



# HOGWEED EXPRESS

October 2004



## Hogweed AGM—Wed 17th Nov 2004

This year's AGM will be held in the Clubhouse at 7.45pm following the usual training run. Notice of the meeting is being sent out with this newsletter and copies will be available in the Clubhouse.

**Georgina Bell** is standing down as Honorary Treasurer so we are looking for nominations/volunteers to fill this position.

The committee would also welcome any other nominations or volunteers for any of the other posts. Whilst the current officers are all prepared to stand again if there are no other nominations, they would prefer to support willing replacements. Any member interested should contact one of the committee to discuss their nomination before the AGM.

## Majorca—Wurzel drought and blue hair

All Hogweed ambassadors to Majorca please be advised that the White Horse Karaoke Bar has told us that Manuel the DJ has no Adge Cutler in his repertoire—and he isn't getting any!

Dress code for Majorca race day (12th December) is Hogweed Trotters club colours plus...blue hair. Please take your own aerosol. It completely washes out after a shower and definitely will after the post race swim in the sea on Monday at 5pm. *(These are the words of Chairman Bob. The editorial team take no responsibility for unfortunate Hogweeds with permanent blue rinses—Ed)*

## Winking World Record under threat?

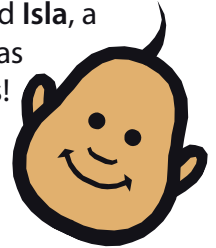
The world record for the Tiddlywink Mile is 52 minutes and 10 seconds. The Magic Fairy has learnt that an attempt at the record is to be made by a Hogweed team. Are you a "Winker"? If so, watch this space.

## Pasty power

The Cornish Marathon is on Sunday 21st November. If you want to join some fellow Hogweeds at this excellent event contact **Bob** for travel and overnight accommodation details.

## Baby Bidwell makes an entrance

At the post race "lubrication" the Bristol Half Marathoners were joined by proud parents **Kirsty** and **Jason Bidwell** who introduced **Isla**, a beautiful 7lb 4oz daughter who was born on July 16th. Congratulations!



## Comings and goings

**Paul Christmas** has moved to Derby. **Paul** has done an excellent job as our membership secretary. However his greatest achievement has to be as the club's inaugural Welly Wanging champion with a throw of 35 metres at the Revel (World record is 64 metres—so close!) **Anthony Feby** has now taken over from **Paul** on the committee.

**Paul** and **Barbara Denton** are off on a three year move to Munich in Southern Germany. We wish them every success. The move hasn't stopped them keeping up their valuable Hogweeds membership.

## An unwelcome caller

**Bob** phones **Tracey**:

<b>Bob</b>	<i>Hi Tracey</i>
<b>Tracey</b>	<i>No</i>
<b>Bob</b>	<i>I haven't said anything yet</i>
<b>Tracey</b>	<i>No</i>
<b>Bob</b>	<i>But how about the Barry Track 40 on March 5th 2005</i>
<b>Tracey</b>	<i>40 what?</i>
<b>Bob</b>	<i>40 miles. 161 laps of the athletics track and Ultra, with Dave Burton and me</i>

**Tracey** hangs up, the phone goes dead.

A disappointed Chairman later learns that **Tracey Booth** is off to Italy for the Rome Marathon that very week. *Lame excuse!*





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## Get your kit on

Just a reminder that now the cooler weather is upon us we have in stock/easily ordered - Sweatshirts in Hogweed Blue, Black Hoodies (sweatshirts with hoods!) with or without zips, long sleeved "aquaduct" running tops in Hogweed blue or very bright yellow and also the famous running hats in black with the Hogweed logo.

If there are any other items that anyone may want that we don't normally stock, running leggings for example, please speak to **Rebecca**.

On a boring note, when members do buy kit early payment is appreciated. The club has now over 260 members and a lot of clothing is being ordered on a regular basis resulting in rather large bills (**Bob** has to have a lie down in a dark room every time **Rebecca** hands him a large invoice).

Lastly (on this subject) if people miss **Rebecca** at the club they can ring her at home **01454 322819** or Email her at [febry@supanrt.com](mailto:febry@supanrt.com)

## Hogweed Hilly Half Marathon

The date of the first Hogweed Hilly Half Marathon has been confirmed as **20th March 2005**. We hope to attract in the region of 250 runners and make this a classic race on the UK road racing calendar.

If you're not planning to run the Bath Half on the same day please help out at the start / finish area or by marshalling along the route.

Please let **Bob** (Race Director) know if you are available.

## Training with Thornbury running club

Thornbury Running Club have once again kindly invited us to train with them on Thursday 21st October. This will be a final opportunity for a gentle run out before Stroud. Members should meet at the Club at 6.15pm to share transport.

## Magic Fairy solves more problems

The Magic Fairy has turned many back from the brink. More words of wisdom from the lady herself below...

Dear Magic Fairy,

I woke up the morning after the Bristol Half Marathon feeling really good. Am I ill? Is there something wrong with me? Do I need medical help?

Yours sincerely, hypochondriac Frampton Cotterell.

**Magic Fairy:** *Your symptoms are not entirely unusual, but the source of them is something you've failed to*



*identify correctly. Needless to say, you've obviously been abducted by aliens shortly before the race. Whilst on a tour of our galaxy, your brain has been implanted with specific memories, and in your case, ones linked with sport. My advice is don't spend any money on expensive shirts, as you may find something popping out of your chest cavity any day now, probably whilst dining with friends.*

Dear Magic Fairy,

I've two blue, three black, a yellowy one, red ones gone green, just the one pink, and one has fallen off. Should I seek the advice of a chiropodist or a psychiatrist?

Miss colourful of North Bristol.

**Magic Fairy:** *Hmm, it's certainly an odd collection you have there and the number 42 is significant. I've good reason to believe you've recently spent time in the*



*East End, or have been to see some jolly Cockney piano tribute band. You've simply gone snooker loopy. If find you just won't stop talking and can't give it a rest, see your local record store for treatment at the earliest opportunity.*



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## Running in Wales (boyo)

Some of you will have ventured into Wales recently to compete in the Cardiff Marathon. If this was your first race in Wales, bear in mind that there are many others which take place across the principality. Lots of them incorporate the joys of the wonderful terrain on offer, in other words they can be quite hilly!

If you fancy running from Llanberis to the summit of Snowdon & back then head for Snowdonia in July for The International Snowdon Mountain Race. The 2005 race is its 30th anniversary.

I have done this race for the last 6 years and, if asked what's it like, would give the same answer I was originally given "it's just a bloody steep road race"

If you are lucky & it's a clear day, you may just be able to see Ireland from the summit. However, as it's Snowdonia it's more likely to be cloudy & raining

In August I competed in Race The Train, at Tywyn, on the Mid Wales coast. The race is over a 14.8 miles course, with about 2.5 miles on road. About 800 runners take part & another 200 do a 10k multi terrain race. If you can manage to get under 1 hour 45 minutes then you beat the train on it's out & back journey on the Tallyllyn narrow gauge railway

Want to race against runners & horses ? Go to Llanwrtyd Wells in June for the annual Man v Horse. Quite an off beat race. The last time I did it, in 2002, the race was started by **Cynthia Payne**. Some of you with long memories may recall, from the 1980's, her name got in the tabloids for running a brothel which was frequented by MP's & judges



My next race in Wales will be the Snowdonia Marathon, on the 31st of October. Not a PB course, but stunning scenery.

You can get information on all these races from the following

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

web sites:

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

<http://www.snowdonrace.com/>

<http://www.man-v-horse.org.uk/>

<http://www.snowdonia-marathon.org.uk/>

**Dave Burton**

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## Membership Information

For every full member of the Hogweed Trotters the club pays £3 to the MCAA (Midland Counties Athletic Association). Each member is affiliated to the MCAA which allows them to enter races at a reduced rate as a member of an affiliated club.

Unfortunately, the MCAA's financial year begins on the 1st of October where as our membership renewal date is the 1st of January. Therefore the club has to estimate who is going to be a member from January 2005 and pay £3 per person now. I don't need every member telling me that they are going to rejoin but could I please ask if anyone knows any member who no longer comes to the club or who wishes to let their membership lapse for what ever reason to let myself or a committee member know.

**Anthony Febry**

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## Know your fellow Hogweeds

**Name:** *Shirely Brokenshaw—also known as 'Tough Tart' and 'Sherry'.*

**Age:** *38 (actually 58, mental age 18)*

**Born:** *Guildford Hospital, Surrey (I was the longest baby to be born there—really!)*

**Family:** *2 wonderful sons and a husband (so 3 boys really).*

**Grew up:** *Surrey & Sussex (although my children tell me I have never grown up).*

**Occupation:** *Lecturer / Life Coach (including Sports Psychology!)*

**Traits:** *Tough Tart, stubborn, bossy, quite mad.*

**Favourite food:** *Milk chocolate, porridge, chocolate mousse, cheeslets, custard doughnuts.*

**Favourite drinks:** *Smoothies, pineapple and soda, cappuccino froth.*

**Favourite colours:** *Raspberry pink, gold.*

**Likes:** *Eating, beach walking, playing games, reading, carboots, papier mache, dancing, painting, crafts, IQ puzzles, racing.*

**Dislikes:** *Training, ironing, emptying the Hoover; car journeys, cleaning burnt saucepans (I have to do this quite frequently), clearing up after Mike (this is done quite frequently too).*

**Best running times:** *5k 22 min 31; 10k 45 mins  
Half Marathon 1 hour 36 min, Marathon 3 hours 33 mins.*

**Greatest achievements:** *Degree, coming 3rd in 80 mile race, staying married, Mensa.*

**Favourite TV:** *Only Fools and Horses; anything funny or informative.*

**Favourite film:** *Watership Down.*

**Favourite music:** *Opera, rock and roll.*

**Favourite books:** *R.F. Delderfield, biographies, non-fiction, IQ books.*

**Whom do you most admire:** *Mike Brokenshaw for never complaining; Bob Bell for his determination; Colin A/John C for their dedication to the Hogweeds.*

**Wish list for 5 years time:** *Writing books, still competing, own studio to paint in, no clutter, to cook a meal without burning anything.*

**Who would you invite to dinner:** *Tom Hanks, Alan Ayckbourne, a good chef.*

**If you could wake up tomorrow with a new ability, what would it be:** *To sing in tune, run faster, cook without burning things.*

**Anything else:** *Yes, any tips for getting husbands to be tidy? Answers on a £10.*

**Shirely the model**





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## How likely are you to an injury?

Ever been tempted to ignore that little niggle and carry on running? If so, try **Simon Spedding's** little quiz to see if you're heading for the finish line or another session with the physio.

1. I change my trainers...
  - a) When they fall to pieces (0)
  - b) Every 12 months (1)
  - c) Every 600 miles or 6 months (3)
2. At the start of my run I...
  - a) Start easy jogging before reaching my training pace (3)
  - b) Start at the pace I want to keep up for the distance (0)
  - c) Stretch (1)
3. After I have finished my run I...
  - a) I always stretch (3)
  - b) Stretch if I have time (1)
  - c) Have a pie and a pint (0)
4. I prepare for my race by...
  - a) Increasing the distance I run by about 20% per week (1)
  - b) Increasing the distance I run by about 10% per week (3)
  - c) Increasing the distance I run each couple of days until I reach my race distance (0)
5. My training...
  - a) Is carefully planned (3)
  - b) Is keeping pace with my club-mates (0)
  - c) Made up each week to suit my work and home life (1)
6. I get a sports massage...
  - a) Every month (3)
  - b) When I am injured (0)
  - c) Every 6 months (1)
7. I ease back my training...
  - a) For a few days at Christmas and Easter (1)
  - b) Every three weeks for a week (3)
  - c) When I can't walk any more (0)

8. To come back from injury...
  - a) I pick up where I left off (0)
  - b) I ease back into training very slowly (3)
  - c) I do an easy week then pick up the volume (1)
9. If the club session is going to be too tough for me...
  - a) Go for it, no pain no gain (0)
  - b) Train on my own at my own pace (3)
  - c) Try and keep up for half of the session (1)
10. My programme says I need to do 20 miles, but I feel really tired...
  - a) I'll miss the 20 miler and see how I feel the next day (3)
  - b) I'll do 10 and see how I feel (1)
  - c) I must do what my programme says or I will not hit my target (0)

Add the scores from your answers and use the table below to reveal your risk of injury:

21–30	<i>Low risk of injury</i>
11–20	<i>Moderate risk of injury</i>
0–10	<i>High risk of injury</i>





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## Annual General Meeting

Notice is hereby given that the **Fifth Annual General Meeting** of the **Hogweed Trotters Road Running Club** will be held at Chipping Sodbury Cricket Club, St John's Way, Chipping Sodbury, South Gloucestershire on **Wednesday 17th November 2004** at 7.45 pm for the purpose of transacting the following business:

Apologies

1. To receive the Chairman's Report
2. To receive the Treasurer's Report & Adopt the Accounts for the year ended 31st October 2004.
3. To elect the following Honorary Officers for the year 2005:
  - a) President
  - b) Chairman
  - c) Secretary
  - d) Treasurer
  - e) Club Captain
  - f) Club Coach
4. To elect an Auditor for year commencing 1st January 2005.
5. To set the Membership fees for year commencing 1st January 2005.
6. Any other business:
  - a) Additional committee members
  - b) Triathlon Report
  - c) Social Events
  - d) Miscellaneous

Club Officers 2004

President	Colin Axford
Chairman	Bob Bell
Hon. Secretary	John Clapp
Hon. Treasurer	Georgina Bell
Club Captain	Mike Brokenshaw
Club Coach	Simon Spedding
Committee members	Linda Morgan Paul Christmas

## Dates for your diaries

- Weds 3rd Nov** Don't miss Howard and Will's TV debut on Bargain Hunt on BBC1 as the Hogweeds square up to Thornbury over some junk, sorry, antiques. Will presenter Tim Winacott be wearing the club colours of our victorious duo?
- Weds 17th Nov** AGM @ 7.50 pm at the Clubhouse.
- Sun 19th Dec** Chairman's Christmas Run (about 5ish miles) at 9.30am from the clubhouse.
- ◆ Followed by free raffle for three guaranteed London Marathon 2005 places drawn from the hat, (please keep your rejection slip if you've been unlucky).
  - ◆ Prizes for the best Christmas fancy dress.
  - ◆ Sausage rolls, mince pies, soft drinks, tea. Oh, and copious amounts of beer and wine also available!
  - ◆ We finish at around noon.
- 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.



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## Triathlon corner

Here are some updates on impressive Hogweed Triathlon performances over the last couple of months.

### Malmesbury Triathlon

400m swim 18km bike and 5km run. **Paul Chappell** managed 6'52" for the swim. Paul must be working on his swim and must be pleased with a sub 7 min effort. His 28'03" cycle was 3rd fastest of the day which, combined with his 21'34" run, put him in 9th place overall and 2nd V45. Training partners **Rob Lyne** and **Jonathan Gaunt** who have both promised to join the Hogweeds finished 22nd and 8th respectively.

### Horwich Triathlon

Meanwhile in Lancashire **Simon Spedding** took on the Horwich (near Bolton) Triathlon. An 800m swim with 40km bike and 10km run. Lying on the edge of the Pennine Hills the event was bound to have some unique challenges. Sure enough, having climbed out of the pool, the cycle route went uphill for 2 miles, giving splendid views over Bolton and Manchester. The views would have been equally fine over the next 20 miles or so but wind and hail made concentrating on the road the number one objective for the athletes. Once back in transition from the bike and off on the run, it was time to go back up on t'moors. With the first 2 miles all off road and uphill to Rivington Pike (500' of climb) it was a welcome relief to find there was no possible way of going up hill any more. The remaining section of the run was again mostly off road, along wooded trails and rock strewn paths. **Simon** eventually finished 9th overall with a time of 2 hours 21. This gave him 4th V40 although he may well want to return next year to make up for his mistake in riding around a roundabout three times and waiting for another competitor on the bike route. Know your course **Mr Spedding!**

### Castle Combe Duathlon

The last of this duathlon series took place on an almost windless race circuit and the fine conditions saw a good turnout from the Hoggies. **Simon**

**Spedding** led the Trotters contingent home in 16th place with a time of 46'34", a position that earned him the muesli bars and bottle of wine for 1st Vet 40. **Tim Lund** took the scalp of **Paul Chappell** with a fast second run which saw him finish in 47'46" ahead of Paul's 48'52". **Chris Martin** was also there, easing his way back to fitness after a spring and summer of injury. **Mandy Spedding** broke her course PB for the race of 2 miles run, 10 miles bike and 2 miles run with a time of 55'52", an effort that brought out an ear to ear grin! Not far behind was Hogweed new recruit **Lucy Poole** who was satisfied with her 57'07" time. Also out on the course were **Dave Burton** wearing his Dursley kit who finished 65th in 50'41" and **Philippa Crocker** picked up a bottle of wine in her Kingswood tri kit for 3rd V40.

*Ed—I find it hard to believe Paul Chappell is into Triathlon's. I recall one day, in his youth, when he was wheeling his Montesa motorbike down the lane behind his parent's house, practising a little show-off skill. Crash, bang, and he was on the deck with various bits of his bike! How can he stay on his bike after that demonstration of skill?*



## The editing team decide to step down

After many issues, the editing team have decided to call it a day. The last issue of the newsletter from the crack design team in Staple Hill will be retiring after the bumper Christmas 2004 issue.

So, if you've always wanted to have a go at the thrills of publishing and have all the hardware and software to enable you to deliver the running world's finest editorial comment with leading edge design, then please make yourself known to the Chairman.

It's been a fun time, but **Angie & Jon** now have another significant project to work on with a deadline for March 2005. No prizes for guessing exactly what though.



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## Race Results

### *Bristol Half Marathon (13ish miles, Road) - 12th Sept 2004*

Name	Time	Position	Category	Category Position
S Eastaugh-Waring	01:21:04	112		
T Lund	01:21:30	129		
S Spedding	01:23:30	166		
M Roper	01:24:05	179		
P Willoughby	01:26:55	282		
P Crook	01:32:43	594		
S Wilkie	01:32:59	616		
A Richardson	01:33:39	667		
A Febry	01:36:44	946		
J Wilson	01:36:44	948		
J Phillips	01:36:44	949		
S Brokenshaw	01:40:40	1419		
J Curtis	01:41:00	1456		
P Curtis	01:41:13	1488		
I Drury	01:41:21	1505		
J Bishop	01:41:24	1513		
I Rowland	01:42:07	1614		
J Perrett	01:42:45	1712		
C Seward	01:43:34	1821		
T Sadler	01:44:01	1891		
S Clowes	01:45:03	2060		
I Chapman	01:48:06	2569		
P Hall	01:48:29	2633		
J Shipp	01:48:31	2641		
J Broad	01:49:06	2757		
R Emery	01:49:44	2876		
R Febry	01:51:35	3206		
B Llewellyn-Evans	01:52:06	3308		
A Williams	01:53:24	3561		
J Green	01:53:52	3643		
D Mullins	01:54:13	3708		
D Wells	01:54:22	3734		
R Smith	01:55:49	4021		
E Roberts	01:57:57	4411		
S Chandler	01:58:41	4560		
M Green	01:59:01	4634		
T Alderson	01:59:33	4736		
S Killen	01:59:51	4779		
S Robbins	02:00:31	4902		
A Cole	02:00:42	4934		
K Tatton	02:02:31	5224		
S Griffiths	02:03:15	5339		

K McNicholas	02:06:13	5772		
K Coggins	02:06:39	5827		
S Butters	02:07:38	5957		
J Riley	02:07:39	5958		
P Christmas	02:08:05	6015		
C Box	02:09:17	6137		
C Farrell	02:09:32	6167		
S Hutchinson	02:10:08	6223		
C Cant	02:12:20	6437		
A Wells	02:14:49	6704		
K Lowe	02:17:04	6910		
N Davies	02:24:56	7451		
A Berry	02:28:33	7621		
T Dalziel	02:36:14	7896		
P Fletcher	02:36:48	7913		
J Butters	02:39:55	7992		
A Hudson	02:39:55	7993		
J Wood	02:54:06	8238		
M Wood	02:54:07	8239		
A Lyle	01:35:36	829		

### *Frampton 10K (10K, Road) - 8th July 2004*

Name	Time	Position	Category	Category Position
A Richardson	43 mins			
M Froggatt	44 mins			
D Wells	49 mins			
J Froggatt	50 mins			
R Smith	53 mins			
C Searle	53 mins			
K McNicholas	55 mins			
R Maynard	75 mins			


### *Gloucester Half Marathon (13ish Miles, Road) - 26th July 2004*

Name	Time	Position	Category	Category Position
M Smith	1:17:19	3		SM
T Sadler	1:41:12	122		V40
A Poole	1:48:25	165		V40
T Booth	1:55:33	197		VL40
J Green	1:59:22	218		SL
B Bell	1:59:24	219		V55
S Chandler	2:08:07	247		SM
M Green	2:09:49	251		V55
T Howard	2:17:28	261		V50



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## 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**  
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- **Dandos Peugeot**  
*Chipping Sodbury (tel: 01454 31831)*
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