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News & Information

Club email - HonitonRC@btinternet.com

Spoken word or notes to Paul. We appear on the Internet, 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, I try to keep it up to date so have a look.

THE NEXT COMMITTEE MEETING WILL BE AT 7:30 P.M. ON JANUARY 8TH 2002 AT PAUL'S HOUSE.

21/10/01 - The Grizzly - Marshals thanks to Steve Pengelly, Warren Oak, Pete Lyus, Jo Lowman, Dave Dunn for offering direction & support to hundreds of pairs of very tired legs over the period of around six hours plus. Your encouragement made the steps, and indeed the last 1½ miles a little easier for the participants. P.S. I hope you like your Tee shirts.

LETS GO THIS WAY → ← ↑ ↓ ↖ ↗ ↘ ↙

WE CAN'T GO IN ALL DIRECTIONS AT ONCE!

I think the above "comment" illustrates that we really can't do everything at once no matter how we try, this is particularly true where running (sic) a club is concerned.

Honiton Running Club is nearing the end of it's second full year with a number of successes under the "club belt." Our Millennium Award Grant & Sponsorship from Fenny Bridges Garage gave us the opportunity to get established and build solid foundations for the future. The Fun Run, Social Events, Club and other training nights continue to attract support. Information on notice boards & also in the local media have made our presence known throughout the area.

The foundations are in place "so where do we go from here?"

Well, what do YOU want from the Club? We want YOUR views! We are intending to call an open meeting before the AGM to establish what you all want from the club. Your views will enable us to establish our **DIRECTION** for the next couple of years.

Do you want the club to stay as it is?

Should we have a club library so that you can read up on injuries, training etc.? What about more involvement with schools? Could there be an opportunity to attract and keep new members? Would you like to have your own clubhouse?

Your views are very important, don't forget it's YOUR club. No matter if your ideas are **BIG** or small, please, give the matter some thought over the next few weeks & jot down any ideas you have.

There are millions of pounds available in grants for many sporting activities, if we want to take advantage of the funds available we need, first of all, to decide what we want to achieve.

This is where your opinion comes in, **please** let us have your views, you don't need to wait for the meeting.

New Members - Welcome to Andrew Paul & Nikki, trying us out for a week or two (or longer?).

Coaching Courses (oh not again!)

Hello, just in case anyone is interested, there are a number of coaching courses available in the new-year, Level 1 & 2 plus

various modules. To take many of the modules you must have level 1 coaching qualification.

Some of the modules (£20 each) are for specific disciplines, for example Speed, endurance etc.

At the moment details, not unusual here, are a bit sketchy. However, level 1 courses are being held in Plymouth, Dorchester & North Devon in February & March and cost £45.

There are also a number of sports coach UK courses being held throughout the region on subjects such as Child protection, disability awareness, imagery training, fuelling performers, injury prevention etc. I have applied for more information on these courses please get in touch if you would like further details. I am investigating the possibility of more funding from the awards commission for these courses. If we get funding we may not have it in time for these courses, so you may have to pay and claim a refund later, if available. Also there may be subsidies available from the club, more on that in a future issue.

The Next Club Run.

The next HRC organised event will be the "HONITON 12K." Its first appearance will be on the 13th October 2002. 12 months advanced warning may seem a long way off, but the time will slip by quickly.

If you have any ideas, for example Fund raising, sponsorship, marshalling please get involved. Speak to us and please try to give some assistance after all "MANY HANDS MAKE LIGHT WORK." **Ceri has suggested** that we have some visible means of notifying everyone of Races that individuals want to enter. This will then enable you to share transport to a greater variety of events. I am happy to include information in newsletters & on notice boards to help this process, also If someone would like to regularly update the site, I can give one or two persons access to the our Club Web page currently at www.timeoutdoors.com/. While on the subject if someone would like to build and maintain a website, please shout LOUDLY, or phone me.

Flying "the HRC flag" well done all of you!

Race Reports

Handicap Rules Amendment

No person's handicap time can decrease by more than 5% of each month's actual running time.

For example if I ran 20 minutes last month then 5% of this time is 1 minute.

This is the maximum time that my handicap can be reduced next month. Any person's handicap that has been normalised in this way will have a star against the handicap time on the time sheet. This rule overcomes large swings in people's handicap times.

Alan

Handicap Report October 2001

This was the last handicap in the 2000/2001 competitions. After twelve runs and a qualifier we now have our first handicap champion - Sue Jones. Well-done Sue. Sue scored 38 points in her best eight races for the season beating Ceri Oak by just

three points on 41. Mike Hayes completed his eight races with 48 points just five points in front of Alan Nicholls on 53. Dave Dunn was the only other runner to complete the eight qualifying races with 55 points. Sue will now be the first to have her name engraved on the shield and will receive a trophy to commemorate her win.

Fourteen runners toed the line on a pleasant evening but the first to be run this autumn in fading light.

Incredibly another seven PB's were set this month. Julian Gigg stormed around the circuit in 20.53 improving last months debut time by 1.55. Pete Lyus fresh from a Sunday run in the Musbury Hill Race was second home with a new PB of 25.37 running in his first handicap for 7 months and improving his December time by 51 seconds. Third home was Jenny Sleeman in a new PB of 25.26, which was 11 seconds better than her February time. Fourth home was Martin Fullard who despite not feeling too good ran an impressive 17.11. Fifth home was our series winner Sue Jones improving her last run by 34 seconds. Dan Brown was next in with his seventh successive PB in 18.51; can he keep this record going? Next home was Maggie Dillon with another PB in 32.15 while last months winner Sandy Marriott came in next with a new PB of 33.41. Ceri Oak was ninth home with a solid run of 21.18 just failing to win the overall trophy. Mike Hayes was next home followed by Alan Nicholls and Dave Dunn. Dot Grove ran her qualifier for the competition in 32.27 and will no doubt improve that time in the coming months. Gerry Evans and Martin Fullard started the run at the wrong times so finishing positions were amended by the officials to reflect true positions.

The Grizzly - 2002

How do the organisers of "he Grizzly" manage to arrange such amazing weather? While the rest of the country was suffering weather warnings of torrential rain & low (ish) temperatures, East Devon was bathed in sunshine & light cloud with a breeze, ideal conditions for this gruelling event.

Jamie flew around in 3:00:50 and placed 149th while Alan was 569th and finished with an overall finish time of 3:44:59.

The report, by Alan, gives you an idea of the atmosphere.

Paul, My time for the Grizzly was 3.45. I expect Mutter (AVR) will put a report in about the race but from my own perspective it was a very well organised race with plenty of marshals, water stations etc. I enjoyed it immensely. I had started the race intending to jog around in about 3 hours but it was a little more strength sapping than I expected. There were long queues at the stiles in the early few miles of the event which were a bit annoying but much banter was given and taken between the runners. The entertainment was uplifting, especially the lone piper who must have had bigger lungs than most of the athletes. The atmosphere at the Fountain Head was brilliant; it was just a pity that I couldn't sit down for a while with a pint to listen to more of the music. There were several stretches of shingled beach which necessitated a new running style to overcome them. The bog and pond (twice) were a delight!! My legs were shot by about twelve miles but I was very pleased that I had no trouble breathing, mind you converting the oxygen to energy was more difficult. Congratulate Mutter & Co. on a thoroughly super race, I will definitely be entering for next years race. I saw Jamie just before the finish and he said he ran three hours. Hope that you can get some of this in the paper or give it to Mutter. All the best, Alan."

Social Event - The next event "THE XMAS DINNER" is being arranged by Sue. The event will held in January, hopefully somewhere in Honiton to keep travelling to a minimum for as

many of you as we can. There will be more news, and a date, in the December/January issue.

Correspondence

All race application forms are now being put on the notice board, help yourselves to whatever you want. If you would like location information, contact numbers or addresses for races, please give me a call as rundown has them all! All Cross-country event information is available from Alan.

Note Grizzly application forms from Paul NOW!

London Marathon 2002

The Flora London Marathon Club ("Free") Place, has been received. If you are thinking of "having a go" and would like the club place than please speak to Paul a.s.a.p. All applications have to be **RECEIVED** by the organisers by 11th January 2002.

This means that the Decision on who will get the place will be made before the end of November, hopefully November 14th before the run. Current contenders - Jo (Nicholls), Dan & Warren.

A condition of entering the "lottery" for the club place is: The person receiving the place will be required to raise sponsorship for our nominated charity for the 2001-2002 season, i.e. Hospiscare. Details to be agreed prior to the allocation of the place.

Groan 1 - Xmas Competition (You have lots of time)

Palindromes, Cooperisms, Limericks or whatever tickles your fancy. Without labouring the point, if you have heard good jokes, limericks, or whatever, I'd like to hear them. There's a bottle of wine to the person that contributes the one that I think is best (well, I am supplying the wine!). They may be used in future newsletters, but only if they are presentable to the majority of readers.

As always, here's a few samples, but remember this is not a complementation for originality, just a good laugh. Please submit you contributions on a scrap of paper, email or whatever!

Two Aerials meet on a roof, fall in love & get married. The ceremony was rubbish but the Reception was Brilliant.

A Man goes to the doc, with a strawberry growing out of his head. The Doc says "I'll give you some cream to put on it."

A Guy goes into the doctor's.

"Doc, I've got a cricket ball stuck up my backside

"How's that?" "Don't you start"

"Doctor, I can't pronounce my F's, T's and H's."

"Well you can't say fairer than that then"

What do you call a fish with no eyes? A fsh.

He's faster than a speeding tortoise!

So I went to the dentist.

He said "Say Aaah." I said "Why?" He said "My dog's died."

I hope you've the gist of things by now, good luck and make me larf! Due to my absence in December, the completion closes 31/12/2001 and the winner will be rewarded shortly afterwards.

"Local" Races

(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.

If you would like details of the Cross country champs, speak to Alan for dates etc.

04/11/01 - Castle Drogo 10 miles - if you like hills! or Ilminster 10k
 18/11/01 - Colyton 10k - Children in Need (+fun run) OR
 18/11/01 - Templer 10 miles (Newton Abbot) & fairly flat.
 25/11/01 - 81st Ross Shield - Tiverton 6m (club kit compulsory)
09/12/01 - Bicton Blister 11 miles mostly on Woodbury Common, i.e. tracks & trails, also 5 mile fun run.
 23/12/01 - Bert King Memorial, Hemyock 6.27m with a Climb.
 26/12/01 - Stoke Stampede 10k Stoke St. Gregory (Taunton)
 30/12/01 - Exeter Last Chance 10k, Canal basin - It's Fast!
 06/01/02 - Plympton 10k - Flat (ish).
 13/01/02 - Axmouth Challenge 10 miles m/t + 3miles fun run, entries on the day! Work off the Xmas excess.
 27/01/02 - Luppitt Lollop, 15 miles - 2100ft climb, arghh!
 03/02/02 - Earlybird Duathlon, Axminster. 600m swim, 5k run.
 10/02/02 - Fulfords 5, Exmouth. 5 miles. Flat & fast
 03/03/02 - Bradninch Guildhall chase. 8 miles m/t

MIND BITES! (Food for feet?) Want to offer some feedback? Air a view on running articles, kit, retailers or a miracle cure for an injury? Found an article somewhere you think we should include? Pass your information, articles etc., to Paul. For the moment, read on . . .

"The Natural Green Pill" or Why Brussel Sprouts are good for you! Whilst, the table shows some interesting "comparisons," in my experience Brussel sprouts can be very anti-social and add to the accumulation of greenhouse gases ☺.

This table shows a comparison of Vitamin C content for fairly common fruit & vegetables. We probably all remember the "eat your vegetables" demands from mum or Dad, but the "C" content of some vegetables is so high, we now know why. The figures quoted are milligrams of Vitamin C per 100 grams fresh weight.

Vegetables	Fruit		
Capsicum	107	Kiwi	62
Brussel Sprouts	89	Strawberry	62
Broccoli	69	Orange	36
Savoy Cabbage	54	Lemon	34
Cauliflower	45	Grapefruit	29
Spinach	44	Mango	27
Kohl Rabi	42	Melon	26
Red Cabbage	39	Lychee	25
White Cabbage	36	Raspberry	25
Chinese Cabbage	28	Mandarin	20
Turnip	27	Blackberry	17
Tomato	23	Apple	11
Radish	18	Kersberry	11
Leek	17	Pineapple	10
Potato	14	Avocado	10
Garlic	12	Peach	9
Lettuce	9	Apricot	9
Witloof	9	Banana	8
Red Oak leaf	8	Prune	5
Onion	8	Pear	4
Endive	7	Grape	4
Cucumber	6	Watermelon	3
Carrot	6		
Celery	6		

"DON'T LEAVE THE TABLE 'TIL YOU'VE EATEN YOUR GREENS"

Thanks to Pete Lyus for the Table.

An opinion on :- Performance

One of the misconceptions in the sports world is that sportsmen and women (athletes) get in shape by just playing or taking part in their chosen sport. If a stationary level of performance, and consistent ability in executing a few limited skills is your goal, then engaging only in that sport will be satisfactory. However, if you want the utmost efficiency, and consistent improvement, then you must participate in year round training programs.

Stress

The bottom line in sports conditioning and fitness training is stress, not mental stress, but adaptive body stress. Athletes must put their bodies under a certain amount of stress to increase physical capabilities.

Training Programmes

To improve athletic performance, regardless of the sport, it is necessary to prepare training programs that meet the needs of the individual athlete. No matter what your assumed level of ability is, you CAN improve.

I have discovered a number of interesting articles by Brian Mackenzie, a UKA Senior Coach. Over the next few months I will include the articles in these pages as they give a good overview, at times in some detail, of the many aspects of training.

If you have a particular query relating to any of these articles then we can attempt to answer it for you, however I can contact Brian on your behalf if required.

Preparing an article (like the one on Planning, below) for the newsletter takes hours of editing and re-writing to make it more relevant to "our needs."

I would welcome any feedback, e.g. Is an article like this of any use/interest? Would you prefer to buy a magazine to satisfy your information needs? Would you prefer more like, or similar to, this? I decided to plumb for this article as it offered a wide perspective of what goes into a "full blown" training scheme. I have tried to remove parts that I consider superfluous to running as the original covered track & field events (all of them). If you care to replace "athlete" with yourself as the subject it helps give one ideas and plans for our own ambitions.

PLANNING (part 1)

So, Why do we need a training plan?

The detailed planning of training is essential if both short and long-term objectives are to be achieved at the right time. In producing a Training Plan you need to consider:

- What is the purpose of the Training Plan?
- What is the training year?
- What information do I need to gather before planning can start?
- What are the phases of a training year?
- What are the objectives of each phase?
- What activities are associated with each phase?
- What are a training unit, a training session and a training schedule?
- What are the steps in producing a Training Plan?
- What is the purpose of a Training Plan?

The purpose of a Training Plan is to identify the work to be carried out to achieve agreed objectives. Training Plans should be drawn up to identify plans for the coming season(s). For the rest of this topic I will concentrate on the development of the short term annual Training Plan. In its simplest form the plan could comprise of a single A4 sheet identifying the overall plan for the year and more detailed weekly plans identifying the specific activities the athlete is to carry out.

What is a Training year? The start of the training year would

generally be around October for track and field athletics.

What information needs to be gathered?

The first stage of preparing a Training Plan is to gather background information about your athlete and the objectives for the coming season. *(Even though you know "the athlete" I left these to offer "direction.")*

For example, The sort of information to collect is as follows:

- Objectives
- Performance (time, distance)
- Technical (development of event technique)
- Main events to compete in
- Season
- Experience
- Personal best (PB's)
- Competition experience (club, county, national, country)

Equipment - *(With long distance running you should consider the terrain and purchase suitable footwear & clothing).*

Distance, time, % effort matrix chart

Events - Date of main event, National and Area Championships, School, University & open competitions.

Competitors

Athlete's other Commitments i.e. School, college, work.

Family and partner

Hobbies and other sports

Time available for training

Planned holidays

Medical

- Previous injuries or illness
- Current problems (diabetes, asthma etc.)
- Access to medical support
- Physiotherapy support
- On any medication - is it a banned substance? Asthma inhalers (exemption for Beta 2 agents?).

Training facilities - Tracks, running facilities (bad weather), gymnasiums, swimming pools, saunas and massage.

Coaching Workshops

Lessons learnt from Last season, good & bad.

Key questions for the athlete,

- How serious are you about your athletics?
- What do expect from your coach?
- What are the phases of a training year?

The training year is divided into 6 phases as follows:

Phase 1 - 16 weeks - Oct, Nov, Dec, Jan

Phase 2 - 8 weeks - Feb, Mar

Phase 3 - 8 weeks - Apr, May

Phase 4 - 8 weeks - Jun, Jul

Phase 5 - 8 weeks - Jul, Aug

Phase 6 - 4 weeks - Sep

This assumes that the competition climax will be in August

What are the activities of each Phase?

The athlete's physical needs that require development are:

Basic body Conditioning

General and Specific Strength

General and Specific Technique

General and Specific Mobility

General and Specific Endurance

Speed

Each of these needs should be seen as a building block where specific blocks need to be in place before you progress to the next. Failure to do this may result in injury. How you allocate the blocks to each phase depends upon the athlete's weaknesses and strengths and is for you as the coach *(the athlete in your case)*

to decide with the athlete.

The formation of the "Building blocks" continued next month.

FINISHING POST

If you buy Vitamins, Supplements etc., then a visit to the **Healthspan** site <http://www.healthspan.gg/home/home.htm> will reveal all the usual items at a much lower price than in the high street (or phone 0800 73 123 77 for a catalogue or to place an order).



<http://www.entryforms.org.uk/forms.htm> a new web site to get your race application forms.

Exmouth Harriers Website - it's new & you can download entry forms for their races which include The Bicton Blister, The Summer Six etc. <http://www.exmouth-harriers.co.uk/>
Axe Valley Runners NEW Website address, still worth a look to find out what's happening locally, and of course, all the results for their races can be found there. -

<http://www.axevalleyrunners.org.uk/>, we have a mention on this site.

Barbados [http://barbados.org/do.htm!](http://barbados.org/do.htm)

Travelling anywhere overseas? The following Government website is excellent - <http://www.fco.gov.uk/travel/>.

Discounts - Moorland Rambler in Exeter agreed to give a 10% discount on 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.

All proprietors have agreed these discounts with me personally, if you have any problems claiming a discount let me know.

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

ASK for your discount before making your purchases.

Contact List - IF YOU WOULD LIKE A COPY ASK PAUL.

If you have an opinion on anything in the newsletter, be it suggestions, constructive criticisms, articles or ideas for general improvement presentation etc., have your say. Send your articles, anecdotes or thoughts to Paul.

Bon chance, Dame Luck.

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

[Email the Coyote](mailto:Paul@axevalleyrunners.org.uk)