



HOGWEED EXPRESS



December 2004

Hogweed AGM—Wed 17th Nov 2004

Following the Hogweed's fifth AGM the following were elected to the Committee for 2005:

President	Colin Axford
Chairman	Bob Bell
Secretary	John Clapp
Treasurer	Alan Cole
Club Coach	Mike Brokenshaw
Club Captain	Will Gray
Membership Secretary	Anthony Febry
Ladies Representative	Linda Morgan
Social Secretary	Tracey Alderson
Kit Manager	Rebecca Febry

Outgoing committee members **Georgina Bell**, **Paul Christmas** and **Simon Spedding** were thanked for their contributions. **Angie Burton** was thanked for her work as newsletter editor and volunteers for a replacement were invited. **Jo Noott** was thanked for her work on the website.

A press officer is also required to write, or co-ordinate others to write, weekly articles for the Gazette.

Membership fees to remain unchanged at £10 full and £5 for 2nd claim & social. (Payable 1st January).

Mike Brokenshaw proposed, and the members carried, that **Colin Axford**, **Bob Bell** and **John Clapp** be elected as the first Honorary Life Members of the club.

Volunteer marshals needed

On Sunday 23rd January the Hogweed Trotters have agreed to help Thornbury Running Club by sending 12 or so marshals to help at their 30 mile (ultra) road race. The race will be a trial run of the course to be used by the British 100k Championships in 2006. This will be a prestigious event for the west country so please volunteer if you can and help make it a success. Ask **Bob Bell** for further details.

Hogweed Half news

Our first ever open Half Marathon road race goes ahead on March 20th 2005. It has been the dream of the founders to hold such a race but finding a suitable date was always difficult. To avoid interfering with other club's promotions we have decided to hold the event on the same day as the famous Bath Half Marathon.

Although we encourage club members to enter Bath's prestigious race, the event is always oversubscribed and applications close within weeks. So the 'Hogweed Half' will offer a same date alternative without affecting the Bath entry.

To ensure our race is successful please promote it at every opportunity—let other runners know, take copies of the application form to other races, down to the gym, into local shops etc.

Bob Bell is Race Director. Email the Entries Secretary on: maureenmackenzie58@blueyonder.co.uk

Don't forget the Forest of Dean Trails Half Marathon takes place the week before on 13th March.

The editing team call it a day

This is the last Hogweed Express edited by **Angie** and (mostly) **Jon**. We just want to say thank you to everyone who has contributed over the last couple of years—we really couldn't have done it without you! We've enjoyed putting the newsletter together and will miss all the Hogweed news. Good luck with your running and maybe we'll see you at the start line some time!

Jon and Angie





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Chairman Bob's Christmas message

At the end of another wonderful Hogweed Trotters year I'd like to extend a huge thank you to everyone for their contribution towards our Club's success. I wish the many injured members not able to enjoy their sport at present a speedy return to full health and fitness and to those who remain loyal but who we only meet on race days, a big thank you.

Don't forget to renew your £10 membership in 2005 and continue to enjoy the benefits of reduced race entry fees, significant discounts at many retail outlets but above all, friendship, advice, support, and recognition everywhere you run!

Compliments of the season, **Bob Bell**.

Christmas opening hours

For those who cold turkey and rubbish telly are not enough...

Friday 24th, Christmas Eve	6.30pm run
Saturday 25th, Christmas Day	8.00am run
Sunday 26th, Boxing Day	9.30am run
Wednesday 29th	6.30pm run
Friday 31st, New Years Eve	6.30pm run
Sunday 2nd (January)	Back to normal

Your Spring Marathon and Half Marathon schedules start here!

There are also plenty of races over the festive season see our notice board or ask Mac for details



Hogweed Trot 2005

After the success of this year's inaugural event, the Hogweed Trot 10k will return on Monday 23rd May 2005. Make a note in your diary now. If you have any ideas on improvements for next year please let **Philippa Crocker** know.

South Glos. Sportswoman of 2004

Hogweed stalwart, **Shirley Brokenshaw**, has been named South Gloucestershire Sportswoman of 2004 in recognition of her numerous veteran awards at local and national events over distances from 5k to full marathon.

The awards are presented annually by South Gloucestershire Sports Forum in association with South Gloucestershire Council to recognise achievements and dedication in recognised sport and physical activity in the area.

Shirley picked up her award at a packed ceremony at the BAWA Centre in Filton. The awards were presented by South Gloucestershire Council Chair, **Cllr June Lovell** and **Geoff Twentyman**, head of sport at Radio Bristol.

In her three years with the Hogweeds, Shirley has seen the club grow from a mere handful to over 250 members.

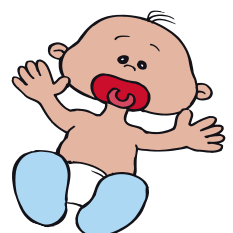
Shirley was a little shocked by her success, *"I was pleased just to be nominated, but I didn't dream that I would even be a runner up, let alone win"*

Bob Bell says *"Shirley epitomises the attitude of a lot of Hogweeds. She races for the love of it and, combined with a healthy lifestyle, is an example to us all that success need not be confined to the youngsters"*

Congratulations Shirley!

Another Ford model hits the streets

Selena and Dave Ford are the proud parents of **Bradley Jon** who was born 5 weeks early on 3rd October at 3.32pm, weighing 5lb 12oz. Both mother and son are in sparkling health. Selena, the third lady to join the Hogweeds, has not forgotten her Marathon challenge for 2005 versus **Dave Morgan** and promises to be back in full training very soon.





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Muddy Saturdays

Amanda Richardson on the highs and lows of the Gloucestershire Cross Country League experience.

Whose idea was this cross country thing? The name **Bob Bell** springs to mind...!

It sounded good at the beginning—out in the open air, rolling hills, scenic views, sun shining, a fine way to spend a Saturday afternoon. How wrong I was! More like rain, wind, sleet, snow, mist and mud, lots of mud. My first taster of cross country racing was the Gloucestershire Cross Country League 6k in Cheltenham. Myself and **Helen Crook** lined up at the start, unsure about what the next 30 or so minutes had in store. But hey, a couple of laps round a field, how hard could it be?

After sliding round the first lap, we got the general idea. As the professionals faded into the distance and runners spread out, the field got even muddier. We ploughed on trying not to fall (I failed!) The last 200 metres was the real challenge. With shoes caked in mud it was impossible to get a grip (not helped by the fact I had the wrong shoes on. As every woman knows...it is all in the shoes!) Despite the mud, Helen and I enjoyed our cross country and knew we'd be back for more.

Of course, conditions were worse next time. We had high hopes for a 5.3k in the Forest of Dean, famous for its scenic tracks and beautiful views and managed to con **Bob, Colin, Duncan** and **Mac** into running the men's 9.6k race. The day dawned with fog, snow and sleet. Once again we lined up with the other nutters who had braved the conditions and off we went. This was real cross country, hills, evil tree roots, mud everywhere plus a stream. A view would have made it better but it was hard to pick out the marshals through the fog, let alone a view.

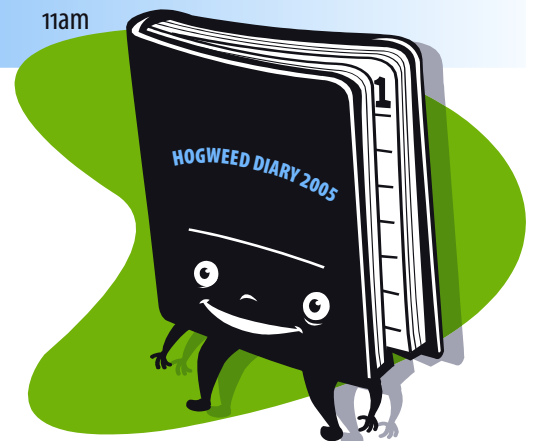
The cold coupled with the fear of getting left behind in the forest in the fog made us run. Once again we slid into the finish quietly thankful we didn't have to do another lap like the guys. Running

two laps in these challenging conditions was a real achievement, so hats off to the Hogweed men who qualified as the first Hogweed Cross Country team to get a place in the League.

I'll always moan about the mud and the cold. However the satisfaction at the end of the race far outweighs a bit of mud and oh, that beer afterwards tastes good! Fingers crossed it will be sunny for the next event...!

Dates for your diaries

Xmas Day	Our President and founder member Colin Axford (did you know he has 9 sisters?) will host the run as usual from 8 am. Usually a 6 miler.
Boxing Day	4 miles (Clevedon AC) 11am. Many prizes.
27th December	4 mile road race (Severn AC), Pilot Inn, Hardwicke, Glos., 11.30am
28th December	Bridge Inn Series, 5k, 7.30pm
1st January	5 mile, Pilot Inn, Hardwicke, Glos. (Severn AC), 11.30am
2nd January	Acton Turville 4 mile "fun run" 11.30am
9th January	New Years 10 mile (Gloucester AC) 11am. Anchor Inn, Epney
16th January	Riverbank Rollick MT 7.5 miles (Thornbury AC), 11am





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Know your fellow Hogweeds

Name: Robert Smith.

Age: 58

Born: Fulham, London.

Home/Family: Wife Gill and son Richard.

Occupation: Mail Room Manager with South Gloucestershire council.

Background: Married Gill in 1970 and moved in Bristol in 1974 where we ran our own pub. Left the pub trade in 1979 and, after working for a local printing ink manufacture, we ran our own newsagents. Started my current job in August 2000.

Likes: Sport, science (no qualifications, just interested in what makes things tick), music, reading, socialising, pubs, astronomy, history, comedy, radio, eccentrics.

Dislikes: Political correctness, smoking, soaps, politics and much, much more (I should be on Grumpy Old Men).

Favourite books: *A Tale of Two Cities* (Charles Dickens), *Bag of Bones* (Stephen King), *The Odessa File* (Frederick Forsyth), all the *Jeeves and Wooster* stories (PG Wodehouse).

Favourite films: *Crocodile Dundee*, *The Man Who Would Be King*, *The Day of the Jackal*, *The Blues Brothers*, *Kind Hearts and Coronets*.

Favourite music: Blues, Rock 'n' Roll, anything with a good tune, catchy rhythm and good lyrics.

Favourite bands: *The Beatles*, *Elvis Presley* and *The Blues Band*. Plus some great local bands, *Loose Change* (blues/rock), *The Heartbeats* (rock 'n' roll), *Bula Bula* (50s and 60s pop)—(What about "The Cure"?—Ed)

Favourite record: *Buddy Holly's 'Words of Love'* performed by *The Beatles*.

Favourite food: *Fish and chips*.

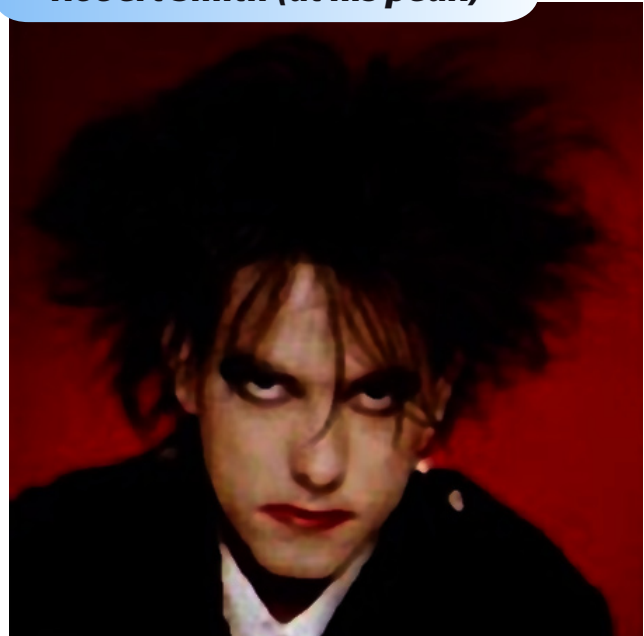
All time favourite newsletter editors: *Jon and Angie*.

Favourite drink: *Young's Special Bitter*.

Favourite TV programme: *Minder*.

Favourite radio programme: *I'm sorry, I haven't a clue*.

Robert Smith (at his peak)



Running history: I started running about three years ago and joined the Hogweeds in March 2003. I've run several 10ks, various fun runs, five half marathons and this year's *Sodbury Slog* (madness, but I'd do it again).

Worst running moment: The 2003 Bristol half. I finished in 2 hours and 14 minutes, half of which was pure agony. I gave up running for ever at the ten mile point and was ill after the race.

Best running moment: The 2004 Bristol half. I finished in 1 hour, 55 minutes and 49 seconds and enjoyed every minute of it including the build up and the post race celebrations.

Continued on next page...



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What do you like most about the Hogweed

Trotters?: *The enthusiasm, the fun, the encouragement, the social activities and, above all, the positive attitude throughout the club.*

Greatest non-running moment: *Gill and I succeeding in our goal of having the law changed regarding the retention of DNA profiles. Receiving our MBEs for this work from the Queen at Buckingham Palace last year.*

Running ambitions: *To run a 10k in under 50 minutes (best so far is 50 minutes 40 seconds) To get my half marathon time under 1 hours 50 minutes. To run in the London Marathon. Oh, and do better in next year's Sodbury Slog!*

Robert Smith (still lookin' good)



The 4th annual 'Hogweeds'

The most important date in the Hogweed Trotters year takes place at 1pm on Sunday 6th February. This year's event will be at Horton Village Hall where sixteen awards will be presented to members who have achieved success (or notoriety) during the past year. A new treat for this year's ceremony, the 'Hogweed Hotpot', will be served from 1pm. Eat as much as you can (a vegetarian option will be available).

This year's hotly contested categories are:

- Half Marathon performance—Mens and Ladies
- Cross country performance—Mens and Ladies
- Marathon Performances—Mens and Ladies
- Short Race Performances—Mens and Ladies
- Triathlete Of The Year
- "Black Dog Award
- "Laurence" Award
- "Superhero" Award
- "Peter Pan" Award
- Founder Members Award
- Club Champion

The cost is £3 per adult, no charge for children. Dress code as always is an event T-shirt plus dickie bow. Please enter your name, number of tickets required and food option on the list at the clubhouse.

See you there!



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Speddo's essential training tips

Aiming for a race in the New Year? Simon Spedding has some essential training tips to keep you on track. Also see the London Marathon training schedule on page 9.

Training sessions and schedule

For anyone training for London or early season half marathons, run sessions will start on Fridays at the track after Christmas. The Friday sessions will be geared around gradually increasing intensity and/or duration over the three months leading up to London.

For those planning 5k or 10k races don't think the schedule is not for you. The long runs may be too much for those short distances but the hard work and efforts can be applied to short races too.

Wednesday training sessions will continue. The schedule may vary week to week depending on who turns up and what they are training for. However rest assured you'll always get a lot out of these sessions.

Keep a runners log (not to put on the fire)

You may have many questions as you train. How much training am I doing? How far have I run in the last few weeks? Is it time to change trainers? Am I over training? How do I balance my life with my training? How fit am I compared to last month or last year?

The answer is to keep a diary or log. It's up to you what goes in it but here's what I keep in my diary as an example.

What I am planning to do?

Plan your year, plan your months, plan your weeks, plan your days. If you're not sure how to do this, ask a qualified coach or use templates from magazines or web sites like Runners World. Write this down in your diary or log. Summarise your objectives, have short term and long term goals e.g., *"I want to race a fast 5k in March, but my main race will be the Half Marathon in April"*. Remember—nobody can train

hard all the time. Those who do end up with the physio.

Understand the logic behind the plan

Again, ask a coach to explain if you are not sure. Every time you go for a run (or rest) you should know why you are doing it and what you are aiming to do. This may be *"to run 10 miles"*, *"to have a short run to de-stress after work"*, *"speed work"*, *"hills"*, *"easy day to recover"*.

Rest and hard work are both essential to progression

You will not improve as quickly if you do not recover. Plan your rests and take them. Plan a period of the year when you are not racing and giving your body a rest.

What did I do?

Record your training. If you want to do 50 minutes of running, you don't need to do 60 minutes. Write down the details of the session and how you felt about it. *"40 minute run with club mates around lanes, felt really good"*. Write down what the weather was like. Summarise your week or month. Did you hit your targets? Be honest with yourself!

Listen to your body

If your body says no running, listen to it. Perhaps you need a day off. Write down how you feel each day, before and after your exercise. If you want, record your waking heart rate/pulse. Variances can show over-training or illness. If you feel twinges or injuries write them down. You may look back in 6 months and wonder if the hamstring that is aching now is the same one that ached before. This may help the physio. Or better still keep you away from the physio.



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Know your fellow Hogweeds

Name: Rebecca Febry (also known as Becks or Kit girl!)

Age: 39, looking forward to the big **40** next April.

Born: Chipping Sodbury Maternity Hospital a couple of weeks after JK Rowling. My mum and my late father came from Lincolnshire.

The early years: Lived with my parents at Highfield Road, Chipping Sodbury. I went to St Johns junior school and then to Chipping Sodbury School. I left with 10 O levels and 3 A levels and whilst in the 6th form I first met Anthony (he had a beige Austin Maxi which impressed me in those days!) After leaving school we went our separate ways and met up again in 1988 we married in 1990.

Occupation: I trained as a nurse in Bristol (RGN) and then specialised in paediatric intensive care where I worked for 8 years. Following this I was a night sister in a private hospital and for the past few years I have worked for the Lifetime service managing care for children with life limiting disease in the community (with Helen Crook). It's the best and most difficult job I've ever had.

Home/Family: I live in Old Sodbury with Anthony and our 9 year old daughter Harriet. I also have a horse, a goat, 2 kittens, a hamster and a few fish (guess which one is the hardest to look after? Clue—there is always something wrong with him!)

Traits: Easy going, loyal and low maintenance.

Favourite food: Chocolate, cakes and crusty bread.

Favourite music: Anything I can dance to.

Likes: Socialising, running, messing around with horses (*should we inform the RSPCA?—Ed*) and shopping.

Dislikes: Not having enough time and battling through the Bristol traffic (I do a lot of driving with my job).

Greatest achievements: Having Harriet.

Favourite race: Bristol Half marathon.

Aspirations: To be under 1.50 in a half marathon next year when I'm 40 and to learn how to use a computer properly!

Favourite newsletter editors: Jon and Angie.

Embarrassing admission: I collect first day cover stamps (how boring is that?)

Rebecca Febry and Harriet



Hogweed Annual Ski Trip 2005

The club plans to run a ski/snowboard trip again this winter, either in the last week in February or first week in March 2005. All standards are welcome from complete beginners to experienced skiers.



The last two years there have been ten or twelve in the group. Friends and family are welcome (although no children).

If you are interested in joining us and require more information please contact **John Clapp** on 07768-445907 or Email jlc@hogweedtrotters.co.uk

<http://www.hogweedtrotters.co.uk/>



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Hogweed in the hills

Tracey Booth proves you can take the Hogweed out of the hills, but you can't take the hills out of a Hogweed...

After a year of very disappointing times I decided that my training needed more hills. So I set out to find a race with a few hills and discovered a half marathon in Marlow, Buckinghamshire. Described as "a race run over quiet country lanes through the Chiltern Hills, both scenic and undulating and attracts both experienced and novice runners", it sounded perfect. So I entered.

On race day I stood on the start line in the rain with almost 1000 other runners. Being the first weekend of November, a rocket launch started the run. We were instructed to start running on the 'BANG!'

The hills started almost immediately and by 4 miles in, when I'm usually getting into a steady pace, I wanted to go home. The rain hadn't stopped and I was soaked through – not good for my asthma. Miles 6 to 8 were easier and I tried to relax and prepare for the next climb. As the uphill started again, I couldn't breath. Thankfully I had my ventolin inhaler and, trying not to panic, I let the attack subside and started running again.

We climbed and climbed, I'm sure my ears popped at some point! The last two miles were much easier, by the last mile I felt like I was flying. It was still raining when I finished in 2.02, a slow time for me. However Marlow did the job and built some hill strength into my legs!

After running Cheddar half marathon (one of the flattest courses) in my quickest time of the year, I hit the hills again at the Leicester marathon, my last long outing before the Calvia marathon.

I fell for the sales blurb again. "The course was designed by marathon runners and uses country lanes, passing through numerous villages. The full marathon is interesting, hilly and demanding with heights between 90 and 170 metres and 3 sharp climbs at 12.5, 13.5 and 20.5 miles". In another

momentary lapse in sanity, I entered.

On the day of the race the roof tops of Leicester were covered in snow. Oh dear. Despite wearing a fetching ensemble of tracksters, long sleeve top under Hogweed top, hat, gloves and stylish black bin bag on top it took me a good 6 or 7 miles to begin to generate any heat.

The first half of the course was not as tough as I expected and wondered if people in the Midlands were a bit soft. Then came the second half. The hills were unrelenting, taking everything out of my legs. I had warmed up a little but by 18 miles I started to get cold again.

I had no energy left and it was pure grit and determination that got me to the finish line in 4.20. To finish off the experience I was sick after the race and could barely walk the next day!

My legs are now recovered enough for me to start my pre-Calvia taper and I'm feeling quietly confident. But show me another hilly race and I'll be running...in the opposite direction...well, until the memories fade.

Life-saving tips for Hogweeds

Avoid wet gloves and cold hands half way through a race! When you arrive at a water station always remove your gloves before drinking.

A senior experienced member was recently knocked from his racing bike whilst triathlon training. A 4x4 vehicle towing a trailer collided with him on Mapleridge Lane, Horton. The driver didn't stop. Our Hogweed was injured and needed hospital treatment. It was an accident but highlights the real danger presented by horse boxes and trailers being towed around our rural training routes. Please, please take the greatest care out on your runs and **always** check that a passing vehicle has nothing behind.



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London Marathon 2005 Training Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Target miles per week	Other races on
Week 1 w/c 27th Dec	5M easy, off-road	6M easy	Warm up, then 8 x 3 mins, with 1-1.5min recoveries. Don't push too hard at first	Rest or 5M easy	400-300-200-100-300-400-300-200-100-200-300-400 with 100 jog recovery	6-7M steady, off road	9-11M slow, no pressure	40-45	
Week 2 w/c 3rd Jan	5M easy	6M steady	Warm up, then 10 x 90 secs fast, 90 secs slow	Rest or 5M easy	10 x 300 with 100 jog recovery	6-8M steady, cross-country	14M slow, no pressure	42-50	
Week 3 w/c 10th Jan	5M easy	5M easy	Run to a hill, then 12-15 x 30 secs uphill, jog down	Rest or 5M easy	6 x 800 at target Marathon pace (Yasso) 1/2 time for recovery	4-6M steady, cross-country or in a park	10M, slow, no pressure, but it should prove a little faster with no more effort	35-43	
Week 4 w/c 17th Jan	5M easy, with a few strides	6M easy	Warm up, then 6 x 3 mins fast, 2 mins slow	Rest	6 x 700 steady 100 hard, 90 secs recovery	3-7M easy	13-15M, starting slowly, finishing faster	40-45	Slaughterford 9 tough muddy and hilly
Week 5 w/c 24th Jan	5M easy	6M steady	8M. Start easily, then put in bursts of 100-200m, jogging after each until you've recovered	Rest or 5M easy	300 easy 100 hard, 200 easy 200 hard, 100 easy 300 hard, 400 hard, 300 hard 100 easy, 200 hard 200 easy, 100 hard 300 easy all with 45 secs rest then repeat!	Rest or jog up to 4M	15-17M easy/steady	40-50	
Week 6 w/c 31st Jan	5M easy, off-road	7M steady, no pressure	Warm up, then efforts of 30 secs, 60 secs, 90 secs, 2 mins, 2'30", 3 mins the back down 30 secs rest between each.	Rest or 5M easy	12-16 x 400m with 45 secs recovery	Warm up, then 6M at marathon pace. Warm down	16-19M easy. Don't push	45-52	
Week 7 w/c 7th Feb	6M steady, with a few strides	5M easy, off-road if possible	Hill running: 12 x 45 secs, or fartlek with 12-15 30-sec bursts	Rest or 5M easy, starting slowly	Warm up, then 7 x 800m (or 7 x 3 mins), with 2-min recoveries	3M, jogging only	14M slow. Start easily	40-45	
Week 8 w/c 14th Feb	5M easy, off-road	Warm up, then 6M at a fast pace, timed	6M fartlek, inc bursts of 200-300m	Rest or 5M easy, off-road		4M, jogging only	16-18M or dursley dozen	45-52	Dursley Dozen—really tough and hilly
Week 9 w/c 21st Feb	5M easy, off-road	7M steady pace run, untimed	8M inc repetitions: 3 x 3K (or 3 x 10 mins), with 5-min recoveries	Rest or 4M, jogging only	6 x 800m on track, with 400m jog recoveries	5M easy with strides	20M. Set up some feeding stations where you can pick up carbohydrate drinks	50-55	
Week 10 w/c 28th Feb	3M jog, off-road	8M inc intervals: 10 x 400m at 10K pace or 12 x 1 min fast, 1 min slow	Warm up, then 8 x 3 mins, with 1-1.5min recoveries. Don't push too hard at first	Rest or 7M steady, untimed	400-600-800-1000-400-600-800-1000 all at 10k pace with 90 secs rest (easier if racing at weekend)	5M, jogging only	18-21M or Reading Half Marathon	45-58	Gloucester 20
Week 11 w/c 7th March	5M easy	6M steady. Start slowly, finish fast	8M, inc 6M pace run	Rest or 3M jog	20x200 with 100 jog recovery	5-6M easy, with a few strides	15M easy or Forest of Dean Half Marathon	45-50	
Week 12 w/c 14th March	5M jogging, off-road	7M, inc 14 x 30 secs uphill	8M at brisk pace	Rest or 3M, jogging only	200-300-400-500-600-700-800-700-600-500-400-300-200 all at same pace (10k) and same rest (1 min)	10M – inc 4 x 1M, with 5-min recoveries	18-21M easy, help out at Hogweed Half	55-60	
Week 13 w/c 21st March	6M, at whatever pace you like	10M steady, inc 8M pace run	7M, inc intervals: 6 x 1000m at 10K pace	5M easy, with some strides	8x800m at 5k pace with 90 secs rest	3M, jogging only	20-24M—the last big training run	58-62	Marshfield (5 miles of mud and hills)
Week 14 w/c 28th March	5-6M easy, off-road	6M easy	10M, inc 7M at marathon pace	Rest or 3M easy	8x600 at 1/2M pace with 60 secs rest	4M jogging, plus some strides	15M steady, or Half-Marathon race	48-55	
Week 15 w/c 4th April	5-6M easy, off-road	8M steady, not pushing	10M, with two 3M stretches at marathon pace	Rest or 3M jog	Warm up, then 4 x 1M at faster than marathon pace	Warm up, then 4-5M at a brisk pace	10M steady. Practise your marathon preparation	43-47	
Week 16 w/c 11th April	5M easy	4M easy, with a few strides	3M easy, in racing kit	Rest	Warm up, then 1M at race pace. Warm down	30 mins jogging, with easy strides	RACE DAY 26 miles hard!	18 plus race	London marathon week



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Tales from the Forest

Several Hogweeds turned out for the recent Gloucestershire cross country league fixture deep in the Forest of Dean recently. What a glorious impact they made...

- The average age of the men's team was 58.
- The glasses worn by two members of the Hogweed squad steamed up badly in the poor weather, giving them a hard time avoiding the hazards underfoot.
- Quote of the day (from somewhere deep in the forest)—"I'm a Hogweed get me out of here"

Overall, the team didn't trouble the judges.

Magic Fairy solves more problems

Christmas and New Year is a time when many desparate people turn for help. Luckily, Magic Fairy is always on hand with helpful advice...

Dear Magic Fairy,

I was tapped on the shoulder by a fellow runner, "How are you?" Well... I began explaining my injuries, dozens of aches, pains, the latest visit to the doctors and physio, my current domestic and work difficulties, the problems in my love life etc. Suddenly, the eyes began to "roll", the chin dropped, an excuse was made and they ran off! Why ask me if they're not prepared to listen!

Yours sincerely, North Yate person.



Magic Fairy: *I think you'll find that your so-called running friends are more than a little competitive. They're using the "yin" of your poor existence, to boost the "yang" of their race start. So, if you can forget the Chinese celestial symbolism for a moment, and recognise what a dull loser you are, you can start to address the problem. You could, after all, stop running, and take up a pursuit to which you might be better suited, such as synchronised diving.*

Dear M.F.,

Are you aware of any medical research into the relationship between the post race "NEVER EVER AGAIN" utterance and the effect a glass of wine or beer has on reversing this statement?

Ann Nominous.



Magic Fairy: *NEA is something that many find themselves suffering from at one time or another. Drinking is a road to further problems. My suggestion is to think of what Jimmy Saville must go through and how he manages to carry on and on. So, next time you feel down, get an awful tracksuit, plenty of jewellery, bleach your hair white and smoke plenty of cuban cigars. That should fix it for you!*



A big thank-you to our sponsors...

- **Rounceval House Hotel**
Chipping Sodbury (tel: 01454 334410)
- **Clutton Cox Solicitors**
Chipping Sodbury (tel: 01454 312125)
- **The Moda Hotel**
Chipping Sodbury (tel: 01454 312135)
- **The George Hotel**
Chipping Sodbury (tel: 01454 850096)
- **Dandos Peugeot**
Chipping Sodbury (tel: 01454 31831)
- **Mike Noakes, M J N Windows**
Chipping Sodbury (tel: 01454 314993)
- **Oakbourne Construction Ltd**
Swindon (tel: 01793 692788)
- **Byteways Developments Ltd**
Nettleton (tel: 01249 782540)
- **Easy Runner**
Bristol (tel: 0117 9297787)
- **James Noot of Beta World IT**
Bradley Stoke (tel: 0117 9314140)
- **Hanson Aggregates**
Chipping Sodbury (tel: 01454 316000)
- **Kappa Corrugated**
Yate (tel: 01454 327777)
- **Shipp Engineering Ltd**
Old Sodbury (tel: 01454 313019)
- **Sodbury Tyre & Exhaust Centre**
Chipping Sodbury (tel: 01454 324777)
- **Sweat Shop**
Bristol (tel: 0117 9507788)
- **Ford Oils**
Farrington Gurney (tel: 01454 329742)