



Race Report

Congratulations to

Heather - for her performance in the **Taunton Half Marathon** (9th April) she was second placed lady in with a time of 1:25, in spite of an injured shin, acquired during the Grizzly. Kevin completed the course in 8th place in 1:14.

GREAT WEST RUN

Congratulations to all those that represented the club on April 30th.

Name	time	place	(1999)
Ceri Simpson	1:49:06	585	
Warren Oak	1:57:42	842	
Jo Lowman	2:01:06*	931	2:03
Dave Dunn	2:03:10	988	
Alexis Kay	2:04:42	1036	2:05:18
Linda Pike	2:29:46**	1418	2:05

* Personal Best

**Linda was a member of the "Dream Away" team, pushing a disabled person around the course as part of a fund raising event.

Fun run

Heather Foundling-Hawker

Iggy Foundling-Hawker

Ben Lowman

The three fun runners completed the 1 mile course and crossed the finish line together in twelve minutes, well done all of you.

Also Congratulations to Jill Harrison. Jill was running for Exeter Harriers and was the fourth placed Lady finishing in 1:28.57 overall placing 92.

News

Club email - HonitonRC@btinternet.com

?? Where are those Race Results & Articles ??

For those that didn't realise (wakey, wakey!)

Convex Blues, mentioned in last month's

"Crutchless" was a figment of the (my) imagination, brought about by the close proximity of April 1st.

SPONSORSHIP - We are pleased to announce that Alan & Karen Crow, of **FENNY BRIDGES GARAGE**, have agreed to sponsor us for our running kit for

the next year. Please visit their new website to check out the Used Car deals & MOT/servicing etc. go to WWW.FENNYBRIDGESGARAGE.COM or visit the garage at Fenny Bridges on the old A30. Tee shirts (£5) & sweatshirts (£12) are available, both will bear the club logo and sponsors name. Tee shirts will be white with our logo in outline and coloured Red, Black & White. Sweatshirts are available in a selection of colours; see Paul for details.

We have decided that for the current season, we will use the Fastrax Vests & Shorts (shorts optional). It is unlikely that we will use a logo, for the current season, as the set up costs for transfers are rather high. Delivery times for unprinted kit are only a few days; see Paul for pricing & ordering (Vests & shorts are approx £11 each). We are currently looking at getting race kit printed locally so watch this space.

Committee meetings are held bi-monthly. Our next two "normal" scheduled meetings are on: -

"Tuesday 4th July 2000 @ 7:30 p.m.

"Tuesday 5th September 2000 @ 7:30 p.m.

Special Committee & Sub-Committee Meetings will be called as necessary.

Meetings are primarily committee meetings but if you have something you wish to contribute please come along, but try to let Paul know if you wish to attend.

Groan! (They won't get any better)

Tony Blair is being shown around a hospital.

Towards the end of his visit, he is shown into a ward with a number of patients with no obvious signs of infirmity. He goes to greet the first and the chap replies:

Fair fa' your honest sonsie face,
Great chieftain e' the puddin' race!

Aboon them a' ye tak your place,
Painch, tripe, or thairm:

Weel are ye wordy o' a grace
As lang 's my arm.

Tony, being somewhat confused (easily done) goes to the next patient and greets him. He replies:

Some hae meat, and canna eat,

And some wad eat that want it,
But we hae meat and we can eat,
And sae the Lord be thankit.
The third starts rattling off as follows:
Wee sleekit, cow'rin, tim'rous beastie,
O, what a panic's in thy breastie!
Thou need na start awa sae hasty,
Wi bickering brattle!
I wad be laith to rin an chase thee,
Wi murdering pattle!
Tony turns to the doctor accompanying him and asks, "Is this a mental ward?"

"No," replies the doctor, "It's the Burns unit."

CRUTCHLESS

FROSTBITE

Even in the UK, this may occur as a result of exposure of the skin to sub-zero temperatures. This may cause permanent damage to the skin.

Symptoms The injured area becomes numb, hard and pale, but after re-warming it will be painful and emit a burning sensation.

Treatment Re-warm the area gently, but without any friction to the skin. Seek medical advice.

Prevention equals protection. Runners should cover their hands, ears and nose in cold weather. Sensible, layered attire, avoiding the damp, and a rapid change of clothing after running will all limit the chance for frostbite to strike.

GASTROINTESTINAL PROBLEMS

The most common of these to affect runners is diarrhoea, for running has been scientifically proven to hasten the passage of food through the bowel. In certain circumstances this can lead to diarrhoea and loss of vital fluids.

Prevention Regular patterns of training and eating will usually allow the body to get into the habit of emptying the bowel before running. Excessive intakes of dietary fibre and many sugary products can contribute to the problem: over time, runners will find out what they can and cannot eat.

HAEMATURIA

The condition where there is blood in the urine.

Symptoms Microscopic amounts of blood within the urine aren't visible to the naked eye, while some redness may be due to causes other than blood (such as eating beetroot!). Where blood cells are 'mashed' by running on hard surfaces, the resulting condition is called haemoglobinuria.

Treatment Blood in the urine must always be investigated. It may well be a benign symptom, but it could also indicate a more serious disease.

Prevention Haemoglobinuria is less common in those who run with some urine in the bladder, and who drink often during a long race.

HEAT ILLNESS

This category includes heat exhaustion and heatstroke, together with other illnesses caused by prolonged exposure to heat and high humidity, which causes the body core temperature to rise and produces dehydration and a failure of the body's cooling system.

Symptoms The skin may be perversely cool or moist and pale, but the runner appears confused. In heatstroke, the skin becomes hot and dry. These conditions are serious, and the runner may well have to be hospitalised.

Treatment Drink fluids, cease exercise and get into the shade. Seek medical advice.

HYPOTHERMIA

Because of prolonged exposure to cold conditions, the body's core temperature is lowered.

Symptoms You may find yourself shivering, feeling cold, and unable to perform even simple tasks without apparent mental difficulties.

Treatment A hypothermic runner should be re-warmed with hot drinks and wrapped up well in space blankets and other warm clothing. Do not use hot-water bottles.

Prevention Run well covered in several layers of clothing (the air gaps in between help to retain heat), and avoids getting wet. If running in cold weather, try to run into the wind at the start, so that you can return to base with it behind you.

INFECTION

The body may suffer from infection by bacteria, viruses or fungi. These can affect all the body's tissues from bone to skin, and can be spread through the bloodstream. An infection may cause a high temperature, loss of energy and many secondary effects. You should always seek medical advice in such cases.

JOCKSTRAP RASH

A skin infection of the groin area, caused by a fungus.

Symptoms Red, itchy patches of skin in the groin, thigh and buttock area, which can become painful. Bacteria may secondarily infect the skin.

Causes Jockstrap rash is more likely in hot and humid weather, when you sweat excessively and the resulting friction can damage the skin.

Treatment An anti-fungal cream or ointment will usually destroy the germ, but it is less likely to colonise in the first place if the skin is clean and dry.

Prevention Loose-fitting underwear that is clean and dry limits the opportunities for the fungus to set up home.

LEG-LENGTH DISCREPANCY

No human beings are symmetrical, and many have legs of different lengths. This may not affect most people, but any difference greater than half an inch can cause problems for the runner.

Symptoms Runners tend to compensate for leg-length discrepancy, but they may develop pain in the knees, hip, groin or lower back. The pelvis has to tilt to compensate for the discrepancy, and the spine may be affected. The only way to obtain an accurate diagnosis is by measuring the bones on an x-ray film.

Treatment Orthotics or built-up shoes can cure the condition, though many runners simply compensate by using the road camber to their advantage. Suitable physiotherapy can cure many more specific symptoms.

MENSTRUAL DYSFUNCTION

Many female runners suffer from some form of problem with their periods. Those who are very thin and run high mileages may suffer from amenorrhoea (the absence of periods), while dysmenorrhoea (painful periods) or menorrhagia (very heavy periods) may make you feel tired and anaemic.

Treatment There are now many methods of curing difficult periods (both hormonal and non-hormonal), and no woman should hesitate to seek the advice of her GP or a gynaecologist if she is concerned.

OSTEOPOROSIS

This condition, which more commonly affects women, involves a loss of bone density. This occurs naturally later in life, particularly after the menopause, but is less likely in those women who have normal periods and take regular exercise.

Prevention Running is a particularly good method of preventing osteoporosis, as it is a weight-bearing activity. The maintenance of normal oestrogen levels (which does not occur in women with amenorrhoea), and a diet including reasonable quantities of calcium, will limit the tendency to osteoporosis and bone fractures.

OVER PRONATION

(This condition is very common and is reflected by the amount time, effort & publicity it attracts). It

is an excessive inward rolling of the ankles when running. Put your shoes on a level surface and look at the heels from the rear: if they lean inwards, you probably over-pronate.

Symptoms Over pronation by itself is usually not painful, but in the long term it can trigger stress injuries of any part of the leg or back.

Causes Over pronation is often caused by flat feet, though this is a chicken-and-egg situation.

Prevention If you feel that you have flat feet, injuries related to over pronation can be prevented by wearing running shoes with motion control features. You should also consider using orthotics or an arch support.

OVER TRAINING SYNDROME

The result of running too far and/or too often, something that is frequently not recognised by runners. *(The rule of thumb for increasing your distance during training is "increase your distance by no more than 10% per week - DL).*

Symptoms Minor aches and pains which persist, or general overtiredness. Your morning pulse rate may be raised, or you may become more prone to minor infections. You will never feel fresh during training.

Treatment Proper coaching, with a rest built in. Some runners would definitely benefit from a month's complete rest from running, persuading them to do so is another matter.

Prevention It is particularly important to recover from marathons and other long-distance races before training for another event.

RUNNER'S NIPPLES

Causes The nipples may become chafed by a tight or coarse fabric vest, and this is worsened if dirt or wetness increases the friction.

Prevention Apply a plaster or some petroleum jelly before you run.

SUNBURN

It is possible for runners to be damaged by ultraviolet light in bright summer weather.

Prevention Runners require a sun protection cream as much as non-runners. *(I discovered, by chance, a very good sun lotion named "P20." It has an SPF of 20 and should be applied 90 minutes before going into the sun. Once applied it usually lasts the whole day, unless you do a lot of swimming. A small bottle costs around £10, but it is very economical to use. It is rather difficult to find stockists but speak to me if you want further details - DL).*

VARICOSE VEINS

These are most common in the legs, because of the greater gravitational force upon the leg veins. If

the valves within these veins fail and leak, the veins will enlarge. However, except in severe cases, running is probably beneficial for varicose veins.

WART

A benign growth caused by a virus in the outer layer of skin.

Symptoms Warts under the sole of the foot can be painful as they grow into the skin.

Treatment As a virus, many warts are destroyed by the body's defence mechanisms and disappear spontaneously. Persistent ones may need to be destroyed by surgery, cautery or cryosurgery.

Grrrrroan 2!

This is the transcript of an ACTUAL radio conversation of a U.S. naval ship with Canadian authorities off the coast of Newfoundland in October 1995. (Radio conversation released by the Chief of Naval Operations 10/10/95.)

Americans: Please divert your course 15 degrees to the North to avoid a collision.

Canadians: Recommend you divert YOUR course 15 degrees to the South to avoid a collision.

Americans: This is the Captain of a U.S. Navy ship. I say again, divert YOUR course.

Canadians: No. I say again, you divert YOUR course.

Americans: THIS IS THE AIRCRAFT CARRIER U.S.S. LINCOLN, THE SECOND LARGEST SHIP IN THE UNITED STATES' ATLANTIC FLEET. WE ARE ACCOMPANIED BY THREE DESTROYERS, THREE CRUISERS AND NUMEROUS SUPPORT VESSELS. I DEMAND THAT YOU CHANGE YOUR COURSE 15 DEGREES NORTH, THAT'S ONE FIVE DEGREES NORTH, OR COUNTER-MEASURES WILL BE UNDERTAKEN TO ENSURE THE SAFETY OF THIS SHIP.

Canadians: This is a lighthouse. Your call!

FIXTURES

Road races unless indicated otherwise, some of these events include fun runs (*m/t = Multi-terrain*).

- 05.05 Torrington Round the Tree - 3 miles
- 07.05 Killerton Kanter - 6 miles
- 13.05 Ivybridge 10k
- 14.05 The 4th Court Canter (Barnstaple) - 10k
- 14.05 Woodbury fun run 5 or 10k**
- 21.05 Torbay Beaches Run 7.5 miles (m/t)
- 28.05 Plymouth Half
- 03.06 Talaton Trotter 6.5 miles (m/t)

If anyone would like to participate in one of the above fixtures (or any not mentioned here) please let Paul know.

FINISHING POST

1. No new Members/Contacts this month.
2. For email copies of this newsletter send your email address to HonitonRC@btinternet.com
3. Useful or Interesting Websites, for **Chiropractic matters** <http://www.chiropractic-uk.co.uk/> For **sports medicine** www.nsmi.org.uk/ for **happy feet** www.feetforlife.org/ general **running** www.runnersworld.co.uk/ www.coolrunning.com (loads of running stuff like an online magazine) www.pponline.co.uk - everything you ever wanted to know about sport and you. All about AVR including Grizzly results www.perratt.f9.co.uk/avr/
4. Discounts - **Iron Bridge Runner & Whose Sport** in Exeter will give a 10% discount on all purchases of running kit. Unofficially the "**Honiton Sports Shop**," near the Post office, offers a similar discount. **ASK** prior to making your purchase.
5. No new contact names this month, but for the benefit of new members: -

Anon
Dame Luck.