

Ex-Hausted

Volume 6

September 2003

Exmouth Harriers AAC

Odds and Ends

September Club Nights

Devon County AA 10,000m Track Championships and open meeting at Brickfields on Wednesday 10th September - entry on the night – Details at Club House

Ron Hill Seminar - Exeter Harriers Club House Friday 10th October - Details at Club House

Westpoint Relays - Saturday 18th October - Seniors 4x 2.2 mile laps - Juniors 4 x 1.1 mile laps (Inaugural SWAA Junior Road Relay Champs)

Friday 14th November Exmouth Harriers AGM

Sunday 30th November Bicton Blister, anyone not running, please offer to help on the day.

Friday 5th December Exmouth Harriers Christmas Dinner & Disco, details to follow.

Note from the Editor

The more with it members of the club, will have realised that this edition of Ex-Hausted is half the size of normal.

Two reasons, first I was away for most of August, so not much time, and I am keen to keep the publication dates on schedule. The second is not much in the way of articles coming through from YOU.

The next edition will be out early, due to the AGM, so loads of articles by 1st October PLEASE

Exmouth Harriers

September Club Nights

Tue 2 nd	St Johns Lap of Bystock/Squab Moor
Thu 4 th	Westdown Beacon & Railway Line

Tue 9 th	Sandybay Time Trial 7:15 start Foxholes
Thu 11 th	Redbarn

Tue 16 th	4 firs run 7:00 at club (cars to 4 firs) for 7:15 start
Thu 18 th	Railway Line & Ting Tong

Tue 23 rd	Hill Reps on Cliff 6 x Long
Thu 25 th	Sandybay, Gore Lane, Maer La, sea front

Tue 30 th	The Avenues + Orcombe Point on Beach

EXMOUTH HARRIERS
Maurice Ault writes

The Tuesday evening alternative training plan

The regular training programme on Tuesday & Thursday evenings has for at least 5 years (to my knowledge) followed a basic and accepted pattern with runs varying from about 6 miles to around 10 miles. The routes have been tailored to the seasons.

Within the plan have been longish hill & speed repetition sessions included periodically. More recently Bob has successfully introduced monthly time trials which have attracted good support.

The regular programme has two problem areas: Firstly not all regular trainers have the same ability or running & racing interests and we have an age range spreading some 45 years. Secondly not everyone is able, or wants, to run either longish distances or 'hammer the pace' with the fast lads and lassies.

Club members affected by these considerations have: trailed at the back, done their own thing or simply given the session a miss. It makes the introduction of some newer member less than easy.

THE ALTERNATIVE PLAN

After consultation with Bob K, I have drawn up a 15 week alternative training schedule (**for Tuesday evenings only, commencing 9th September**) that will run (pardon the pun) alongside the regular schedule. Members can participate or not as they choose.

The plan has several key features:

1. The 9 specially designed routes will be between 3 and 5 miles in length and totally on roads and streets that are well lit.
2. The routes will be outlined in sufficient detail so that no-one can lose the way.
3. Some of the routes include hill sessions which can be done, or not, as each person chooses.
4. A speed training route and a 3 mile 'burn up' run are included.
5. With all the routes there is the opportunity: to run at a recreational pace, to use the run as a hard fast burn up or to treat the out & back return part of the route as a precursor to a hard hill session.
6. The routes and the options should make it easier for newer club members to get to know us and find their feet (again pardon the pun).
7. Regular trainers can use the named routes to do the training that is right for them IF they do not wish to follow the route on the regular programme.

MY ROLE

I will guarantee to be at the Club every Tuesday, for all the 15 weeks, in order to facilitate the Alternative Training Programme, participate and answer any questions.

The programme will be issued to everyone on my e-mail mailing list and copies together with the route details will be in the Club House.

If you are not on my list then send your details to: mauriceault@aol.com

Summer Sandybay Time Trial

Tuesday 5th August saw the Penultimate Summer Sandybay Time Trial.

The reason for the slightly early in the month date was my looming holiday, which started on 10th.

Still 13 Harriers were not to be deprived of the event, and turned up, I was very pleased to see Phil Crook, it was his first one, this year, and as last year he had done the lot! It was good to see him back on the "treadmill" again, keep it going Phil

NAME	TIME
Phil C	00:31:46
Claire	00:28:32
Dawn	00:27:43
Nigel	00:25:36
Guy	00:27:13
Mike	00:19:09
Steve M	00:23:08
Hugh	00:23:07
Dave T	00:20:16
Tony H	00:19:43
Anthony	00:21:27
Oliver	00:22:18
Dave S	00:18:45

The last one will be on Tuesday 9th September at Foxholes Car Park for a 19:15 start, so don't be late.

Tales of Travel from Anthony Hatchard

Hello all.

Adrenalin is seriously pumping. I just did my first sky dive. Great fun. Had it filmed too in Taupo on North Island of NZ.

Still Alive!

I am doing lots of activities though. I went over the highest commercially raftable waterfall two days ago at 7m whilst white water rafting. Also went over grade 4 rapids whilst sledging. This was very dangerous. Got a bit bashed on the rocks. I also went 80 m underground yesterday caving in the glowworm caves where I had to do 3 vertical abseils. One 25m and the other two through waterfalls. Great fun.

Take care. I will send you all some pictures as soon as they are burnt onto CD.

Anthony