



HONITON RC NEWSLETTER SEPTEMBER 2009

Even more thoughts of Chairman Plow

Hi All and a hearty welcome to the first newsletter of 2009.

I would first like to extend my thanks to Sandra for contributing her editorial and publishing skills over the last few newsletters and also thank you to those of you that have also contributed to the news "jigsaw."

Dennis has, bravely, agreed to take on the role of editor, wordsmith & publisher for a few issues and hopefully he will enjoy the job so much his role will become substantive.

When Harold Wilson said "a week in politics is a long time" he hadn't tried serving on the committee of a running club (someone will no doubt prove me wrong) or he might have quoted "a day" to illustrate his point. From an administrative perspective the admin workload has, hopefully, peaked and we, your committee, will soon have the time to concentrate on running once more.

If you have been reading your copies of the committee meeting minutes then you will have a pretty good idea of what is happening, if you don't have the time or inclination to read them a change is coming along soon that will have an impact on all of us, for the better I think.

The issue of a hard training session on a Monday night has been raised on a number of occasions. The feeling has been that after a Sunday race or a long training run we should be having a recovery run the following day not another hard training session. So, in an attempt to correct this "blip" in our training schedule "the times they are a-changin'" to quote the great Bob.

From September; Mondays and Wednesdays will have a role reversal. Monday will become the evening for a social/recovery run to allow those tired muscles time to recover from the previous day's activities. Wednesday will become the training night and our coaches will, where available, prepare sessions to improve fitness and train for specific events as and when required.

This change should not impact on after run activities or scheduled monthly pub runs. We hope to continue these arrangements and use the change of location as an opportunity to have organised and varied training sessions. Where a training session is going to be shorter there will be more opportunity for a social events or an early return home.

We will also, after the success of the recent visit of Mark Brace, be arranging alternative fitness training sessions. These will be placing more effort in developing Strength & Conditioning, Plyometric exercises (training designed to produce fast, powerful movements) all in a circuits based environment. So a completely different but complementary training regime in addition to our current activities. Alan will provide more details soon.

These session changes will also be subject to the normal seasonal considerations so that our coaches can have a break as well.

Nothing we are planning is irreversible so please let us have your feedback on the changes, preferably when you have given them a try, then we can make fine adjustments as required.

The time to dust off those headlamps is fast approaching, so we had better start looking for them soon. Roger has a few headlamps for sale so don't if you can't find your's don't leave it too long before you buy.

Over to you Dennis.

Happy running, regards from
Paul

STOP PRESS

A little while before we went to press the happy announcement arrived from Andy that at long last Ruhi had given birth to a baby daughter on August the 19th at 1.45pm. Mother and baby both very well. At the time of writing a name hasn't been decided (yet). You will also be pleased to hear that Sandra Thorpe won the draw (Yet Again!) for guessing the Date of Birth.



D'amore a Italia (Romance in Italy) by Simon and Claire

We did a bit of running while out in Italy last week. Monte Baldo overlooks Lake Garda. I have to confess, we did not run up to this point (see photograph), we took the cable car. But one day we tried some run / stroke walking on the mountain ridge, getting to over 2000m, but it took us well outside of our comfort zone for safety and having the correct clothing, so after a few hours we aborted an attempt to follow a route to the summit and back down to the lake on that day. We then had another more conservative go later on in the week and did a walk / run down from the cable car station to the lake, on a slightly more defined path, still taking the best part of three hours. Fantastic views as you might imagine from these sort of heights.

A HEALTH QUESTION ANSWERED: by Doctor A Plagiarist

Q I have recently started running again after a long period of ill health. After each session, it is extremely painful to walk or even to touch my shins. I have been told that I have 'shin splints' and have been advised to rest for a month. Are there any other options and how can I continue to train?

A The term 'shin splints' is not a diagnosis as such but a generic term for a group of shin-related symptoms that may be due to various causes. The most likely of these are stress fractures: micro fractures associated with repetitive-stress activities such as running. An x-ray or bone scan can show if these are present.

If so, the pain and inflammation can be reduced with non-steroidal anti-inflammatory tablets (check with your GP first) but rest is the only long-term cure. This will typically take a few weeks.

In future, it will help if you reduce the level of your impact by running on softer surfaces, such as grass, losing weight and wearing adequate footwear. Swimming is a good low-impact way to maintain fitness during your recovery.

ARE YOU A DRUG ADDICT? By Senor Diaz Epam

Did you know that excessive running can be, quite literally, as addictive as heroin?

Researcher as Tufts University in Boston believe that extreme exercise sparks a reaction in the brain similar to that caused by hard drugs. Indeed, sudden withdrawal can lead to symptoms like those seen in addicts: trembling, chattering teeth and drooping eyelids.

"As with other parts of life, moderation seems to be the key," said Professor Robin Kanerek, the lead author of the study, published in Behavioral Neuroscience.

Her team observed rats, some of which exercised excessively on a wheel and others that remained inactive. Those that exercised excessively seemed to undergo the same brain change as rats addicted to drugs.

You've been warned!



Another Season Arrives by Andy Guest

Spring flowers have come and gone, sun flowers are now in full bloom reaching for the sky. The landscape once again has changed as the temperatures reach 41 degrees and is still climbing; the heat has parched the land.

The earth has become like a powder and I am reminded that forty years ago Neil Armstrong took the first steps on the moon. I observe how each step I take, the powder explodes underneath my foot sending dust into the air, when the dust settles my foot print is left. One foot print can be far more dramatic than another. The feeling Neil Armstrong had looking at his foot print far outweighs the feeling I'm having looking at the powder that is below my foot.

Afghanistan has started its election process as candidates promote their names, vocal demonstrations have already started. Over here it comes down to who comes from what tribe. Candidates will seek backing from other tribal leaders, none more so than President Hamid Karzai. For example, a tribal leader whom some say is a drug lord is canvassed for his support as he has many followers due to his standing as a tribal leader, President Karzai offers him a position on his government if his province supports him. Now you understand why warfare will not resolve this country's problems.

The ANA Camp expansion has resulted in the guards being removed from the inner towers on two sides, in my opinion I am able to run along the two sides of the Camp and not be at risk. I elect to run with my day sack carrying a pistol and one spare magazine...hey!!! It would be like owning an AAD on your parachute equipment and leaving it switched off... if you have to use it.

The sun is going down and I set off on my run, the air is so hot it's like breathing in from a hair dryer. I hit my half way mark and turn back not wanting to come any closer to any armed towers (due to the shooting of two Americans). On the way back I am in a corridor between two fences, in front of me I am confronted by an Afghanistan fighting dog (retired). We eye each other up as we assess our predicament, how to pass each other in this narrow corridor. He growls and I can feel I am starting to lose weight; to turn would put him at an advantage. I pick up an old sack and start swinging it, he growls louder but takes a few steps back. I feel the emphasis is with me to keep pushing forward, I hear a shout which is followed by laughter. A group of Afghans on the other side of the fence have seen some entertainment not to be missed.

I almost sense that bets are being laid out as to who is going to win this confrontation. The dog retreats far enough that it is able to step to one side around the corner and allows me to pass. To try and save some of its dignity it does a dummy charge growling as loud as it can. I accelerate my pace down the track, the Afghans cheer, the dog has retrieved some of its dignity and is now happy to retire, I keep going as I can't stop this feeling of wanting to lose weight (hey these are big dog, like lions or so it felt). Just over three weeks before my departure back to Sunny England, how nice it will be to see the green pastures again.

Editor's note: I'm sure that this insightful insight will make us all proud of "our Andy".

HELP FOR HEROES by Olivia Higginson

I'm a new runner; and, an even newer parachutist. I did a 15000ft tandem skydive on the 3rd of July. I was, and indeed, I still am, hoping to raise £2500 for "Help for Heroes", but would love to raise more, as being able to help our wounded soldiers is, as I'm sure you will agree, such a truly great cause. If people would like to donate, my

'just giving site' is still running at, www.justgiving.com/flyolivia.

I had never done a skydive before, so, I was very nervous, as I didn't know what to expect: plus, on the day (at Dunkeswell), I had a 4 hour wait due to the weather.

It wasn't until I was in the tiny plane that I really thought about what I was about to do. I found freefalling very scary, but once the parachute had deployed, it was both fun and amazing; but overall, it was just, scary!

It was great being 15000 feet up in the sky; it was so peaceful up there. During my descent, I went through a cloud, which was not only fun but also, amazing.

Would I do another one? Well, it's in my mind.

The reason I chose this particular charity is because I come from a military family, consequently, I know people who have already been out in Afghanistan, as well as, some who are destined to go; plus, it's a great charity. As a friend of mine once said: "You don't know if you can fly until you jump."

Please sponsor me; and i/n doing so, you'll be doing it for the boys.

Thanks from Olivia

AN IMPORTANT DATE TO KEEP FREE!

Please mark **Friday 30th October** on to your calendars, this will be the evening we celebrate the inauguration of our club. Who would believe that 10 years have passed since the initial meeting called at the sports centre. There were thirteen attendees at that meeting and just look at us now! It is essential that we mark this anniversary with a special event. Further details will follow in the next few weeks.

Please try to attend as it will be a great opportunity to renew old acquaintances and make new ones. If you are in regular touch with any old members please try to persuade them to come along.

At the moment we have no information regarding Andy & Ruhi's baby sitting arrangements.

NEWSFLASH

For those of you planning a trip to the Donkey sanctuary in the near future this FACT may change your mind - More people are killed annually by donkeys than die in air crashes.

Ian Jeeves' Quiz Corner

Well done to four members of the Club who achieved maximum scores in the June quiz. However, congratulations go to Vernon Gillard for winning the draw and receiving a bottle of wine. The answers are as follows:

1. The **Heptathlon** comprises **7 Events**.
2. There are **10 Hurdles** in a **110 Metre race**.
3. The **4 Minute Mile** was **Broken** by **Roger Bannister** in 1954.
4. The **Summer Olympic Games** were held in **Los Angeles** in 1932 and 1984.
5. The **Discus** or **Hammer** is **Thrown** from a Circle of **250 Centimeters** in **Diameter**.
6. The **Great North Run** is a **Distance** of **13.1 Miles**.
7. **10.49 Seconds** is the **World Record** for **100 Metres** for **Women**.
8. **Pheidippides** was the **First Runner** of a **Marathon** in 480 B.C.
9. There are **25 Laps** of a **Track** in **10 Kilometres**.
10. **Michael Johnson** has won **9 World Championship Gold Medals** between 1991 & 1999.

Quiz Corner (continued)

This year has seen some outstanding performances in the Beijing Games. Before we forget about this jamboree of sporting excellence for another few years and look forward to the laying of a new high quality track in London or even Mountbatten Park, here is a quiz about great Olympians from recent times and distant past. Although the clues are cryptic, it is hoped that the use of books or the internet will not be required. All the names are gold medalists from track or field.

1. His eye was shouted out by the bingo caller before Sherlock showed his presence.
2. Without Tom or Harry he was an utter flop!
3. A lightening strike after hearing a second person (singular or plural) who is mentally stable i.e. not a nut!
4. The barrier which helps to keep the Cornish out of Devon, plus one, prior to the Fourth Estate.
5. The Lion of the Tribe of Judah – well almost – needs to absorb a berg of a different version.
6. A quite contrary lady spends this money in Cape Town, for instance.
7. This Bill, or part of the Central Criminal Courts, followed the ‘Catch the Wind’ singer.
8. Initially he mixed rice and then combined a can top and a computer, but never on a Sunday!
9. She reached the ‘Heights’ according to Emily Bronte, and then was given the key to her home city.
10. Cross by foot one of the rivers in England’s little Switzerland first, we hear, leading to John’s auction house.

Please return to me (Ian J) by Friday 2nd October 2009. Copies of the quiz will be e-mailed to members and sheets for answers will be posted on the H.R.C. noticeboard.

My London Marathon by Sarah Lowman

I found out in November that I had a club place in the London Marathon. I couldn’t believe it, I was so excited! That is where the hard work should have begun. This was to be my sixth Marathon and my third London. I thought that I stood a good chance on breaking that sub 4 which has been a target of mine since I began trying to run marathons (PB 4 hrs:03).

I changed jobs in October and certainly underestimated how much of my time was going to be taken up in my new role. However, the NDCS was the inspiration I needed to keep focused. Finding out about the work that the NDCS carry out made the thought of running 26.2 miles an easy one.

The months soon passed and before I knew it the 26th of April had arrived. I awoke that morning to a blue sky and blazing sunshine. It was nice to be making my way to Blackheath in the sun but the thought of running 26.2 miles in the heat wasn’t appealing to me, nevertheless I still felt grateful that I was going to be part of this magnificent event and that I was going to give it my all!

I love the start of the Marathon, so many people running for so many different reasons. People of all ages and abilities raising money for different charities, chasing personal bests dressed in all kind of outfits.

It took me 54 mins 15 secs to reach the 10km, and I reached the halfway point in 1hr: 58, on track to complete a sub 4. Unfortunately, the way my body was feeling I knew I was going to struggle to maintain the pace over the next 13.1 miles.

I counted down the miles (they didn’t pass quick enough), and I caught a glimpse of some of our club runners. Unfortunately they overtook me.

When you really want some April showers the rain is nowhere to be seen. I plodded on, my body starting to break down and, when I got to mile seventeen I hit a wall. The wall just wouldn’t go away (due to training inconsistently;

in other words, not enough). My mind kept telling my feet to come to a stand still, so, I slowed right up to a walk thinking that I couldn't go on: a taxi would have been good at this stage! The thought of letting down those that were supporting me in London and following my progress back home, and those that had sponsored me got me to the end. I crossed the finish line in 4 hrs. 20.

After getting over the initial disappointment of not beating my PB I could reflect on the day and what an amazing experience it was. The crowds along the streets of London were amazing; this certainly won't be my last London Marathon, given the opportunity.

So far, I have raised £155 for The National Deaf Children's Society, but I still have more to collect

THANK YOU TO THE HONITON RUNNING CLUB FOR MY PLACE.

EXPENSES SCANDAL HITS HONITON RC (A WHISTLEBLOWER)

After the expenses row in Westminster, this newsletter can exclusively reveal that thousands of pounds are being claimed by your committee in fraudulent claims.

Our source has uncovered a scandal that will rock the club to its core. So vast is the nature of the scam that we believe that it has become endemic within the committee. At the heart of this abuse is Chairman Paul Lowman. Mr Lowman has claimed £3456 for a new garden wall. When asked to comment, Mr Lowman said, "People are jealous of my wall, it is none of their business what I spend their money on. My house is used for the majority of the committee meetings and I think it represents good value for money", he added. He has refused our suggestion to pay the money back.

Also, Mr Lowman's wife, Jo Lowman has claimed £347.96 for a cat island. Apparently this is very similar to a duck island but as you know cats don't like the water. Mrs Lowman has offered to repay the money. She blames the claim on an administration oversight.

Club Treasurer Roger Saunders is also implicated. He has claimed £195.00 on seaweed. He claims that it is necessary for his work at the Payhembury weather station, and that the met office refuses to fund his project. Roger said, "These satellites and computers are all very well, but you can't beat the real thing."

Club Captain Nick Thorpe has claimed £14.56 for razor blades and hair care products. Mr Thorpe said that it is necessary for him to always look groomed in his position. He refuses to pay the money back.

We are sad to report that the rot has set in so deeply that even the new members are on the make. Judy Davy has claimed £575 for race entry fees, year to date. Gary Enticott has claimed £850 for a personalised number plate. The spacing of which was being carefully measured by Lin Pike. Nikki Gigg is one of the worst offenders, she has claimed £4598 in vets bills. Her husband Julian when asked for his opinion shouted, "I'm not spending another penny on that f*****g dog." Mr Gigg is also thought to be involved in Mr Lowman's garden wall claim. The Inland Revenue are currently investigating this accusation.

This is our money they are wasting, we should elect a new committee now.

Editor's note. The above article was received, unsigned, and is thus, unattributable. However, if the author would like to own up, rather than, hide behind the thin veil of scaredy-cat anonymity, this newsletter will be only too glad to print his name.

Letters to the Editor

Here is a reminder of the purpose of this section of the newsletter: it is to act as an open forum for suggestions and observations, as well as, a safety-valve for minor gripes. If humour raises its ugly head, wry, dry, or otherwise, then so be it.

Dear Editor

Of late, I have come to find formalized races particularly predictable, in that, they have a dedicated starting line, a

dedicated finishing line and lying in between those predictable two, an equally predictable middle section, wherein, the race organizers more or less knows where all the runners are (with a notable exception). In brief, what I am suggesting is, Orienteering with a dramatic difference, namely, Disorienteeing (with customized camouflage running gear being optional), wherein, there is no starting line, no finishing line and, where no one knows (least of all both the runners and the organizers), where anyone is between those previously undefined two; to wit, getting comprehensively lost for a competitive purpose.

Now, I know that some people, such as those who are foolish enough to try to build a bridge out of straw, will accuse me of trying to play to my strengths, but, they would be wrong. And being wrong, be warned, they are perilously close to being struck off my Christmas card list.

Yours vaguely

Deve Stavey
Anywhere House
Somewhere Avenue

?

Editor's biographical note: concerning the above. Purely coincidentally, and strange as it may seem, an illustrious member of the H R C by the name of, Steve Davy, has indeed, on the odd occasion, during certain races, mistakenly mispositioned himself geographically; but perhaps, if the unprincipled Strawbridges, stopped moving "the goalposts" never mind, moving "the signs", ahead of Steve's arrival, this would happen less frequently.

Dear Editor

On the question of fraudulent expense claims, so dissemblingly and disablingly raised by our in-house "whistleblower" (a spineless reprobate who hasn't even the courage to add his name to his tissue of allegations), allow me to expose yet another one. To my consternation, I recently received in the post a receipt from Fulham Football Club, along with the photostat of a cheque they had received for £1220, issued against the Honiton Running Club account. It was to purchase a season ticket. At our latest committee meeting, everyone present denied any knowledge of this fraudulent transaction (The Club Captain apologized for his absence at the meeting via a proxy intermediary who has a long police record).

I have checked the club's bank account and it is indeed light to the tune of £1220. Carefully checking the signature on the photostat provided, with the aid of a magnifying glass, it appears to read (though this is far from certain), Wod Rarren. So pathetically childish is the signed scrawl, that I strongly suspect that someone is trying to frame 'someone' else: possibly a highly successful business rival.

Clearly, within the Club, and, at its uppermost reaches, dishonesty is not only afoot but also footable. Whoever the miscreant is, he should be shaking in his trainers, never mind, shaking in his boots, as the fraud squad have been informed. If the crook is hoping to make a quick getaway he would be well advised to buy his getaway vehicle from a reputable car dealer rather than depending on his own resources.

Yours remorsefully

Mr. I Addeupp BA (Club Auditor)

Editor's biographical note: concerning the above. Crooks deserve to be locked up and the key thrown away, and that's an end to it. Being forced to watch Fulham for a whole season is simply not punishment enough; although it is pretty close.

Dear Editor

As is by now, common knowledge, during the recent Blackdown Beauty cross-country event, I took the opportunity (for reasons I don't wish to go into) to climb a tree. Whilst up there, and doubtless, due to my weight, the tree swayed, forcing me to swing over to the adjacent tree, which in turn, swayed, forcing me yet again to swing over to the next tree. By then I had picked up a certain aerial momentum, nay, even a certain arboreal momentum, so, I continued to swing from tree to tree, branching out and in where branches permitted, until I was confronted by a

forest clearing that was too wide for even me to swing across: which is the point at which I dismounted, or should that be, distrunked. When I checked my satellite positioning (very, very expensive) all singing and all dancing wristwatch, I discovered that I had been continuously airborne for 3.8 miles.

Being an astute cookie, I realized that I had inadvertently, invented a new event (terrain permitting), which is part running and part swinging, wherein one runs between woods or forest, and then swings through them, with time penalty points being deducted if a competitor's feet touch the ground during the swinging section. I have given this new event the title of, Tree-top To-ing an Fro-ing. I have in anticipation of success, already formed a club with myself as its founding member; membership is now thrown open to the general public, so, come and join: become a swinger like me.

Finally, since that eureka moment during the Blackdown Beauty, I have in private, if not, in secret, indulged in numerous, Tree-top To-ing an Fro-ing training sessions, such that, I am now in tip-top tree-top condition; furthermore, I can report that not only are my knees much less stressed than when I was solely an earthbound runner, but that my arms are now appreciably longer, so, on the physical front, its clearly a case of swings and roundabouts.

Yours swingingly

Richard "orang-utan" Harris

Chief Swinger

The Honiton To-ing an Fro-ing Club

Editor's biographical note: concerning the above. The above letter is suspected of being a hoax, possibly a criminal one, as purely coincidentally, and strange as it may seem, Richard Harris, who owns a vehicle hire company in Honiton, called, To-an-Fro, was indeed seen to climb a tree during the Blackdown Beauty, which was held on the 18th July 2009. No one ever saw him climb down from that aforementioned tree, nor has he been seen since, consequently, he has been reported as, missing. Since Richard's disappearance, and thus his absence from work, his company has gone from strength to strength.

Dear Editor

My reply to those who say that some of these letters are spoofs, is poof! And I ought to know.

Disingenuously yours

The Editor

Sponsorship.

And finally, a brief reminder that our many sponsors support our activities by donating funds to the club. This finance is essential to make our races viable. Please return their hospitality by doing business with them whenever you can.

You can also recommend them to your friends. So, to start with this issue has been sponsored by Rod Warren of Warren Park Car Sales click on the website link to visit rod website or visit <http://www.warren-park.co.uk>

