

Wile E's World - Honiton Running Club Newsletter - October 2001



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News & Information

Club email - HonitonRC@btinternet.com

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

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

21/10/01 - The Grizzly - Marshals required. If you have about 4-5 hours to spare on the day AVR would like helpers to marshal the event. It's a nice opportunity to see the event & offer encouragement to some very tired competitors. If you are able to help please speak to Paul.

New Members - Welcome to Dot Grove, a runner of old making a welcome return after a few years of absence. Also welcome to Julian Gigg, using running to supplement the Rugby training (I think). They'll never catch you now Julian (*I doubt if I will either*).

Finally, welcome to Joanne Nicholls, daughter of Alan. Jo has started regular training in preparation for the Barbados Half marathon in December and has also dropped in on a few of our Friday sessions.

MONT BLANC CLIMB FOR HOSPISCARE

Warren (Oak) and his colleague Martin Smith climbed the 16,000 ft Mont Blanc, one of Europe's highest peaks. They flew to Geneva on Friday 7th September and began climbing on the same day. Warren is raising money for Honiton Hospiscare and the Fire Service National Benevolent Fund. Warren mentioned that he was "cheated" and didn't actually get to the summit, but you must speak to Warren for the full story. If you would like to contribute a little sponsorship money, belatedly, see Warren or Ceri & support two very worthwhile charities.

The Club Fun Run.

The fun run took place on 16/9/2001 (as if you didn't know).

First a Very Big thank you to all of you that helped to make the event a success before and "on the day." Special thanks to Alan for co-ordinating (directing) things on the day & also to Geoff for his time attending meetings & paying courtesies calls to local landowners amongst many other things.

An equally big "THANK YOU" TO Nikki & Jo for visiting the local traders seeking spot prizes. You can see from the list below just how hard they worked and how successful they were.

Finally, another big "THANK YOU" to all of our spot prize sponsors, it is your generosity that helped to make this event the success it was, there were no losers on the day.

Did you know? In "Casablanca",
Humphrey Bogart never said
"Play it again, Sam."

John's Hairdressers (Vouchers)	Honiton Pottery (Plate)
Pike's Picture Framing (Pictures)	Honiton Lace Shop (Handkerchiefs)
Highfield Stores Dunkeswell (Wine)	Country Lines Gift Shop (Clock & Soaps)
Dolland & Aitchinson (Spectacles Case)	Honiton Dairy (Fudge)
Wine World (Bottle of Wine)	Honiton Toy Shop (Karaoke Keyboard)
Little Venice (Handbag)	Honiton Sports & Guns (Book, Hats, Towel & Baseball)
Alan Rowe Hairdressers (Ladies and Gent's hair care)	Moss Chemist (Children's bubble bath)
Diamonds (Face mask kit)	Leo's (Tee shirt)
P & J butchers (Vouchers)	One 2 One hair studio (Vouchers)
The Golden Tassel (Picture frame)	Beauty & Perfumery (Body lotion gift set)
Gemini Gallery (Fish Mobile)	Leasons (Silver Photo Frame)
Fogarty's Books (Voucher)	Ganesha Wholefoods (Voucher)
Pound Shop (Bath set)	The new dolphin hotel Liberty's (Vouchers)
Just Cards (Coffee Mug)	Cre 8 (Voucher)
Hi Ho Silver (Silver Brooch)	Richard Fordyce (Amway Artistry Cosmetics)
City Arts & Crafts (Exeter) (Glass painting kit)	Honiton Cycles (Cycle Lamp)
Blue ball Inn - Sampford moor (2 bottles wine)	Finishing Touches Kitchen and Home (Coffee Mugs)
Honiton Sports Centre (Family Swim Pass)	Courts Florists (Pot Plant)
Finishing Touches (Trivet)	Highfield Fish Bar (Dunkeswell) (A Meal for two)

There were 75 race entrants and after "all expenses" all of the profits (£85.11) were donated to Hospiscare.

Next year we intend to hold the fun run as part of the main 12k run in the hope that runners in the main event will be able to bring their families along to join in the fun. More information on this at a later date.

Race Report

The Seaton Half marathon, 6.5 miles & 1 mile fun run. I have to admit to knowing little about the actual event this year as I had to work the weekend of September the 9th. Anyway the day was windy, particularly alongside the river Axe, but also warm. We did manage to get some results and they are as follows:-
 Dan 1:35:47 (PB), Alan 1:42:45, Dave 1:46:13 (PB), Pete P 1:59:17.
 For the 6.5 mile run (one lap of the half marathon course) Jo N. 50:50, Jo L. 58:00 & Karen alas, no time.

Musbury Castle Challenge

Sunday the 30th of September saw the first of the winter weather fronts arrive & with the Musbury Castle Challenge, 6.5 miles multi-terrain. This event has been likened to the local equivalent of a fell run, or running up & down a wall! The weather, gales and torrential rain, made course more gruelling than usual as competitors had to run across the "cornfield" carrying a few pounds of sticky mud on each foot. Despite the atrocious conditions Ceri crossed the finish line in 58:20 & was awarded the Trophy for the first lady finisher. After a race long cat & mouse chase, Pete Lyus finished in 1:10:44 with Jo Lowman following close behind in 1:10:51. Jo received the trophy for third Veteran Lady finisher.

Taunton 10k. At least at Taunton the tarmac was firm under foot and fairly level, but the conditions were still far from ideal. Dan, Alan, Jo & Mike Hayes decided to brave the conditions & pound the streets. In a field of around 500 runners the atmosphere more than made up for the wind and rain. Dan Brown was the first Honiton RC member to cross the finish line in 41 minutes 30 seconds, Alan Nicholls 45:45 with daughter Jo, running this distance for the first time in 46:52. Finally Mike Hayes appeared shortly after in 48:36.

The HRC flag still flies high, well done all of you!

September 2001 Handicap Report.

14 Runners toed the line for this month's handicap on a fine Wednesday evening. Seven of the fourteen runners recorded new personal best times and three runners tried the event for the first time. The glut of PB's proves that the fitness level of club members is definitely improving and that the improvements are a good testimony for the continuation of the competition. Sandy Marriott took the trophy by being first over the finish. Sandy missed training for most of the year but has now got the benefit of a months running with a personal best time of 33.46 beating her October 2000 time by 2.09. Second home was Julian Gigg who ran his first handicap while Nikki, his wife and usual handicap performer, was at home looking after the children. Julian ran a time of 22.48 despite stopping half way round to remove his trousers. Third home was Gerry Evans with a new personal best of 25.24, fifty-six seconds better than his February time. Gerry beat newcomers Jo and Lyn Merritt by one second. Maggie Dillon was next home with a new personal best time of 32.28 beating her July time by 18 seconds. Ceri Oak should have come in next but for a (rare?) mistake in Alan's calculations (sorry) which gave her an extra handicap of 34 seconds. It only made her more determined as she whizzed around in a new personal best of 21.15 four seconds inside her May time.

Alan Nicholls was next home with a new personal best of 21.03 beating his June time by 21 seconds. Dan Brown also ran a new personal best of 19.15, an improvement of 41 seconds. Dan has improved every time he has run the event from a starting time of 24.32 in January. Peter Pengelly strolled around the course in 25.45 to improve his personal best by 71 seconds followed by Mike Hayes in 22.49. Sue Jones was next home in 27.47, followed by Jenny Sleeman in 26.24 and Joyce Curtis in 37.41.

Next months race is the last in this year's points trophy competition and things are very tight at the top. Ceri has now completed the eight qualifying races and has leapfrogged Alan and Sue to the top of the table. However while Alan looks to be out of the running Sue could triumph next month even if she doesn't beat Ceri in the race, as she would be able to drop a

previous high scoring result from her points tally. Mike Hayes is also in contention if he runs the October race to complete his eight. He needs to beat both Ceri and Sue by a small margin but the final placing is very difficult to predict and will definitely tax the mathematical powers of my ageing calculator.

Alan

The next Committee meeting will be at 7:30 p.m. on January 8th 2002 at Paul's house.

Social Event -The next event "THE XMAS DINNER."

Correspondence

All race application forms are now being put on the notice board, help yourselves to whatever you want.

If you want to attend a particular event ask around as someone may just want to join you!

London Marathon 2002

The Flora London Marathon Club ("Free") Place, has been applied for. If you are thinking of "having a go" and would like the club place than please speak to Paul a.s.a.p. as the entry form will not arrive until December which mean you won't get it until January. 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.

The person receiving the place will be required to raise sponsorship for our nominated charity for the 2001-2002 season, i.e. Hospiscare. Details will be discussed prior to the allocation of the place.

Groan 1 (Thanks to Kev for this one)

An Essex girl goes to the council to register for child benefit.

"How many children?" "10"

"10!?" says the council worker.. "What are their names?"

"Wayne, Wayne, Wayne, Wayne, Wayne, Wayne, Wayne, Wayne, Wayne and Wayne"

"Doesn't that get confusing?"

"Naah..." says the Essex girl, "It's great because if they are out playing in the street I just have to shout WAAYNE, YER DINNER'S READY or WAAYNE GO TO BED NOW and they all do it..."

"What if you want to speak to one individually?" says the perturbed council worker.

"That's easy," says the Essex girl..."I just use their surnames"

Nutrition (Part 3)

Supplement speak

Scientists have assured consumers for years that a balanced diet provides plenty of vitamins and minerals - a surplus, even.

Recently, however, these same scientists seem to be eating their advice - and their supplements, too. The word out now is that additional vitamins provided through supplements may improve health, ward off cancer, heart disease and cataract formation and even hasten recovery from sports injuries.

Although many scientists are uncertain as to whether taking vitamins in supplement form is as healthy as eating them in foods, most agree that taking a supplement that provides 100 per cent of the RDA is safe, even though it will send your vitamin and mineral intake above the RDA.

Why the change of heart? Some scientists are now beginning to denounce RDAs as behind the times. The standards, they say,

don't take into account everyday health stressors such as poor air quality, heavy exercise and certain medications. Some recent studies of vitamins prove these criticisms valid - all the more reason to get up to speed with your vital nutrients. Evaluate the big picture of your diet before you decide to bolster your vitamin intake with supplements. If you or your GP decides that you are receiving more than the RDAs for most vitamins through your food, all the better. However, if you find your diet lacking in several vital nutrients, look to vitamin-rich foods and perhaps consider taking a supplement or two. Natural and synthetic vitamins are equally beneficial. However, if you are supplementing with more than the RDAs, divide your dose in half and take each half with meals.

The following is a rundown of the latest research on a handful of big-name nutrients.

Vitamin C

While researchers remain unconvinced that vitamin C can ward off the common cold - the purpose for which it is most famous - they concede that it may help prevent heart disease and cancer as well as cut the risk of cataract formation, the leading cause of blindness in people over age 65.

As an antioxidant, vitamin C neutralizes free radicals, which are destructive chemicals that damage cells, allow cancer and heart disease to develop and may contribute to signs of aging. Free radicals are formed as a result of oxidative damage to the body from exposure to sunlight, air pollutants and even oxygen in the air. Vitamin C simply acts like a fire extinguisher, putting out the free radical fires and controlling further damage.

The current RDA for vitamin C is 60 milligrams, but recent research has called this value into question. In one 10 year study, scientists found that men who consumed a 500-milligram vitamin C supplement in addition to at least 50 milligrams of dietary vitamin C daily had a 42 percent lower death rate from heart disease and stroke than men who took no supplement. Likewise, women who consumed a daily supplement had a 25 percent lower death rate than women who didn't. Cancer deaths were also lower for the supplement takers. In the end, these results translated into significantly longer life spans - about five additional years for the men, one for the women. Other vitamin C studies suggest that supplementation may help prevent cataracts caused by oxidative damage.

Key sources of Vitamin C are blackcurrants, strawberries, orange, cantaloupe, kiwi, red peppers, broccoli and mango.

Beta-Carotene

Not a vitamin at all, beta-carotene is a plant pigment that is converted to vitamin A once it's inside your body, if the need exists. For example, when you eat a carrot or any orange or yellow vegetable or fruit, your body may convert some of the beta-carotene to vitamin A. The remaining beta-carotene acts as an antioxidant, dousing free radical fires and preventing oxidative damage. Like vitamin C, beta-carotene in large amounts appears to fend off diseases that have their roots in oxidative damage, including cataracts, cancer and heart disease.

In a large study involving women, cataract risk was found to be the lowest in participants who consumed lots of beta-carotene from foods such as broccoli, carrots, winter squash and sweet potatoes. And in a second study, risk of lung cancer was found to be significantly lower in men who ate a beta-carotene-rich diet. These studies investigated the benefits of a diet packed with beta-carotene, not the effects of taking a beta-carotene

supplement. However, researchers at Harvard University in the USA are currently looking into the latter. They are testing whether a 50-milligram supplement of beta-carotene taken every other day helps prevent cancer and other degenerative diseases caused by oxidative damage. The results may shed some light on exactly how much beta-carotene is needed for improved health. Right now, scientists suggest that 5 milligrams daily is plenty. Key sources are pumpkin, sweet potato, carrot, spinach and broccoli.

Vitamin E

Along with vitamin C and beta-carotene, vitamin E is an antioxidant. While many of its touted benefits, such as the ability to prevent scar formation and to fuel sexual potency, haven't held up in research, vitamin E has been proven to mend some of the signs of aging and other changes that occur as the result of oxidative damage.

Aging people have greater levels of dienes* markers in the body, that indicate oxidative damage, than young adults. However, when older people take vitamin E supplements in amounts 20 to 40 times over the RDA of 10 milligrams, their diene levels go down, which suggests that the cells aren't aging as quickly. The same

The liquid inside young coconuts can be used as substitute for blood plasma.

But for those of you going on the Barbados trip I recommend Coconut water added to a good measure of the local Rum.

holds true for athletes, who commonly experience oxidative damage to muscle cells during exercise. A brisk run, for instance, raises diene levels in athletes of all ages. Yet several studies have shown

that supplementation with vitamin E for several weeks lessens oxidative damage after exercise. According to some researchers, athletes - especially those who exercise intensely or are routinely exposed to air pollutants during exercise - may benefit from vitamin E supplements.

The Recommended Dietary Allowance (RDA) for vitamin E is 10 milligrams. Key sources include sunflower oil, wheat germ and almonds.

Folic Acid

Also called folate or folacin, this B vitamin plays a crucial role in making new blood, muscle and skin cells. Simply put, you must take in adequate folic acid for the body to produce these cells perfectly day after day. Take in too little folic acid, and you may suffer from anaemia accompanied by severe fatigue. Take in amounts exceeding the RDA, and your body may perform 'miracles'.

Over the past decade, enough research has accumulated to suggest strongly that folic acid taken before pregnancy and during its first trimester can greatly reduce the number of babies born with severe neural tube defects. Many doctors currently recommend that any women of childbearing years should increase their folic acid intake to 400 micrograms, exactly twice the RDA of 200 micrograms. Because 400 micrograms is tough to take in through diet alone - a women would have to eat one cup of cooked spinach in addition to one cup of cooked beans daily - these recommendations appear to point towards supplementation.

Key sources include lentils, spinach, kidney beans and asparagus.

Well that's a three-part insight and one author's opinion of nutrition; I hope you have found it interesting. It is by no means the definitive article and there are plenty of good sports & nutrition books available at your local bookshop, try 'em out.

* Diene an organic compound with two common bonds between Carbon atoms (I'll bet than doesn't help much), see "Finishing post" for details of a cheap source of vitamins & supplements.

Groan 2 – Again, courtesy of Kev

The "LOST CHAPTER OF GENESIS..."

So God asked Adam, "What is wrong with you?"

Adam said he didn't have anyone to talk to.

God said that He was going to make Adam a companion and that it would be a woman.

He said, "This person will gather food for you, cook for you, and when you discover clothing, she'll wash it for you.

She will always agree with every decision you make.

She will bear your children and never ask you to get up in the middle of the night to take care of them.

She will not nag you and will always be the first to admit she was wrong when you've had a disagreement.

She will never have a headache and will freely give you love and passion whenever you need it."

Adam asked God, "What will a woman like this cost?"

God replied, "An arm and a leg."

Then Adam asked, "What can I get for a rib?"

The rest, as they say, is history.

(Ladies - if you've seen the second lost chapter please send it to me for publication)

"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.

14/10/01 - North Devon 10k, South Molton.

21/10/01 - The Grizzly (20m) rescheduled. Entries closed.

28/10/01 - Teignbridge (Kingsteignton) 4x4 mile relays, flat rural course & **team** event.

18/11/01 - Colyton 10k - Children in Need (+fun run)

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.

MIND BITES! (Food for feet?) Want to air a view or experience regarding running kit, retailers, an experience you've had or a miracle cure for an injury? Found an article somewhere you think we should include? Pass your information, articles etc., to Paul, but for the moment, read on

It's Official, the rest of you have ideas ☺. One of you (who shall remain nameless) commented while running the other evening and I quote "that's a good idea, Paul you could use that in the newsletter" to which I retorted "well volunteered, you could write a short piece" after which it went very quiet.

But seriously your ideas & views are always welcome. You don't need to write a "full blown" essay, just jot down a few ideas & notes then I'll do my best to turn the item into an article on your behalf. I run my spellchecker & try to keep the grammar down at my level (that bit is easy).

Also, if you have any questions you would like answered within these pages then you ask & I'll do my best to either an answer you directly or find someone who can.

In the meantime, I found these "tips" somewhere now they are yours.

1. Warm up before exercising.

2. Afterwards, warm down and make sure you stretch again.

3. Take a daily supplement of glucosamine sulphate to help lubricate joints and keep cartilage healthy. (Available from health food stores and chemists.)

4. Eat plenty of fish (twice a week at least), unless you are vegetarian. Also, olive oil, nuts and seeds to give the body a natural dose of healthy fats to lubricate joints. Also, take a daily

cod liver oil supplement for the same reason.

5. Drink 1.5 litres of water a day; more if you are exercising heavily; to lubricate the body and ensure nutrients reach the joints.

6. Avoid tea, coffee and alcohol as they are diuretics and undo all the good work.

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).

<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 Website, worth a look to find out what's happening locally - <http://www.perratt.f9.co.uk/avr/>, we have a mention on this site.

Barbados <http://barbados.org/do.htm>!

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 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@ExmouthHarriers.co.uk)

**You have to stay in shape.
My mother started walking five miles a day
when she was 60. She's 97 now and we have no
idea where she is!**