

Wile E's World - Honiton Running Club Newsletter - OCTOBER 2000



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Race Report & Results

Seaton Half Marathon & 10k

On Sunday 10th at 10:30 we fielded our largest number of competitors for an event since the club was founded in February, nine members took part in the event. The course was mainly level and the only problem was the rather high temperature. The Finishing times reflected the 23°C temperature at the start of the race. Two club members completed the half marathon Warren Oak in 1hr 51mins 12 secs & Alexis Kay 1:58:00.

The 10K proved more appealing in the conditions and club entrants times were, Alan "Coach" Nicholls - 51mins, Ceri Oak - 52m, Jo Lowman & Pete Lyus 59:03, Karen Crow & Maggie Dillon 1:16:00 and Joyce Curtis 1:17:00.

The event was the race debut for newcomer Pete, having now "broken the Ice" with creditable first time out we look forward to seeing him in action again soon. Also "new" to "proper" races were Karen, Maggie & Joyce, they all finished and so they can now look forward to improving that trusty old Personal Best!

Taunton 10k.

We took to the streets on 24th September for the Taunton 10k. The event was preceded by heavy showers which, fortunately, subsided for the duration of the race. Taunton Dean Council hosted the event at the Blackbrook sports centre that also served as the "start line" for the run. The course was fast but gently undulating and was trodden by some 200 plus runners. Alan Nicholl's performance met with a creditable 46:31 (min:sec) producing a season's best time & taking 1:15 secs off his previous best. Dave Dunn ran his first 10k on road, finishing in 51:04. Members, Alan Rowe and Sally Bowey (trying out our club with a race) also completed the course. They crossed the finish line together in 57:16, after a last minute dash by Alan.

Robin Hood Marathon

On the same day, Warren, with Ceri in support, represented the club at Nottingham. The figure of eight course, of 2 laps, often causes confusion to newcomers as the race also includes a half marathon. Many runners "disappear" after the first lap, thirteen miles. However, Warren stayed the full distance to complete the course in 4:23 on what was a blustery day. At around the 18-mile mark, there was a heavy downpour that resulted in localised flooding and left many cold runners.

Musbury Castle 6 miles (multi-terrain)

Well done Jo & Pete, this event was like running up the side of Everest. This was a potentially excellent event, but it would have benefited from some small improvements to the marking of the course. That said, we came out of the event with a warm glow. Jo Lowman managed to "run away" with her name amongst the list of winners, She took third place in the ladies veterans' category, with an excellent time of 1:05:35, placed 25 overall, and she was presented with a trophy. Following on behind was our only other entrant, Pete Lyus. Pete, on his second race for the club, managed 28th place overall in 1:07:30.

"If you gave him a penny for his thoughts, you'd get change."
- Anon

CONGRATULATIONS & WELL DONE TO ALL OF YOU,
It sure makes life easier when there's something to write about, Keep Running!

YOUR
NEEDS



CLUB
YOU!

News & Information

Club email - HonitonRC@btinternet.com

Spoken word or bits of paper to Paul.

For prospective new members considering joining, our membership year runs from March to February & the membership fee is twelve pounds per year, pro-rata. This fee enables you to partake in any of the club nights, training sessions and adhoc events. Also you are able to partake in most races, as an affiliate of the South of England Athletics Association, for a reduced entry fee. Entries to annual club races are chargeable at the prevailing rates, unless specified.

Thinking Damages Leisure time!

It sure does, especially you have been thinking about running "The Grizzly in 2001." Thinking about entering this race, too late! Entries were completed and closed on the first day. This is not an unusual situation for A.V.R's premier event. For that matter most popular events have a restriction on the number of entries and entries often close on, or before, the race date. The moral of this story is "DON'T THINK ABOUT IT - DO IT!"

H.R.C. RACES

The dates for the club "OPEN" races 2001 have been agreed. **Sunday 13th May 2001** will be the Fun Run, multi-terrain over

approximately 5k. This will be a good opportunity for first time runners to "have a bash" at a race over a fairly short distance & only one significant, but short, hill.

The second event will be on **Sunday October**

14th. The course has still to be agreed but the total distance will be around 10k. Great opportunity to see the area, so if you would like to give us a hand speak to a race sub-committee member i.e. Geof Waller, Heather Foundling-Hawker, Alan Nicholls or Paul Lowman.

Club Race Kit - Most of the race vests have now been delivered and passed on to those of you that ordered. We are still waiting for a few more vests; they will be passed on as soon as they arrive. There may be a slight delay as the supplier is currently out of stock. If you would like to order a vest please speak to

Paul. They come in sizes from 30" up to 42" a "ladies cut" version allows that all-important modesty to be maintained. The supplier (Fastrax) is about to transfer all designs (male & female) to a new non-mesh material. If you want to change to the non-mesh type of material and haven't used your vest yet, I will get a replacement, however, there will be a delay getting hold of the replacement for the reasons stated above.

Yes and No are perfectly acceptable answers to almost every question! - Anon

**** IMPORTANT ****

LONDON FLORA MARATHON

We have now received our guaranteed place for the London Marathon 2001. If you are interested in taking part 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 25 paces*). 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. The application has to be returned soon so you must decide quickly.

Groan!

The Blonde Detectives

A policeman was interrogating 3 blondes who were training to become detectives. To test their skills in recognizing a suspect, he shows the first blonde a picture for 5 seconds and then hides it.

"This is your suspect, how would you recognize him?"

She answers, "That's easy, we'll catch him fast because he only has one eye!"

The policeman says, "Well...uh...that's because the picture shows his profile."

Slightly flustered by this ridiculous response, he flashes the picture for 5 seconds at the second blonde and asks her,

"This is your suspect, how would you recognize him?"

The second blonde giggles, flips her hair and says,

"Ha! He'd be too easy to catch because he only has one ear!"

The policeman angrily responds, "What's the matter with you two?? Of course only one eye and one ear are showing because it's a picture of his profile! Is that the best answer you can come up with?"

Extremely frustrated at this point, he shows the picture to the third blonde and in a very testy voice asks, "This is your suspect, how would you recognise him? He quickly adds, "Think hard before giving me a stupid answer."

The blonde looks at the picture intently for a moment and says, "The suspect wears contact lenses."

The policeman is surprised and speechless because he really doesn't know himself if the suspect wears contacts or not.

"Well, that's an interesting answer. Wait here for a few minutes while I check his file and I'll get back to you on that." He leaves the room and goes to his office, checks the suspect's file in his computer, and comes back with a beaming smile on his face.

"Wow! I can't believe it. It's TRUE! The suspect does in fact wear contact lenses. Good work! How were you able to make such an astute observation?"

"That's easy," the blonde replied. "He can't wear regular glasses because he only has one eye and one ear."

MEMBERSHIP

I guess it's time for a mention for our enthusiast's who have recommended new members!

This really is a special thanks to all of you that have recommended our club to your friends. We have a simple view of our running, which I hope you will all agree is the pleasure of running with friends. Our running each week is not only an effort for the individual but is also reflects the spirit for the whole of the club. Our primary aim is to offer to all members a sense of belonging. If you don't want to race then don't, however you will be asked if you would like to partake, don't afraid to say no, or yes. If you do want to race, RACE, and we will give all the support we can offer. We may be a relatively new club but we have members who have many years of running experience under their belts. Speak to them, seek advice, but don't forget improvement comes with effort.

Over the next month or two we intend to sponsor coaching courses, funds (& Courses) permitting. If you would like to take a coaching qualification please let Paul know. We can't guarantee you'll get a place, but you won't stand a chance if you don't speak up.

Recent attendances 20+ every Wednesday would suggest that the potential for the club is terrific. If you know any runners that are not members, yet, please re-assure them that they do not have to be of any given standard to join us. They can come along and try us out for a few weeks, with no commitment to join. However, if they do join, they get a friendly club and a social life as well as regular exercise and regular news of forthcoming events.

For the benefit of those persons reading this on the notice board, you don't have to be "fast" or "good" to be a member of Honiton Running Club; you only have to want to run. We WILL help or advise on any physical difficulty you may have with running. We all suffer minor ailments, whatever our sporting choice, don't let your minor ailment stop your physical pursuit or ambition!

Come along on Wednesday nights at 6:30 and try us out. We have a range of athletic ability, from 2.5 hrs to 5 hrs+ for a marathon. What's more, yours truly, has never run more than 9 miles (over an unmentionably long period of time).

As always, if you have a major (or non-specific) ailment that may be adversely affected by physical exertion, please SPEAK to your G.P. before partaking, Only you and/or your G.P. will be sure that you are healthy enough to burn off loads of calories.

BARBADOS 2001 - See last page.

Many of you have expressed an interest but now it's "make your mind up time."

For those that need to have the end of you'll miss out. made your all get together related matters.

OUR NEW
never happen

Pearl

People will forget what you said

People will forget what you did

But people will never forget how you made them feel

are interested, I total number by **October 2000** or Once you have decisions we will to discuss all

WEBSITE - will unless someone

has some time and enthusiasm to set it up & maintain it. If you like "messing around" with computers & the Internet here is an opening for you. The only reward will be to make us more visible to the world, you, as the designer, will learn loads and be kept busy! Any volunteers? Once more, please speak to Paul if you are interested.

Grrrrroan 2!

For Guinness Lovers (Wherever they are!)

The presidents of Miller, Budweiser, Coors and Guinness were at an International beer conference. They decide to go for lunch together and the waitress asks what they want to drink.

The president of Miller says without hesitation, "I'll have a Miller Lite, the number one selling light beer in the world!"

The president of Coors smiles and says, "I'll have a Coors draft, brewed from pure rocky mountain water!"

The guy from Budweiser proudly says, "I'll have a bud, the king of Beers!"

They all turn to the Guinness president, who glances at them and says, "I'll have water with a twist of lime, please."

The others look at him like he sprouted a new head.

He shrugs and says, "if you guys aren't drinking beer, then neither will I."

Local (ish) Fixtures/Events

(m/t = multi terrain)

08/10 - Addidas Autumn Trail Run 8 miles - Plymouth (m/t).

"Shopping is not a sport, and no, we're never going to think of it that way" - anonymous male.

15/10 - Mendip Muddle 20k Blagdon (m/t)

29/10 - Egdon Easy - Weymouth 10k (flat road)

29/10 - Teignbridge Relays - Newton Abbot - 4x4 miles (flat rural road).

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

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

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

Additional information:

BBC Children in Need Colyton 10K

All in a good cause, at Colyton on Sunday 19th November 2000 at 10:30. Two-and-a-bit laps of mainly flat country lanes. Single-lap 2.5 mile fun run Entry fees £6 (£7 unattached), £3 fun run Send a universal entry form with your cheque (payable to "Axe Valley Runners") and a SAE to Paul Morgan, 5 Dares Orchard, Colyford, Devon, EX24 6JR (01297 553743) Entries on the day.

1999 Participants (& Results where known)

53 Warren Oak 45:06

66 Ceri Simpson 48:18

84 Jo Lowman 53:37

Tom Pady

Karen Crow

(Fun Run)

Paul & Ben Lowman 24:00

Heather & Ezekiel

Let's see more of you entering this year!

WE ARE NOT ALONE!

Ever thought of how many other clubs there might be in the locality? Here's a few that you may have missed - (some of our members belong to these as first or second-claim members) including Axe Valley runners, Chard Road Runners, Crewkerne

Road Runners, Exeter Harriers, Exmouth Harriers, and South West Road Runners (Exeter).

WATER INTOXICATION (CHEAP BEER - SURELY NOT?) OR IS NOTHING SAFE ANYMORE?

You already know that it's vital to keep hydrated during long races and training runs, especially on hot days. But new research suggests that you can drink too much.

Texan doctor J Carlos Ayus studied the cases of seven runners who were hospitalised after collapsing after marathons. The runners all displayed similar symptoms - they were foaming at the mouth, nauseous and vomiting, and had fluid in their lungs. Brain scans also showed that their brains were swollen.

Ayus says that these are the symptoms of water intoxication, and are caused by dangerously low levels of sodium in the blood. When we exercise hard, salt is removed from the body through sweating. Gulp down huge amounts of water and you further dilute the salt in your blood. Drink too much and the results can be devastating.

Apart from the symptoms listed above, runners suffering from water intoxication also experience dizziness, blurred vision, headaches, cramps and even slurred speech.

This means that they can be misdiagnosed as suffering from heart attacks, dehydration or even strokes, and this can be fatal. But, reports Aus in the *Annals of Infernal Medicine*, if a proper diagnosis is made and the patients are administered a high-sodium, water depleting solution, a full recovery should be made. Fortunately water intoxication is extremely rare, but all the same it's well worth monitoring your fluid intake when you run. Drinking between 600-750ml an hour should be more than adequate, and rather than just glugging water, consume sports drinks. They will replace the electrolytes you're sweating out and will ensure muscle cells stay balanced with salts and minerals. Article - Stolen from Runner's world October 2000.

MIND BITES!

This is a new & brief area where some of those fleeting thoughts or views can be aired. If some aspect of running or fitness causes you anxiety or gives you great pleasure you may air that view here (anonymously if you wish). My first contribution to get things underway follows.

"Races, why should I race?" So far I've managed to "race" once at the Talaton Trotter. The event was pleasant & relaxed, I was confident and at the start I took off at a modest pace. After about 2 miles I felt like death and by the end of the race I didn't have enough energy to chase a fellow competitor the last 20 metres. My time was about 15 minutes longer than I had planned, what a failure. Boy was I disillusioned, on the way home stomach cramps and trembling legs made me feel even more incapable. If this is what racing does to you, then it certainly isn't for me! That was four months ago, and I still don't feel right! At least I'm now convinced that I picked up a "bug" of some sort and I still haven't completely shaken it off. I have to admit that for a confident type of chap, my race confidence is non-existent. Over the last ten days, for the first time in many months, I'm starting to see signs of recovery. Whether or not I'll race again remains to be seen, but at least I'm starting to enjoy my running at long last!

Watch your back at next few events, just in case

FINISHING POST

1. **CHRISTMAS DINNER** - anyone out there got any ideas for dates/venue? We will have to organise something very soon if we want to book a place before Xmas.
2. For email copies of this newsletter send your email address to HonitonRC@btinternet.com
3. Useful or Interesting Websites prefix all sites with "http://www." (Omit the quotes) for **Chiropractic matters** chiropractic-uk.co.uk/ **sports medicine** nsmi.org.uk/ for **happy feet** feetforlife.org/ **general running** runnersworld.co.uk/ coolrunning.com (loads of running stuff like an online magazine) pponline.co.uk - everything you ever wanted to know about sport and you. **Axe Valley Runners Website**, worth a look to find out what's happening locally - <http://www.perratt.f9.co.uk/avr/>
4. ukathletics.org - "our" governing national body or youthsport.net/ - this is a very useful site dealing with sporting activities, catering for "early years" to "secondary." And finally, in you have the time humankinetics.com/ this site and associated links will keep you occupied for days.
5. Discounts - **Iron Bridge Runner & Whose Sport** in Exeter will give a 10% discount on all purchases of running kit.

"A gross ignoramus -- 144 times worse than an ordinary ignoramus."

Unofficially the "Honiton Sports Shop," near the Post office, offers a similar discount. **ASK** prior to making your purchase.

6. If you would like your name added to the list of contacts please tell Paul.
7. **PLEASE** let me have your articles, anecdotes for inclusion.
8. Barbados <http://barbados.org/do.htm> try this link for a bit of information on Tourism and the Marathon/10k.
9. The map of Barbados (somewhere beyond this point) gives a very rough idea of where things happen. If things go according to plan we will have a villa on the East or West coast. Failing that, apartments on the southwest coast. More detailed maps will be available next year.



RE "THAT BARBADOS TRIP"

Please let me have your details on a piece of paper, include your full name(s), address, phone number of all individuals travelling with your party/family. Also ages of children that you are taking with YOU. I also need to know if you want to go for one or two weeks.

The race, which is the excuse for going in the first place, normally takes place the first weekend in December, which means 1st- 2nd December 2001 but is SUBJECT TO CONFIRMATION.

Something you need to consider in the meantime, the type of accommodation & location.

I hope to be able to arrange access to a large beach house on the east coast, this means pleasantly cool evenings in a rugged landscape, not too many mosquitoes, ideal location for surfing but due to adverse currents we would have to be selective about where we swim. This area is relatively isolated but other "private" locations might be available on the west coast.

The other option is to take a self catering apartment in a complex on the west/south west of the island, in this area you would have easy access to pubs, clubs, hotels, shopping, most water sports, markets and easy access to the capital city, Bridgetown. All the beaches are safe for swimming in this area, but there are more mosquitoes.

Once I have the list of people wanting to make the trip, I will arrange a viewing of some tourist type bits of information, including a video and detailed map of the Island.

Race details will come next year, once the year 2000 run has passed.

Please let me have your details before the end of October so that I can start looking for accommodation early. Before the booking is made I will require deposits to be paid up front! The amount required would be that required by the airline/agency to reserve the flights & accommodation where/if required. I have got a cut off date for applications, but I'm not saying what that date is, so make your mind up and let me have your details soon. If the decision is to go for apartments we may be able to defer the deposits for 3-4 months, but no more.

If you require any information to help you decide please speak to Paul or Jo.

IT'S TUESDAY OCTOBER 3RD 9:00PM, I'VE HAD ENOUGH & BY NOW I'M SURE YOU HAVE, GOODNIGHT & DREAM WELL, UNTIL NEXT MONTH,

Anon
Dame Luck.