

# Wile E's World - Honiton Running Club Newsletter - NOVEMBER 2000



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\*\*\* (or speak to Karen) \*\*\*

## Race Report & Results

Our Bruce has done it again, he ran in the Great North Run, half marathon, on October 22<sup>nd</sup>. Bruce was running representing the club & also raising funds for charity. Bruce, you may remember, was suffering with Achilles tendon problems during last years' Great North Run; even so he was satisfied with his performance finishing in 1:42. However, this year injury did not conspire to ruin his training plan and he finished in 1:32, that's right, 10 whole minutes off years time, Congratulations. Bruce hopes to raise £400 for the NSPCC if you haven't already made your offer of sponsorship; it's not too late, see Bruce on club night or give him a call.

## October Handicap Results.

	Name	October Time	Time For November
1	Joyce Curtis	35.55	00.00
2	Sandy Marriott	35.55	00.00
3	Maggie Dillon	Qual.	00.00
4	Rachel Menday	35.47	00.08
5	Karen Crow	30.58	04.57
6	Ross Summers	29.51	06.04
7	Marion Broom	29.51	06.04
8	Sue Jones	29.06	06.49
9	Lynda Pike	Qual.	07.00
10	Pete Lyus	26.58	08.57
11	Jo Lowman	26.26	09.29
12	Lindy Bennett	Qual.	09.29
13	Mike Hayes	25.29	10.26
14	Alexis Kay	Qual.	10.29
15	Gerry Evans	Qual.	10.29
16	Nikki Gigg	24.30	11.25
17	Dave Dunne	23.55	12.00
18	Paul Lowman	23.22	12.33
19	Tom Pady	22.54	13.01
20	Ceri Oak	22.46	13.09
21	Geoff Waller	Qual.	13.09
22	Alan Nicholls	21.28	14.27
23	Warren Oak	Qual.	14.27
24	Bruce Tones	21.13	14.42
25	Jill Harrison	19.17	16.38
26	Martin Fullard	17.41	18.14
27	Shane Wallace	16.58	18.57
28	Kevin Hawker	Qual.	18.57

The qualifying race has now been completed, well done all of you that took part. Next month the trophy, assuming I've managed to

buy it, will be available. Qualification for the trophy, as long as you are a paid up member, all you have to do is record the best overall time.

Thanks to Heather & Geof who did all the timings for us & Alan who analysed the data.

Don't forget the next event is November 1<sup>st</sup>.

The winner retains the trophy, for a month. Over the next few months the times will settle and be more representative of your own ability. Even if you don't win this is an ideal way of keeping a check of your own progress.

Those that didn't attend the first event (qual) will have to set a qualifying time before being eligible to win the trophy.

## News & Information

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

Spoken word or bits of paper to Paul.

Always remember you're unique, just like everyone else!

## LOTTERY FUNDING

Celebrations, our application for funding, to Millennium Festival Awards for All, has been successful. This will help us to pay for coaching courses and the costs of setting up the annual races etc. A special thanks to everyone who helped with research for the application and a special thanks to Geof Waller who was "on the case" from day one.

This doesn't mean we are now a wealthy club! However it does mean that we will be able to fund the majority of our planned events, so please if you haven't paid your subs yet, DO IT!

## Groan!

The plane crash - Ireland's worst air disaster occurred today when a 2-seater Cessna plane crashed into a cemetery in county Cork. Irish search and rescue workers have recovered 826 bodies so far and expect that number to climb as digging continues into the night

## Tee & Sweat Shirts

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

Tee Shirt a Gift at £5

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.

## CHRISTMAS DINNER.

Our Club Christmas dinner will take place on Saturday December 2<sup>nd</sup> at 7:30. The venue is Liberty's, the cost £10 per person. We will be occupying the lounge area and so; will be away from the

Hubbub for the period of the meal. There will be music in the Bar area until 2:00 a.m. for you night owls. I am sorry if the venue is not of your choosing, but we made the decision of the venue based on majority preference (and I didn't express a preference). For those that weren't around to give your opinion on October 25<sup>th</sup> my apologies, but if we didn't make our decision quickly we would have had little or no choice of venue.

I know some members weren't around when we made the decisions, but we still would like to see you. So, I will make every effort to contact everyone to extend the invitation before the dinner, BUT if you haven't heard from me, don't wait, please let me know if you would like to attend.

Don't take life too seriously, you won't get out alive!

Liberty's require a £5 deposit per person for the event your choice is not restricted to the Christmas menu but if you choose from the "normal menu" you may incur extra charges. Please let me have the completed form from page 4 with your deposit.

### 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 Saturdays others both days. 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.

### LONDON FLORA MARATHON 2001

Applications for the London Marathon closed on the 20<sup>th</sup> October. Now your only chance of entering is via either a charity entry or a club entry. To be eligible for a club entry, we have one place, you must be

1. A paid up member.
2. You must be 1<sup>st</sup> claim for the Club you run on behalf of.

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 is almost a lottery.

So far, Mary & Alan have expressed an interest in the club entry. If you are thinking about entering make your mind up very soon. Not only will we need to decide who gets the club entry, but you will also need to start your training, if you haven't started already.

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### MEMBERSHIP - New members.

Welcome, officially, to Tony Dimond. Tony has run with us on a couple of occasions and has now made the decision to join. He has other commitments so he is most likely to meet us at Tesco's Monday or Friday evenings.

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Grrrrroan 2!

A man walks into a restaurant and orders squid.

"Certainly Sir," says Jervaise the waiter, "Would you like to choose your squid from the tank over there?"

"I'll have that little green one with the moustache" says the customer.

"Oh no!" replies Jervaise "but he's my favourite! - He's so small and cute and friendly. Surely you'd prefer one of the bigger, meatier ones?"

"No" says the customer "It's got to be that one".

So Jervaise gets the little green squid out and puts him on the chopping block, raises his knife and ..... the little squid looks up and smiles, twitching his bushy moustache into a big friendly grin!

"It's no good", says Jervaise, "I can't do it. I'll have to ask Hans who does the washing up. He's a big, tough brute - he'll be able to do the evil deed."

So out comes Hans, while Jervaise disappears off in tears. Hans picks up the knife, raises it to chop the little squid's head off and .....once again the little friendly squid looks up and smiles, wiggling his little legs and twitching his little moustache. So Hans also finds it impossible to kill him.

The moral?

Hans that does dishes is as soft as Jervaise with mild green hairy-lip squid.

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### 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).

05/11 - Castle Drogo, Drewsteignton 10 miles (Beautiful but Hilly)

05/11 - Ilminster Lions - 10k (5k fun run) mainly metalled roads undulating.

12/11 - Tavy 7 & Fun run. Moorland roads. Tavistock.

19/11 - BBC Children in Need Colyton 10K + 2.5 mile fun run. (£6 & £3)

14/01/01 - Axmouth **Challenge** Run 16k (10m) +5k fun run (m/t). For application forms - call 01297 23796.

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Grrrrroan 3!

Two ladies were playing golf one sunny Saturday morning. The first of the twosome teed off and watched in horror as her ball headed directly toward a foursome of men playing the next hole. Indeed, the ball hit one of the men, and he immediately clasped his hands together at his crotch, fell to the ground and proceeded to roll around in agony. The woman rushed down to the man and immediately began to apologise. She explained that she was a physiotherapist: "Please allow me to help. I'm a physiotherapist and I know I could relieve your pain if you'd just allow me!" she told him earnestly.

"Umph, oooh, nnooo, I'll be all right. I'll be fine in a few minutes," he replied breathlessly as he remained in the foetal position still clasping his hands together at his crotch. But she persisted, and he finally allowed her to help him. She gently took his hands away and laid them to the side, she loosened his pants, and she put her hands inside. After a short massage she asked him, "How does that feel?"

To which he replied: "It feels great, but my thumb still hurts like hell!"

Anyway, We are going to be running (excuse the pun) our own races from next year, so what's involved? This article from Runners World gives an insight into some of the organisation. If you would like to help us get in touch!

## OBSTACLE COURSE

*For any running event, organisation is everything - so spare a thought for what goes into this race staple that most of us take for granted*

What do you do when you want to have a race? If you're a runner, you pay your money - grudgingly - and you take your place on the start line. Nothing more complicated than filling in a form and navigating your way to the race venue. But if you're an aspiring race director wanting to have a race, you have to do a lot more. You choose a venue where start and finish facilities are available. Then you study the A to Z to concoct a route that you think might be the right distance. Then you approach the police - as agents of the highway authority - to secure their cooperation or acquiescence. Then you contact a course measurer to make final adjustments for the correct distance. Then you send off to the county athletics secretary for a race permit. And that's just the paperwork.

To make things happen on the day you have to recruit an army of race marshals and water station helpers, a bevy of race officials for the start and finish line operations, a public address system and announcer, people to take late entries, computer bods to handle the results, someone to make the presentation of awards, and so on.

As a runner you take all this background activity for granted. It's only when something doesn't fall into place that you would take notice. Sometimes someone may make a mistake. Something may go wrong through an 'act of God'. Or things may simply fall apart. There have been recent instances of all these.

In years past I often ran races where the results seemed, alternatively, either too fast or too slow; the Maidenhead 10 used to be informally known as the Maidenhead 10-and-a-Quarter, and the Brampton-Carlisle was well short of the advertised 10 miles. The system of course measurement is now far better developed than it was even 10 years ago, but a lot still depends on one individual to make sure that the distance is right. This character may get up at 5am on a winter's morning to do the job in semi-darkness and several degrees of frost. Payment covers no more than basic travel and administration costs and accounts for a few pence of your entry fee. A few months later, on a sunny summer's morning, may be the first time a mistake is noticed - when people may run half a minute quicker or slower than they expect. These sorts of mistakes are noticeable only in their rarity.

The evening before this year's Flora London Marathon, part of the course was roped off by the police as a 'scene of crime'. More an act of the Devil than of God, but it was clear by the morning of the race. Not so in the Portsmouth Half-Marathon in March, where the route was still obstructed even as runners gathered at the start line. The police wanted the race cancelled. After delicate negotiation it was rerouted and went ahead - late, and as a race of indeterminate length, but a race nonetheless. The entry fee you pay guarantees the organisers' unstinting efforts just to keep the race from being pushed off the road at the last moment. Generally, race organisers prepare thoroughly, do their best for the runners on the day, and any profits go to club funds or charitable causes.

Exceptions prove the rule. When a race organisation has not done the groundwork, it shows. Getting marshals to turn up, to stand in the right place and to give meaningful directions may involve constant badgering and cajoling over several months. It has to be done, or at best runners go off course and at worst they become road casualties. A recent race in London's Docklands had finishers running anything from a mile under distance to two miles too far - and at times coming dangerously close to contact with traffic.

The great majority of road races are well-run events staged at modest cost by individuals making great sacrifices. Consider what you really do get in a race - the unpaid labour of many dozens of people - and you'll see that the entry fee is a bargain which shouldn't be begrudged. - By Hugh Jones

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## MIND BITES!

(A vent, for my thoughts, but it should be yours!)

Question - Why do we have to run in town all of the time, especially during the winter?

Answer: I dunno!

Question: When are we going to try something different, variety being the spice of life?

Answer: When you offer your ideas.

**I think, therefore you might!** And if you do, how about writing it here? This little patch, nicely tucked away, is a space for you to contribute, anonymously if desired and can be as long or short as you wish,

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## FINISHING POST

Warning for Internet users - I have recommended [www.coolrunning.com](http://www.coolrunning.com) as a useful and informative site. However I have recently discovered that accessing the site has caused changes to be made to the system settings (registry) on my P.C. I can't be sure on the origin of the changes or indeed if those changes were of malicious intent. Until I have checked the site further I recommend caution, beware.

If you have any problems with your computer trying to dial the Internet automatically, please contact me for further information.

Did you know? That a portion of Fish & Chips can contain up to 1500 calories, up to 900 of those being contained in the chips alone!

For email copies of this newsletter send your email address to [HonitonRC@btinternet.com](mailto:HonitonRC@btinternet.com)

Useful or Interesting Websites **UPDATED**.

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

What that Nice Mr. Blair & his Chums have in mind 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> - a chance to read about 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. Unofficially the "Honiton Sports Shop," near the Post office, offers a similar discount. ASK prior to making your purchase.

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.

Our contact list re-appears this month, just for this month, if you wish to have your name removed or added let Paul know.

Name	Telephone
Alexis Kay	01404 - 850109
Bruce Tones	01404 - 44988
Ceri Oak	01404 - 46899
Dave Dunn	01404 - 44058
Geoff Waller	01404 - 42735
Heather Foundling-Hawker	01404 - 45917
Jenny Bishop	01404 - 850242
Jerry Evans	01404 - 861515
Jill Harrison	01404 - 44028
Jo Lowman	01404 - 43013
Joyce Curtis	01395 - ??????
Karen Crow	01404 - 850357
Heather Foundling-Hawker	01404 - 45917
Linda Pike	01404 - 43294
Louise Cray	01404 - 41394
Maggie Dillon	01404 - 861515
Mary Thompson	01404 - 44078
Nikki Gigg	01404 - 41393
Paul Lowman	01404 - 43013
Pete Lyus	01404 - 45247
Rachel Menday	01404 - 46514
Sandy Marriott	01404 - 44238
Sue Jones	01404 - 831850
Tom Pady	01297 - 553040

No word in the English language rhymes  
with month, orange, silver and purple!  
*That will keep you busy 'til next month*

**LIBERTY'S XMAS MENU £9.95/HEAD**

**STARTERS**

HOMEMADE SOUP OF THE DAY, SERVED WITH FRESH CRUSTY BREAD.

*BREADED MUSHROOMS, SERVED WITH GARLIC DIP*

**MAIN MEALS.**

DEVONSHIRE ROAST TURKEY, SERVED WITH STUFFING, CHIPOLATAS & BACON ROLL & CRANBERRY SAUCE.

*ROAST TOPSIDE OF BEEF SERVED WITH YORKSHIRE PUDDING & HORSERADISH SAUCE.*

HOMEMADE NUT ROAST, SERVED WITH A SPICY TOMATO SAUCE.

*HOMEMADE VEGETABLE LASAGNE.*

ALL MAIN MEALS ARE SERVED WITH ROAST POTATOES & FRESH SEASONAL VEGETABLES OF THE DAY.

**DESSERTS**

*CHRISTMAS PUDDING*

APPLE PIE

*MINCE PIE*

ALL SERVED WITH CREAM OR ICE CREAM.

If you intend to come along to the Xmas dinner, please complete the lip below and hand to Paul with your deposit!

	Honiton R.C Annual Dinner - Liberty's 2 <sup>nd</sup> December 2000 @ 7.30 - £10/person Name Starter Main Course Deposit £5

*Anon,  
Dame Luck.*