

The Trotter

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Trotter Sally Ingledew has just joined an elite group of runners – those who have completed 100 marathons. Roger Hayes finds out what makes her tick.

How did you start this running malarkey?

I started running in 2006 (not long after moving to Devon from Oxfordshire) with one of the Mums called Jayne, from my girls Primary School in Christow. She was an experienced runner who moved from Reading at the same time. She took me out on my first run of 3 miles at Steps Bridge. I had been going on the treadmill a little bit at my gym before hand. I had horses at the time and would often pass runners out riding and could never understand why they were doing that! But after meeting Jayne and seeing her run and take part in races I was intrigued.

You soon joined the Teign Valley Running Club.

Living in Christow and knowing Penny Clapham (club secretary), I was one of the first members to join the TVRC. In fact Penny was

someone I looked up to and I learned a lot from her. I remember finding her at the 22-mile point on the Dartmoor Discovery course back in 2008 and running with her for about a mile. She said 'Whatever you do Sally don't ever enter this race, its so hard'. She was struggling at the time!

What made you made you join the Trotters?

Just before I moved to Kingsteignton. I knew Jo Becker. I met her on the Runners World Forums on the Shades (Selina Da Silva) thread! I found out she lived near me and we went out for a few runs together. She was training for her first marathon, the London 2009. She told me about the Teignbridge Trotters and said I should come along on a Wednesday and give them a try. I remember that first time waiting outside Newton Abbot Leisure Centre for the Beckers and this very

News Desk

That's it for the year as far as Trotter races are concerned. Last Sunday's Templer Ten was our last organised race for 2012. The new start time of 9am seemed to work well. I was marshalling on the humpback bridge, potentially a very hazardous spot. The procedure myself and team had in place worked really well and I'm pleased to report all went well, as did the race in general. The race all but filled up with just three places of the 270 not being taken. I have compiled some data from all our races which I hope you find interesting – see page ten. The only downside to the race seemed to be from problems we had with dog walkers. I guess they were out in force due to the lovely sunny morning, thus avoiding the rain that was forecast for later. Having since spoken to the Parish Council and Stover Park, a way round the problem might be to close the Park around the lake for an hour whilst the runners go through

A big thank you to John Caunter for his role as Race Director and to Jan Caunter, for her role as Chief Marshal and of course thank you to all those that helped out on the day. A final marshal points tally for the year can be found on page twelve. If you have four or more points and would like to be entered into the draw for one of the three places we have received from EA for next year's London Marathon, then please let me know ASAP. The draw will take place at our annual awards and presentation night (more on that later).

I had hoped to arrange a minibus for the trip down to Pensilva for those taking part in the Cornish Marathon, unfortunately we fell short of the numbers needed to make it viable. However, I will be organising one for the Duchy 20/Marathon which takes place next March. If you would like a place on the bus, I will need your £10 upfront (non-refundable). The trip is bound to be popular so, if you want to guarantee your place, get that tenner to me ASAP! Talking of marathons – didn't she do well! Sally Ingledew recently completed her 100th in Dublin. I managed to catch up with Sally to ask her a few questions after she got back from Ireland. It's this month's front page story, as I am sure you will have already noticed.

I'm thrilled to report that, since the last edition of *The Trotter*, two members have come forward wishing to become the new editor. As you know, John is standing down from his post, having been in the hot seat for three years. I won't reveal all quite yet, suffice to say that our new editors will be working together from January 2013.

Sadly, the response to our competition to find a new DD logo wasn't as fruitful. In fact, out of 243 members, only two submitted a design, thank you Nathan Elphick and Stewart Dunn! Thankfully, I've managed to get a special licence from the Dartmoor National Park allowing us to continue with our existing logo for a further three years. However, once that expires, we will need a new logo!

Talking of the DD, if you are one of the 30 Trotters down to take part and have to withdraw from the race, please let me know first before contacting someone on the reserve list.

Twenty-eight of us made the trip to Barcelona for this year's foreign marathon (pictured, below). What a fantastic city it was and what a great weekend we had. Mind you it didn't get off to the best of starts with a four hour delay but thanks to Pat from the Coasters and her 'Angel' card, some of us managed to experience the VIP lounge at Bristol airport, and what a fine place it was! We were so lucky with the weather, apart from one almighty downpour it stayed pretty much dry for our duration. OK, the marathon wasn't the most inspiring I've ever run, but it was made bearable by the Trotters drink station that we must have run past eight times! That cold beer tasted so good! Plans are already afoot for next year's trip – the Munich Marathon. Although a date for next year's race has yet to be confirmed it looks very likely that it will take place on Sunday 13 October. There is a choice of 10K, half marathon and full marathon, with all three races finishing in the old Olympic stadium. Flybe fly from Exeter to Munich, although flights for next October are not available yet. Over the next few months myself and Stephanie Ross will come up with suitable accommodation. So keep that date free in your diary for what promises to be another memorable Trotter foreign trip.



Lance Mason

Next up is the John Scott Trophy, a four-mile handicap race, starting and finishing from the WBB Social Club at Abbrook, Kingsteignton. The race takes place on Sunday 25 November at 3pm. If you fancy taking part please let the race organiser, Stephanie Ross, know. She can be contacted

via stephanieross17@tiscali.co.uk or 01626 776345. Steff will then work out your handicap and the rest is down to you! Once the race is over we will all gather in the White Hart pub in Newton Abbot. A carvery will be available for those that are hungry! before the winners are announced and the exchange of presents takes place. Those of you unfamiliar with the whole present thing read on. All race entrants are asked to buy and festively wrap (no Tesco carrier bags) a present to the value of £5. The winner of the race then gets to pick the present of his/her choice, then the runner up picks one and so on and so forth until the person who comes last (usually me) gets the small tatty looking thing in the corner!

Tickets are on sale for the Trotters annual awards and presentation night. They are a bargain at £10 each and can be purchased from John and Tina Caunter and or Tarquin. It will once again be held at the Royal British Legion Club in Kingsteignton. This year's date is Saturday 15 December: the evening gets underway at 7pm with the presentations starting at 7.30pm. There will be a disco and buffet as well as a raffle. It's a night not to be missed. See you there! As in past years, rather than sending scores of Christmas cards to each other, we will have a giant one for members to sign and make a donation to charity. The club will then match the overall sum raised and we will present a cheque to our chosen charity (which will be decided at our next committee meeting).

Next month's edition of *The Trotter* will be John's last. Please help to make it one to remember. On On!

Membership Report



Trotters on tour: the Royal Blues prepare to tackle the Marato del Mediterrani Marathon, Half Marathon and 10K near Barcelona last month.

Membership Secretary Dave Dunn introduces some new faces.

Since I wrote my last report, we have welcomed 11 more new members, bringing our membership total up to 243. The influx of new members shows no sign of abating, as I seemingly get an enquiry from a prospective new member virtually every day. Let me introduce this month's batch of Trotter recruits to you.

Nicky Quant (45) from North Whilborough, near Kingskerswell, joined us immediately after running our very own Ladies' 10K in a very commendable 57:37. Nicky has followed that up with a steady run in the Templer Ten last Sunday in tricky underfoot conditions. I'm sure that we'll see Nicky's times tumble over the next year or so with the benefit of the excellent coaching, advice and camaraderie available on club nights.

James Ayling (37) from Newton Abbot lives next door to Tracy and Nathan 'Lovely' Elphick. It was Lovely who brought James along to Coombeshead for the first time, and James has quickly found his feet, posting a highly respectable 1:40 in the Dartmoor Vale Half Marathon for his first appearance in a Trotters vest.

Ruth Johnson (48) from Totnes is the sister of Mark 'Wurzel' Wotton. Ruth's first taste of the Trotters was in the Ladies' 10K practice run, before running the actual race as an unattached entrant in under the hour. Ruth has just completed her first race in Trotter colours in the Templer Ten, with Wurzel in tow. Steve Blackburn (45) from Ogwell is starting his second spell as a Trotter after overcoming a long-term injury. Steve is aiming to complete another half marathon some time in 2013, although he hasn't yet decided upon which one – any ideas guys?

I'm afraid that Karen Miller (34) from Kingsteignton is still an enigma to me. That's probably my fault for concentrating on marathon training these past couple of months and then injuring myself whilst doing the actual race. Hopefully, I'll soon be fit and taking part in lots of training

sessions, so that I can not only get to know Karen better, but rub shoulders with as many of our members as possible.

Dee Kennard (36) from Bishopsteignton is not related to former member Nicky, but Dee has certainly got her teeth into our training, or rather a dog got his teeth into Dee on a Monday night training run. Happily, Dee has not been deterred from joining in with further training runs, and we should expect to see Dee improve considerably once that training starts to bite! Lauren Benham (23) from Kingskerswell was a bit anxious about how she would fare running in a group, as all her previous running experience had been as a solo runner. However, Lauren's fears have been proven unfounded, as she has revelled in the friendly atmosphere of our training sessions.

Rob Cooper (37) from Marldon is friends with Allen Taylor, Phil 'Latte' Perry and Geoff Davison (never mind Rob, you can't win them all!), and it was his friends who suggested that he joined the Trotters. Rob has started off in the Monday night Intermediate group and the Wednesday evening Improvers group, and is keen to improve his running. Fiona Tonks (36) from Kingsteignton and Claire Langdell (35) from Holcombe are good friends, and have been steadily gaining in confidence and ability in our Monday evening Beginners group. It shouldn't be long before we see them both progress up our training ladder. Rachel Ludlam (50) from Teignmouth is the better half of the editor of this esteemed journal, and is also in her second stint as a Trotter. Rachel marked her return to our ranks by pocketing a PB in the 10K race on offer during our recent weekend jaunt to Barcelona. Hopefully, we will be seeing more of Rachel in a Trotters vest in the not too distant future.

The following Trotters will be celebrating a landmark birthday between now and the end of this year – Tim Hartley and Judy Smallshire will both be 60, Sharon Hutchins turns 40, Karen Miller is 35, whilst second claim member Sarah Ross reaches 50. Happy birthday to you all, may you enjoy success and fortune in your new veteran status.

As soon as I crossed the finish line in 4:48 I knew I wanted to do it again – soon.

... continued from front page



Sally going great guns during marathon 99, the Marato del Mediterrani, near Barcelona.



Sally celebrates with Sharon 'Fizz' Bowman.

All pictures by Lance Mason

friendly bloke asked me if I was OK and do I know where to go etc. I know now that it was John Skinner! I joined not long after that.

It wasn't long before you tried a marathon. How was it?

My first marathon, like a lot of people, was London, I ran it in 2008. I wanted to do one a long time before that but I waited, getting a couple of years running under my belt first. My longest training run was going to be 20 miles but Ray, my partner, met me near the end and made me do another two miles round a playing field – like that would make a difference! I just wanted to finish comfortable on the day, which thankfully I did. As soon as I crossed the finish line in 4:48 I knew I wanted to do it again – soon.

What made you think 'I fancy doing 100 of those'?

It was back in 2007 at the Dartmoor Vale Half Marathon that I saw a 100 club marathon vest for the first time. I don't know who was wearing it but I ran behind this bloke for a while. That was the time the seed was planted. 'Could I,' I thought. 'Why would I?' I thought. 'I'd probably die before I reached it!' I thought. But I knew I had to give it a go.

I guess it hasn't always been plain sailing.

You could say that! I had Plantar Fasciitis in the Spring of 2011. I had two months off, it felt more like two years! It was during the busiest time of year for marathons. I missed five of them! Another lean time was just recently, July through to the beginning of October. I had a few niggles, my foot was hurting again, my hamstrings were so painful, I needed a break. Plus I was fed up and not enjoying myself. I gave myself two months off. I got to the stage where I thought I'd never finish the task! I was due to get to 100 in August.

What was your toughest marathon?

There's been a few! I have done a couple of coastal ones. North Devon and South Devon (Endurance Life) I found these tough. I don't really want to be out there all day just to tick another marathon off. I would like to go back and do one again one day when I'm not number chasing.

I guess you've got your favourites. What are your top three?

1. Dartmoor Discovery. Unique feel about the race which you don't get unless you run it. Scenery, great organisation, local and of course the disco/party afterwards!
2. Cape Wrath. Not many people, no mile markers, scenery to die for. No one at the finish line apart from one old lady with a clip board.
3. Snowdonia. Long stretches of down and uphills, scenery, good club, long-established marathon.

And your least favourite?

There's not been many of these. I didn't like The Cotswold Marathon. Sounds really nice doesn't it, but it's as boring as hell!! Long straight roads of nothingness.

It must have been quite emotional for you when you crossed the line in Dublin.

I felt pretty cool about it all really. I got a bit stressed/worried the week before in Barcelona. Within the first few miles I thought I couldn't finish it! Then all my plans for Dublin would be messed up. In Dublin I focused on my time rather than 'this was the day I have been working for all these years'. So I went out with the 4:15 pacer bus and stayed with those guys till halfway. I knew I wasn't fit enough to go the whole way with them. Next I focused on NOT getting caught up by the 4:30 pacing group. As I neared the finish line I did not want to see Ray as I think I would have cried! I'm not usually emotional finishing marathons unless Fizz is there! I was just relieved – very relieved.

Selina Da Silva, your great friend, has helped you out along the way.

Selina has been a HUGE influence on me. I've known her right from the beginning. At first from her thread on Runners World. She always stays calm and relaxed no matter what and it rubs off on you. An example of this is when we went

to Loch Ness together in 2009 (my 13th marathon). We were sat at the back of the bus along with another 100 marathon club member. One of the buses had broken down so we had to sit and wait an extra hour on top of the time it takes to drive in convoy 26 miles out. A lot of people on that bus were getting nervous, including me. But there was Selina and her club friend chatting away as if on a short shopping trip to Newton Abbot. I especially love people's reactions when they ask her how many marathons she has done! She has basically shown me the ropes and she's always right! She has a wealth of training tips and advice, she certainly knows her stuff. And yes you're right, she has become a great friend. We love going to Ireland – she's a celebrity over there! We shall be continuing our trips together, hopefully for many years to come.

That brings me nicely to the future.

More of the same! I know there's a quicker time in me somewhere so, with a bit of hard work, I would like a marathon PB. I'd like to do a couple more ultras. I think everyone needs goals to aim for, challenges to take part in. Running 100 marathons is just what I aspired to do. If I can do it anyone can. I have been fortunate to have a very tolerant supportive partner in Ray. Without him I'm not sure if I could have done it. He's seen the highs and lows of each one and taken some abuse along the way, poor bloke! I have been extremely lucky to have met some wonderful people and to belong to a fantastic, dynamic club. It's all about enjoying yourself, not taking yourself too seriously. Be nice to everyone and, most of all, be happy (smiley face)!

Footnote: I'm sure you'll agree that Sally is a truly inspirational lady. She's worn her Trotters vest with pride as she's represented our great club far and wide. On behalf of all of us at the Trotters, congratulations, Sal, on your fantastic achievement.

Trotters who have run more than 25 marathons

Selina Da Silva 277*

Robert Tinnyunt 130-plus

Sally Ingledew 100

Roger Hales 92

Roger Hayes 91

Pauline Newsholme 71

Reg Tole 60

Dave Foster 51

Noel Fowler 50

Dave Dunn 46

Julian Head 35

Mark Wotton 32

Dave Tomlin 31

Buzz Terrill 29

Bubbling under: Ewan Walton 24

* Indicates 2nd claim



The Trotters Facebook page is a great place to arrange events and catch up with fellow members. But please play together nicely...

The Trotters Facebook group was created about nine months ago. Now there are more than 130 members using it to arrange training runs, share information about races, seek advice and encourage other members, as well as organise the odd social event that the club is famous for.

It is a closed group. You have to belong to the Trotters to gain access, and we believe that it is a valuable additional service for members.

There are currently five administrators for the site who can agree new members after checking against the club's membership list and generally ensure that it is used for the original purposes. We try to protect the interests of all those using the group as well as the club as a whole.

In particular, personal vendettas, racist or sexist remarks or any form of bullying will not be tolerated. We hope that all club members will help to maintain the site and report any inappropriate posts directly to us.

If you have not yet made use of our Facebook Group and would like to, please send one of us an e-mail.

Dave Dunn dunnarunner@btinternet.com
Sharon 'Fizz' Bowman Sharonbowman65@aol.com
Noel Fowler noel@sueandnoel.co.uk
Simon Boobyer Simonboobyer@hotmail.com
Tarquin Milford
teignbridgetrottertarquin@btinternet.com



Best foot forward!

Nick Stevens unlocks the
secrets of barefoot running.

That's gotta hurt! Well, not necessarily, says Nick...

What's it all about?

Barefoot running is running with no shoes on at all (stating the obvious!) Minimalist running is running in shoes that are very light, have no cushioning, no arch support and no pronation control. When I say no cushioning, I mean zero, literally just a layer of flat rubber between your foot and the ground. You may have seen the Vibram Five Finger shoes, which are a well-known example. I prefer to go minimalist on the cost too, and have a cheap pair of thin aqua shoes, plus I have made my own running sandals from a piece of rubber and 5mm cord, but that's another story!

The main reason to incorporate barefoot running into your training regime is to improve your running form. Shoes get in the way of that, and in fact even change the mechanics of how we run. You will never heel strike in bare feet, because it hurts, instead you will land on your forefoot or midfoot with your foot underneath your centre of gravity. Running with a light, fast stride, without over-striding (landing well in front of your centre of gravity) and heel-striking means that the structure of your legs and feet can work as they have evolved to work. We were after all born to run!

Improving running form is brilliant for improving running economy – who doesn't want to get faster for the same effort? And I mean it, too – you will see a noticeable and measurable increase in speed for the same effort (or heart rate) as your form improves and your legs adapt. This is because heel-striking and over-striding is literally causing a braking effect every single stride. Also, the Achilles tendon is a natural

spring, which, if loaded correctly (by landing with a flat foot), will return most of your energy back into your next step.

Good running form also has the benefit of reducing common running injuries such as runner's knee and plantar fasciitis. The foot has perfectly evolved with an arch (one of the strongest structure in nature and in engineering) and doesn't need supporting underneath. In fact, the engineer in me knows that if you prop an arch in the middle it will transfer the load in a completely different way. This can cause muscle imbalance leading to foot weakness and injuries. There has been a lot of research which has shown no correlation between cushioned and supportive running shoes and prevention of injuries. So, at the least, you are wasting your money on expensive shoes.

How to Get Started

Take your shoes off and run for a short distance (half a mile at the most). A smooth, hard surface like good tarmac is best. Grass is ok too. The hard surface and bare soles will mean that your feet will tell you when they have had enough for the first run. Slowly build the barefoot run distance as your feet adapt and get stronger.

Think about keeping your cadence (leg turnover) high (around 180 steps per minute is a good target) and your landing soft. Keep your body upright and head up. A great way to practice the perfect foot landing is to jump on the spot with bare feet, as if you are using a skipping rope. You will never land on your heel, you will land gently and load up those springs in the legs and spring back up. If you experiment

I train totally barefoot or in my homemade sandals to work on form

with your skipping cadence, you'll find there is a sweet spot of least effort. You should also try to find this sweet spot when running but, as I said, it is normally around 180 steps per minute (a cadence of 90).

I now do not own a pair of normal running shoes. I train totally barefoot or in my homemade sandals to work on form and lower leg strength for my easy runs, and do all the rest in lightweight racing flats which are cheap, light, and have little cushioning and no support.

Common Concerns

Won't I step on dog poo, glass or hypodermic needles? Maybe but, if you look where you are going and are running in the daylight on pavement, then it is pretty unlikely. Can you even remember the last time you stepped in dog poo in shoes? I have now run more than 200 miles barefoot and have never trod in anything untoward.

Won't my pretty feet get ruined by callus on top of callus? If you run totally barefoot (as opposed to wearing minimalist shoes) then your soles will toughen up. But it is not like a dry callus. Instead, it is like a soft but tough leather, much like a dog or cat's pad on its paw. If you are getting blisters or cuts then you are running too far and need to ease back.

Won't I be heckled by teenagers or beeped at by motorists? Quite possibly. I run the streets of Newton Abbot and regularly get heckled by kids, but it is a curious kind of heckling rather than anything

malicious. If you run around your neighbourhood, though, it is likely you won't meet many people. Plus, who cares what people think?

Final Note

Take it slow. Really slow. You may feel great initially after kicking off your shoes, but the small muscles in your feet and legs need time to adapt after spending years in 'foot coffins'. Don't worry, it won't take months to adapt, a few weeks and you'll be flying along with the gait of a Kenyan. And maybe I won't be Newton Abbot's only barefoot runner soon?

Find Out More

Read the book *Born to Run*. Read the information at: <http://naturalrunningcenter.com/> Find out about

the excellent research being done by Dr Lieberman of Harvard University.

Disclaimer: I am not a doctor, expert or even very clever, so use your own judgement and be responsible for your own decisions. Listen to everyone, but follow no one. Have fun!



Homemade sandals add another dimension to training.

Sports Therapy

My name is Craig Hobson. I qualified as a Sports Therapist in 2006 from South Devon College. Over the past six years I have built up a varied client base, treating all types of injuries and ailments. So, whether you are a sports person or office worker, my knowledge in Sports Massage and Fitness Therapies will allow me to cater to everyone's needs.

I have trained alongside Paul Evans (Olympic Athlete) and I have been fortunate enough to work alongside ex professional cyclists, such as Sean Kelly and Dave Lloyd while being the onsite Sports Therapist in Mallorca for a cycling/triathlon training camp. As a keen cyclist and runner myself, I understand the importance of keeping muscles in tip-top condition. So, whether you are a sportsperson or not, the benefits of massage in everyday life can aid in the recovery of general aches and pains,

allowing you to perform to your best ability.



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- Increased flexibility and range of motion
- Relief from a fatigued body
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- Improve your circulation
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Sports Therapy has well documented research, proving the effectiveness of different treatment plans in relation to injury types and ongoing sporting activity. Call me or visit my website today: 07894 802114, 01626201867
craig@craighobsonsportstherapy.co.uk
www.craighobsonsportstherapy.co.uk

Each session lasts for approximately 1 hour. Cost is £30 per treatment. Club members will receive 15 per cent off above price.

For November and December, I am doing an offer for new members of £20. This will include first consultation and travelling within a 10-mile radius.

Get with the programme



Lance Mason

Final straight: Chairman Rog grabbed the mic and shouted John home.

As those who know me will testify, my running ability and skills are modest at best. But, at the age of 52, it was time to yoke those modest attributes to some old-fashioned grit in order grind out a marathon, principally so that I could say that I had done one. Barcelona is a great city and it seemed like an ideal location for my first marathon, so I signed up.

Michelle Willocks Watts kindly gave me a training schedule she devised a few years earlier in consultation with Chairman Rog. It's a useful sked because it is based on just four runs a week. It worked for Michelle, who was at the time juggling a variety of domestic and professional commitments. So this approach was ideal for me, too, since my London-based job and the travel that involves restricts the opportunities I have to train.

By swapping runs around to fit in with my shifts and other duties, I was able to follow the training regime closely. If there had been more runs on the schedule, I would have begun failing to complete the required efforts within days of embarking upon the project. Constant failure is no

Stick with your
marathon training
schedule, because you
never know what's
going to happen, warns
John Ludlam.

fun: I found it was better to follow a training regime I could stick to than become disheartened by attempting a more ambitious programme.

There's nothing special about the schedule. A typical week contains a long run, a short recovery run, a tempo run and a hard session. The trickiest part was mimicking a Wednesday session on my own. I found that choosing a decent location helped to get me motivated. The long summer evenings meant I could do some hard two- or three-minute reps by the Thames after work. Victoria Park, near my digs in Hackney, was another favourite spot for some brutal, Friday Club-style fartlek. In the early part of the programme, during our family holiday, I was banging out long runs and tough sessions in the searing heat of southeastern Spain. Ultimately, this phase of my training turned out to be good mental conditioning for the challenge ahead.

As the weeks of diligent adherence to the schedule passed, I could feel myself improving. I was losing weight (always a struggle for me), my form was sharpening and I was feeling stronger in the mid-section of the long runs. With five weeks to go, I completed a 20-miler in three-

I gobbled my gels like a man returning from a long but utterly pointless fast

and-a-half hours. I was feeling good about my upcoming marathon and was hoping to finish it in under four hours thirty.

Alas! I was succumbing to that most unattractive and un-useful of emotions – hubris. A lean and hungry *Retiarius* gladiator was prowling the arena of my endeavour, ready to spring forth and cast upon me a resinous net of leaden circumstance. Which he did, the following week, while I was out for a routine tempo run. I twisted my ankle badly on the path atop Teignmouth's eastern cliff. I limped home, prodded all the way by the trident of my smirking *Retiarius*.

Once I got home, I realised that my ankle was properly spannered. I could hardly walk on the blessed thing, never mind run. I decided there and then to rest it completely and just hope I had done enough to get me round in Barcelona.

I was feeling rather nervous on the starting line four weeks later. The ankle seemed to be better but I had foolishly spent too much time on my feet the previous day, collecting my number and visiting the Picasso Museum. Pre-dawn torrential rain was giving way to what looked uncomfortably like a morning of humidity and full sun. Had I done enough?

The answer, it emerged, was only just. The course was flat but tough – several loops of uninspiring urbanisation. It turned out that the event was not in Barcelona proper. Instead, it was staged in a humdrum coastal suburb that was, frankly, murder to run through. I began by affecting an air of bravado but this evaporated in the steamy suburbs within minutes.

I hit the wall at around four kilometres.

A month off my feet meant my legs were in shock. Meanwhile, the sun was beating down and I was hemmed in by other runners, all of whom appeared to be out for some sort of Catalunyan Sunday morning stroll, despite the fact that they were streaming steadily past me. I struggled on, discovering eventually that, although I had no chance of feeling any

better, at least I wasn't feeling any worse. Nevertheless, I was parched by the time I reached every water stop and I gobbled my gels like a man returning from a long but utterly pointless fast. I forced myself to the halfway stage in just under two hours and resolved to slow my pace gradually thereafter. It wasn't much of a plan but it was the only plan I had. Luckily, because of the repetitive nature of the course there were plenty of Trotters either doing the marathon and lending cheery encouragement as they passed in the other direction or offering gratefully received support from the roadside. There's no doubt that a bit of support really helps get you round, as I am sure everyone who has done a longer race will agree.

Anyway, the plan kind of worked. I was going pretty slowly over the latter seven or eight kilometres but I perked up a bit a kilometre from home, as a convenient rain shower cooled me down. The final stage encircled the Olympic rowing lake so it was possible to see the finish from quite a way out, which helped. As I rounded the last bend, I could hear that Chairman Rog had somehow blagged the microphone from the official commentator and was shouting me home. The cheeky fellow's banter encouraged me to stride out and I felt that I was flying over the final 100 metres. Later video evidence proved that, in fact, I was stumbling like a knock-kneed old donkey but, in my memory, I was sprinting to the line on the shores of that Olympic lake...

Naturally, I busted four-and-a-half hours but my time of 4.34.34 wasn't too bad in the end. It was close enough to my original target to persuade me that, one of these days, I shall have a tilt at getting home in under four-thirty. My grim satisfaction was multiplied a hundred-fold by the news that Rachel, my wife, had completed the 10K in 56.34 – a cracking PB. Tired but happy, I strung my gong around my neck and limped off in search of beer and grub.

The lesson I have taken away from the experience is that it is wise to stick to your training plan from the outset – and stay stuck to it. This way, if disaster strikes during the latter stages of the programme, you may have enough training on board to get you round – just.



Plodding on: the uninspiring course, coupled with hot and humid conditions, made for tough going. Support from fellow Trotters was vital.

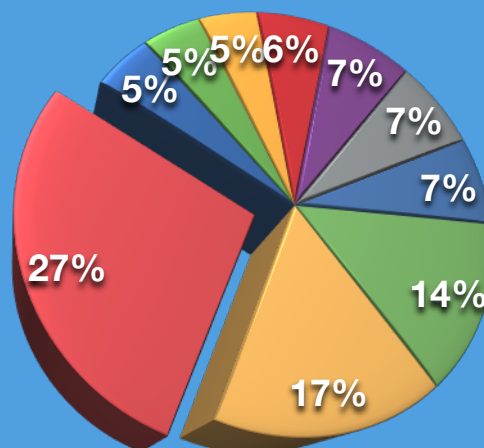
Race stats

Who entered our races in 2012? Here's how the numbers shake down.

Dartmoor Discovery

225 entries
 175 finishers
 175 male
 50 female
 53 unattached (23.56%)

Top teams

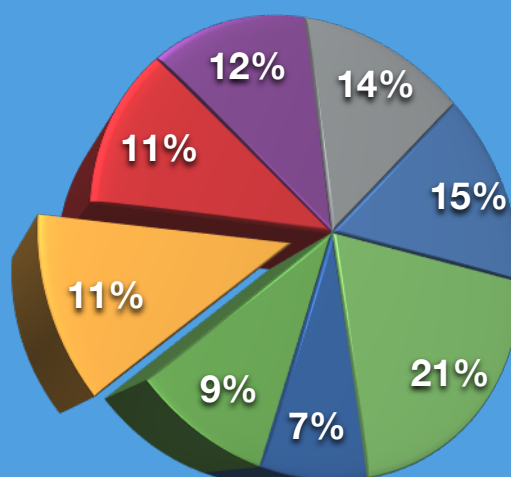


- East Cornwall Harriers 4
- Instinctive Sports 4
- South Devon AC 4
- Marshall Milton Keynes AC 5
- Bere Alston Trekkers 6
- Running Forever RC 6
- Plymouth Musketeers 6
- Littledown Harriers 12
- Tamar Trotters 14
- Teignbridge Trotters 23

Haytor Heller

300 entries
 257 finishers
 188 male
 112 female
 139 unattached (46.33%)

Top teams

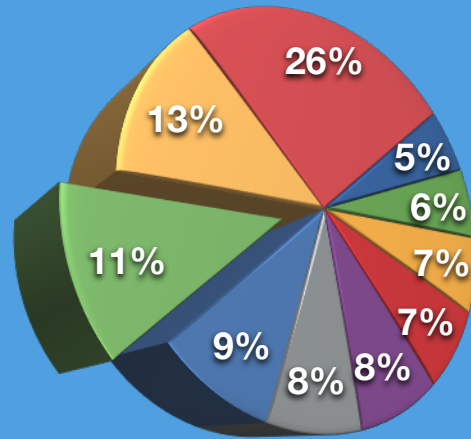


- Women on the Run 6
- Torbay AC 7
- Teignbridge Trotters 9
- Exmouth Harriers 9
- Plymstock RR 10
- Erme Valley Harriers 11
- SWRR 12
- South Molton Strugglers 17

Totnes 10K

501 entries
 443 finishers
 289 male
 212 female
 271 unattached (54.09%)

Top teams

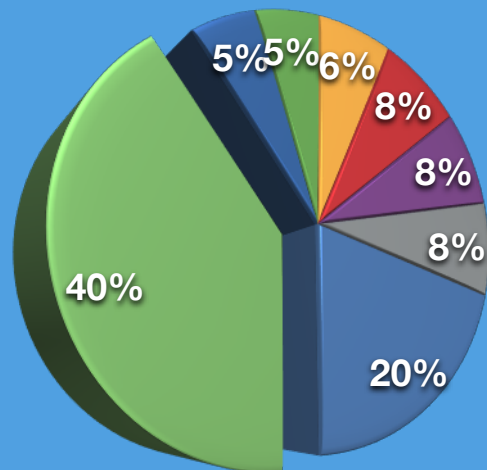


- Exmouth Harriers 8
- Dawlish Coasters 10
- Women on the Run 12
- Tamar Trotters 13
- Plymouth Musketeers 19
- Instinctive Sports 9
- SWRR 11
- South Devon AC 12
- Teignbridge Trotters 17
- Torbay AC 39

Ladies' 10K

212 entries
 182 finishers
 93 unattached (43.87%)

Top teams

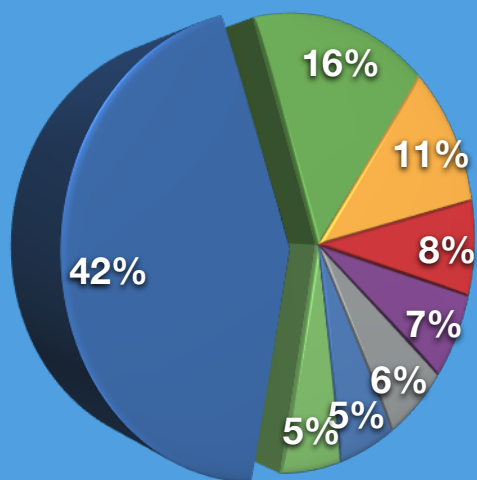


- Erme Valley Harriers 5
- SWRR 6
- Torbay AC 7
- Women on the Run 19
- Dartmouth AC 5
- Tamar Trotters 7
- Plymstock RR 7
- Teignbridge Trotters 37

Templer Ten

267 entries
 231 finishers
 152 male
 115 female
 Unattached: (40.45%)

Top teams



- Torbay AC 48
- Haldon Trail Runners 13
- SWRR 8
- Tamar Trotters 6
- SDAC 18
- Dartmouth AC 9
- Dawlish Coasters 7
- Women on the Run 6

Points Update

Here is the final points tally, after all marshalling roles at our 2012 races have been taken into consideration. See last month's edition of *The Trotter* for the rules governing points allocation. All queries to Stewart Dunn: s.dunn13@hotmail.co.uk

Three points

Adrian Youngman
 Alan Boone
 Andrew Ludlam
 Bruce Campbell
 Caroline Hayes
 Catherine Barnes
 Chris Wride
 Clare Youngman
 Daniel Wride
 Eleanor Taylor
 Jacki Woon
 Jean Terrill
 Jess Whitehouse
 Michelle Willocks Watts
 Roger Hales
 Sarah Schutte
 Sharon Hutchins
 Steve Rawlinson

Four points

Daryl Milford

Dave Foster
 Dennis Milstead
 Ewan Walton
 Gary Caunter
 Graham Terrill
 Guy Roberts
 Janice Caunter
 Jo Becker
 John Tweedie
 Judy Smallshire
 Julian Head
 Lucy Payne
 Mark Wotton
 Neil Pallant
 Peter Royle
 Sarah Seymour
 Tina Caunter
 Vicky Seaman
 Wilf Taylor

Five points

Gary Watson

Graeme Baker
 Howard Cotton
 Ian Langler
 John Caunter
 Keith Anderson
 Kevin Besford
 Lance Mason
 Mark Becker
 Nigel Penwarden
 Rod Payne
 Roger Hayes
 Stewart Dunn
 Timothy Hassell

Six points

Dave Dunn
 Jimmy Donovan
 John Skinner
 Maurice Piper
 Nathan Elphick

Under canvas



Dennis Milstead has all the details on next year's club camp.

The weather has turned much colder recently and the dark nights are drawing in; it is inevitable that our thoughts are drawn towards camping. Club Camp 2013 will be held at Newlands Holiday Camp in Dorset <http://www.newlandsholidays.co.uk> on the 14-15 June. The campsite is just outside Charmouth and is only a one-hour drive from Penn Inn roundabout.

We have negotiated a rate of £18 per night or £20 per night if you would like an electrical hook up. We have block booked the Black field, which has 19 pitches with electrical hook up, any additional pitches that we need will be accommodated in the Red field (electrical hook up) and the Blue field (no electrical hook up). The first 19 bookings that I receive will be allocated a pitch in the Black field. There will be no deposit to pay this year, but full payment must be paid to me 28 days before the start of camp, which is the 17 May 2013. I will start taking bookings and payments in March and April next year.

This year, there will be some indoor accommodation available for those Trotters who do not like camping, or who have a partners who do not like camping. There are some rooms above reception which are available for £45-£65 per night. There are also some detached pine lodges at the back of the Black field which are available on a short break basis (Friday to Sunday) at significant extra cost. If anyone is

interested in indoor accommodation you can ask me for more details; I have inspected most of the accommodation and taken some photos. Dogs are welcome.

There is a large bar on site. The bar area also has a stage, where some entertainment of potentially dubious quality may be on offer. There is a well stocked camp shop and a takeaway fish and chip bar. There is also an indoor and an outdoor heated pool.



You may have noticed that it will be possible to attend club camp by staying indoors, swimming in an indoor heated pool and eating take-aways. I am a bit concerned about this; it seems a bit like doing the DD in a taxi, but it does allow us to extend the club camp atmosphere to Trotters and Trotettes who like to wallow in lush facilities.

The camp site is adjacent to the South West Coast Path, which can be accessed through a gate in the Blue field. There will be a fantastic 5.5 mile off road run up to Golden Cap, which is the highest point on the south coast of England. There are some spectacular views up and down the coast from the summit. This run could easily be extended to Seatown which is a lovely village with a great pub called The Anchor.

For those of you who have never attended Club Camp before this is an ideal first camp. On On.

Captain's Corner

Sharon celebrates some great
racing achievements.



Top trio: Kirsty Bowman, Sarah 'Otter' Seymour and Sharon 'Fizz' Bowman pictured after the RATS event.

So where did the summer go? We are in November and it just didn't seem to happen. Now it's back to dark nights and reflective bibs. It seems like they never came off!

The racing scene has been quite busy and the championship is hotting up. Jacki Woon has now pushed myself from first place where I have managed to stay most of the summer and Helen 'Zippy' is showing her true speed now so it's all happening and well done to all the Trotettes that have completed and those with only 1 or 2 races left. Carrie Anne has been on a roll along with Jacki and Sue Hewings (Carrie Anne's mum). Some new names have started appearing and we are doing well in the veteran ladies' prizes.

The Ladies' 10K race went fantastically well. Under a new team of Lucy Payne (race director) and Marsha Garrard (chief marshal) the race attracted 182 ladies who ran around the lanes of Ipplepen, Oggwell and Denbury. The heavy rain made for difficult going, with several of the narrow lanes flooded by ankle-deep water. The Trotters had 35 ladies in the race which was 20 per cent of the field. It broke their record of the most team members to complete the ladies' race.

So let's go back to July and look at the results since my last write-up.

"Chudleigh Carnival 6"- Helen Anthony in 39.48 and 49th, Jacki Woon 51st 40.04, Sharon 'Fizz' Bowman 75th 43.23, Katrina Duignan 100th 47.47, Caroline Clarke 106th 48.26, Tina Caunter ran 49.09 111th 1st female vet 50, Jess Whitehouse 118th 49.54, Lucy Payne 120th 50.01, Beverley Dennis 122nd 50.33, Joanne Becker 131st 51.56, Catherine Barnes 132nd 52.52, Sharon Hutchins 135th 53.26 Stella Imong 141st 55.22 Jo Billyard 145th 56.27.

"Cornwood Challenge"- Carrie Anne Hewings 45.54 2nd lady overall, Sue Hewings 48.46 picking up 2nd vet lady, Caroline Clark 54.34 Lucy Payne 56.38, Catherine Barnes 1.02.57.

"6 Moor Miles"- Jess Whitehouse 144th 1.00.12, Katrina Duignan 145th 1.00.18, Eleanor Taylor 1.01.53 1st vet 50, Lucy Payne 1.03.20 168th, Caroline Clark 172nd 1.03.40, Sarah Seymour 212th 1.07.46, Jo Billyard 231st 1.12.00.

"Totnes 10k"- Carrie-Anne Hewings 107th in 50.51, Sue Hewings was next 128th in 52.25, then Hattie Mann 131st 52.31. 144th Briony Goldsmith 53.21. these made up the 1st ladies team in the race Steph Ross 227th in 58.58 1st FV50 prize. Bev Dennis 265th 61.55, Stella Imong 350th 69.14 Rachel Pallant 358th 69.57 Rachel Besford 73.15.

Run Exe 5k-round 3-Jess 'Perky' Parkes 55th 23.18 Jo Haynes 23.18. Tina Caunter 60th 25.03 Lucy Payne 26.12 a PB 68th

Salisbury 54321-Caroline Clark and Katrina Duignan, both new to this type of event, enjoyed the experience immensely and completed the course in 95th and 96th places in 3.38.36 and 3.38.37 respectively.

"Exeter 10K"- Carrie Anne Hewings 41.28 56th place, Jacki Woon who broke her own club Vet 45 record in 43.07 a new PB, 78th. Helen Anthony 43.13 80th, Caroline Clark 151st 49.58, Lucy Payne broke a club record at the race trimming Susie Ashleigh-Thomas' vet 60 club record by 30 seconds with 53.25 176th place, Sarah Seymour got a PB with 54.41 195th place.

"Roseland August Trail" or "RATS"- red route 20 miles Helen Anthony 5.06.21, White route 11miles Carrie Anne Hewings finishing with

Now it's back to dark nights and reflective bibs. It seems like they never came off!

Jessica Parkes in 2.22.24 and Joanne Haynes just behind in 2.22.26. Then came Katrina Duignan in 2.40.22, Sharon "Fizz" Bowman in 2.50.20, Sarah "Otter" Seymour in 2.52.25 and Catherine Barnes completing the Trotter crew in 3.16.02.

"Dalwood Fayre 10K"- Sue Hewings 2nd lady over all 55.22 26th place. Joanne Haynes 57.54 31st Sharon Bowman 58.36 33rd ,Beverley Dennis coming 1.04.23 39th Katrina Duignan 43rd 1.07.10, Catherine Barnes 1.10.04 47th.

"Forest Flyer"-shortened course -Carrie-Anne Hewings was 1st lady in 28.10 30th, Helen Anthony 28.54 38th, Jacki Woon 29.28 44th, Sue Hewings 65th 31.11, Sharon Bowman 32.12 72nd, Jess Parkes 32.30 74th, Tina Caunter 35.47 92nd, Tamsin Cook 36.08 94th, Lucy Payne 36.36 99th, Eleanor Taylor 36.47 100th, Catherine Barnes 102nd 37.08, Jo Billyard 38.40 107th and Julie Crump 40.30 in 113th.

"Battle of Sedgemoor 10K." CLUB TRIP- Carrie-Anne Hewings was 52nd and was awarded the first Lady Prize in 41.29. Tracy Elphick 83rd in 44.09. Sue Hewings was 103rd and 2nd F45 in 45.35, Sharon Bowman 143rd in 48.24. Carrie-Anne, Tracy, Sue and Sharon went on to win the ladies team prize. Caroline Clark 158th in 49.29, Eleanor Taylor 206th in 53.04, Katrina Duignan 212th in 53.35 and Sarah Seymour 222nd in a PB of 54.39. Tina Caunter was 225th in 54.49, Catherine Barnes was 227th in a PB of 55.21 Bev Dennis 228th also in a PB of 55.21. Lucy Payne was 231st in 55.37, Rachel Pallant 272nd in a PB of 59.35, Rachel Besford was the last to gain a PB as she finished 309th 1.07.10.

"Torbay Regatta 10K"- Sarah Schutte, our only lady representative was 166th in 48.58.

"Lustleigh Show 10K"- Helen Anthony 49.50 and 37th. Jacki Woon was 2nd vet 45 in 51.23 and 45th place. Tamsin Cook 1.01.49 and 95th, Lucy Payne 1.03.22* and 98th, Eleanor Taylor* 104th in 1.04.54, Jess Whitehouse in 1.05.25 and 107th, and Catherine Barnes* in 120th and 1.10.40. (* denotes 3 races this weekend)

"Beast"- Helen Anthony 2.03

Run Exe 5km - 4th round-Tina Caunter was 69th in 25.56 and F50 series runner up.

Force Powderham 10k- Michelle Willocks Watts was 128th in 53.46

Lake Vyrnwy Half Marathon.- Caroline Clark 672nd in 1.55.42.

"Newton Abbot Ladies 10K"- Carrie-Ann Hewings in 42.59 in 8th place followed by Laura Cooper a new member of the club showing her potential in her 1st race with 45.15, Jacki Woon did 45.38 and 16th which gave her 2nd vet 45 and Eyvoll Aston was 18th in 46.05 and 3rd vet 40. These ladies won the 1st team prize. Sarah Schutte had a strong run with a new PB and did 47.02 and 22nd, Clare Youngman was 24th in 47.14, Sue Hewings did 47.31 in 27th and Katy George was 29th in 48.20. The other Trotter ladies did the following – Mel Dunn 48.33 31st, Sarah Whalley 49.03 34th, Jess Parkes 49.31 36th, Sharon Bowman 49.31 37th, Becky George 50.31 43rd, Penny Aitchison 50.32 44th, Tamsin Cook 52.22 48th, Angie Blakesley 54.09 55th, Stef Ross 54.56 61st, Kirsty Chrysanthou 55.11 64th, Sarah Seymour 55.17 65th, El Taylor 55.45 70th, Michelle Spillar 55.56 72nd, Ellie George 56.53 81st, Catherine Barnes 57.12 85th, Sharon Hutchins also did a PB in 57.18 86th, Jo Billyard 58.08 98th, Bev Dennis 58.14 102nd, Kirsty Bowman(1st Trotter race)58.47 108th, Jo Becker 59.07 111th, Charlie Rice(1st Trotter race) 1.00.06 121st, Jo White(1st Trotter race)1.00.29

128th, Rachel Pallant 1.01.27 137th, Julie Crump 1.04.53 157th, Cheryl Hales 1.05.00 169th Vicky Hales 1.11.09 177th, Zilpah Walton 1.17.19 182nd.

"New Forest Marathon"- Caroline Clark did 4.16.20 and 364th. Katrina completing her 1st marathon did 4.45.40 and was 488th

Bristol Half Marathon.- Kirsty Chrysanthou 4931st 1.56.45 Sharon Hutchins 6893rd 2.07.31

Taunton 10k- Tamsin Cook 34th 51.13 Michelle Willocks Watts 35th 51.49. Tina Caunter 40th in 52.21, Catherine Barnes 56th personal best of 53.59. personal bests Rachel Pallant 99th in 57.26 and Sam Gee 149th in 1.01.11.

Winter Series 3k Events- 1st round-Helen Anthony 1st in a field of 19 in a time of 11.55. Tina Caunter in a field of 13 where she finished 8th in a time of 14.46.

The Reverse Enigma Marathon.- Sally Ingledew 98th marathon 4.30 whilst Shaz Fizz Bowman completed in 4.44.

The Teign Valley Toddle-Jacki Woon 21st and 1st FV45 in 1.18.15 Sarah Schutte 28th in 1.21.20 Jess Parkes 42nd in 1.28.43, Becky George 44th in 1.29.22, Eleanor Taylor 51st in 1.34.13, Jo Becker 53rd in 1.37.16, Sarah Seymour 57th in 1.39.50, Sharon Hutchins 58th in 1.39.51, Bev Dennis 60th in 1.41.36, Jo Billyard 63rd in 1.44.29.

The Jersey Marathon- Emma Sidebotham 3.48.

Churston Flyer- Tamsin Cook 100th in 40.04 and Catherine Barnes 120th in 44.21.

30th Alton Downland Challenge 10k- Lucy 78th in 55.15 and claim a medal for 2nd FV55.

"Westward league cross country"- REDRUTH- Helen Anthony 22.28. Sharon Bowman 24.22 Sarah Schutte 24.51.El Taylor 28.04 and Lucy Payne 28.27.

"Swindon half marathon"- Angie Blakesley got a PB 1.58.

"Cardiff Half Marathon"- Becky and Katy George came across the line in 1.49.56, Michelle Willocks Watts 1.56.38, Ellie George did 2.06.51 and newbie Nikki Quant did 2.17.11.

"Marato del Mediterrani", Barcelona- Marathon: Shaz 'Fizz' Bowman 4.46.06 and Sally Ingledew 4.48.33, with both of them running their second marathon within 2 weeks. This was Sally's 99th marathon. Half marathon- Jo Becker 2.09.04.10K: Steph Ross 53.21, Rachel Ludlam 56.34 (PB) and Vicky Hales 1.16.14.

"Dartmoor Vale"-10K: Rachel Pallant 59.16. Half marathon: Helen Anthony new PB and picking up 3rd Female overall 1.38.06. Jacki Woon 1st F45 in 1.40.02 and El Taylor 3rd FV50 1.56.26. Angela Blakesley 1.59.08, Bev Dennis 2.08.22 Sarah 'Otter' Seymour 2.13.17 Carrie-Anne Hewings 1.45., Jo Billyard 2.09.56 Sharon Hutchings 2.10.27.

"Amsterdam Half Marathon"- Becky George 1.49.15

"South Molton Struggle"- Helen Anthony was 4th female 56.57 and 35th Jo Billyard 2nd vet 55 104th 1.17.50.

"Dublin marathon"- Sally Ingledew, 100th marathon 4.28.57.



Left to right, rear: Sarah Seymour, Catherine Barnes, Joanne Haynes, Sharon Bowman, Katrina Duignan. Front: Helen Anthony and Jess Parkes.

Ladies' Day

Come on, girls, it's time for some
Christmas cheer, says Sarah Seymour.

Christmas is coming and we'll soon be busy with cooking, buying and wrapping presents and entertaining the family. So how about a Trotettes day out at the beginning of December to get away from it all?

We will be going to the Plymouth Coasters Santa Run 5K on Sunday 9 December. Afterwards we'll visit a pub, probably Weatherspoons, to have lunch, a few drinks and a general get-together.

Carmel Coaches are providing a bus and a driver, which will leave Newton Abbot Leisure Centre at 9am and return around 4.30pm. This will cost just £10 each.

Lots of you have already said you would like to come, so I will need to start collecting money ASAP, but there are also a few seats left for anyone who is undecided. Just let me know if you want to come.

Don't forget to enter the race. There is a link to the entry form on our race diary page. Non-running Trotettes are also welcome.

I hope to see lots of you there. Wear something Christmassy!



The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: Who has won the Club Championship?

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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