



# FEETS



Axe Valley Runners – the little running club with the big feets (and the irregular newsletter)

Nearly Christmas. In the counting-down-to-advent issue we have...

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- 4 Letter about Tibet

I went down the local supermarket, I said "I want to make a complaint, this vinegar's got lumps in it", he said "Those are pickled onions"

## IT'S BEEN A WHILE...

Recently, that embattled old warhorse Dave Kelf pitted himself against all the **Clarendon Way Half Marathon** could throw at him, and ended up feeling like a young buck stallion. He fairly flew along the scenic undulations on the route twixt Braughton to Salisbury, and despite stopping in places to meditate upon the voluptuous view, finished in an incredible 1-49-00.

Harry Moore decided the 11 mile **Teign Valley** hilly road race was for him, he felt justly proud at the end as his 2-10-49 finish ensured he was the first over 60 finisher.

The Lean Mean Runner Bean's quest for speed, speed and even more speed continues unabated. He scorched to a new pb of 2min 10.4sec in the **800m** at the Exeter open track meeting, hammering his previous mark by 4 seconds. Not only that, he very nearly beat his pb in the **3K**, finishing in 9 min 34.8 sec.

Life beginning at 40 is certainly true for Steve White. After a couple of years in the doldrums, the fellow is getting stronger and stronger. He completed the **Wimborne Triathlon**, a 400m swim, 15 mile bike and 4.5 mile run in 1-26-19, a course P.B. by 1 min 20 sec. This was followed by a new P.B. by over a minute in the **Thrupton Mass Attack Duathlon**. He completed the 5k run, 30k cycle and another 5k run in 1-30-02. The most amazing thing about these races is Steve never crashed once, again this must be a record!

After last years howling gale and horizontal rain, the weather for the 2003 **Honiton 12K** was almost sublime, with only a warmish force 6 draught to overcome. With autumn fast approaching, evergreen Phil Bayliss showed his true colours and ran superbly to finish 13th in 46-18. Steve Rowe also had a brilliant run, finishing 18th in 48-54. Richard Hale and Steve White were locked in combat for the first 2 miles, with Steve countering every move Richard made, then Richard surged twice and Steve, who earlier in the day completed a 10 mile bike time trial as a warm up, could not respond. Richard galloped on to finish 39th in 53-44, and Steve 60th in 56-07. Joyce Cummins had a steady old race and finished 66th in 57-35. Chris Irving used this event as his come back from leg injury, and although not completely healed, he was well satisfied with his performance. He ran the first half of the race very quickly, then slowed a tad on the return leg. Approaching the finish he happened to glance round at Dave Mutter gradually gaining on him and set off on a sprint that Dwain Chambers would have been proud of. He was going so fast, he couldn't see the finish line and just kept going. Having bashed into the Lady Mayoress, he apologised and thanked her for the medal, he then spotted her Mayoral Chain and asked if she would swap. Fortunately she declined otherwise he could have ended up as Mayor of Honiton! Now that would have been something. Chris finished 70th in 58-32. Dave Mutter was pleased to have beaten last years time by nearly 2 minutes, bounding over the line 73rd in 58-59. Michael Ellis ran well, but just could not beat the 1 hour barrier finishing 87th in 1-02-42. Pat Edmunds enjoyed the run finishing 114th in 1-09-33 and was very pleased to have finished 2nd in her category.



...couldn't find a picture of an old warhorse.

With 127 finishers this year and runners attending from all over the country, it bodes well for a good race in 2004.

Tom Scrivens, who did hold the record of 11 pints of Guinness consumed on the Midsummer Dream course was in action again on Sunday. He ran in the **Sri-Chimnoy 24 hour Ultra Marathon** in London. The idea of this is to see how far around and around a track you can go in 24 hours. Tom ran a fantastic 83 miles, without a pint of Guinness in sight!

There was a huge celebration among the two AVR junior team that ran in the 1.1-mile **South West County Championships** at Westpoint last Saturday. Both teams won their respective relay races in superb style. The under 13's were Chris Keefe 6-55, Alberto Gravili 7-05, Justin Holt 6-55 and Robbie Holt 6-36. The under 17's were Sam Cummins 6-12, Liam Roberts 6-46, Tom Hilder 6-20 and James Beard 6-00.

And just what is going on with the Lean Mean Runner Bean? Up to this year he would only very grudgingly enter road races, but now it appears he just can't keep away. The most recent effort was at the **Cabbage Patch 10**, a 10 mile race held at Twickenham. It was a blustery day and the course was very twisty, which almost resulted in him running down a slipway into the Thames!

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### *"the absurdly hilly North Devon 10k"*

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He eventually negotiated the route successfully, and finished 8th out of the 1300 strong field in 56-19, a really good effort as his target time was 58 mins. This was the first time he'd been in a race with real Kenyans, and he really enjoyed the experience.

Sue Levene returned from a lovely sunshine holiday early Sunday morning. At 3.30 am she left Gatwick

to return to Devon, then at 8.45 am was bundled into Pat Edmund's car and whisked off to South Molton where both ladies ran in the absurdly hilly **North Devon 10K**. The reason why they were so keen to run this event is that it was the 9th run in the 10 race Devon series, and they have both pledged to run them all. Despite her fatigue, Sue was encouraged all the way by Pat, and they finished together in 55-11.

Dave Mutter ■

#### **Tihs is qitue anmazig**

Aoccdrnig to a rscheearch at an Elingsh uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the olny iprmoetnt tihng is that frist and lsat ltteer is at the rghit pclae. The rset can be a toatl mses and you can sitll raed it wouthit porbelm. Tihs is bcuseae we do not raed ervey lteter by it slef but the wrod as a wlohe.

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## **DON'T FORGET ABOUT CHRISTMAS.,.**

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...or at least that the club Christmas dinner and prize presentation is on 13 December, 7.00pm for 7.30pm, at the Seaton Heights Hotel – bookings to Paul Morgan.

You also need to send Paul your nominations for:

- unluckiest runner of the year
- President's shield (not necessarily running)
- female runner of the year
- male runner of the year
- most improved runner of the year
- team award
- club person of the year.

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## **COMMITTEE BITS**

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At the 7 October meeting, present; Paul Morgan, Pat Edmunds, Pete Biggs, Dave Kelf, Dave Mutter, Sue Levene, apologies from Liz Elliott.

**The main races for 2004** will be: - Grizzly 14 March, Mid Summer Marathon 19 June, Seaton Half 12 September, Colyton 10K CIN 21 November. It was decided that there would be no fun run attached to the SHM due to lack of people power. The 2004 Ex to Axe will be organised by the Sidmouth Running Club. The 2005 Grizzly will be on 13 March.

**EDDC have allocated** a field in Harepath Road for a new football pitch. There is a possibility that this could be used as a running track.

**Liz Elliot to order** copies of a book (new regulations etc on organising races) referred to by Maurice Ault.

**Seaton Half Marathon.** Overall reports coming back from our own members and other competitors who ran in the race were very positive. There were a few adverse comments and these will be rectified. A complaint about the dye coming out of the medal ribbons will be taken up

with the suppliers. Donations have been made to the following who help with the race; Southleigh Village Hall £100, Axmouth Village Hall £100, Seaton Scouts £100, St John Ambulance £100, Seaton Youth Club £50

**Membership of AVR** now stands at 45 Adults and 11 Juniors.

**Liz Elliott will** apply to London Marathon for our free entry/s for the 2004 Marathon

**It was decided to** subscribe to "The Coach" for Chris and Sue Levene

A **£50 donation** to Seaton Primary School was agreed for use of their field for Junior training

**Grizzly 2004:** Lengthy discussions took place regarding the Grizzly. The starter will be Lloyd Scott in his deep-sea diving suit (London Marathon,

GNR and Loch Ness fame). JPP James Pyne Photography will be the official photographer for 2004. He will be asked to take photos of the runners finishing as well as on the course. The main beneficiaries will be: Children's Hospice South West, Children with

Leukaemia (Lloyd's main charity), See Ability, Devon Air Ambulance and CLIC Sidmouth. Children's Hospice and Children with Leukaemia will have 25% each and the others equal percentage. (16+%)

## CLIMB FOR TIBET

*Dave Kelf writes,* "Attached to Feets is a letter giving the provisional (£11,000) result of the fund raising effort that I was involved in for the Climb for Tibet project in Hawaii. Pete and Tess - the two leaders ran last year's Grizzly

(and Exe to Axe) and we also collected Peace Messages from runners at the Tibetan shrine. Tom Scriven was also part of our team. Grizzly T-shirts were seen on the project and so were peace messages from Seaton children; the

AVR committee will be considering whether we can make a donation.

*Dave Kelf* ■

## HANDICAP RESULTS

October ( <i>non-scorers in italics</i> )				Overall			
1. Richard Hale	22:18	12. Steve White	22:54	Tom Hilder	45	Alan Brown	16
2. Liam Roberts	24:46	13. Dave Mutter	25:19	Alberto Gravili	44	Nick Partridge	16
3. Chris Ault	29:57	14. Pat Edmunds	28:35	James Beard	41	Phil Bayliss	16
4. Paul Rodgers	19:51	15. Alberto Gravili	23:18	Susie Pitt	37	Jane Calvert	14
5. Steve Rowe	20:39	16. <i>Tim Salter</i>	25:40	Dave Mutter	36	Justin Holt	14
6. Garry Perratt	17:59	17. Phil Bayliss	20:06	Richard Hale	30	Tom Woodman	13
7. James Beard	20:07	18. Sue Levene	28:14	Sue Levene	29	Mike Calvert	12
8. Susie Pitt	28:19	19. Mike Ellis	26:32	Chris Irving	28	Mike Ellis	12
9. Tom Hilder	20:23	20. Maurice Ault	26:00	Steve Rowe	27	Chris Ault	11
10. Allison Gould	31:03	21. Dave Kelf	24:51	Dave Braunton	26	Allison Gould	10
11. <i>Jonathan Day</i>	25:08	22. Gabriella G	36:18	Robin Holt	24	Garry Perratt	7
<b>AND FINALLYish:</b> "I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs." <p style="text-align: right;"><i>Jesse Owens</i></p>				Steve White	24	Laura Keefe	6
				Julie Rowe	23	Stuart Jones	5
				Maurice Ault	23	Dave Kelf	4
				Pat Edmunds	23	Julia Phillips	4
				Steve Carver	22	Dennis Elliott	2
				Laura Holt	21	Leona Albano	2
				Paul Rodgers	20	Peter Kiy	2
				Gabriella Gravili	18	Jonathan Day	1
Liam Roberts	17	Tim Salter	1				

A pirate walked into a bar and the bartender said, "Hey, I haven't seen you in a while. What happened, you look terrible!"

"What do you mean? I'm fine."

"What about that wooden leg? You didn't have that before."

"Well," said the pirate, "we were in a battle at sea and a cannon ball hit my leg, but the Doc fixed me up, and I'm fine."

"Oh yeah? Well what about that hook? The last time I saw you, you had both hands."

"Well, we were in another battle and we boarded the enemy ship. I was in a sword fight and my hand was cut off, but the Doc fixed me up with the hook, and I feel great, really."

"Oh," said the bartender, "what about that eye patch? The last time you were in here you had both eyes."

"One day when we were at sea some birds were flying over the ship. I looked up and one of them messed in my eye."

"You're kidding," said the bartender, "you couldn't have lost an eye just from some bird mess!"

"It was my first day with the hook."

# CLIMB FOR TIBET

## A CRY FROM THE HIGHEST MOUNTAIN



Patrons:- His Holiness the Dalai Lama - Doug Scott C.B.E.  
Princess Helena Moutafian M.B.E. - Joanna Lumley O.B.E. - Uri Geller

Dear Supporter,

October 2003

Our successful Pacific Peace Climb in July this year has so far raised nearly £11,000. However we still need further funds to complete our 2003 projects which are as follows:-

- 1) **Tenpa Vocational School – eastern Tibet - (covers the villages of Ridok, Rume & Chiglung) - will be built in conjunction with the Tibet Relief Fund.**
- 2) Gesar Sherab School – eastern Tibet - being funded via Stichting-Arnhem Tibet (a Dutch Tibet support group based in Arnhem)
- 3) Kuruna Home Project – a school in southern India catering for disabled children of Tibetan origin. Our contact is Khube Rinpoche, the project director.
- 4) Lhasa Vocational School – Tibet Autonomous Region - funded via Tibet Trust.
- 5) Hawaiian Educational Project – Native Hawaiian Charter School – slopes of Mauna Kea, Hawaii

We are also still seeking Peace Messages to speak out from sacred mountains. These will initially be spoken out from the Tibetan Peace Garden in London prior to being spoken out on our next major climb.

Please use the tear off slip below to send us contributions towards our projects and Peace Messages. Forms to either Pete or Tess as per addresses noted.

Many thanks for your support

Pete and Tess on behalf of the Climb For Tibet team

NAME.....

ADDRESS.....

SPONSORSHIP AMOUNT.....

Cheques

payable to Climb For Tibet

PEACE MESSAGE

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