

# Wile E's World - Honiton Running Club Newsletter - May 2001



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## News & Information

Club email - [HonitonRC@btinternet.com](mailto:HonitonRC@btinternet.com)

Spoken word or notes 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.

I have received loads of enquiries about Heather & "The Bump."

At the time of writing Heather's "Bump" has turned into a baby son, 26/04/2001. Congratulations to Heather, Kevin & Iggy on the arrival of Joshua.

We finally have an appearance 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.

A special treat this month, only three pages.

### The Club Fun Run.

We have been forced, by the Foot & Mouth disease outbreak, to cancel the event for this year. Thank you to all of you that have helped to make the preparations for the event. With better luck than we have had so far, we will be back in the running for next year (pun intended).

## MAY HANDICAP POSTPONED UNTIL THE 16<sup>TH</sup>.

### Exmouth Duathlon

Congratulations to Suzanne Lyus, she competed in the Duathlon at Exmouth recently: Swimming 24 lengths in 12.02 followed by a 5K run, in a pretty impressive 29.12. Her overall time including change over was 41.12 minutes and to quote Pete "the Result = happiness" we done.

Come on ladies, here is another way of keeping fit and giving your legs a rest from pounding the streets, why not give it a try?

### The next Committee meeting is MAY 8<sup>th</sup> at Jenny's house.

Ladies - have you got any good "men jokes" you'd like to publicise? Send them to Paul for inclusion.

### Coaching

We have now been told that there are only likely to be twenty places available in "our" area and that places cannot be guaranteed. Exeter Arena on 26th May is the proposed date.

Names I have put forward are Jo L, Nikki G, Ceri O and Paul L. If you are interested in attending one the course later in the year please speak to Paul.

### More Internet Gossip or Keep your Dog at Home!

Iran - is cracking down on its more decadent citizens. Ayatollah Mohammed Yadzi has decreed that dog walking is to be made illegal, saying that taking dogs out onto the streets was 'a public insult', as it was an imitation of blind Westerners.

### Correspondence

I get frequent news & application forms for various races & events throughout the country. The list includes coaching sessions with some well-known international athletes.

Thanks to those of you that did the "on the night" admin, collecting and raffle organising.

Also a special thanks to those of you that that contributed prizes to the raffle. At the time of writing I not sure how much we collected (£30 approx), the proceeds from this and future raffles will be used to subsidise future social events.

### AN INVITE TO YOU!

Maggie and Gerry have sent an open invite to everyone to attend a Barbeque at their house on Saturday 9<sup>th</sup> June. The last barbeque they held was very successful and well attended so this one is not to be missed. This event will be in the usual format, i.e. bring your own meats and/or puddings and of course drinks. There will be a sheet put on the notice board so that you can indicate what you intend to take, but if you are in any doubt what you should bring along speak to Maggie.

### Social

On 30<sup>th</sup> May we will be holding a club night in Sidmouth. This will be an opportunity to run somewhere different. We will be visiting Joyce after the run so please allow a little extra time. We will depart from the Sports Centre at no later than 18:30.

As soon as the Foot & Mouth disease abates & the footpaths are open again we will take to the paths and trails.

### The Barbados trip - 18<sup>th</sup> Barbados Marathon

The events for December 2<sup>nd</sup> are Marathon, Half Marathon, 10K and 5K (walk). Now you know that there is an event for everyone, no excuses. The balance of our fare, for flights, is due by the end of August & accommodation not long after, be pre-prepared.

### Discounts on trainers & clothing.

UP AND RUNNING. Based in the north of England the company website is [www.runningshoes.co.uk](http://www.runningshoes.co.uk) and whilst it is still under development it's worth a look. 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. Once I get the Club registration number I will include it in these pages. Finally, I have made a couple of purchases from "U&R" and can confirm that my experiences have been good & trouble free.

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](mailto:dennis@beerandcurry.supanet.com).

The Skittles night at Sidmouth Arms.

The "For-Sale" section is very quiet. 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, details to Paul please.

**SUBSCRIPTIONS**

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

If you believe the rate at which subs are being paid then we have around 15 club members, and we know there are more of you out there. Remember that for £12 you get reduced rates when you enter any SEAA/U.K athletics "permit" events, 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).

**Race Report**

The only thing to report, again, this month is that there aren't many (any?) races taking place! The dreaded Foot and Mouth disease is affecting everyone.

But, Steve Pengelly managed to get out for the London Marathon managed a cracking time of 4:18 (Least I think that's what he said).

Unfortunately Alan didn't run as he picked up a persistent calf injury that severely hit his training.

**Groan 1**

A blind man and his guide dog enter a bar and find their way to a bar stool. After ordering a drink, and sitting there for a while, the blind guy yells to the bartender, "Hey, you wanna hear a blonde joke?" The bar immediately becomes absolutely quiet. In a husky, deep voice, the woman next to him says, "Before you tell that joke, you should know something. The bartender is blonde, the bouncer is blonde, and I'm a 6' tall, 200 lb. blonde with a black belt in karate. What's more, the woman sitting next to me is blonde and she's a weight lifter. The lady to your right is a blonde, and she's a pro wrestler. Think about it seriously, Mister. You still wanna tell that joke?"

The blind guy says, "Nah, not if I'm gonna have to explain it five times."

**April 2001 Handicap Report (see table opposite for times)**

The April Handicap was the first one to be held in daylight and the runners certainly liked the bright conditions. Full of the joys of spring five of the ten competitors set new Personal Best times.

Dan Brown was first man home and also first to win the shield for a second time. His time of 20.26 smashed his old time by 2 minutes 20 seconds. Second home was last months winner Dave Dunn with another fine run and a new PB of 21.50 improving by 73 seconds. Watch out for Dave next month if he trains more than once a week! Third home was Sue Jones who took 43 seconds off her last months time and equals Ceri's record of five straight months of consistent improvement. Fast moving Martin Fullard was next in with a PB of 16.55 which was 39 seconds better. Martin has now moved into second place on the all time best list. Mike Hayes was next home with a solid performance bringing him his fifth consecutive PB by 33 seconds finishing in 22.54. Alan Nicholls came in sixth improving last months time by 27 seconds. Joyce Curtis and Karen Crow finished with slightly slower than last

Answer machine message!  
Hello, you've reached Jim and Sonya. We can't pick up the phone right now, because we're doing something we really enjoy. Sonya likes doing it up and down, and I like doing it left to right... real slowly. So leave a message, and when we're done brushing our teeth we'll get back to you.

month. Jamie Crisp jogged around the course in 19.31 and new man Gary Kingston set a debut time of 21.34 and will no doubt make a few people look over their shoulders in months to come. Pete Lyus also completed the course but went off early and surprised our timekeeper, by coming home earlier than expected,

Name	Feb Time	March Time	April Time
Dan Brown	22.46	22.46	20.26
Jamie Crisp	20.07	18.32	
Karen Crow	29.28		30.27
Joyce Curtis		36.48	37.29
Maggie Dillon	40.15		
Dave Dunne	25.43	23.03	21.50
Gerry Evans	26.20	29.58	
Martin Fullard	17.34		16.55
Nikki Gigg	25.02		
Mike Hayes		23.27	22.54
Sue Jones	27.28		26.45
Gary Kingston			21.34
Paul Lowman		22.13	
Pete Lyus		26.57	
Suzanne Lyus	29.24		
Alan Nicholls	22.49	22.43	22.16
Ceri Oak	21.26		
Peter Pengelly		28.19	
Steve Pengelly		26.59	
Lyn Pike	27.02	26.27	
Jenny Sleeman	25.35	25.37	

unfortunately no time was taken for Pete. Alan's hot tip for next months winner, if he competes - Paul Lowman. Alan ( Thanks Alan I admire your confidence in me - pl)

**Club Colours - Race Vest**

Geof has collected the first batch of vests for printing, by the time you read this they should be finished. Have you collected yours?

**Groan 2**

"He said 'I'm going to chop off the bottom of one of your trouser legs and put it in a library.'  
I thought 'That's a turn-up for the books.'"



Police arrested two kids yesterday, one was drinking battery acid, the other was eating fireworks. They charged one and let the other one off.  
A blind bloke walks into a shop with a guide dog. He picks the dog up and starts swinging it around his head. Alarmed, a shop assistant calls out: 'Can I help,

sir?  
'No thanks,' says the blind bloke. 'Just looking.'



"You know, somebody actually complimented me on my driving today. They left a little note on the windscreen, it said 'Parking Fine.' - So that was nice."



So I went to the dentist. He said "Say Aaah." I said "Why?" He said "My dog's died."



"So I rang up my local swimming baths.  
I said 'Is that the local swimming baths?'  
He said 'It depends where you're calling from.'"

**"Local" Races**

As you no doubt have noticed, this section has been kept deliberately "thin" recently. As the foot & mouth outbreak seems (Hopefully) to be on the wane it will be brought up to date next month.

(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.

- 06/05/01 - Great West Run (half marathon) our team event.
  - 13/05/01 - Provisional HRC Fun run date - Unfortunately this event has had to be postponed until next year.
  - 20/05/01- Bideford Half Marathon (new date)
  - 27/05/01- Plymouth Half Marathon (no entry on the day)
  - 21/10/01 - The Grizzly (20m) rescheduled after "Foot & Mouth" outbreak.
  - 14/10/01 - North Devon 10k (new date)
  - 28/10/01 - Honiton RC 12k Road Race. The details are being finalised (F&M, again), This is a fast course & fairly level. There will be more information when available.
- Note- Teignbridge 10 & County Championships are also on Oct. 28<sup>th</sup>.*

**MIND BITES! (Food for feet?)**

And from Mr (or Mrs) What's his name. A ~~grape~~ gripe. I don't know if I am particularly sensitive but I get thoroughly fed up when I hear runners referring to any pace slower than a six minute mile as "jogging." This remark (that was a nice Jog) is often made by the quicker runners after we have just completed what, for me, was a strenuous 4 to 5 mile run in a brilliant and exhausting 45+ minutes.

The term "Jogging" appeared in the early to mid 1980's to, describe someone doing something slightly more frenetic than sitting down. This was about the time that exercise was accepted as an activity for full time athletes rather than a necessity for a healthy life, mind & body.

Please, you "faster types," don't be insensitive. We all run, some run slower than others but it's running NOT jogging. (A. N. *Anonymous*).

If you want to air a view or you had a good, or bad, experience with a particular piece of foot ware, clothing, retailer or a miracle cure for an injury? Why not share your experience through this newsletter & let others benefit from your experiences. Anonymity, if you wish, is guaranteed.

**Groan 3!**

A blonde wanted to go ice fishing. She'd seen many books on the subject, and finally, after getting all the necessary "tools" together, she made for the nearest frozen lake. After positioning her comfy footstool, she started to make a circular cut in the ice.

Suddenly - from the sky - a voice boomed,  
"THERE ARE NO FISH UNDER THE ICE!"  
Startled, the blonde moved further down the ice, poured a thermos of cappuccino, and began to cut yet another hole. Again, from the heavens, the voice bellowed,  
"THERE ARE NO FISH UNDER THE ICE!"  
The Blonde, now quite worried, moved way down to the opposite end of the ice, set up her stool, and tried again to cut her hole. The voice came once more.  
"THERE ARE NO FISH UNDER THE ICE!"  
She stopped, looked skyward, and said, "Is that you, Lord?"  
The voice replied,  
"NO, THIS IS THE MANAGER OF THE ICE RINK."

**For Sale**

One Computer workstation on castors and in excellent condition. Construction is in a cream metal frame, retractable keyboard tray with storage for pens, clips etc., retractable printer shelf, document rest and cd-rom rack. You can store all of your computer related bits & pieces on this beast. The same item, in the Argos catalogue (which is where I bought it) sells for around £80 (I think), asking price £40 o.v.n.o. Telephone Paul on 01404 43013.

**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.

ASK for your discount before making your purchases.



Click on the logo to Email Honiton RC

One for the Chaps!  
Why does the bride always wear white?  
Because it's good for the dishwasher to match the cooker and fridge!!!!

I will continue to re-issue the contact list so; if you would like your details to be included/excluded/amended please let me know.

**PLEASE** (is there anybody out there?) Let me have 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 or club cat (when we get one).