

KIKI'S CORNER

Well Toddies

Another year almost over, I hope you are all thinking about your New Year's Resolutions. I have been looking into my crystal compass and foresee that the Ladies are going to have a good year. Our numbers are expanding rapidly and motivation is high. In fact I've heard rumours that some of the men are struggling to keep up with some of the female runners. I think you can still buy reins from Mothercare, so if you think you need a bit of help you could lasso one of the lasses to get a bit of help on the climbs, in fact why not get into the Xmas spirit & attach bells on – come on Dancer, Prancer, Donner & Blitzen away!

Dear Kiki,

I feel I must write to you regarding an issue that is causing myself and no doubt other fell runners some concern. I know some people will go to any lengths to get their face in the Tod News, as fame is now considered to be a compulsory part of our existence, but I have become unnerved by the worrying number of paparazzi out on the fells. I used to get a little bit worried about the race, but now I am worried that I may be snapped, when I'm least expecting it, and usually when I am either purple with exertion and/or wearing non-matching clothing. I was once asked to smile which I thought might improve the shot, but this resulted in a 'distressed primate' image, and I am not proud of it. Another shot looked as though I was dribbling and running in a state of semi-consciousness, which although may be factually correct, is not how I wish myself, or others to view me.

Indeed here is another issue, these images are downloaded on the internet and I know there's a lot of sick people out there who are only to glad to sit and slaver over these appalling images, or even worse, show their friends and laugh.

I have in fact considered bribing these happy snappers **not** to publish these photos or to have the photos disguised to protect my identity, maybe I could wear a veil and claim I am a highly religious fell runner (I don't think it would affect my navigation but it could interfere with food consumption). Do you have any useful suggestions as I am becoming stressed at the prospect of being snapped again.

Yours desperately

Justine Agoné

Dear Justine,

Thank you for your recent letter. I can understand your concern about the 'happy snappers' on the fell, may I suggest the following :-

Get well & truly muddy, to conceal your identity.

Point to the sky & shout 'look a golden eagle'

Grab the camera & chuck it into the nearest cowpat.

Failing this never be too downhearted as you will never look as bad as the blokes in the 'recent' Calderdale Way photos.

Yours aerobically,

Kiki.

Dear Kiki

I have an embarrassing problem. I appear to be having problems with directions. I know it's probably just psychological but no matter how hard I try I can't seem to get there if you know what I mean. Whilst my wife has been very sympathetic she appears to have told everyone I know. This has dented my male pride even further. She's suggested that I should resort to GPS but I don't trust Doctors. Can you recommend any tablets that might help the red end of my compass needle point North?

Yours

Disoriented Dick

Dear Dick,

I think a sensitive touch is needed for this one. Worry not about your needle, indeed be thankful it is red and not luminous green like some I have seen. First of all check for bubbles, they can be off putting and yet at the same time entertaining. As a novice navigator I assume practice is what is required. Be bold, get it out as much as you can on the open moor. Make sure it is held straight out in front of you, keep it steady and don't let it swing about too much. Take time to study the contours very carefully, and whatever you do avoid the tussocks at all costs. If this doesn't work then I suggest you take your wife away with you on one of those special weekend courses where you can get individual tuition and more 'hands on' experience. Let me know how you get on.

Yours sympathetically

Kiki