



RACE REPORT

Hazelbury Plucknett

Well done to those of you that tried the Hazlebury, a pleasant cross-country event.

Placing:-

Kevin	00:35:27	1 st place (1st claim for AVR)
Alan	00:49:20	36 th
Jo	00:58:13	49 th
Lynne	01:02:02	52 nd

NEWS & INFORMATION

Club email - HonitonRC@btinternet.com

To save paper I am considering printing a smaller font, if you prefer this size tell me.

YOU MAY, or may not, be interested to see the details of our insurance policy/cover under UK Athletics.

In particular, please take note of the information in the heading "**WHAT TO DO IN THE EVENT OF A DANGEROUS INCIDENT OR AN ACCIDENT**". If you should be involved in, or witness, an incident please write down all the details as soon as possible after the event & pass a copy to a club official at your earliest opportunity.

NEW MEMBERS

Hardly new but, welcome to Jerry Evans who has recently "made it official." Also welcome to some of the newer faces to "try us out" namely Nicky, Sue, Deb & Amy.

CLUB KIT

Another order for sweatshirts is due to be made soon, speak to Dave Dunn for details/requirements or add your name & requirements to the list on the notice board.

Race Colours - We are also about to order Vests for our official engagements, namely races. If you place an order you are obliged to pay for the goods promptly. Black, Red & White Vests & Shorts are £13.99 each, if our total order value is £200+ we can claim 15% discount, see Paul or Dave very soon.

HONITON RC ANNUAL RACES

Provisional dates and courses have been established & we hope to have definite information soon. If you have spare time/organising or special skills or would just like to assist with the administration and organisation of the events please contact Geoff Waller or Paul. There will be two events, A fun run of around 4-5k & a second of 10k plus. If

you have a suggestion for a course, it's not too late to tell us, speak now or forever.

HANDICAP - Got one? What's yours?

From October 2000 we will be introducing a Handicap Race for the first club night of each month. The course, to be decided, will be approximately 5k (3.1 miles) and as level as is practicable. Everyone is eligible to compete after one entry to establish an initial time. Alan Nicholls will be organising the event and will be looking for volunteers to do the timing. Anyone, non-runners included, that would like to assist please contact Alan. The event will start at 7:00 p.m. sharp, please allow yourself at least 20 minutes to warm up before the start or you risk injury.

Groan!

Them ole' one liners

Man: "Haven't I seen you someplace before?"
Woman: "Yeah, that's why I don't go there anymore."
Man: "Is this seat empty?"
Woman: "Yes, and this one will be too if you sit down."
Man: "So, wanna go back to my place?"
Woman: "Well, I don't know. Will two people fit under a rock?"
Man: "Your place or mine?"
Woman: "Both. You go to yours and I'll go to mine."

Man: "I'd like to call you. What's your number?"
Woman: "It's in the phone book."
Man: "But I don't know your name."
Woman: "That's in the phone book too."

BARBADOS MARATHON/10k 2001

There has been a bit of confusion about proposed year so once again - **HOW ABOUT A WEEK (or two) IN BARBADOS** - I am still thinking of organising a trip to Barbados for the 18th Barbados Marathon (or 10k if you prefer). Without numbers it is difficult to give exact prices but the general details are:

When - December 2001 (lot's of time to save up)
I would expect the cost to be, including accommodation & flights, around £500-600 each (for at least one week, possibly two). It could be less depending on the date we

depart. Until I have numbers of those interested I can't be sure.

N.B. The event is about a week earlier than I thought (1st week of December).

Food - eat out or in lot's of tropical delights to tempt you, and it doesn't need to be expensive, but can be!

The **weather** is normally dry in December & the **temperature** is typically 80°f+, humidity relatively low.

Currency - Barbados \$, approx \$3 = £1.

Virtually every water sport you can think of is available from jet skiing to snorkelling & surfing.

Vaccinations - Normally none but sometimes Hepatitis is given.

Insurance - the normal worldwide cover is required particularly for medical treatment. If you don't already have travel insurance I may be able to get very good worldwide annual cover for under £70 for family cover!

If you are seriously interested in the holiday (& run) of a lifetime please let me know before the end of September (2000).

This morning (6/9/00) I acquired information from a running tour company giving full details of an organised package trip for this year, a copy is available on request.

Armadillos are the only animal, besides humans, that can get leprosy!

Committee meetings are normally held bi-monthly. Our next two "normal" scheduled meetings are on: -

"Tuesday 7th November 2000 @ 7:30 p.m.

"Tuesday 9th January 2001 @ 7:30 p.m.

THE NOVEMBER MEETING WILL BE AT PAUL'S HOUSE.

If you wish to contribute to a committee meeting please come along, but try to let Paul know in advance.

Grrrrroan 2!

GCSE ANSWERS GIVEN DURING 1999 (Hmmm!)

Q. Use the word "judicious" in a sentence to show you understand its Meaning?

A. Hands that judicious can be as soft as your face...

Q. How important are elections to a democratic society?

A. Sex can only happen when a male gets an election

Q. What is a turbine?

A. Something an Arab wears on his head

Q. What is Britain's highest award for valour in war?

A. Nelson's Column

Q. Who was it that didn't like the return of the prodigal son?

A. The fatted calf

Q. What's a Hindu?

A. It lays eggs

Q. Name the four seasons

A. Salt, mustard, pepper, vinegar

Q. What changes happen to your body as you age?

A. When you get old, so do your bowels and you get inter-continental.

Q. What guarantees may a mortgage company insist on?

A. They'll insist you're well endowed if you're buying a house.

FIXTURES/EVENTS

10/09 - Seaton Half

17/09 - Exmoor Doone Run 11.4 miles - Tough m/t.

24/09 - Experian Robin Hood Marathon - Nottingham

24/09 - Taunton 10k

24/09 - Woodbury Wobbler 12 miles approx.

01/10 - Brixham 10K & 2k fun run.

08/10 - Addidas Autumn Trail run - 8m + fun run 1.5m
- Plympton

FINISHING POST (misplaced this month)

1. For email copies of this newsletter send your email address to HonitonRC@btinternet.com

2. Useful or Interesting Websites, for **Chiropractic matters** <http://www.chiropractic-uk.co.uk/> For **sports medicine** <http://www.nsmi.org.uk/> for **happy feet** <http://www.feetforlife.org/> general **running** <http://www.runnersworld.co.uk/>

<http://www.coolrunning.com> (loads of running stuff like an online magazine) <http://www.pponline.co.uk> - everything you ever wanted to know about sport and you

3. 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.

4. If you would like your name added to the list of contacts please let Paul know.

5. Please let me have your articles, anecdotes for inclusion.

Your stomach has to produce a new layer of mucus every two weeks otherwise it will digest itself!

The following insurance information was copied verbatim; I accept no responsibility for the English grammar - pl.

UK ATHLETICS - INSURANCE COVER FOR CLUBS/CLUB OFFICIALS

As an affiliated club or organisation, you are automatically provided with insurance cover related to “athletics activities.” This not only means training and competitions, but also club/region administrative meetings, social and other club activities. It does not, however, cover hazardous activities - bonfires, parachuting, bungee jumping etc. - even if they are organised at or by the club. The following tells you what the insurance cover is that is provided, what to do if you ever need to make a claim, and the additional cover that it would be wise for you to consider arranging personally.

WHAT COVER IS PROVIDED?

A. PUBLIC LIABILITY AND THIRD PARTY INSURANCE

This policy relates to the legal liability of the club or organisation and officers acting on behalf of it.

The value of cover provided for any one incident is up to £10,000,000, in the case of property damage the first £500 of any claim is not covered.

The policy covers clubs within Great Britain and Northern Ireland - including the Channel Islands and the Isle of Man.

Subject to legal liability being proven, the policy would apply in the following cases:

- Accidental bodily injury to any spectator, official, athlete or visitor.
 - Injury caused through the sale of food and drink as part of club activities.
 - Injury caused as a result of incidental first aid administered
- Accidental damage to material property belonging to a third party — for instance damage caused to fences on land being used for a cross country race.

GENERAL POINTS TO NOTE

- This is not a personal accident policy, liability for injury or damage has to be established (if an athlete trips over their own shoelaces and breaks an arm, unless they can prove that the club, or an official /coach was to blame there is no cover).
- There is no age limit applied to the cover.
- There is no cover provided to a non-affiliated clubs, organisations or groups of athletes acting independently of their club. In the case of “Permit Events” the entry fee must contain an element for temporary membership.
- Injury arising from medical or physiotherapy treatment is covered by the practitioners’ insurance, not this policy.
- If injury or damage is caused by a deliberate act or omission there is no cover.
- Damage to or loss of a club’s own property is not covered by this policy, clubs should make separate insurance arrangements for any property they own (Accidental Damage Policy).

B. TRAVEL INSURANCE

This policy covers athletes undertaking journeys outside the UK as a member of a representative team. A representative team is defined as one competing abroad on behalf of UK Athletics, AAA of E or the regions.

COVER PROVIDED

Medical expenses abroad	£500,000
Additional travel	£10,000
Costs incurred by cancellation	£5,000

The following cover also applies to athletes when they are travelling inside the UK to and from major athletics meetings (promotions and championships of UK Athletics together with regional championships and matches):

Personal property	£1,500 per person
Money	£500 per person

WHAT ADDITIONAL INSURANCE SHOULD EACH CLUB ARRANGE?

None of the policies provides motor vehicle insurance, or property belonging to the club. If in doubt you may should contact an independent insurance broker, or you may wish to receive advice from our brokers -Beddis Hobbs.

WHAT TO DO IN THE EVENT OF A DANGEROUS INCIDENT OR AN ACCIDENT

DANGEROUS INCIDENT

Notify the management of the facility where this occurs who should notify David Young, Facilities Manager at UK Athletics.

ACCIDENT

To enable the processes and procedures to be worked through with the least disruption it is advisable for all details relating to the accident to be collected and recorded.

Such information should include:

- date and time of accident.
- details of the injured person(s) or property where the accident took place.
- at which event (if any).
- who was promoting the event.
- description of the incident and how the injured person(s) were involved - a sketch may assist.
- what injuries, if any were sustained.
- was First Aid given, if YES by whom.

- weather conditions or any other factors which may have a bearing on the incident.
- details of any witnesses.
- details of the person making the report.

Copies of the information collected should be passed in the first instance to National/ Regional Association of the location in which the accident took place. This in turn will be passed to UK Athletics who will issue a claim form if an insurance claim is to be made.

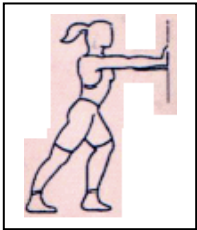
In the event of any losses these should be notified to the local organiser of the event being attended or the club secretary if not an event and the local police.

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Crutchless

Injury prevention, A few stretches, feet to shoulders!
 Try them in order before and after a run, if it starts to hurt STOP!

1. Calf,



Lean forwards placing your hands against the wall at shoulder height. Keep your hips forward and your front leg bent. Keep your back leg straight with the heel pressed into the floor.

2. Quadriceps



Press your hips firmly into the floor, bending your right knee up towards your buttocks. Gently ease it into your buttocks using your right hand. Repeat on both sides

3. Hip and Thigh



Bring your right leg as closely as possible to your chest and hold it there. Keep your left leg firmly stretched out along the floor. Repeat on both sides.

4. Shoulder



Stand tall, keeping your spine long and your shoulders down away from your ears. Take one hand up and aim to ease your other arm down.



5. Spine and Trunk

Keep your spine long and your shoulders down as you twist away from your bent

leg. Use your opposite arm as a lever to ease around as far as possible.

6. Back



Bend your knees slightly and tilt your pelvis under. Interlock your hands away from your chest, rounding your upper back and tilting your head to look downwards.

7. Chest



Place your hands on the small of your back. Try to bring your elbows together, holding your furthestmost point.

**Anon
 Dame Luck.**