare as little as an hour on a Monday evening to play darts, pool, skittles etc, or just to socialise then look in at the youth centre in school lane or speak to Pete Lyus 01404 45247.

June 2001 Handicap Race Report

The damp weather didn't deter a good turnout of 14 runners this month. Unfortunately they didn't all turn up before the clock started so Dave Dunn had to do some differential equations after the race to sort out the times. However we think that it all came out correct in the end. Could all runners please note that the clock will be started at 6.45 p.m. in future.

Although starting late Maggie Dillon zipped around the course in a new PB by 42 seconds to give her first place, underlying her return to fitness after injury. Joyce Curtis was next home with 35.44. Gerry Evans saved his sprint to the end to finish in third place in 27.31. Peter Pengelly was fourth some 2.23 better than his qualifying time and was actually first across the line. Pete's brother Steve was next home with a 2.22 improvement. Sixth home was Karen Crow who set a new PB by 16 seconds; the sprint session has obviously had some effect on Karen's performance. 7th home was the evergreen Alan Nicholls with a new PB by 4 seconds in 21.24. Alan had to sprint for the line to end in front of fast finishing Ceri Oak who finished 8th in 21.28. Next home was Alison who improved her qualifying time by 96 seconds. Sue Jones was 10th home followed by Lyn Pike who ran a new PB of 26.18 some 9 seconds better. Mike Hayes was 12th home despite running his 7th consecutive PB by 5 seconds. Nikki Gigg came home 13th in 25.35 followed by Jo Lowman 14th in 27.00.

I think that we must be doing something right in our training as all but two of the runners ran faster than last month. It just shows how hard it is to win this competition.

Points competition winner will be the runner who has the lowest number of points over 8 races. To be in contention for the points trophy in October runners must have competed in 8 races.

The Monthly Handicap - Overall Results

Name	Total Points	Races Run	Average Points/Races
Sue Jones	39	7	5.57
Alan Nicholls	51	7	7.28
Mike Hayes	30	6	5
Ceri Oak	33	6	5.5
Dave Dunne	38	6	6.33
Joyce Curtis	26	5	5.2
Nikki Gigg	41	5	8.2
Martin Fullard	17	4	4.25

Paul Lowman	24	4	6.00
Karen Crow	25	4	6.25
Lyn Pike	27	4	6.75
Dan Brown	10	3	3.33
Jenny Sleeman	14	3	4.66
Gerry Evans	16	3	5.33
Pete Lyus	18	3	6
Tom Pady	9	2	4.5
Maggie Dillon	13	2	6.5
Geoff Waller	15	2	7.5
Jo Lowman	22	2	11
Jamie Crisp	3	1	3
Pete Pengelly	4	1	4
Steve Pengelly	5	1	5
Rachel Menday	5	1	5
Kevin Hawker	6	1	6
Bruce Tones	7	1	7
Alison	9	1	9
Shane Wallace	11	1	11

The next Committee meeting is September 4th (subject to confirmation, venue, Geoff's house).

Coaching

The debacle continues? Well hopefully not I have booked 4 places on the course at Plymouth on Saturday August 4th places have also been allocated. If you are interested in taking up a reserve place then speak to Paul soon, if anyone drops out you will have first choice.

No snag, we hope you will at some stage help coach newcomers & offer advice to existing club runners.

The cost of the course is £45 per person, this fee will be met by the club. You can repay the club by helping other club members and by assisting with courses/coaching and giving advice.

Social Events

Our invite to have a run in Sidmouth, on May 30th, was another successful event. After a run around the edge of the town, the optional shower & changing facilities were most welcome. The Barbecue and drinks were a welcome sight and appreciated by all. On behalf of everyone that attended a special thanks to Joyce, Norman & family for their hospitality.

Saturday the 9th of June

The plastic things on the end of shoelaces are called aglets!

saw another great social night, with many highlights, at Maggie & Gerry's barbecue. The special Barbecue was still working a treat & Gerry's building project made it obvious why he was often missing on a clubnight. Thanks to the both of you for an excellent night out.

Sunday the 1st of July saw the second beach Barbecue that proved another success with the weather clearing early in the afternoon. The remainder of the afternoon was HOT and sunny, roll on the next one!

Discounts on trainers & clothing etc. (also see last page).

UP AND RUNNING. Based in the north of England the company website is www.runningshoes.co.uk and it's now "UP AND RUNNING," pun intended. Up & Running are offering "registered clubs" 10% discount on their purchases, also there is an additional discount, 5%, if you visit the Website and register individually.

You can also get 5% off clearance offers. I have finally received Club registration numbers **Extra Club code** = R-2-14-6-2001 **Running Club code** = C-2-14-6-2001. When placing your order pop the codes in the appropriate boxes and your discount is calculated automatically. It's cheaper than buying the same product by telephone. Part of the range is available from the pages of Runner's World magazine, but the selection and discounts are more varied on the website, happy shopping.

If you have problems accessing the Website or finding a product give them a call on their mail order line, 01423 562162, or email dennis@beerandcurry.supanet.com.

Correspondence

There is not much general correspondence this month but I will be putting any Race application forms I receive in the holder on the notice board. That's the place to look for your entry form.

Please could you inform your club members that seeABILITY's Wellington 10 mile Road Race and fun run on the 15th July 2001 has been cancelled due to a foot and mouth disease outbreak in the locality.

The "For-Sale" section? What for sale section? If you have any item surplus to requirements or you would like to make space by clearing out the darkest corner of your home or garage, how about trying to sell the item through this newsletter, rather than visiting the car boot sale? Details to Paul please.

"Subscriptions Are Still Due" - £12 & a snip at that price.

Thanks to those that have already paid that's most of you I believe.

If you have forgotten to pay, please it's time to remember. Remember also, that for £12 you get reduced rates when you enter any SEAA/U.K athletics "permit" events, sponsored coaching courses (worth £45), free entry to our club races, your race kit will be printed free of charge (Fastrax charges are around £10 per garment) the monthly newsletter & the benefits will continue to be explored and added to whenever possible. Please hand your cheques or cash to Dunny (Dave).

Groan 1 - If you're a Blonde & from Essex, no offence!

A young brunette goes into the doctor's office and says that her body hurts wherever she touches it.

"Impossible," says the doctor. "Show me."

She takes her finger and pushes her elbow and screams in agony.

She pushes her knee and screams, pushes her ankle and screams.

Everywhere she touches makes her scream.

The doctor says, "You're not really a brunette, are you?"

She says, "No, I'm really a blonde."

"I thought so," he says. "Your finger is broken."

Team Event (Mixed team Gentlemen & Ladies?)

Last chance for a team social run? Axe Valley runners will be holding the annual Marattack event at the Exeter arena on July 14th. The sheet has been on the notice board for 3 weeks and just me interested?

The purposes of this event is for teams of 5 to 15 members to get together and attempt to beat the individual World Marathon record, around two hours and six minutes I believe.

This goal is not impossible; the record has been broken at the event in previous years.

It offers not only an opportunity to get to know other clubs and their members but also allows us to build a little more team spirit so obviously there are many ways in which we can benefit.

One member of the team will be running at a time & the distance is made up of 400 metre laps. The more members in the team the more potential we have to break the record & more recovery time between laps.

For those of you that have attended the training sessions you will appreciate the benefit these "repetition" events can have for your strength & stamina.

If you are interested in taking part please let Paul know soon or put your name on the entry sheet on the notice board.

I think to have a realistic chance of beating the record, or even getting close to it, we need a team with a minimum of ten members.

Groan 2

PIRATE'S TALE

A man meets a pirate in a bar. The pirate has a peg leg, a hook, and an eye patch.

"How did you get the peg-leg?" the man asks.

"We were in a storm at sea, and I was swept overboard into a school of sharks. A shark bit my leg off," replies the pirate.

"Wow! What about your hook?" the man asks.

"We were boarding an enemy ship and were battling the other sailors with swords. One of them cut off my hand," replies the pirate.

"Incredible! What happened to your eye?" asks the man.

"A seagull dropping fell into it," replies the pirate.

"You lost your eye to a seagull's dropping?" the man asks, incredulously.

The pirate shrugged. "Yeah, it was my first day with the hook."

"Local" Races

(As the Foot & Mouth outbreak seems to be under control in this area the "Races" section is now resumed but still check the event hasn't been cancelled before you leave).

(m/t = multi terrain)

This is just a selection of events that are held. Most are within half an hour travelling time. More information is available from "Rundown," alternatively give me a call.

08/07/01 - *Charmouth to Golden Cap. Charmouth School#

14/07/01 - *AVR Marattack.

15/07/01 - Haytor Heller - 6 miles off road - Tough. Enter Early.

17/07/01 - *Summer Six - 3 miles m/t (round 4)

20/07/01 - *Chudleigh Road Race - 5½ miles

14/10/01 - North Devon 10k (new date) South Molton.

21/10/01 - The Grizzly (20m) rescheduled after "Foot & Mouth" outbreak. Entries closed.

28/10/01 - *Teignbridge 10 & County Championships.*

- Honiton R.C. 12k Road Race. **Cancelled**

* - Entry on the day is OK

- Due to F&M disease the Golden Cap course has been revised & is now approximately 4.5 miles & ALL beach.

MIND BITES! (Food for feet?)

Want to air a view or experience regarding running kit, retailers, an experience you've had or a miracle cure for an injury? Why not share your experience through this newsletter? Read on . . .

Thanks to Alan for the following article.

Pain and Torture - why do some people push themselves to the physical and mental limits?

The other week Paul asked me if I could write a piece for the newsletter which handled the difficult concept of why the hell we put ourselves through all the pain and torture of running when it would be much easier just walking down to the pub and having a quiet drink.

Many of the members of our club worry about whether to enter a race and whether they could cope with the stress of running a little faster or further than usual. But to progress in this sport you must set yourself a goal. You will be surprised what you may achieve and the rewards of success will far outweigh the pain that led to your success.

One day you may wake up to find even a marathon is not far enough to satisfy your fitness fix. After all the planning, straining and training it can sometimes seem demoralising to see your triumph so quickly forgotten and normal life resumed with scant memories of the blood, sweat and tears that marked the 26.2 mile route.

So what do you do once the adrenalin party is over? Quite possibly plan the next one if the addictive nature of achievement runs true to form. Runners of any consequence are great goal setters but there's always a danger that the achievement of the goal doesn't fill the gap that caused the person to set it in the first place, so new goals are set to further the sense of accomplishment.

In other words, beware!!

There is no such thing as just one marathon and there may be a day when even a marathon is not enough as I can testify. After dabbling with marathons and fell races I found myself, with two friends and a backup team, attempting the 270 miles of the Pennine Way in just five days. I wanted to do something that would push my body to the limit and to

find out if I could really get through the pain. It was the most difficult thing that I have ever undertaken but it is also the thing that I am most proud of achieving. Somehow I just managed to keep putting one foot in front of the other and each day was a struggle to get through, but in the end the triumph of mental strength over physical pain saw me to the end of the run. There were many things that got me through, not least the sheer amount of time, money and effort which the team had invested in getting me there. Also I had some pretty bloody minded colleagues!!

It's an extremely selfish and liberating thing to do. The goal is so simple and your needs are so basic, it's almost primeval. Your relationship with nature and the landscape that you are passing through is heightened beyond anything that can be experienced in normal daily life. It's complete freedom from worrying about all the usual things that make up daily life.

Of course people set challenges for a myriad of reasons that have nothing to do with their egos, not least to raise money for charity. The marathon is full of inspiring stories of people who have endured life-changing experiences and, far from adding to their challenges, such events really can help people through life's

Fame at Last?
Bearded men can obtain the appearance of an upper class Arctic explorer by simply applying Tippex to their beards, painting their noses blue, and cutting off a couple of toes. It never fails to impress the girls.

many ups and downs. It doesn't matter what the challenge is, everyone has a different idea of what they consider a big achievement.

Struggle is intrinsic to life and, now so few of us in the Western world have to worry where our next meal is coming from, we need something else to drive us. It's a form of evolution, surviving used to be enough but things are pretty comfortable for us now so we look elsewhere for our challenges. People who participate in extreme events are not just a lunatic fringe; they are just fulfilling a basic human need.

So for the sake of your mind, body and self-esteem, go and find yourself a challenge. It might hurt a bit but you never know where you might end up.

Alan.

Groan 3!

A philosophy professor stood before his class and had some items in front of him.

When the class began, wordlessly he picked up a large empty mayonnaise jar and proceeded to fill it with rocks, rocks about 2" in diameter.

He then asked the students if the jar was full? They agreed that it was. The professor then picked up a box of pebbles and poured them into the jar.

He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks.

He then asked the students again if the jar was full. They agreed it was. The students laughed.

The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

"Now," said the professor, "I want you to recognise that this is your life.

The rocks are the important things - your family, your partner, your health, your children - things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house, your car. The sand is everything else, the small stuff. If you put the sand into the jar first, there is no room for the pebbles or the rocks.

The same goes for Your life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal. Take care of the rocks first - the things that really matter. Set your priorities. The rest is just sand." But then...

A student then took the jar which the other students and the professor agreed was full, and proceeded to pour in a glass of beer. Of course the beer slowly filled the remaining spaces within the jar making the jar truly full.

The moral of this tale is:- no matter how full your life is, there is always room for BEER.

FINISHING POST

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!

If you are coming to Barbados in December? Keep a check on the weather at:-

<http://www.bbc.co.uk/weather/5day.shtml?world=0292&links> (It'll be Hot & Sunny, Hot & Cloudy or Hot & Rainy).

Discounts - Moorland Rambler in Fore Street Exeter agreed to give a 10% discount on purchases from their range of outdoor clothing, footwear & equipment.

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

Up & Running, from Runners World Magazine (amongst others), online at <http://www.runningshoes.co.uk/> or by phone 01423 562162. (see page 2)

ASK for your discount before making your purchases.

Contact List or Ring 4 a run

Have we got a contact list without errors? Only you can tell (I obviously can't as this is the third attempt). If it's wrong this time "To hell with it" or maybe just one more amendment.

Thanks to those of you that put the record straight last month, we'll get there!

Name	Telephone
Alan Nicholls	01823 - 601298
Alexis Kay	01404 - 850109
Alison Guest	01404 - 891690
Bruce Tones	01404 - 44988
Ceri Oak	01404 - 46899
Dan Brown	01404 - 42465
Dave Dunn	01404 - 44058
Gary Kingston	01404 - 41203
Geoff Waller	01404 - 42735
Heather Foundling-Hawker	01404 - 45917
Jamie Crisp	01404 - 850326
Jennie Sleeman	01404 - 43310
Jerry Evans	01404 - 861515
Jill Harrison	01404 - 44028
Jo Lowman	01404 - 43013
Joyce Curtis	01395 - 578619
Karen Crow	01404 - 850357
Kevin Hawker	01404 - 45917
Linda Pike	01404 - 43294
Lindy	01404 - ??????
Maggie Dillon	01404 - 861515
Martin Fullard	01404 - 41458
Mike Hayes	01404 - 45108
Nikki Gigg	01404 - 41393
Paul Lowman	01404 - 43013
Pete Lyus	01404 - 45247
Peter Pengelly	01404 - 47527
Sandy Marriott	01404 - 44238
Steve Pengelly	01404 - 44029
Sue Jones	01404 - 831850
Tom Pady	01297 -
Warren Oak	01404 - 46899
<i>Updated 18/06/2001</i>	

If you don't like the articles, jokes, comments, opinions etc., or if there's an item you would like more information about, let me know. Have your say, anonymously if you wish, send your articles, anecdotes, and thoughts for inclusion.

Bon chance,
Dame Luck.

Any views expressed in this newsletter do not always represent those of the editor, typist, printer, graphic designer, Coyote or club cat (when we get one).
[Email the Coyote](#)