



# FEETS



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

February 2006 issue  
– the nights are  
getting lighter!

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**If the days are getting longer, how will you fill them?**

Well, you could always send your articles or suggestions for the next edition of Feets to [tom.woodman@dcha.co.uk](mailto:tom.woodman@dcha.co.uk) or (01392) 202614 or 8 Bovemoors Lane, Exeter, EX2 5BR.

## HAVEN'T WE ALL BEEN BUSY...

Many AVR runners attempted the **Axmouth Challenge** in January. This year, the 10.6 mile event did not go along Seaton beach, but used the walkway instead, a very popular move amongst the competitors. John Blackledge managed to overhaul Evergreen Bayliss to finish first AVR, 4<sup>th</sup> overall in 1-07-55, with Evergreen 5<sup>th</sup> 21 seconds adrift. In 23<sup>rd</sup> spot, Eleanor Wood was the ladies champion in 1-21-14. Richard Hale and Luke Reed had a tremendous battle, and even the final sprint could not separate them, so they were joint 13<sup>th</sup> in 1-18-51. This was the first time that Kirsty Woodward and Sara Feldman had run 10 miles, they were 35<sup>th</sup> and 36<sup>th</sup> respectively in 1-45-46 and 1-45-52.

Despite a fracas with a car, Harry Moore was 20 mins faster than last time, he was 38<sup>th</sup> in 2-18-15. Other places were: James Beard 6<sup>th</sup>, 1-09-34, Stephen Habgood 9<sup>th</sup>, 1-13-40, Geoff Woodward 17, 1-18-51, Chris Irving 18, 1-19-23, Mike Calvert 21<sup>st</sup>, 1-19-55, Stephen Potter 22<sup>nd</sup>, 1-20-30, Steve Reynolds 24<sup>th</sup>, 1-22-07, Steve Atkins 25<sup>th</sup> 1-22-18, Steve White 26<sup>th</sup>, 1-24-38, Graham Vere 27<sup>th</sup>, 1-26-35, Dave Mutter and

Tikka-Lou 29<sup>th</sup>, 1-19-01, Jane Calvert 30<sup>th</sup>, 1-31-47, Paul Tolchard 32<sup>nd</sup>, 1-38-31, Dennis Elliott 33<sup>rd</sup>, 1-43-26, Sue Venn 36<sup>th</sup> 1-45-52 and Tom Scriven 37<sup>th</sup>, 1-57-49. Justin and Robbie Holt, Daniel Calpp and Alex Barry ran in the **3 mile junior run**. Everyone enjoyed the race, and were especially appreciative of the fantastic fare provided by the Axmouth Village Hall Committee.

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*“doing a big Dave...”*

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There is something very odd about the mathematical (in)ability of AVR members who enter duathlons. Jonathan Day attempted the **Bicton off-road duathlon**, comprising a 2 mile run, then 10 mile bike and another 2 mile run. There was a horse jump on the bike circuit to clamber over for good measure, which appeared to get taller every lap. To get the bike mileage in, you completed 5 laps of the 2 mile circuit, but not Jonathan, just for good measure he completed 6 laps ! He finished 34 out of 50 in 1-39-52. However, had he not goofed up his maths, and only completed the correct 5 laps, he would have been 18<sup>th</sup>. This misdemeanour has the technical name of “Doing a big Dave” after its founder mis-counter Dave Braunton. Richard Easton

made no such error, and put in a fine display, finishing 9<sup>th</sup> in 1-20-37.

There was a bit of a bumble at the Broadclyst Bimble. This 12.5 mile multi-terrain run is well known for it's long stretches of gloopy technicolor mud, but this year there was the added bonus of a marshal sending some runners the wrong way around a 2 mile loop of Paradise Copse. This resulted in runners meeting and greeting each other half way round the loop, confusing them and the other marshals. Some runners appeared to miss the loop out altogether, but hey, a great time was had anyway. Richard Hale was the first AVR home, 37<sup>th</sup> out of 185 in 1-51-57. Eleanor Wood was next, 42<sup>nd</sup> in 1-52-18. Then followed Jonathan Day, 52<sup>nd</sup>, 1-53-17, Geoff Woodward, 58<sup>th</sup>, 1-54-28 and Chris Irving, 71<sup>st</sup>, 1-65-54. Steve Reynolds started off at steady pace, and caught Eleanor at the second photo stop. She then bolted off, only to suffer the embarrassment of being overtaken by Steve on the uphill road section between the woods at 5 miles. Then things went funny when he was sent the wrong way around the loop. Steve was just about to overtake Chris Irvine, when along with 30 others he stopped and turned around because they had gone the wrong way. Steve then shot off thinking at least he had beaten Chris and Eleanor, only to get back with Chris waiting for him on the line having finished ten minutes earlier. So Steve thought he was in front of Chris and Eleanor but behind Geoff. What happened was - Eleanor and Chris beat both Geoff and Steve - confusing or what. Steve was 95<sup>th</sup> in 2-06-50. Colin Pike ran the true course, and was chuffed as nuts to beat his previous time by 5 minutes. He was 118<sup>th</sup> in 2-11-57.

Geoff Woodward was the first AVR home in the **Braunton 10 mile road race**, he ran exceptionally well over the very lumpy course, taking only 1-14. *[Editors note: I did the course measurement for this on my bike, and I fell off going uphill because it was so steep...]*. Geoff's daughter Kirsty is improving all the time, and she was really chuffed to finish in 1-35. Harry Moore was also delighted to run the same time as he did 3 years ago of 2-05.

James Beard and Liam Roberts ran in the **Devon Schools Cross Country** held at Grenville College, Bideford. In the 7.5 Km event, James finished 8<sup>th</sup> in 23-40, and Liam 18<sup>th</sup> in 26-52. Congratulations to James, who will now go on to represent Devon in the South West Schools later in the year.

Fine weather attracted nearly 300 runners to Exmouth in order to run in the "**Fulfords Five**", not surprisingly a 5 mile road race. Paul Holley was the first AVR finisher, he was a brilliant 4<sup>th</sup> in 26-18. Harry Moore spent the whole of the race trying to catch Liz Slade, alas to no avail. Liz was 264<sup>th</sup> in 50-31, and Harry 271<sup>st</sup> in 51-48. Harry's time was a full 10 minutes than last year, needless to say he was delighted with his efforts. By the time he reaches 80, he may have a chance of winning if the improvement continues.

Steve Reynolds was the lone AVR running in the **Blackmore Vale Half Marathon**. The event is held in Bishops Caundle near Sherborne, and is a highly undulating road race. Steve was running along at a steady pace, when suddenly he heard a galloping horse fast approaching. Fearing it was a wide-eyed Jinxy Jenkins out to get him, Steve put on a spurt, but it turned out to be a racehorse that had shed its rider, and wanted to joint in the fun. This

extra effort helped Steve to a very good 1-40-36 finish.

Jonathan "wrecker" Day and Richard Easton had great fun on Sunday at the **Haldon Woods off-road duathlon**, run by the Exeter triathlon club. This was with a 2 mile run, followed by 10 miles bike, finishing with another 2 mile run. There was a very hard technical off road bike section, and a few members from the tri club decided it was not for them, and pulled out. The most serious injury was a couple of broken ribs, but most competitors had a few bruises. Jonathan's chain broke 200m into the bike section, and he walked sad faced back to the beginning. He found a nice mountain biker to fix it, only to smash into two trees. (The second tree broke his rear brake). He then proceeded to fall off six times and shattered one wooden bridge. Despite this, he finished 26<sup>th</sup> in 1-56-53, and was really pleased as he was the last one to start on the bike section.

Richard finished 8<sup>th</sup> in 1-31-49, he had the third fastest run time, but fell off his bike a couple of times. The worst crash he had was falling off a broken bridge into two foot deep mud with a splat. It just so happens it was the same bridge than Jonathan had wrecked earlier!

The first **Junior 1.8 mile Time Trial** was held last week. It was a pace setting run with a very tight finish. Justin Holt won in 11-47, one second ahead of brother Robbie, with Daniel Clapp a further 2 seconds adrift. Lauren Richards was the first girl home in 16-06.

On Sunday Dave Braunton and Geoff Woodward went out for a punishing **10-mile bike training ride**. All went well until they were nearly knocked off there nice shiny racing bikes by a little lamb. They really looked sheepish at the finish....

Dave Mutter ■

## Dawn & Steve's marathon training...

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With all the marathon training going on at the presently, which I am bizarrely missing, but for the right reasons of course, myself and Potts were going to organise a 20 mile run on Sunday 26 March 2006, 4 weeks before the big day, for anyone doing the London

Marathon, or anyone who feels like a long run.

We will put out mile markers so everyone can keep an eye on their mile pace and then have a mobile drinks station with jelly babies at 6,12 and 18 miles. We will finish the 20 miles at the scout hunt, to

supply all with a warm drink and a small prize for completing the run.

We will print out the route and use discreet markers so everyone will find their way.

Dawn Potter ■

Why does a milking stool only have three legs?  
Because the cow has the udder.

## Dave Mutter's poem (he's forgotten where he got it from...)

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My forgetter's getting better,  
But my rememberer is broke  
To you that may seem funny  
But, to me, that is no joke

For when I'm "here" I'm wondering  
If I really should be "there"  
And, when I try to think it through,  
I haven't got a prayer!

Oft times I walk into a room,  
Say "what am I here for?"  
I rack my brain, but all in vain!  
A zero, is my score.

At times I put something away  
Where it is safe, but, Gee!  
The person it is safest from  
Is, generally, me!

When shopping I may see  
someone,  
Say! "Hi" and have a chat,  
Then, when the person walks  
away  
I ask myself, "Who was that?"

Yes, my forgetter's getting better  
While my rememberer is broke,  
And it's driving me plumb crazy  
And that isn't any joke.

Dave Mutter ■

A man grabbed his plate and walked up to the buffet for the 4th time.

"Aren't you embarrassed to go for so many helpings?" asked his wife.

"Not a bit," he replied, "I keep telling them they're for you."

## The editor's New Year resolutions

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Back last year I rashly published some New Year resolutions. This what happened when I looked back to see if I'd kept to them...

1. *Train regularly(ish)...* Hmm, good start to the year, and a good finish as well. But, an awfully big dip in the Summer when I didn't do nearly enough

2. *...but don't overdo it.* Not been a problem all year!

3. *Race regularly...* Well I raced 14 times, not including handicaps. I'm not sure that loads in the Spring and then loads in Winter counts as "regular" though.

4. *...get a pb (sub 39 for 10k, sub 1.30 for a half)...* Hurrah! I managed 38:49 at the Colyton Children in Need 10k. Didn't get

close to 1:30 for a half, but I need to save something for when I'm a vet.

5. *...but don't forget to enjoy the getting of it.* Certainly did.

6. *S-t-r-e-t-c-h. A bit.* I don't know what it is with stretching and me. I know that it helps prevent my back and knee problems, but I still don't seem to make the time to do it. Must try harder.

7. *Publish Feets as often as possible...* Not bad. Jan, Feb, March, May, June, July, September and November. Still very open to offers if anyone else wants to do it...

8. *...and get round to posting the paper copies to people that don't come to club nights or have email.*

Ah. Less said about this one the better.

9. *Race as many handicaps as possible.* I think I managed 6 or 7. Not that impressive.

10. *Run at least one race I've never run before...* Did three; Torbay Regatta 10k (ok if you like that sort of thing), Latrigg fell race (was on holiday there, short and nasty, great fun) and the Oke Croak (fab race on Dartmoor in September).

And for 2006 – I think I'll have the same resolutions as last year, but try harder to keep to them!

Tom Woodman ■

## Congratulations (and celebrations)

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If you read the February issue of Runner's World, you will see that out of over 2500 races promoted over the last year. Not only did we finish in the top 100, we finished third! In second place was the Great South Run and first was the London Marathon. Andrew Sainsbury of Saucony who as you know sponsors the

Grizzly and Seaton Half, has phoned me to congratulate Axe Valley Runners on this brilliant result. In his own words he has said, "you can't better that".

All members should be proud of themselves as this is a great honour for AVR and makes all the

hard work by the committee and members all worthwhile. By all working together this is what makes a club, which is Axe Valley Runners. Thank you all.

Paul Morgan ■

Man: "Your place or mine?"  
Woman: "Both. You go to yours and I'll go to mine."

## Exam questions (and answers)

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The following questions were set in last year's GCSE examinations - these are allegedly genuine responses from 16 year olds....

### Geography

Q: Name the four seasons.

A: Salt, pepper, mustard, and vinegar.

Q: Explain one of the processes by which water can be made safe to drink.

A: Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep, and canoeists.

### Sociology

Q: What guarantees may a mortgage company insist on?

A: If you are buying a house, they will insist you are well endowed.

Q: What are steroids?

A: Things for keeping carpets still on the stairs.

### Biology

Q: Name a major disease associated with cigarettes.

A: Premature death.

Q: What is artificial insemination?

A: When the farmer does it to the bull instead of the cow.

Q: How can you delay milk turning sour?

A: Keep it in the cow.

Q: How are the main parts of the body categorised? (e.g. abdomen)

A: The body is consisted into three parts - the brainium, the borax, the abdominal cavity. The brainium contains the brain, the borax contains the heart and lungs, and

the abdominal cavity contains the five bowels, A, E, I, O and U.

Q: What is the Fibula?

A: A small lie.

Q: What does "varicose" mean?

A: Nearby.

Q: Give the meaning of the term "Caesarean Section."

A: The caesarean section is a district in Rome.

Q: What is a seizure?

A: A Roman emperor.

Q: What is a terminal illness?

A: When you are sick at the airport

### English

Q: Use the word "judicious" in a sentence to show you understand its meaning

A: Hands that judicious can be soft as your face...

## How long is a piece of string?

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Well, it depends how you measure it. Now that I've started doing course measuring, I thought I'd write some notes on the different ways you can use to see if your usual 10k training loop is what you've always hoped it is...

### Driving round the route in a car

Well it's more useful than guessing, but that's about all you can say for it. Many car mileometers will be about 3% out. Normally, they over-estimate your distance - they will say you've

been 10k when you've only been 9.7 k. Add to this the fact that they take a very wide line around corners (unless you are driving on the pavement!), and you end up with a big inaccuracy. *Cars tend to say you are running further than you are in real life.*

### Driving round the route on a bike with a computer measure

This way keeps you fitter than doing it in a car, but it's still not particularly accurate. The main errors that creep in are caused by the diameter of the wheel not being what the bike computer expects. This may be because the tyres aren't at the right pressure, a hot (or cold) day, or simply the difference between thin tyres and fat ones. A 1cm difference in circumference will be a 150m error over 10k. *Bikes tend to say you are running further than you are in real life.*

### Using a GPS receiver

These are very handy (if expensive), and they use signals from satellites to work out where you are. They are pretty accurate on a straight course on open ground, but begin to get a bit wobbly where there are trees (the satellites can't see through them), buildings (the signals bounce off them and get confused) or lots of turns. GPS receivers aren't good at turns – they do all their calculations using a series of straight lines, so on turns they almost always cut the corner to some extent. *GPS receivers tend to say you are running less far than you are in real life.*

### Measuring it on a map

Using the time-honoured methods of bits of string, paper and pencil or just your eyes, you'll probably get to around 5 or 10% accuracy on a map. This may well be good enough for what you want (see below about being too obsessive).

Or, you can use mapping software such as Memory Map (priced unless you are prepared to bend the rules). This is the most accurate way of doing it on the map, but the technique tends to take wider lines around bends than a runner really would. *Mapping software tends to say you are running further than you are in real life.*

### Using a bike with a calibrated Jones counter

This is pretty much the ultimate accurate method, and is used for measuring certified UK: Athletics courses. The Jones counter fits to a standard bike, and counts as the wheel goes round. On a standard road bike it will count around 11 times per meter. How you use it is:

- using a steel tape, tensioned with a spring balance, measure a course on a flat road of around 400m. Adjust the measurement by the temperature on the day to allow for expansion of the steel tape. This gives you a fixed "calibration course" which will be accurate to 1mm
- ride the calibration course (try not to wobble more than usual...) and record the number of "counts" on the Jones counter (likely to be over 4,000). Do this four times for consistency, and then calculate the accurate "counts-per-metre" figure
- adjust the "counts-per-metre" figure by 0.1%. This ensures that your accurate 10k course

will in fact be 10m too long, allowing you room for a small error later

- ride the course you are measuring, and work out the distance based on the adjusted "counts-per-metre" figure. Ride the course again for consistency. You must ride the absolute shortest possible route that runners will be able to take in a race (you'll be surprised how much a difference it can make when you do this)
- go back and ride the calibration course another four times, to finalise your sums.

### So that's it

Having said all that, my advice is only to worry about distance when it really matters for some reason. The rest of the time just run using your watch (or a calendar) – your 10k loop may be a bit wrong, but your 50-minute steady run will always be spot on!

Tom Woodman ■

#### **Computer support call**

Helpdesk : "Okay Bob, let's press the control and escape keys at the same time. Now type the letter "P" for Programs"

Customer: I don't have a P.

Helpdesk : On your keyboard, Bob.

Customer: What do you mean?

Helpdesk: "P".....on your keyboard, Bob.

Customer: I'M NOT GOING TO DO THAT!!

## **Some newsy bits**

- have you lost kit at a race? Visit [www.lostkit.co.uk](http://www.lostkit.co.uk) to be reunited with your smelly things (or even someone else's)...
- the next Woodland Relays will be on Monday 15th May at trinity Hill near Axminster. Details to follow
- the Grizzly is on 12 March!! Your help is needed! Ask any committee member for what you can do.

## Upcoming races

Date	Race	Where	How far	Notes
19 Feb	Plymouth Hoe 10	Plymouth	10 miles	Full
26 Feb	Dalwood 3 Hills	Axminster	10 miles	Multi-terrain
26 Feb	Meldon hill race	Near Okehampton	5, 10 & 15 miles	Multi-terrain.
05 Mar	Bideford half-marathon	Bideford	13.1 miles	
12 Mar	Duchy marathon & 20 miles	Redruth	26.2 & 20 miles	
12 Mar	Grizzly	Yes	20 miles	Multi-terrain
19 Mar	Bath half-marathon	Bath	13.1 miles	
19 Mar	Mad March Hare 10K	Plympton	10k	
26 Mar	Teignbridge Ten	Newton Abbot	10 miles	New course
02 Apr	5 Tors moorland run	Liskeard	11 miles	Multi-terrain
02 Apr	Taunton marathon & ½M	Taunton	26.2 & 13.1 miles	
02 Apr	Axe to Exe	Seaton & Exmouth	20 miles	Multi-terrain
09 Apr	Primrose Run	Kingsbridge	10 miles	Multi-terrain
17 Apr	Bampton to Tiverton	Tiverton	7.1 miles	Easter Monday
23 Apr	Arlington Court Canter	Barnstaple	10k	Multi-terrain
23 Apr	London marathon	London	26.2 miles	
23 Apr	Tresco marathon	Isles of Scilly	26.2 miles	
30 Apr	Great West Run	Exeter	13.1 miles	New course
30 Apr	Saltash half-marathon	Saltash	13.1 miles	
05 May	Torrington Round The Tree	Torrington	3 miles	Multi-terrain, Friday
07 May	Launceston May 5	Launceston	5 miles	
13 May	Ivybridge 10k	Ivybridge	10k	Saturday
21 May	Kit Hill Run	Callington	5 miles	Multi-terrain
28 May	Plymouth half-marathon	Plymouth	13.1 miles	

"The marathon's about being in contention over the last 10K. That's when it's about what you have in your core. You have run all the strength, all the superficial fitness out of yourself, and it really comes down to what's left inside you. To be able to draw deep and pull something out of yourself is one of the most tremendous things about the marathon."

- Rob de Castella