

The Trotter

Number 9

September 2009



Our ladies lead the charge!

The 2009 Ladies' 10K was one of the best ever, says Michelle Willocks-Watts, celebrating a record entry and an emphatic win by our valiant ladies team.

News Desk

Look out for these races coming up over the next few weeks:

4/10 Churston Flyer 5
4/10 Teign Valley Toddle
5/10 Winter 3K Series, Exeter Track
11/10 Swindon Half-Marathon
11/10 Westward League Cross-Country, Bicton
11/10 Eden Project Marathon and Half-Marathon
18/10 Dartmoor Vale Marathon, Half and 10K
18/10 Deviock Bounder 10 and 5

Welcome to the September edition of *The Trotter*. This month, Chairman Rog has all the news for us. Take it away, Rog...

You've worked your butt off, ran a blinder, dug deep when it mattered and you're pretty sure you've bagged a PB as you fly across the finish line. Then you're told the results have been cocked up and your time was wrongly recorded. The race had to use non-qualified **timekeepers** with no previous experience. How would you feel? I'll tell you how you would feel — pretty pissed off!

Well, listen up. That's exactly what could happen in our own back yard. We need more timekeepers and we need them NOW. Too much is expected of our small band of timekeepers, so others need to step up and help out. We organise six races. If we start fouling up on them, our reputation will be in tatters. Please don't let that happen.

There is a course coming up, which the club will obviously pay for. It's on Saturday, October 24, at the Brickfields Sports Centre, Madden Road, Davenport, Plymouth, PL1 4NE. It starts at 1000 and the course code, for those who are interested, is MO/0011.

If you are willing to step up then please contact me ASAP. I believe we need at least four more qualified members.

The plea went out in the last edition of *The Trotter* for a replacement **race director** for the Haytor Heller. Mike Hicks

has done a great job for many years, organising this gem of a race, but work and other commitments have meant that, rather reluctantly, he has had to stand down. Sadly but somewhat unsurprisingly no one has come forward. Howard Cotton has offered to be chief marshal and I am more than happy to be the entry secretary for the race. But that still leaves the top job of race director. The race cannot continue without one.

Mike is ready and willing to show someone the ropes. So, please, if you're interested, let me know ASAP.

Jan Caunter has more than enough to do on a Monday and Wednesday night as Coach Coordinator and would like to be relieved of the job of selling **reflective bibs**. So, if anyone would like to take over the job, then once again, please contact your friendly Chairman. The job requires you to check all members are wearing bibs and if not, either lending them one (but not regularly!) or selling them one for a fiver.

A final plea for help. With two or three of our regular **coaches** standing down, we are now looking to replace them. You've seen what they do, so you know the kind of thing that is required. There are local courses you can go on, again paid for by the club. Once qualified you will be able to put into practice all you've learned and hopefully more.

I'm expecting my phone/inbox to be busy with inquiries – please don't let me and more importantly your club down. My contacts: Tel: 01626 773562; Email: chairmanrog@sky.com

Virgin London Marathon Club Places

Remember you have to have been officially rejected from the London Marathon and gained 4 points to go into the draw for our 4 club places. Members gain 1 point for each of our races they help out in. Ladies also get a point for completing the Ladies' 10K. You must have every intention to compete in the 2010 race. Your entry is for your sole use only and cannot be transferred. With only one Trotter race left (Templer Ten – November 1) only those mentioned below have any chance of getting a place. And all those on 3 points need to help out at the Templer to guarantee entry into the draw.

Currently on 3 points: Sharon Bowman, Tina Caunter, Dave Dunn, Tracey Elphick, Nikki Kennard, John Ludlam, Nigel

Penwarden, Rod Payne, Vicky Seaman, Eleanor Taylor, Wilf Taylor, Reg Tole, Mark Wotton, Chris Wride.

Currently on 4 points: John Caunter, Howard Cotton, Dave Foster, Roger Hales, Roger Hayes, Maurice Piper, Judy Smallshire, Buzz Terrill, John Tweedie, Syd Willocks, Adrian Youngman, Clare Youngman.

Currently on 5 points: Jan Caunter, Jimmy Donovan, Stewart Dunn, Ian Langler, Andrew Ludlam, Stuart Moulson, John Skinner, Ewan Walton.

If your name is not up there and you think it should be, please contact me ASAP and I will investigate! Thank you to all those members who have helped out in one way or another, especially to the 8 who have gained maximum points.

Membership Report

Membership Secretary **Dave Dunn** pores over the membership roll and record ledger.

The growth in our membership has been fairly slow through the summer, evidenced by just one new member signing on the dotted line since the last edition of *The Trotter* approximately six weeks ago. There are, however, several other new faces who have been along to Newton Abbot Leisure Centre in recent weeks who I'm sure have been impressed enough by what's on offer to be taking the plunge very soon.

Our new member this month is Joe Mulvey, who is 38 and from Hennock. Joe has shown great determination and not unsubstantial effort when I've witnessed him at training. Joe

definitely enjoys his running and seems destined to be a useful addition to our men's ranks.

With Curtis Betteridge deciding that he will renew his membership again this year, our total number of members now stands at 176.

Mark Hamling will be celebrating his 50th birthday during the month of October, a fact that was celebrated recently at the Royal British Legion in Kingsteignton. Our very own Press & Publicity Officer Graham Penn, aka Inky, turns 55 next month. Congratulations to both of you!



Milos Erben

Club Records

It's been some months since we last had a new club record to celebrate, but we just knew that we could rely on Gia D'Aprano to give us cause to raise our glasses in recognition of a new mark in the record books.

In stopping the watch at 46:49 in our very own superbly organised Newton Abbot Ladies' 10K, Gia trimmed 15 seconds off her own FV50 club record set right back at the beginning of this year in the Plympton January Jaunt 10K.

The potential for more records tumbling during October seems to rest with the three events that make up the Dartmoor Vale set of races, comprising a 10K, half marathon and a full marathon, at Newton Abbot Racecourse on the 18th. Having said that, I know that several Trotters are planning raids on various other marathons, at home and abroad. I wouldn't be surprised to see plenty of PBs, including some new record times, particularly among the ladies.

Whatever your target for the coming month, enjoy your running and wear your royal blue vest with pride.

I hope that, next year, even more of you Trotter ladies will consider entering this race.



Milos Erben

This year's Newton Abbot Ladies' 10K proved to be another great success. As the sun shone down, we logged a record number of 320 entries and 286 actual finishers.

There were 184 attached finishers this year, including entries from clubs across the border in Cornwall and further afield. One hundred and eighty-two unattached runners completed the course. Twenty-two Teignbridge Trotter ladies raced and, in doing so, picked up the First Ladies' team prize (Clare

Youngman, Tracy Elphick, Cathy Burgess). Other trotter prize-winners were: 3rd V35 Tracy Elphick, 1st V40 Clare Youngman, 3rd V40 Cathy Burgess and 2nd V50 Gia D'Aprano. A huge well done to you all — and to everyone who ran.

I hope that, next year, even more of you Trotter ladies will consider entering this race, even if it is the only race you enter!

Every year we donate £2 per entry to Mr Dewhirst, the owner of Dornafield, for his nominated charity, Bowel Cancer UK. This



Milos Erben

year. I am pleased to report this amounted to £640.00. An additional £300 was collected on the day from donations, bringing the grand total to an impressive £940.

Many thanks again to all the marshals, time-keepers, caterers, finish coordinators, race sweeper, announcer, and everyone who gave up their their time on Sunday to make this race such a success.

As Chairman of this great club, I would like to congratulate Michelle on her first ever year as Race Director for the Ladies' 10K, writes *Roger Hayes*. It was a pleasure to witness someone going about her business in such a professional and well organised way.

The race was a huge success, with a record entry of 320 runners. When you actually stop and think about it, that is a massive amount of lady runners. The feedback we received was all very positive and Mr Dewhirst was thrilled with our cheque for the charity I know he holds so dearly in his heart.

Well done to all the Trotettes who flew the flag and ran the race!



Statistics

Breakdown of entries:

Senior Ladies	75
V35	61
V40	73
V45	53
V50	29
V55	16
V60	12

Clubs with 5 or more entries:

Plymstock	5
Tavistock	6
Newquay	7
Plymouth Muskateers	7
Newton Abbot	8
Brixham	11
East Cornwall	11
Tamar Trotters	18
Teignbridge Trotters	22
WRN	76

Images by Milos Erben

Berlin or bust



Daryl “Tarquin” Milford was aiming for an improved time at the Berlin Marathon. In the end, the event offered so much more...

I have only been running for just over a year, but I completed my first marathon back in April this year, with a time of 4hrs 13mins. Although it was only my first marathon, I was not happy with my time, as I really wanted to get under the 4-hour mark. I enjoyed the experience of travelling and doing a European event, so I started looking around for another big marathon to do, and Berlin fitted the bill. This gave me plenty of time to plan and do some good training.

My girlfriend, Karen, had agreed to come with me, for support. So it was that we found ourselves on the 1529 Eurostar from London St.Pancras to Paris, bound for Berlin. After travelling by overnight sleeper, we arrived in Berlin on the morning before the marathon.

The morning of the marathon arrived with the sound of my alarm clock at 6am. I wanted to leave myself plenty of time to get to the start line for a 9am start, given that the Berlin underground system would be busy and the trams would probably not be working. The race start was just down from the Brandenburg Gate and, after doing a 26.2 mile loop of Berlin,

would finish after running under this famous Berlin landmark. Haile Gebrselassie, the world marathon record holder, was running in this marathon and had announced that he was going to attempt to break his own record. The thought of running in the same marathon as this possible achievement filled me with excitement.

I arrived at the start area in plenty of time and made my preparations. There were various pace runners, and I positioned myself near to the 3hr 30mins pace runner, who was identified by a balloon tied to him. I was aiming for a finishing time of 3 hours and 45 mins, but as everyone in the Trotters had been telling me that I should be aiming for 3:30, I stayed with the 3:30 balloon, and I knew that my training would just about stand me in good stead for that.

The countdown to the start began and the officials announced the "off". We ran through the start area to the sound of "Chariots of Fire" and I was suddenly hit by a wave of emotion: I was running at the Berlin marathon with 40,000+ other runners! The weather forecast was for unbroken sunshine and

“I’m not going to keel over now,” I thought. “I’m almost there!”

25c temperatures, and with no breeze for respite I knew we would be in for a hot one. Thankfully, much of the course ran between tall buildings, or in the shadow of trees, so it didn't prove that bad.

To start off with I ran at a steady pace, and was able to stay with the 3:30 pace runner. I wasn't sure if this pace would be too fast, but I found that I could stay at that pace with no real difficulty. As the early kilometres passed by I tried to relax and run in a fluid way. Due to the heat and humidity, it was important that I took on plenty of water, so I made use of every water stop. The local city fire brigade were also on site, to spray the runners with water, at various points. I found this cold water spray a bit too much of a shock to my system, so I tended to avoid running directly under it.

I started to feel like it was hard work at around the 15k mark, but I was still able to keep with the 3:30 pace runner, which I was pleased about. I passed the half-marathon mark after about 1hr 45mins and was very pleased, although worry had started to enter my mind as to whether I had set myself too fast a pace and would start to really suffer as the kilometres went on. But I was still going well and I got a real buzz after passing under the half-marathon banner and seeing Karen there cheering me on. However, by 25k I started to really feel tired and my legs started to complain. I just found it harder and harder to stay with the 3:30 pace runner and realised that I had to let him run on ahead, or I might really burn out. This is where I started to talk to myself about little targets: let's just get to 30k, and I've broken the back of it; 32k and I've only got 10k to do...

Gradually I let the pace runner's balloon get further up the road from me, until, at about 32k, I couldn't see it anymore. But I had got to 32k! I've come this far, and done so well, I can't settle back and let all my good work fail now. My legs felt bad now: aches and pains, but I was still running with a nice fluid motion. Let's get to 35k, I told myself: just keep going and the kilometre markers would tick off, one by one. I wanted to stop, but I knew that I was never going to allow that to happen: the only way that this discomfort would end would be by me seeing and passing under the 42,195m banner! I got to 35k: "I've got to

keep my pace up," I told myself. "3hours 30mins had gone, but if I hold on I'll get a good 3hr 40. If I can get to 38km, then I'm just about there and adrenalin would carry me on to the finish".

Gradually the kilometre markers passed by. I started to feel sick from all the energy gels I had taken, but I knew that it didn't matter, as I was in the final few kilometres to the finish. The 39k and 40k markers passed and I knew I was almost there. I started to rouse myself, to lift my pace: "I'm not going to keel over now," I thought. "I'm almost there!" As I approached the 41k banner, I saw a young runner, in his early twenties, lying at the side of the road, with two paramedics treating him. "Poor guy," I thought. How awful to come this far, to then have to pull out.

I raised my pace and saw the impressive sight of the Brandenburg Gate ahead, in the distance. Just beyond that was the finish. I had done it, just a few more steps! As I passed under the Brandenburg Gate I raised my pace again, as much as I could. I could see the 42k banner and beyond that, the finish line and the timing clock. I put my head down and raced through the finish line! I was almost overwhelmed by emotion, as I realised what I had achieved. All the hard work and discomfort were over and everything I had been training for had been achieved.

Seeing the poor young guy, by the side of the road, at the 41k mark, made me realise that running a marathon takes a lot of effort, dedication, preparation and training. You can only get out what you are prepared to put in. That's why it feels like such an achievement and why the emotions are so great: after three or four months of sacrifice and hard training, running under that finish line feels like such a release. I had just run a marathon with people from so many different nationalities and running with people from all over the world really is an amazing feeling. Unfortunately, though, Haile Gebrselassie didn't manage to break his record.

I am very pleased with my finishing time of 3hrs 37mins 8secs, but I am definitely not contented. My next marathon goal is to break that 3hr 30min barrier. I know I can do it now and this knowledge, and the experience I have gained, will spur me on in my training for my next marathon attempt.



Captain's Corner

Clare Youngman says there's lots to celebrate.

What a summer! The weather may have been a washout for most of the season but the performances by the ladies certainly were not! Congratulations to all who achieved a PB or a prize at any of the races over the past two months. Details of the main category winners and achievements are listed later and, if I have missed you, I do apologise in advance. But there have been so many great, positive performances. If you are not a category winner and you have a story to tell, please let me know (clare.youngman@nhs.net). Your achievements are important.

It has been good to see so many of you turn up on a Wednesday night and I do hope you are all enjoying the variety of training options which are available. If you have any suggestions or training requests, please let me know and I can forward your ideas to Coach Coordinator Jan Caunter.

A recent highlight was the Club Trip to the Treggy 7, where Gia (who must have a huge mantelpiece to display all her prizes) and Eleanor won V50 category prizes in a large field. Well done to you both! A grand day out was had by one and all.

I would like to congratulate Michelle and her team for a fab Ladies' 10K. A huge field of ladies running through the hot, sunny lanes – it was an honour to be part of it! It was extremely well organised, well marshalled (thanks Chaps!), well supported and as far as I was aware, without incident. Fantastic weather, location, food (thanks Tina and co) and prizes (thanks Skins)!

So with autumn just round the corner, can I wish the very best of luck to everyone doing a marathon (I know a number of you have been training hard) and remember to keep positive and stay strong! For everyone else, enjoy the autumn races and training and I hope you all achieve your goals.

The main achievements since my last Captain's Corner:

Erme Valley Relays: 1st FV35 team overall time of 1:13:38: Clare Youngman (17:02), Sharon Bowman (18:15), Jan Caunter (21:35) and Eyvol Aston (16:46).

Duckponds 7K: Tracy Elphick 1st FV35 (30:00), 3rd lady in 34th overall position and also 1st Female Veteran Team prize consisting of Tracy, Gia D'Aprano (31:45), Sharon Bowman (32:26).

Haytor Heller: Eyvoll Aston 2nd F35 (1:01:04) and 73rd overall and Gia D'Aprano (1:01:10) in 75th position, winning the 2nd F50 award.

Wellington 10K: Tracy Elphick 2nd FV35 (45:56) and 5th lady overall.

Chudleigh Carnival 6: Anna Caunter set a personal best of 45:58.

Six Moor Miles: Tracy Elphick 3rd FV35 (49:53).

Jurassic Coast 10K: Angela Weeks (1:08:45) performed brilliantly in her FV65 category.

Torbay Regatta 10K: Tracy Elphick (45:30) 1st FV35 and Sharon Bowman (47:44) 1st FV40 and knocked 3 seconds off her 10k PB.

Lustleigh Show 10K: Angela Weeks (1:11:25), improving on her 2008 time by just over two minutes.

Treggy 7: Gia D'Aprano 1st FV50 (55:03) and Eleanor Taylor 2nd FV50 (59:33).

Run Exe Summer 5K Series: Michelle Willocks-Watts 1st V35 overall.

10K Track (Exeter Arena): Tina Caunter Silver in FV50 (52:09).

Ivybridge Beacon: Gia D'Aprano 3rd Female (1:14:41) and Sharon Bowman 1st FV40 (1.19.32).

Ladies' 10K: Gia D'Aprano 2nd V50 (46:49), Clare Youngman 1st V40 (44:17), Cathy Burgess 3rd V40 (46:29), Tracy Elphick 3rd V35 (44:27) and first Ladies' Team (Clare, Tracy and Cathy).





John Ludlam

Vote for your best Trotter camp ever!

In 2010, we'll be celebrating our tenth year of Trotter camps. To mark this great anniversary, we'll be camping at your favourite site, as [Dave Dunn](#) explains.

Our first Club Camp was held back in 2001, and we've not missed a year since. This means that next year will see the tenth edition of this annual gathering, and so your committee thought that it would be a good idea if we sought your views on where we should go to celebrate this anniversary.

Therefore, coming soon via our website, you will be given the opportunity to vote for your favourite location from out of the nine that we visited thus far. Don't worry if you've not been to all of them – just vote for the one place where you and your family would like to spend a fun-filled weekend next June. Don't worry if you've never been to a Club Camp before, just vote for the place where you'd like to be initiated into the delights of Trotter life under canvas. And don't worry if you haven't got access to the internet, because you will have the opportunity to cast your vote on paper.

To remind us where we have been and when, take a look at the complete list on the right.

I'm one of the fortunate few to have been on all nine camping weekends, and each one holds special memories – of fun, competition, good weather (usually!), the great outdoors, wonderful scenery, a few beers, and, of course, some serious and some not-so-serious training.

At this stage, I wouldn't know where to cast my vote, but I've got two months in which to make up my mind. The poll will stay open from the beginning of October until the last day of November. It is hoped that we will be able to announce the

winning campsite at our Christmas do, and then publicise it in the December edition of *The Trotter*.

I'm sure that the debate on which site is the Trotters' favourite will rage in the White Hart, and on the warm-up jog to Brunel or wherever, every Wednesday for the next eight weeks or so, but when you've made up your mind don't forget to vote! Details of how to do this exactly will be sent out to you as soon as the poll opens. In the meantime, relive a few happy memories and dream of warm summer days and long sunlit evenings.

The Camps

2001	Dennis Cove, Padstow
2002	Diamond Farm, Brean
2003	Golden Cap, Seatown, Chideock
2004	Wooda, Bude
2005	Tregoad Park, Looe
2006	Napps, Combe Martin
2007	Polmanter, St Ives
2008	Bagwell Farm, Weymouth
2009	Trebellan Park, Cubert, near Newquay

Country capers



Taking part in a cross country event can be lots of fun, as well as rather muddy. But, best of all, you're supporting the club big-time, says our new Cross Country Captain, **Jan Caunter**.

We are approaching a new season and I am your new Cross Country Captain. I am hoping to try to encourage a few more of you to give it a try this year. How do you know that you don't like it, until you have tried it?

There are six races in the series. If you want to complete the series, you need to do five out of the six events. You don't have to do the whole series, though. Why not try the local races at first, and help to boost teams? Take a look at the fixture list opposite and pop the dates in your diary. Then you'll have no excuse not to give it a go.

It doesn't matter if you're not the youngest or the quickest. There are many male and female veterans'

categories. And you will be part of a Trotter team. The distances are about 3 miles for the ladies and about 5 for the men, although each course differs slightly.

In addition, there are no entry fees for individual runners. The club pays your fees, so all you have to do is get there and run. I will sort out the administration and support you around the course. What could be easier? Maybe we could even organise car shares to events that are further away. But, if you still need convincing, then here's what some of your club mates think about cross country.

"Taking part in a cross country event offers great camaraderie and a great chance to get out there and

show off your Trotter colours,” says John Caunter. “What I like the most is the complete change from road running, and generally races are quite short (especially the ladies). There is nothing like a bit of mud, wind and rain to keep you glowing and healthy. It’s great fun and, remember, it’s off-road, so it’s better for your poor old bones.”

Michelle Willocks-Watts takes an entirely different — although equally valid — view. “I don’t actually like them!” she admits. “But they provide some great winter training opportunities. And they’re short. So that’s why I do them.”

“Cross country events have earned a reputation for being tough runs but, in reality, they are no tougher than most of the races we enter on a weekly basis — but



finished, we cheered each other in. I wasn’t fast by any means but on those terrains it’s hard to go flat out (I don’t do that anyway on road races!) It’s about competing for your team and having a change of scenery on a Sunday afternoon. Oh, and washing all your kit and trainers in the evening! Come on, girls, give it a try. If you have never competed before, it is just a fun bit of off-road running and it’s only a short distance. Give it a go. On, on!”

So you see it’s not that bad, let’s see if we can have a few more of you this season, especially the girls. If you have any more questions, come and see me at club or email me and I will be happy to help.

Thanks to Sharon Bowman for these images

Brooks Westward League Fixture List, 2009-10

2009

October 11 (Sun)	TBA (not Bicton)
November 15 (Sun)	St Austell
December 6 (Sun)	Exeter (includes Devon AA Champs)

2010

January 17 (Sun)	Bideford
February 14 (Sun)	Bovey Tracey
March 21 (Sun)	Redruth

with the added bonus of being free!” declares Ian Langler. “Another plus is because the races are run in categories, you get to cheer your fellow club members on and, in return, are well supported yourself. What more could you want?”

“It’s nice to run in a race with only females. It doesn’t last long, and it is great speed training over a short distance,” says Tina Caunter.

Since becoming a Trotter, Sharon Bowman has only completed one cross country event — our own Bovey Tracey fixture last year. But she enjoyed the experience: “It was great to be part of a team as we all set off on rather a leafy, slippery slope,” she recalls. “Then the grass turned into mud — and a rather lovely, steep hill that we had to do twice. It was fun and, as we all





The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: Tilly receives a surprise visit...

Have you got a Trotters story to tell? Is there a feature you'd like to see included? We'd love to hear from you.

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