

Ex-Hausted

Volume 7

October 2003

Exmouth Harriers AAC

A Word about Roland

It is with much regret that I must inform you that Roland Young our chairman, is intending not to stand for re-election at the AGM next month.

I did not at first believe what I was hearing, but after talking to Roland, I understand how hard that decision must have been to make.

Roland has given of his time and commitment, to Exmouth Harriers, well above and beyond the call of duty.

We all owe him a Hugh debt of gratitude, in the 10 years, I have been a member of Exmouth Harriers, he has steered the club from a collection of runners meeting under a stand, to a position where Exmouth Harriers is seen by many as a "model" club. The reputation of which far exceeds it's size.

We are fortunate that Roland has agreed to stay very much involved with Race organisation, something that comes as a great relief to the Committee.

Exmouth Harriers thank you.

Don't Forget

AGM Friday 14th November at 19:45 Exmouth Sports Centre.

Harriers Christmas Dinner & Disco Friday 5th December Tickets £12.50 a head, see Jane, Steve or Roger all monies by 25th November latest.

The Wedding



The event of the year took place on Saturday 27th September at Point in View Church.

The sun shone, and the Bride looked Radiant.

We all wish Mandy and Dave the very best.

Tales from Down Under

The last few days I have been in Wellington for 2 days and got to the Papa museum (World famously reknowned apparently).

I also met someone from Chester (Lee) who has met the infamous Stephen Thompson with his Loser Darts Comp T-shirt on from Lancaster Uni when in Queenstown. He is certainly making an impression on his travels.

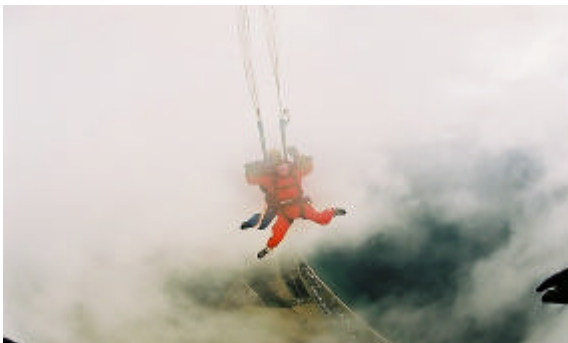
The weather was bad so I will go back through there on my way to Auckland so headed across the Cook Straits on the ferry. Didn't feel too well due to 50 knot winds on the crossing. Very rough.

Arrived in Nelson and met a couple of people who wanted to do Abel Tasman, so made our own way over there. Went to Farewell Spit (25 kilometres long) and then walked the Abel Tasman Track. This has some of the most beautiful sheltered beaches in the world. It was 51km long and I finished yesterday and am now back in Nelson.

Off to Westport tomorrow back on Kiwi bus, but am in Nelson at the moment. Gorgeous weather.

Sweet As Bro! as they say over here.

Oh by the way here is the ultimate rush.



I have been away for the week on the third island, Stewarts Island which is exactly the other side of the world to somewhere in the North of England, over 19,000km away.

Really choppy when we went over, but great fun. Not many backpackers, especially the British get over here.

Woke up on Sunday to quite a lot of snow which seemed a bit strange. Got some great shots of it on the beach.

The next three days were like summer days, very hot. They say you get 4 seasons in a day down here, I at least seemed to have had them all in the week.

I walked one of New Zealand's great walks, the Rakiura Track through the island. This is as remote as you can get with rickety swing bridges in parts in what is in effect Rainforest that is pretty untouched. Didn't manage to see any Kiwi's but did see some parrots and dolphins which was great.

I even got a drive of one of the water taxis which are very powerful small motor boats for transporting people between islands at speed. Got a great photo of that.

Off to Te Anau next which is Fjord country, so will be going on a cruise through the Milford Sound where a lot of the Lord of the Rings was set.

Anthony Hatchard

SandyBay Time Trial

Summer is done, and the swallows are preparing to journey South (Lucky Buggers), and the Sandybay Time Trial is at an end for another year.

The results are posted on the notice board at the club, and on the Web Site.

I hope all those who took part had a good run, and were either overjoyed with their times, or at least not too disappointed.

For those of you who did not take part, you don't know what you missed.

It is a very good gauge, of how your summer season is going, with the competition only being with yourself.

So next April get yourself down there, it's only 6 months away!

An Old Man made Very Happy

In response to Bob's plea for more articles, I thought I'd send something from a relative newcomer to the Club, although as a 60 year old I can hardly be described as "fresh blood".

Why did I join the Harriers? In a futile attempt to stem the tide of my advancing years, I entered the Exmouth Early Bird Duathlon which took place last March. Unfortunately, having been relatively inactive for several years, I was unable to start any running training until January due to an injury sustained in early October, within a week of starting training.

The duathlon involved swimming 24 lengths of Exmouth pool (600 m), followed by a 5 K run along the sea front and back to the pool. I wasn't too unhappy with my time of 44:05 (15:50 for the swim; 28:15 for the run which included an excessively long changeover of nearly 3 minutes) since I had estimated a total of 45 minutes.

I was also encouraged by one of the officials who thought that with a much quicker changeover plus a small improvement in performance I should be able to get inside 40 minutes. This compares with 31:27 (10:24 swim; 21:03 run) by Allan Lawrence, the vet 60+ winner, although I understand that he is one of those international triathletes who use spring/early summer duathlons as part of their warmup for the more serious stuff a few months later.

The overall winner's time was 25:51 (8:15 swim; 17:36 run) and that of a 66 year old Torbay athlete who some of you will know, one Eric Barber, was 38:58 (15:39 swim; 23:19 run). So joining Exmouth Harriers was done mainly to improve my performance in next year's duathlon(s) by maximising my results for the running stage. Subject to a few minor knee problems, the strategy does seem to be working. Now all I need to do is learn to swim crawl instead of breast stroke!

The only drawback to all this is that Exmouth Harriers is such a brilliant, friendly, supportive club that it is taking up an increasing proportion of the time I have available for sport and recreation – far more than I had originally intended. So whether I'll actually have enough time left to do any duathlons next year is starting to look rather doubtful.

The main people to blame for this sorry state of affairs by making me so welcome at the Club include Steve, Dawn, Roger, Maurice, Roland, Bob, Peter, Phil Crook, Hugh, Phil Bater, Jane, Sue Wilkins and Jan, Mandy, Lisa, Anthony Yates, Dave Stone, Mike, Rich, Andy Johnson, Alistair, Nigel, etc, etc. My apologies to anyone whose name I've left out, can't apply to the face yet, forgotten or just got wrong (It's his age, you know!).

I must confess that I am a little worried about Mike Mears, though. Why haven't you insulted me yet, Mike? Why am I so different? What have I done to be singled out for special attention? (No doubt this will have been remedied by the time anyone else reads this article!).

Seriously though, although I've never belonged to any other running club, this must surely be one of the best there is. For making newcomers of all abilities truly welcome, providing so much encouragement and support, and with certain key members working so hard arranging so much variety of training and so many events, and all done on a voluntary basis – thanks very much, everyone.

I had no idea of the range of activities I would have taken part in already, and I still haven't experienced an autumn or winter with the Club, or a Christmas Dinner and Disco, yet.

One of the reasons I never thought about taking up athletics previously was because I always regarded it as an individual rather than a team sport. I now realise the error of my ways, however, because the team spirit here, particularly with relays, is much stronger than with some of the football teams I've played in.

Thanks again, everyone.

Les Turner

Best Dressed Photographer Competition



Could this be the best dressed Photographer in the West?

WEDNESDAY LADIES PROGRAMME AND NEWS
October, November, December 2003.

Issued by Coach Maurice Ault

Introduction: Following discussion, with Jane B, I have changed the format of the programme. Each week will have a specified route to be followed which should be treated as a steady recreational Group run. The routes used have been specially prepared, by me, for use in The Alternative Tuesday Training Programme. I have ensured that in any given week the Tuesday route will not be selected for the Wednesday Ladies. The details of the routes are in the Club House.

The Alternative Tuesday Programme offers a mixture of steady running together with coached hill and speed sessions that any Harrier can participate in or not as they choose. This programme started on 9th September and will finish on 16th December. Wednesday Ladies can join the Tuesday sessions as they wish. The programme is suitable for all abilities.

I have not incorporated any hill sessions in the Ladies Programme but on any given evening they can be built into Routes specified (except Route C) if those present wish.

I will be at all Ladies evenings except where stated in the programme.

As always I remain available to advise any lady, or group of ladies, who require guidance on any aspect running.

24/9/03	Last monthly Handicap of the season. Route D – approx 3 miles
1/10/03	Route C – approx 4 ½ miles
8/10/03	Route B – approx 4 ¾ miles
15/10/03	Route E – approx 4 ½ miles <i>Maurice not present</i>
22/10/03	Route F – approx 4 ¾ miles
29/10/03	Route D – approx 3 miles – the Handicap route
5/11/03	Route A – approx 4 miles
12/11/03	Route B – approx 4 ¾ miles
19/11/03	Route F – approx 4 ¾ miles
26/11/03	Route D – approx 3 miles – the Handicap route. <i>Maurice not present</i>
3/12/03	Route E – approx 4 ½ miles
10/12/03	Ladies Christmas Supper at Nutwell Lodge see Gill Sanderson
17/12/03	Route G – approx 3 ¼ miles – wear some festive gear!!

EXETER WINTER 3K SERIES 2003/04

The traditional Winter 3K Road / Track Series has been re-vamped and will now comprise a series of 4 track races which will be held at the Exeter Arena. There will be graded 3k races for all those over 11 years and 1 mile races for 8 – 10 years only.

THE DATES ARE:

Mon 27th Oct, Mon 24th Nov, Mon 9th Feb & Mon 8th Mar

START TIMES ARE:

One mile track race 7pm First 3K track race 7:15pm

ENTRY FEES:

Seniors £2.50 Juniors £1.50 Unattached Runners £1 extra

PRIZE STRUCTURE

Each competitor that competes in 3 races, one of which must be the last race of the series, will receive a commemorative tee shirt.

In addition there will be Series prizes :

for Senior Men & Ladies, Veteran Men & Ladies 0/40, 0/50, 0/60, Junior Boys & Girls U/13, U/15, U/17. 3 races to count, one of which must be the last in the series. Scoring will be on a points system.

Ages as at 1st October 2003

A Team Prize Award for the club entering the most runners in the series.

THIS NEW STYLE SERIES PROVIDES A SUPER OPPORTUNITY FOR RUNNERS OF ALL ABILITIES AND AGES TO RACE IN A SAFE & WELL LIT VENUE DURING THE DARK WINTER EVENINGS. EXCELLENT

CHANGING FACILITIES AND REFRESHMENTS WILL BE AVAILABLE.

PETER FERLIE – IRONBRIDGE RUNNER 01392 436383
 AND
 MAURICE AULT – EXMOUTH HARRIERS 01395 567337

INVITE EVERYONE TO SUPPORT US WITH THIS SERIES AND IF YOU NEED FURTHER INFORMATION THEN GIVE US A CALL.

NO TRAINING ON WEDNESDAY 24th & 31st DECEMBER