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Hi again. This issue I've got Paul Turville to answer the questions, and because of a lack of articles I've also done one myself. Elsewhere there is an article on bizarre jogging records, diary of a mad jogger and an article about our AGM in November. Merry Christmas to you all and a Happy New Year!



## A Few Questions with—Paul Turville, 71, and founder member of KADS

**What is/was your job?** Retired teacher.

**Wife/Kids :** Married to Jean, a retired nurse. I have 3 children :- Susana (married to John Ashcroft. They have 2 children—Matthew 2, and Lily 3 months. John—jazz pianist—London jazz instrumentalist of the year 2010, and Laura—a primary school teacher, married to James Mason. They are expecting their first baby in a few months.

**How long have you been running?**

About 63 years. On my street, in the Broxtowe

Estate, we raced each other in pairs round the block—one clockwise, the other anti-clockwise—about 800 yards. I ran for my school (High Pavement), my University (Loughborough), for Boots AC and KADS.

**Favourite routes?** The Papplewick run (interesting and testing); runs around Moorgreen reservoir on Sundays.

**Favourite races?** Robin Hood (half). La Transbaie (across the river Somme), and the Underwood 10k.

**Best thing about running?** Something to do with the fight-flight instinct. Getting close to nature (once a kestrel dropped from the sky and killed a blackbird in a hedge I was running by). In France I was jogging along and a wild boar ran across the road.

**Worst thing?** Creaking and slowing down.

**Running tips ?** Do stretches before and after every run, like I haven't.

**What are your interests outside KADS?** My children and grandchildren. Our two Westies. Spain and Spanish language and culture.

**What are you favourite pieces of music?** Traditional Folk (I was a member of Nottingham Traditional Folk Club for several years). Classical guitar music. Bach, Beethoven, Mozart, Vivaldi and others. Jazz, a little, since my son has been into it.

**Favourite books?** Dickens, Hemingway, Hardy, Robert Frost. Now I read about ten minutes when I go to bed and drop off.

**Favourite places to visit?** Spain, France, and in the future South America.

**Places I'll never go again?** I can't think of any.

**Things I'd like to see KADS do?** Continue to have the same easy social relationships as for the last 25 years.

**Favourite tippie?** Bitter, Rioja Wine, nice cup of tea.

**TV shows that I watch**—Some sport (England games in Football, Rugby, Cricket), News programmes, Antiques Roadshow, Have I got News for You?

**Favourite films?** French Connection, Captain Corelli's Mandolin, The Cruel Sea, Jacques tai films, Pedro Almodovar films, Clint Eastwood films.

**Pet hates?** Boa constrictors.

**Favourite Food**—Paella

**Places to Eat?** Restaurants in Spain (Los Caracoles, Barcelona, Can Segura in San Felice). Chatterley House Hotel in Aysworth—don't forget to sign up for the Festive Season Celebrations, January 6th 2011 !!

## KADS COMMITTEE

The new Committee was voted in at the AGM (see following pages). The Committee consists of :

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Paul Thompson—Chairman  
Peter Fowles—Secretary  
Sue McLoughlin—Treasurer  
Nicola Chamberlain—Social Secretary  
Rob Gooch—Men's Captain  
Helen Woods—Women's Captain  
Website Manager—Ian Berry  
Kit Manager—Michelle Robinson  
Routemaster and Handicapper—David James.

The Goose Fair Gallop will be dealt with by a committee comprising Chris Chandler, Kevin Rogers and Paul Thompson.

If you have any queries about anything to do with the club these are the people you should be contacting.

## A FEW QUESTIONS PART 2



### A Few Questions with—Paul Thompson— KADS Chairman.

**What is your job?** I am an accountant with New College Nottingham, and have worked there for the last 5 years. Previously I was at British Gypsum, where I was made redundant. Personally, I could give up work tomorrow—but...can't afford to!

**Wife/Kids :** Sue McLoughlin is my partner, and we've been together for I don't know how long. Thinks...must be 25 years at least. We've got 2 great kids—Will and Alice. Will has just finished his Fine Art degree at Goldsmith's College in London, whilst Alice has just started her English Literature course at Brighton University.

**How long have you been running?** About 26 years—and can I stop now? It's hurting. I ran for the school once at school in a cross country, and came last—I went off like a bullet, and paid for it after a mile—sound familiar? I then missed out running for about 15 years, as I discovered girls and beer (in no particular order). I started running with KADS in 1991, and definitely improved, until the doctor told me to stop, as I needed heart surgery. I've continued running after 2 heart operations, but it really hurts after about 2 miles.

**Favourite routes/races?** I tend to enjoy those runs that I did well in, so the Snowdonia Marathon was a favourite. I also enjoyed running a hard 10 miles on a Wednesday night. My favourite routes at the moment are those where I can take a short cut!

**What is the best/worst thing about running?** Best thing is that you can do it at any time, and you can get off the road into the countryside. Also the friendship of the people I've met through KADS.

The worst thing is definitely being injured. I've got a hamstring injury at the moment, and haven't run now for 3 months – and it still hurts when I try to stretch it.

**How far do you run per week?** Now, I only run between 15—20 miles—I wish I could do more.

**Runs I'd like to do?** The Marathon des Sables—highly unlikely now though isn't it?

**What are your interests outside KADS?** You mean there's a life outside of KADS? Erm.. Cricket—member at Notts CCC, Rugby—Nottingham RFC, Music, Beer. I'm sure I can think of another couple of things...

**What are your favourite pieces of music?** This could take a while. I'm a music fanatic. I like Blues, Jazz, Reggae, World Music, Avant Garde, Classical especially Mahler, Opera, Rock, Indie, and many other sub-genres within those, but probably Psychedelic Music is my current favourite. What are my favourite pieces though?? Trout Mask Replica by Captain Beefheart and his Magic Band; 12 Dreams of Dr Sardonicus by Spirit; Ramp by Giant Sand; The Merdoun King sings songs of love by Abdel Gadir Salim; Blood on the Tracks by Bob Dylan; Feats don't fail me know by Little Feat; John Barleycorn must die by Traffic, Real Emotional Trash by Stephen Malkmus and the Jicks; A Love Supreme by John Coltrane, Sketches of Spain by Miles Davis and The Spotlight Kid by Captain Beefheart again. Can I have a top 100? No? Oh, and I forgot Late for the Sky by Jackson Browne, Shleep by Robert Wyatt, The Koln Concert by Keith Jarrett, the first 2 Big Star albums, Tago Mago by Can, Barafundle by Gorky's Zygotic Mynci, Paris 1919 by

John Cale, anything by Pere Ubu, Tom Waits & Wilco. Probably missed a few, but I can see I'm already boring you, and you've skipped to the next question.

**Favourite books :** As with my love of music, I also love books. I collect cricket books, and music books. I read a lot of music magazines, but as far as serious reading goes, I enjoy Dostoevsky, JP Donleavy, Ian McEwan, Spike Milligan, Peter Carey, William Boyd, Milan Kundera, Emile Zola and Salman Rushdie.

**Favourite places to visit?** Anywhere really, that I haven't been to before.

**Places I'll never go again :** I can think of a particularly grim Youth Hostel in Great Yarmouth, but apart from that I just try and avoid anywhere that's too noisy.

**Things I'd like to see KADS do?** Maybe run in Europe again. Win Booth League. Keep being a friendly club that welcomes all members.

**Favourite tippie?** I do like my beer—must be real ale, none of this processed crap. A nice sharp IPA would be ideal thanks. Red wine, and Whiskey—Scottish or Irish (what's the difference? - About 20 miles at least!).

**TV shows that I watch :** Sport, and more sport. Will watch Cricket and Rugby all day. Athletics and Cycling. Will watch the occasional Football match, but tend to get bored unless Forest are on. Also like History programmes. Refuse to watch stuff like "I'm a Celebrity", X Factor, Big Brother or reality TV, and also will not have any soaps on in the house.

**Favourite Films? :** I haven't really got a favourite film as such. Do like the early Laurel and Hardy, Marx Brothers films. I tend to like foreign films, and ones that do not have loads of shootings and explosions. I like the Coen Brothers films. I like thrillers also, but am rather bored by the amount of serial killers that are out there. Please lets have interesting films that don't have killings, shootings and violence! It can't be hard.

**Pet hates :** The usual really—rudeness, excessive swearing and bigots. Oh, nearly forgot, the thing I hate the most is....shaving. My problem is that if I don't shave, after a couple of days, it looks like I've been living on the streets.

**Favourite food/places to eat?** Being vegetarian used to be a bit of a bind when going out to eat, but things have definitely improved over the last few years. I haven't got a favourite place to eat as such, but do enjoy Italian and Indian food. Favourite food—a good salad is hard to beat.

**Describe yourself in 6 words :** Chocolate with a hint of Chilli.

## BIZARRE JOGGING RECORDS

Sam Stilson and Craig Morrison ran towards each other for a combined distance of 3.3 (2.05 miles) kilometres before raising a high five. They kept their high fiving hands in the air for the duration of the feat. This occurred in Toronto in May 2009.

Mortimer Blackwell also set an odd record when he ran around a drugstore shouting 'Hey' loudly. He managed 41 'Hey's' in 30 seconds. To be eligible for this record (if anyone fancies doing this in Sainsbury's you must jog for the duration of the record; the store must be open; every 'hey' must be loud, and whispering or speaking softly is not permitted).

To view these records go to <http://urdb.org/tags/jogging>.

## DIARY OF A MAD JOGGER



### November 16th. 3 miles

Have psyched myself up to run to work. I know it's only 2 miles, but it's a start. Set the alarm for 7 a.m. With the intention of being on the road by half past, getting to work by 8, having a shower, and being sat at my desk for 8.30 a.m. As with all my good plans, things start to go awry. Spend half the night wondering when the alarm is going to go off. When it does go off, I immediately fall into a deep sleep.

Wake up again at 8, and panic! Quickly get my kit on, clean my teeth, and am ready for the day. Or so I thought.

I manage to get out of the house for 8.20 after a restorative cup of tea, and commence jogging slowly. After 10 minutes, I realise I should have gone to the toilet before I set out. I'm getting severe stomach cramps, and I'm only halfway there. Decide the only option is to turn back and spend 20 minutes gingerly walking.

10 minutes later and I'm off again, with a renewed spring in my step. I manage to get to work for 9. Manage to grab a quick shower, and I get to my desk for 9.15. The Managing Director passes me with a look of contempt, and says "Is this your normal time to roll in?". Unfortunately, flustered as I am I reply "No, no, I made an effort today".

I'm hauled before my boss an hour later for a dressing down—apparently being cheeky to the MD.

By mid afternoon I'm struggling to keep my eyes open.

## KADS AGM



The annual KADS AGM was held at the Cabin at the back of the Royal Oak, Watnall on November 24th. Apart from the usual business of the club, a new committee was elected, and the constitution was approved after being updated.

A message from Rob Bailey, the Chairman, was read out by Paul Thompson. In it Rob apologised for not being present at the club much during the year, but stated that the club was in good hands. Rob has unfortunately moved away, and therefore has resigned from his post of Chairman.

John Mitchell, the Treasurer, stated that the current membership now stood at 69.

John, also outlined the current state of affairs re the 2 bank accounts, and announced that he was also standing down from the Committee. John has done a splendid job over the past year, and the club is lucky to have someone who was as willing and as committed as him.

Paul Thompson, the Secretary, stated that the Bramcote Cross Country was due to be held on December 5th (it wasn't—it was cancelled because of poor weather). The new date for the race is January 30th—again depending on the weather. Paul also suggested that a presentation evening be held to present the various awards. He asked for articles, large or small for inclusion in this magazine as he was running out of ideas. Anything considered! Paul also intended to stand down.

## KADS AGM

Pete Moyes, the Director of the Goose Fair Gallop, gave an overview of the race and organisation this year. The race was hindered by appalling weather on the day, which was disappointing, but as ever Pete did a thoroughly professional job. For his efforts, Pete (and Hazel) were awarded Lifetime membership of the club (see picture on Page 5). Pete was also standing down due to other commitments.

Paul Turville, the Social Secretary, took us through the various socials that had been held throughout the year. The big event was the 25th Anniversary Celebrations, which was deemed to be a great success.



Rob Gooch and Helen Woods our Men's and Women's Captains told us about the various races the club members had done during the year. Many thanks to both of them for their enthusiasm and for cajoling other members to attend league races during the year. As a result they were awarded the KAD of the year trophy by Paul Thompson (left).

Steve Beck, our Website Manager, stated that the current website was now antiquated and no longer supported. He proposed that someone take over the running of this, as he was standing down. Again, this is a disappointment, and thanks to Steve for all the hard work he has done on behalf of the club, not only with the website, but also with the Goose Fair Gallop,

where he used to get up at 6 a.m to start marking out the course!

Michelle Robinson, the Kit Manager, couldn't attend but Paul Thompson tried to sell the remaining T-shirts from the GFG for a small donation. (Incidentally, there are still some available, if you've missed out).

David James, our Handicapper, gave us a run down of the placings for this years series of races.

The overall winner this year was Mickey Doyle. Pictured right, with David holding the trophy.



The endurance awards this year were Colin Goodwin, for the men's and Nicola Chamberlain for the Angie Hallam Women's Endurance award. Left—Colin Goodwin (right) being presented with Men's endurance award by the previous winner Tony Harper.

Bottom right—Nicola Chamberlain on the right being presented the women's endurance award by the previous years winner Helen Woods.

Paul Thompson was presented with the Endeavour award for all his efforts on behalf of the club.

A new Committee was elected at the end of the evening—and the honorary position of President was made to Ray Johnson.

