

Ex-Hausted

Volume 5

July 2003

Exmouth Harriers AAC

Odds and Ends

Exeter Arena Open Meeting : Tuesday 24th June is the next of the monthly track meetings, these run through the "Summer" months, and are a good opportunity to give the world of track racing a try, these are very friendly, and not at all intimidating, so if you fancy a go just turn up and register on the night.

Bonus Ball : A plea from Steve Merry, to anyone, who is teetering on the edge of indecision, go on and have a ball. Not only do you have a chance of winning, you can also feel good about helping the club finances. "You know it makes sense".

Sunday Mornings : On a recent Sunday morning run, 7:30 from the club house, we were treated to an all to rare treat, the company of one Shaun Wolstenholme, known to all as Wolfe, he has been suffering with a bad knee for a while, so we havent seen much of him. I am sure Shaun won't mind me saying but, he can talk for England! and always makes runs enjoyable, and the time just flies by.

He was reminiscing about the time he asked Roger (The Legend) what Running magazine he read, and when told Athletics Weekly, replied, "and how often does that come out then"?

This particular mornings pearl was relating to the Haytor Hellor, and followed along the lines of, and where is that held then. When he was told, he followed it up with "Does that mean it's a flat course then.

Of course it is Shaun!

July Club Nights

Exmouth Harriers

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Tue 1 st	St Johns Lap of Bystock/Squab Moor
Thu 3 rd	Westdown Beacon & Railway Line

Tue 8 th	Sandybay & Back on beach inc Dunes
Thu 10 th	Redbarn

Tue 15 th	Foxholes to Sandybay time trial 7:15 start foxholes
Thu 17 th	The Avenues + Orcombe Point

Tue 22 nd	4 firs run 7:00 at club (cars to 4 firs) for 7:15 start
Thu 24 th	Sandybay, Gore Lane, Maer La, sea front

Tue 29 th	Hill Reps on cliff 6 x long hill
Thu 31 st	Alternative RedBarn

EMMA'S TRAVELS

Those of you who know Emma Clements may be interested to hear how her travels are fairing.

Matt and Emma arrived in Bangkok and made their way towards Cambodia. They headed for Sinhoukville, which they thought was a beach type destination and were looking forward to a couple of days sunbathing. Averaging 100km per day they made it in 4 days incorporating 200m sprints each time they were chased by dogs. Unfortunately, Costa del Sol it wasn't!

Accommodation in Cambodia at times has been good with cable TV in their room and a shower big enough that they were able to take their bikes in for a clean off!

Travelling through Cambodia to the border of Laos they attracted a lot of attention as they passed through some really remote villages. They took a scenic boat trip up the Mekong river for one leg of the journey to save some time.

They then cycled around the Bolavan Plateau, a mountain range in the centre of Southern Laos. They spent one night in a tiny village called Kiet Nong which still uses elephants for agricultural work. They were kept awake in their hut by some seriously big lizards and the noise of rats gnawing at wood above their heads! After touring the Bolavan Plateau they crossed the border back into Thailand and due to the SARS epidemic decided to fly to Madras, South India next.

Emma says the food in India is highly recommended, with shops selling hand made sweets and cakes (and so she is putting on a little weight). Temperatures in India are at present a minimum of 30 and maximum 44 degrees combined with a strong wind and so Emma feels she has been put through a tumble drier. They have seen enough temples now so Emma and Matt are now heading for a hill station called Kodi which is at 2,100metres altitude with maximum temperatures of 23 degrees (a great relief). However, to get there they have a 65km cycle ride up hill.

Emma hasn't managed any running, not just because of the heat, but her trainers were stolen in Laos. It is customary to take off your shoes when you enter someone's home. And unfortunately she lost her trainers and sandals to some opportunist thief when she left hers outside the guesthouse they were staying in. What a sight she must have been heading off to the market wearing the shoes of the 65 year old guesthouse owner!

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Summer Sandybay Time Trial

Tuesday 10th June saw the third of the Summer Sandybay Time Trial, and as the official time keeper, I can tell you Foxholes Car Park was absolutely freezing, the wind was from the North, I had a fleece, and a coat on, to keep warm.

I was very surprised to see Dave Stone attending, as on the weekend he had completed, the Dartmoor Discovery, a mere 34 Miles, and incidentally come second, and on the day after, Wednesday 11th June, he was off to Cornwall, for a leg of the "Round Cornwall Run".

I guess that explains why his time was slightly down on last month.

Congratulations to Les Turner, who keeps getting quicker, a whopping 2 minutes and 10 seconds, quicker, this month from last, can he keep on getting quicker? I do hope so.

NAME	JUNE	MAY
Dawn	00:27:38	00:28:01
Les	00:25:54	00:28:04
Hanah	00:25:06	00:25:32
Nigel	00:25:06	00:25:32
Richard	00:19:58	
Mike	00:20:43	00:20:34
Gary	00:20:42	00:19:09
Shaun	00:22:26	00:22:43
Anthony Y	00:22:15	00:21:00
Martin	00:18:07	
Dave	00:19:35	00:18:56

Next one is Tuesday 15th July, same place, Foxholes Car Park for 19:15. August's will be on 5th, as I'm on holiday 10th to 28th.

Target Races 2003

Friday 4 th July	Erme Valley Relays 4 x 2.5 miles
Thur 17 th July	Tavistock Relays 4 x 1.1 miles
Sunday 3 rd August	Totnes 10K
Sunday 10 th August	Devon League Braunton
Sunday 24 th August	Battle of Sedgemoor 10K or Devon League

Also for your diary:-

Sunday 14 th Sep	Clevedon Relays 4 x 5K
November	Ross Shield

VETERAN'S RUNNING By John Perratt

When I arrived back in England nearly two years ago I was anxious to take an active part in the Vets Running scene. In fact the first 'club' I joined was South West Vets but it immediately became apparent that it was more of a loose association rather than what I understood a Club to be. It was only when I wanted to run in a Cross Country League that I realised I would have to join a 'proper' club. That introduced me to Exmouth Harriers, which is exactly the sort of thing that I had expected and was looking for. My only regret is that I live a bit far away and so can not participate in all of the Club's activities as much as I would like to.

Most races of course have age group prizes and the Vets seem to get more than their proportionate number of prizes – especially the older ones. Races for just Vets on the other hand are few and far between but when they do come along they are well worth a trip for all those eligible (by age!). From my own experience such races become more meaningful. Instead of being one of only two or three in my age group scattered throughout the field, there is a group of us all racing each other. This is even more striking on the track. Even if they combine races for a range of age groups, you know exactly who your real opponents are and those races break up into races within races.

My first experience with the Vets was the British Inter Area Championships in 2001. I had just got the SW Vets Magazine and they were looking for a team to represent them. I made enquiries and it was very much a case of "If you are prepared to travel, you're in the team!" I had no clue what were my strong distances but I ran the 1500, 800 and 400 in the relay. It was all new, a lot of fun for me and on top of that I met some of the top guys in my age group from around the country. It also made me realise that the general standards were not as high as I had imagined.

Flushed with that moderate success I have since run in several Vet Cross Countries and some track. As a result I have realised that some of these old fellows can really run but there is not a great deal of depth, certainly not in my age group. I have also realised that I should think a bit about racing itself, rather than just running. That's doing two things at once and doesn't come easy to me.

What really gives me a boost though is meeting up with fellow club members at such meetings. It was great to see Maurice and Chris at Hendon and when Maurice won his second medal there I think that Chris and I were more excited than he was. Perhaps it had something to do with the fact that at the time he was barely able to breath.

Driving to Bournemouth with Richard for Cross Country and watching him tucked in with the leaders until they disappeared from my view also sticks in my memory as does bumping into Jimmy Zaple there, and again in Scotland. In addition the Exmouth Vest always provokes interest amongst the other runners – I make sure not to cover it with my number.

I would love for more of us from the Club to run in these races. Life doesn't begin at forty, but your running career starts again when you enter Vet races. Anyone for the 10 mile Champs in Stoke?

MAURICE'S COACHED SPEED TRAINING REVISED SUMMER PROGRAMME

Introduction.

Since starting the Tuesday evening speed training, on 1st April, 9 successful sessions have been held with attendances ranging from 5 to 12. Those who attended certainly had fun, worked very hard and achieved the satisfaction of knowing they can run significantly faster. The emphasis has always been on absolute speed. The pre-session drills have been concerned with increasing and improving the range of leg & arm movements. The drills have another very important objective of conditioning the running body for very high levels of exertion in relatively short periods of time. Those Harriers who have chosen not to participate have denied themselves the opportunity of improving their overall running performances.

Revised Summer Programme.

July 1st, July 8th, July 15th (see note below), **July 22nd, August 5th** (see note below) **August 12th, August 19th Sept 2nd** (the last 2003 session on the track).

Bob's monthly time trials.

There is one planned for July 15th. I will only run a session that evening if a minimum of 4 confirm their attendance to me the week before. The August 5th time trial is confirmed. then my July 15th remarks apply.

Events to note.

Exeter Arena open evening track meetings take place on: Tuesdays July 24th, August 26th & September 30th.

Devon League meetings take place on: Sundays August 10th at Braunton & August 24th at Exeter (the last of the season).

Erme Valley 4 x 2.5 mile relays: Friday 4th July

Tavistock 4 x 1.1 mile relays: Thursday 17th July

Saltram 5K: Saturday evening 6th September

North Somerset 4 x 5K relays at Clevedon: Sunday 14th September

Autumn Training Programme:

During the months of September, October & November The coached speed training sessions will be road based and will feature tough short hills of 50 to 150 metres. The objectives will be to maintain summer speed and developing tougher legs (and aerobic power) to cope with the Autumn / Winter racing programme of Cross Country & hilly road races such as the Ross Shield & the Wellington Monument races. The sessions will again be suitable for all abilities. More details and dates at the beginning of September.

Jottings of a Retired Editor

I've resisted writing until now but could resist no more, this is strictly a one off though!

It's now 15 months since I last wrote the magazine and firstly I must say what a great job Bob has done since. I thought I'd update you with all the fantastic things that I've achieved with all the spare time I've had on my hands. I would do all that if I'd actually done anything, but of course I've achieved zilch, didly squat, nothing. Well I have if you include not running since January due to my ever worsening ankle and putting on a stone. I used to waddle when I ran, I could now roll! I had high hopes of doing well in the field events at the Devon League, with a promise to Dawn that I would get some specialist coaching at Exeter ready to take the throwing world by storm. That's all gone by the board and we are already past the first two of four meetings. So much for putting the shot, it's as much as I can do to bend down and put my socks on. The road to hell is paved with good intention it's said, well I'm in the fast lane of the expressway, I hope I can stand the heat!

Phil Crook.

Claire Baxter from Dubai

Bit hot and humid here about 47C day and night - gets on your nerves after a while as you can't do much apart from dash from one air-conditioned environment to the next. No chance of running much at all although I did do the weekly run around the park tonight - only 3.4k but so difficult with the humidity - end up soggy within about 5mins even your feet squelch! The beach isn't too bad about 5pm onwards as there is a bit of a cooler breeze then - the sea is as warm as bath water though and there are quite a few sea snakes around at the moment! Don't like snakes. Can't wait to see England's green and pleasant lands again, the cliffs, beach and rain and drizzle and smog and mud - lovely!

Devon Youth Games

Saturday 21st June was the Day 09:15 was the time Exmouth Community College was the place, what had I let myself in for?

Well the games consisted of ten teams from local authorities in Devon, aged between 8 to 13 competing in a friendly way against each other in a number of sports

Pete Hutchinson and I had offered to help with the Athletics events, which were based on the Astro Turf pitch behind the tennis centre.

The event was based on the "Sports Hall" games, with short running, relays, standing jumps, and simple throwing. The emphasis was on "having a go" rather than serious competition.

Everyone had great fun, with the best event being the obstacle relay race.

Would I help again? You bet!

Dartmoor Discovery

It all started at 5.45 am with the sound of my alarm, time for breakfast. My bag was already packed on Thursday, as I had to see my doctor in Bristol on Friday.

The master picked me up at 7.00am on Saturday 7th June for a 32.5 mile run. On our way to Princetown we passed Ashburton, which gave us sight of the nice long hills which were part of the race.

The start of the race was at 9.30. Dave and I had time on our hands to do a gentle warm up. At 9.20 the runners met in the square for the start of the race. It started with the sound of a whistle. Then we were all off.

At first the pace was slow but soon got a bit faster. As we got into the race my first 10k was a bit slow in 57 minutes but by the time I got to the Marathon point my time was 4 hr 25 min, (One hour slower than London).

From this point of the race it was all new to me, to run another six miles which I had never done before. At about 28.5 miles I saw a welcome face in Mike Mears on his bike with of course his digital camera, as I looked at my watch I noted the time 5 hours 34 minutes.

Later it was nice to see the finishing line with Dave nearby clapping and cheering. With a few cups of coffee and an all day breakfast it was time for a pint or two. The prize giving was at 6 pm with Dave coming home second behind Mike Feingan.

So Harriers if anyone is up for a challenge, what about London to Brighton Next Year?

