



# FEETS



Axe Valley Runners – the little running club with the big feet

## November 2005 issue – a banger or a damp squib...?

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### Stuck for something to do on these dark evenings?

... you've still got time to send your articles or suggestions for the Xmas edition of Feets to [tom@glovely.com](mailto:tom@glovely.com) or (01392) 202614 or 8 Bovemoors Lane, Exeter, EX2 5BR.

**Next newsletter is due out  
on 5 December**

## EVERYONE HAS BEEN VERY BUSY...

**H**arry Moore has had a mixed bag of fortune of late. Having been involved in an accident where his car became a write off, he went on to win a gold medal for the over 70's in the Devon Championships held during the **Seaton Half Marathon**. Then he went on to run the hilly **Truro Half Marathon** in 2-39, and on was also chuffed to bits when he completed the Brixham 10K in 68-33.

The main band of happy AVR souls boarded a coach at the daft time of 6 am and headed for Salisbury, where buses were then caught to the start of the **Clarendon Way Marathon** at Winchester, and half marathon at Broughton. Even the most optimistic would not have predicted the races outcome, as the gang came away with more medals than you would see at a 1960's hairy chest wig convention. In the Marathon, Steve Jeffery, Paul Holley and Evergreen Bayliss all performed magnificently to finish 4th 5th and 6th respectively. This does not tell the whole story as Paul kept near to the leaders early on and was 3rd at 16 miles, then his left leg started playing up, enabling Steve to overtake. Paul then went through a bad patch

for a few miles, and Evergreen almost caught him, but he got a new lease of life at 22 miles and pulled away. Steve held on to complete in 3-03-51, with Paul taking 3-05-21, and Evergreen 13 seconds adrift, but this was good enough for him to be the over 50 champion. Paul later suffered from stomach cramps, it can't have come from Eleanor's home baked go faster cakes surely ?? Jonathan Day, Eleanor Wood, Steve Reynolds, Geoff Woodward and Richard Hale had a good old battle between them. Eleanor ran initially with Richard, then at 15 miles Richard pulled away, and Geoff caught Eleanor, who then began to stuff herself with Jelly Babies. They both caught Richard at 19 miles, and then Eleanor pulled away from Geoff. She caught Jonathan at 22 miles, giving him the shock of his life as by then he was running in his comfort zone, with the intention of trotting to the finish. After listening to Eleanor waffling on about how good she felt, Jonathan proceeded to pull away, and finished his umpteenth recent long distance race 73rd, in 3-41-19, a new P.B. by 7 minutes. Eleanor held onto her good form, and finished in a new P.B. of 3-41-56. She was the 3rd lady finisher overall, and the over 45 lady champion. A brilliant effort, and she thanks Richard for his expert coaching technique. Meanwhile Steve Reynolds had crept up on Richard,

and overtook him at 22 miles, then by the final style he had caught Geoff. So Geoff went over the stile and Steve leapt over the fence and roared into the distance to finish 97th in 3-48-21, with Geoff 102nd in 3-48-48. Unfortunately for Geoff this late burst by Steve meant he missed out on a medal, as Paul Holley, Evergreen Bayliss, Jonathan Day and Steve Reynolds were the winning mens marathon team. Richard eventually came home 135th in 3-55-26. Considering Dave Kelf's preparation for the marathon was almost zilch, he ran very well. He overtook Chris Irving at 21 miles, and was searching for Dave Mutter, who was in the Half Marathon that started 1 hour 30 mins later. Alas the latter was nowhere to be seen, and the Dungbeetle was 152nd in 3-59-52.

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*“Dave Mutter was still feeling as plump as a Grecian Urn”*

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The race was Chris Irving's debut as a Marathoner, and he thoroughly enjoyed the experience. After early interplay with Steve Reynolds, Chris went on to finish 164th in 4-02-52. O.K. so you are 73 years old, what do you do on a Sunday? Well Tom O'Loon Scriven decided to run the Marathon, fair enough you may say, but he ran it as a training run for the following Sunday, when he would compete at Tooting in a 24 hour run, most likely covering over 3 marathon distances ! Tom finished confidently, merrily chatting to other competitors in 5-21-56.

There were 3 AVR's in the Half Marathon, with the best result going to Steve Potter, who celebrated his impending fatherhood by finishing 82nd in 1-42-31, matching his P.B. gained at the Great West Run. Graham Vere,

who has been plagued by a calf injury started well, then he got twangs in his calf, but the old Emu oil he had been using enabled him to finish 221st in 1-56-54. Dave Mutter was still feeling as plump as a Grecian Urn, and plodded around to finish 244th in 1-50-24. There was a combined field of over 1,000 runners, a record for the event.

Steve White has just returned from holiday in Side, Turkey. Most people take it easy on their hols, but not Steve, he trained every evening on the beach. He caught the attention of the local lifeguards, and they asked if he would like to join in their **training race**. The course was to swim out to the speck of a boat on the horizon, then run up and down a 12K mountain. Steve being Steve couldn't resist this challenge, and of course he won. His prize for beating the 14 lifeguards was to be pelted with rotten peppers from head to toe, then he joined them for an evenings Raki drinking competition. He can't remember the outcome.

The **October club handicap** race was won for the first time by Debbie Barry in a splendid 27-23. Despite playing rugby in the afternoon, and having to stretch half way around, Liam Roberts came in 2nd taking 22-02 John Blackledge was 3rd in 18-59. Despite having to sort out all those Grizzly entries, Susie Pitt was 4th in 29-04 and Liz Elliott 5th taking 25-51.

AVR supported the **Honiton 12K** in fine style. First home of the gang was Evergreen Bayliss, who is running remarkably well of late, he was 18th in 46-07. Tom Woodman was next to appear, he got home 30th in 48-43. Young James Beard and Tom Hilder had a fine old battle, with Tom leading for most of the way, then James just snuck ahead at the end to finish 33rd in 49-10, with Tom 35th in 49-30. Richard Hale and Eleanor Wood

ran together until the first drink station, when Richard espied his old adversary Bill Valentine way up yonder, so he put a bit of a spurt on and managed to overhaul Bill, then he maintained his form to finish 46th in 51-18. Was Eleanor slowed by her dream of running the race in wellies? We'll never know, but she finished 55th in 53-01.

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*“Jane was suffering from a porridge overdose”*

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Dungbeetle Kelf and Steve Raki White had a good race, the lead changed hands many times , but his Dungeness pulled ahead near the end, and held on to be 59th in 53-40, with Steve one place behind 3 seconds later. Steve Atkins belted around the first half, but then slowed to finish 68th in 54-44. Now Mike and Jane Calvert should not have been at the race. They had pre entered Portsmouth's Great South Run, and on Saturday had travelled up and duly completed the sightseeing bit, then they tried to find somewhere to stay, alas it was no room in any Inn as far away as Southampton, so off for a meal they went. One overcooked tough old steak later Jane had had enough, so home that went. They both ran in Honiton, with Mike finishing 71st in 54-55, and Jane, who was by now suffering from a porridge overdose, 102nd in exactly 1 hour. Liam Roberts started off well, then had a calf pain, but he struggled gamely on to be 72nd in 55-04. Joyce Cummings overtook a surprised Dave Mutter at the 9 K mark, and went on to be 95th in 58-27, with Dave 98th in 58-48. It was Tom's dad, Mark Hilder's first longer distance race, and he was very please to be 117th in 1-02-45. Dennis Elliott apparently has a cunning plan of races that he has not divulged to anyone but Liz. Apparently the plan is still on track

after he came in 120th in 1-03-23. Alanda Vere and Geoff Rugg ran together, and were joint 140th in 1-07-12. This was the last race in the Devon race series, and Pat Edmunds fulfilled her ambition of completing the series by finishing 149th in 1-09-54. Harry Moore really excelled himself, he was 20 minutes quicker than in 2004 and finished 164th in 1-25-24. Many thanks to Honiton RC for organising yet another superb race, and those cakes were truly sumptuous.

After his marathon warm up, Tom O'Loon Scriven completed in the **Tooting 24 hour race**. He performed magnificently, covering a total of 88 miles, and was 16th out of 30 overall. He was the first over 70 and became the national champion for his age group. How on earth do you recover from that effort ? Well he was last spotted dining out on Guinness and a big fat rib-eye steak !

Kirsty Woodward had her first ever competitive run in South Molton's **North Devon 10K**. The first 5K was flat, followed by a torturous final 5K. Kirsty had predicted her finish time to be 1 hour, and she was only just a smidgen out, she took 60 min and one second ! Her dad Geoff seemed a bit unhappy with his 43-48 min finish, he should remember that he is getting older.

Dennis & Liz Elliott were somewhat bemused when they arrived at the start of **The Sidmouth Saunter** to encounter a large crowd of people dressed ready for an assault on Annapurna, especially as they were dressed in normal running attire. Their choice of the 'thirteen mile' event as opposed to the '17' or '25' mile option was largely founded on the fact that their recent exercise has not exceeded four miles at a time. In the event the afore mentioned '13 miler' turned into an actual distance of nearly 16 miles (new GPS technology to the fore) of ultra

tough off road exercise. It was therefore something of an achievement, from their perspective anyway, that they finished still smiling in 3 hours 53 minutes.

Jonathan Day and Steve Reynolds also attempted the 13 mile version of the **Saunter**, using it as a good training run for next week's Exmoor stagger. They started 15 mins late, and almost immediately Jonathan got them lost. They ended up getting lost four times, and over took the Atkins brothers twice, after following the 25 mile route walkers who were on a different course. Their wayward directions caused the merry pair to complete 4 more miles than necessary, and their official time was 4.01hrs, but they actually took 3-45 due to their late start. Harry Moore and the Atkins brothers completed the correct 13 mile route in 5 hours.

Pat Edmunds proved she was a game lass and ran the 25 mile route. She finished exhausted, but happy in 7-36. Liam Roberts and Christina Sweetapple walked the 17 mile course as training for the 10 tors.

Steve White relished the challenges posed by the **Devon Duathlon** held at Kingsteignton. This was a 6K run, followed by a 26K cycle, and finally another 6K run. He was chuffed as nuts to finish in 1-48-01. a course P.B. by over 4 minutes.

Sunday's **Exmoor Stagger** was once again a very popular race. This event is designed to provide a challenging off road course using the steep and varied terrain within running distance of Minehead. Course distances vary each year, but range between 15 and 17 miles. The route ran from Minehead along paths strewn with beach, oak and birch leaves to the highest point on Exmoor, Dunkery Beacon and then back to Minehead. This year the runners had to deal with torrential rain, the

very special horizontal stuff that you only get on the high Moors that made the deep red clays and black peat bogs even gooier. There was a terrific battle for 2nd spot twixt AVR's Paul Holley and Jonathan Gilling of Taunton AC. Jonathan finally pulled away on the final tortuous ascent to be 2nd in 1-59-00, with Paul very happy to be 3rd in 1-59-52. Jonathan Day had a good run, and beat last years time by 20 mins 3sec when he came home 60th in 2-31-12. He once again passed by many bright red toadstools, and thought he was hallucinating when, with half a mile to go, he espied Richard Hale bounding up to him. Richard, who only on Thursday was whining about an injured foot, started slowly, then wormed his way through the field, but just could not catch Jonathan and finished 62nd in 2-31-48. He was 2nd in the over 55 category . Pete Kirkbride caught Jonathan on the ascent to Dunkery Beacon, but just could not hold his form and eventually was 87th in 2-38-57. Geoff Woodward, Steve Reynolds and Eleanor Wood had a jolly fine race between themselves. Geoff and Steve both fell over numerous times, and at the end Steve was sporting a cut knee as a result of falling down an eight foot drop. Geoff also fell into a ditch and had to be helped out by a marshal. Steve gleefully offered Geoff words of "encouragement" as he passed him. Anyway the final finish order was Geoff 91st 2-39-48, Steve 93rd, 2-40-15 and Eleanor, who was the 1st lady over 45 finisher, 94th overall in 2-40-21. Colin Pike was next home, and he was very please that on his first attempt at this run his 123rd place in 2-48-46 was quicker than both Jonathan and Geoff's last years time. Jinxy Jenkins was the final AVR finisher. He found the hills a tad tough, and was 174th in 3-08-48.

Kirsty Woodward did well in the **Stumble**, the six mile version of

the stagger, finishing 70th in 1.18. This was her second competitive run for AVR in two weeks, and her first off road run. She was delighted to finish, but was nursing her blisters on the way home.

Dave Braunton, Richard Easton and Steve White travelled to Thruxton race course to compete in the **Thruxton Mass Attack Duathlon**. This is a 5k run, 30k bike(8 laps), 5k run all held on the race track. This was the first time Dave or Richard had taken part in this kind of duathlon. Dave had a good first run and speedy transition

onto the bike. He seemed to enjoy the bike section so much that he lost his higher mathematical ability and cycled 9 laps instead of 8. Despite this hitch he still finished in 1-54-25 and thoroughly enjoyed the experience. Richard had a great race and completed in 1-27-45. Steve White also had a good race and finished in 1-39-16.

On Saturday Harry Moore and Steve Atkins ran in the **Women's Running Network six churches challenge**. This is a 12.5 mile Multi-Terrain event that is based at the Exeter Arena, with plenty of

fields and tracks, and a fair smattering of mud. This was Harry's 31st run of the year, and Steve pulled him round to complete in a very enjoyable 2-55.=20

Tom Scriven was up to his long distance running tricks again. The 73 year old ran around **Hull's athletic track** in a 24 hour race, completing over 70 miles. How does he do it ??

*Dave Mutter* ■

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## Chris Levene

**C**hris Levene was a hugely valuable member of our running club. As the driving force behind our junior section he created the opportunity for young people in our area to develop their athletic skills in a safe, caring and professional environment. Much of the work Chris did with the juniors was invisible to the senior section

as it involved travelling around our area timing, supporting and coaching his ever-growing team. Last year's selection for James, Tom and Liam for county honours marked something of a pinnacle for our club but Chris would be the first to have listed the considerable achievements of many others. Seldom did an event take place in

the senior section where Chris was not involved timing, marshalling or simply supporting with his smiling friendly face and words of encouragement - a constant symbol of the values of our club.

*Liz Elliott* ■

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## Some newsy bits

- Devon AAA would like to once again include the Devon Half Marathon Championship in the Seaton Half
- it was suggested in the last issue of Feets that the Exeter Hilly 5k was only about 4.5k. In fact, a bit of checking with a calibrated bike reveals that the course wasn't short this much. It was actually about 4.9k, and will be tweaked for next year
- the Southern Cross Country Championship will once again be coming to Bicton on Sunday 29 January 2006. Devon AA will be the organisers, and they are looking for help and volunteers. They need help over four days Thursday, Friday, Saturday and Sunday setting the course etc. If you can help please contact Pete Ferlie at Ironbridge Runner. A few members of AVR helped last time and really enjoyed themselves
- the Ironbridge Runner/Ron Hill series will not be held in 2006. Only 7 males and 5 females managed the very difficult feat of completing all of the races.

## Upcoming races

Date	Race	Where?	How far?	Notes
12 November	Weymouth 10	Weymouth	10 miles	Saturday
13 November	Tavy 7	Tavistock	7 miles	
20 November	Colyton 10K	Colyton	10k	
20 November	Templer 10	Newton Abbot	10 miles	multi-terrain
27 November	Bicton Blister	Bicton	11 miles	multi-terrain
4 December	The Full Monty-Cute	Montacute	10 miles	Full
10 December	Cockington christmas caper	Nr Torquay	7 miles	Saturday
18 December	Torrington xmas caper	Torrington	8 miles	multi-terrain
18 December	Wellington monument	Hemyock	9.2 miles	
1 January	Brown Willy run	Bodmin moor	6 miles	multi-terrain
8 January	First Chance 10k	Exeter	10k	Filling up
8 January	Axmouth challenge run	Axmouth	8.2 miles	don't know
15 January	Oh my obelisk	Dawlish	10 miles	don't know
29 January	Braunton 10	Braunton	10 miles	
5 February	Fulfords 5	Exmouth	5 miles	
26 February	Dalwood three hills	Axminster	10 miles	multi-terrain
26 February	Meldon hill race	Okehampton	5/10/15 miles	multi-terrain
5 March	Bideford half-marathon	Bideford	13.1 miles	

One year I got a bike for my birthday. So I went pedalling off down the road and accidentally knocked an old lady down....

She said "Can't you ring your bell?".

I said "I can ring the bell fine, I'm just rubbish at riding my bike..."

What is a zebra?

26 sizes larger than an "A" bra.

What do you get when you cross a snowman with a vampire?

Frostbite...

## French lessons

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The story is that in a school, the French teacher was explaining how all objects have a gender: la maison, le crayon, etc.

Brian, always the inquisitive student, asked the teacher what gender had been assigned to computers. Rather than simply answer him, the teacher split the class between the girls & boys and asked them to decide.

She asked each group to come up with four reasons to justify which gender would be most appropriate for computers.

After 10 minutes the class reconvened and the boys were asked to give their response. They told the teacher that computers must be feminine because:

- no one but their creator understands their internal logic
- the native language they use to communicate with other computers is incomprehensible to everyone else
- even the smallest mistakes are stored in long term memory for possible later retrieval
- as soon as you make a commitment to one you find yourself spending half your income on accessories for it.

Applauding the boys for their sound reasoning the teacher then turned to girls, who, as you might have guessed, asserted that computers were certainly masculine because:

- in order to do anything with them you have to turn them on
- they have lots of data but still can't think for themselves
- they are supposed to help you solve problems but very often they *are* the problem
- as soon as you commit to one, you realise that if you had waited a little longer you could have had a better model.

Of course, the girls won - personal computers *are* masculine (l'ordinateur individuel)!

## And finally...

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"Sport is not about being wrapped up in cotton wool. Sport is about adapting to the unexpected and being able to modify plans at the last minute. Sport, like all life, is about taking risks."

*Roger Bannister*