

# THE TROTTER

Teignbridge Trotters Newsletter

Number 9

December 2015

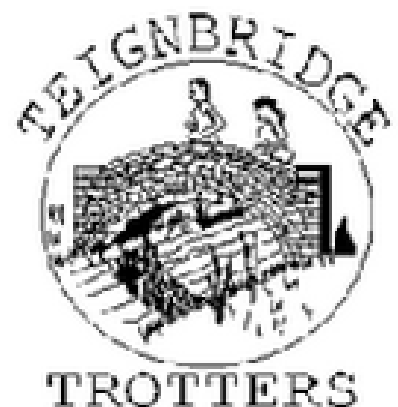
## 2015 CHAMPIONS!



IT'S ZIPPY AND CHAIRMAN ROG!

### *In this Bumper Christmas edition:*

Championship Results    Membership News  
News Desk                    2016 Club Trip  
MPM Marathon              Templer 10 Report  
AGM Info                      Palma 2016  
2015 Race Stats              Marshal Points  
And Finally... The 2015 Horse's Arse Award



# 2015 Club Championship Roll of Honour

<b>Perpetual Trophies</b>	
Male Club Championship Shield (Perpetual Trophy)	Roger Hayes
Female Club Championship Shield (Perpetual Trophy)	Helen Anthony
Horse's Arse Award ( Perpetual Trophy)	Roger Hayes
Dennis's Cup ( Best Coach of the year voted by the members)	Neil Pallant
Ross Cup	Roger Hales
Club Camp Cup	Emily Levey & Eloise Levey

<b>Teignbridge Trotters 2015 Men's Fastest Times</b>
Daryl 'Tarquin' Milford
First Chance 10k: 35:55
Exeter 1/2 Marathon: <i>Results not available</i>
London Marathon: 2:51:49
<b>Teignbridge Trotters 2015 Ladies' Fastest Times</b>
Helen Anthony
Cotleigh 10K: 38:53
Bideford 1/2 Marathon: 1:24:21
Abingdon Marathon: 3:02:02

<b>Club Trophies</b>	<b>Nominations</b>	
Most Improved Male	Jamie Barnett	Allen Taylor, Adam Johnson, Richard Keatley, Peter Blakesley
Most Improved Female	Helen Anthony	Donna Walker, Tracy Elphick, Maggie Garrett, Hannah Walsh
Most Promising Male	Tim Pratt	Kevin Woodard, Neil Skinner, Dave McMorrow, Josh Taylor
Most Promising Female	Jessica Hayes	Louise Gentry, Suzie Mills, Claire Ayling, Kathryn Steemson
Committee Cup (Best Committee member voted by the committee)	Keith Anderson	Kevin Besford, Tina Caunter, Emma Pearcy, Jacki Woon
John Scott Trophy 1st	Maggie Garrett	
John Scott Trophy 2nd	Neil Rutley	
John Scott Trophy 3rd	Paul Johns	
Dave Dunn Trophy (1st Cohabiting couple on the John Scott)	Roger Hales & Kim Nichols	

# NEWS DESK

## Chairman Rog rounds off the year with club news.

Well, that was 2015. Gone in a flash! We spent the majority of it training from Teign School whilst Coombeshead undergoes a rather expensive make over. The facilities at our temporary home in Kingsteignton have been very good and we've been made to feel most welcome. I hope when we finally make the move back to Coombeshead (April at the earliest) we can expect the same!

I'm currently out injured and have been since the end of November. It's not a nice feeling knowing your fitness is slipping away and the weight is starting to go on, a feeling most of you have experienced at some time or another I'm sure. It brings it home to you what a big part running plays in your life. It's a bitter sweet end to my year, as it would seem I've won this years Club Championship. I've enjoyed some great battles throughout the year, none more so than the one at the Granite Way 10-miler back in March with superfast Tim Pratt - a very worthy winner of the most promising male newcomer.

## Templer Ten Reflections

The Templer Ten was the last Trotter race of the year and what a fantastic day it was. The team of Ryan (RD), Nathan (asst RD) and Gary (chief marshal) did a wonderful job in ensuring the race was a massive success. The new course went down really well with the runners and the new HQ at Stover School couldn't have been better. The new system that was put in place whereby we asked members to bake a cake and bring it with them for our catering team to sell, worked like a dream - so much so, that we're going to try and do the same at all of our races. A huge thank you to all those did their bit, whether it was making a cake, marshalling, timekeeping or whatever it was you did. A full list of 2015 marshal points can be found on page 15.

We're back at Stover School for the first Trotter race of the year on 14th February - albeit one of the Westward League fixtures. Ruth Johnson is chief marshal and although we won't need that many, thanks largely to the multi lap course within the grounds of the school, she would be delighted to hear from you if you can help out; [radnorterrace1@hotmail.com](mailto:radnorterrace1@hotmail.com)

## Trotters AGM

The AGM is just around the corner (see page 6 for full details). Liz Barnett will get a taste of life on the committee before then, as she was co-opted on, replacing Tamsin Cook who stood down in October. Welcome aboard Liz!

Talking of the AGM, our wonderfully talented press and publicity officer, Emma Percy, will be standing down from her role in February. If ever there were big shoes to fill... However, please don't let that put you off from standing for the position. It's a massively important part of the cog that keeps the Trotter wheel turning.

Another person stepping down from an important role is Dave Dunn! Dave, at the end of this year, will no longer be updating the race diary page on our website. Dave has done a fantastic job, over a number of years, in keeping this much used page updated with entry forms and results from across the West Country and beyond. If you would like to know what's involved in taking over from Dave, he will be only too pleased to talk you through it; [dunnarunner@btinternet.com](mailto:dunnarunner@btinternet.com)

## Foreign Marathon Trip

The worst kept secret, the destination of next year's foreign marathon trip, has been announced (see page 9) Get your race entries in before the end of December and save yourself a tidy few quid. Let's see if we can get close to that amazing total of 44 Trotters that went on the Venice trip in 2007.



Contd from page 3

### Sandygate Loop for 2016

The committee took the decision to reduce the number of Sandygate Loops to three for 2016. Numbers were very low at most of the six races this year. In some cases there were more time keepers/helpers than runners! The dates for 2016 are as follows; 29th April ~ 27th May ~ 24th June. The route will be in a clockwise direction for all three races.

### A New Marathon Record.....

And finally, congratulations to Mark 'Wurzel' Wotton who will smash my male record (33) for the most marathons/ultras completed in a calendar year. At the time of writing this, Wurzel has completed 34 and has another three pencilled in before the end of the year, including one on New Years Eve! That will take his total to 37 for the year and 99 overall. There will then be a few nervous months before the big one in June. The DD will be Wurzel's 100th - that's going to be some party in the Plume!



# MEMBERSHIP NEWS

### Latest member movements from Kevin Besford

Our member numbers now stand at a grand total of 284.

Since the last edition of the Trotter I have registered a further 9 new or rejoining members all listed below. It seems that there are new runners trying us out on a weekly basis and while not all of them persevere and stick with it I still expect our member numbers to continue to grow steadily. At one recent training session there were no less than five new attendees trying us out.

Newcomers are joining us at all levels of ability and joining in all the various groups. I am also getting great feedback from some of these newcomers about the enjoyable sessions and the friendly nature of you all.

Charlotte Barnes (Charlie) 21 from Bovey Tracey is daughter of Rex and has recently moved back to Devon to work as a physiotherapist at Royal Devon & Exeter Hospital. Recently ran Lustleigh 10k and debut half marathon at Dartmoor Vale.

Claire Beckett 56 from Torquay. A recent newcomer to training has now taken the plunge to join us.

Oli Prouse 32 from Newton Abbot. Oli has recently run the Great West Run in the group paced by Neil Pallant. Has enjoyed his initial sessions and has now joined us. Expect to see involvement in the local racing scene.

Steve Brooking 45 of Kingsteignton is a returning Trotter having missed the renewal earlier this year.

Nicola Cousins 45 from Bovey Tracey introduced to the Trotters by Nigel Barnett. Ran our own Ladies 10k this year. Currently runs 5 to 6 miles a time and would like to go further and faster.

Tania Bull 33 from Newton Abbot. Has been out regularly with us over recent weeks and has now taken the plunge to join us. Seems to be very comfortable runner in the social run group.

Rebecca Partridge or Bex as she prefers to be known, is 28 from Bovey Tracey. Bex used to be a member of Manchester Triathlon Club and has moved to the area with work. Bex has a particular liking for Cross Country.

Emma Tucker 30 from Newton Abbot is sister of Tania Bull. Emma has had a year off exercise to have her first child and is now motivated to get fit again. Emma has tried numerous sports and has always been a

## Contd

regular at the gym. Emma wants to push herself out of her comfort zone and sees joining the Trotters as a way of doing this.

Kim Knight 40 from Newton Abbot is fairly new to running but has done a very slow 5K. Kim has a target of one day doing a half marathon. I'm sure we can all help her get to that goal.

A small number of members celebrate notable birthdays in January and February. Joanne Sharples 35, Michael Mooney 45, Kim Knight 45, Andrew Ludlam 55, Ann Donnelly 60, Peter Briens 65, Wilf Taylor 65. Unfortunately I better add myself to the list as well at 55. Happy birthday to all and best of luck in your new age categories on race days.

Finally as we approach the Festive season I would take the opportunity to wish all Trotters and their families a very Happy Christmas and a great running New Year.

Kevin Besford

Membership Secretary



# Mince Pie Marathon hits Teignmouth!



As advertised in the last edition of the Trotter, the Mince Pie Marathon returns. Tamsin Cook provides you with all the necessary details.

This year's Mince Pie Marathon takes place on Monday 21 December and is kindly being hosted by our Teignmouth members. Please wear your head torches if you have one as some of the route is off road with no lighting.

We will meet at the Quay Car Park, where there is plenty of free parking, for a 7pm prompt start. We will then head down to the Point and all the way along the sea front to our first stop.

If you want to enjoy an alcoholic beverage, there is always the option of travelling by train from Newton Abbot leaving at 18:19 and arriving in Teignmouth at 18:26. Trains back to Newton Abbot run at 20:50, 21:54 and 23:11.

Following tradition at each stop we will be singing a Christmas carol and partaking of festive offerings supplied by our kind hosts. The route is around 5 miles long and we will be running at a leisurely pace so everyone is welcome. Please allow up to 2 hours for the event.

Christmas fancy dress or hats at least would be great but don't forget to wear your reflective bib on top. Last year Keith and Otter drove round to each stop and played their musical instruments for the carols – if there is anyone musical who would be willing to play, please contact Tamsin on [tamsin.cook@hotmail.co.uk](mailto:tamsin.cook@hotmail.co.uk)

We will be making the following stops:

**Jennie Roberts** - Mobile stop near EastCliff Carpark – The Holly and the Ivy

**Chair and Oodey** – 69 Teignmouth Road – God Rest ye Merry Gentlemen

**Mandy and Russ Wheeler** – 43 Haldon Avenue – Hark the Herald Angels Sing

**Sarah 'Otter' Seymour** – 5 Bitton Avenue – We Three Kings

**Stef and Skins** – 17 Fourth Avenue - Little town of Bethlehem

From Stef and Skins we will make our way back to the Quay Car Park and onto the Train Station for those catching the train home. It's always great fun and very festive. Hope to see you all there!

# Trotters AGM

## Wednesday 24th February At 8pm

The club's AGM will take place in the main hall at Teign School (in front of our changing rooms). Someone will be there directing you to the room.

All positions on the committee (and those off it) are available for anyone that wishes to stand. See below for details of available places:

<u>Committee</u>	<u>Non-committee posts</u>
Chairman	Men's Captain
Vice Chairman	Ladies' Captain
Secretary	Cross Country Captain
Treasurer	Press & Publicity Officer
Membership Secretary	Welfare Officer
Club Championship Secretary	Child Support Officer
7 x General members	Social Secretary

Nominations and any resolutions (along with a proposer and seconder) must be sent to club secretary, Mark Becker, and received two weeks before the meeting. An agenda and committee attendance records will be emailed to members beforehand. Please try and make every effort to attend.

Training will start at 6:30pm that evening.

## Championship Report

### Watsa wraps up the Championship standings for 2015

Well another year goes by and so does my first year as club championship secretary. It's been an interesting championship in many ways and really I'm glad to get through it. I've had lots of help along the way and I would personally like to thank Eyvoll Aston (Eyvoll designed the spreadsheet that you see on the website) for fixing it when it malfunctioned occasionally. I'd also like to thank Lance Mason for keeping an eye on the spreadsheet when I've selected the wrong column etc.....

Well done to Chairman who becomes the men's Champion and Helen as the ladies' Champion. They've both worked exceptionally hard this year and won by 16 points and 7 points respectively.

Whether this will be the same next year remains to be seen. For next year, I've redesigned the spreadsheet which now uses the latest age graded data. This seems to benefit the younger as well as the older Trotters whereas the old system of RaceMaster98 seemed to place the younger runners under a severe disadvantage!

I wish you all the best of luck in next year's championship (race details are listed on page 16). I hope the races we've chosen challenge and inspire you all.

Gary Watson (Watsa)

# Top Job up for Grabs!

Mark Becker announces his retirement from the club secretary role. The search for his replacement begins here! Mark outlines what's involved...

After many years of happy minuting, I have decided not to stand for the coveted position of Club Secretary again and will be putting the lid on my pen for the last time at the AGM in February.

Vacancies like these don't come along very often in the club and I'd like to thank you for not standing against me for this great job over the years at previous AGM's.

Working closely with the Chairman and fellow officers, the successful applicant will enjoy being official messenger and correspondent with club members and official bodies outside of the club.

I would say that at committee the post requires you to speak your mind when necessary for the good of the club and you should be able to spell.

I am a Service Engineer and do not work in an office or related subject to secretarial work so if I can do it I'm sure many of you can!

A nominations form for club positions will be made available at club from the end of January and a vote cast for each position by club members, should there be more than one applicant in, not just this position, but all.

If you are interested in becoming the new 'Keeper of Secrets' then I can provide you with more information including a run down of the Secretary's year. See me at club, or email: [m.becker101@btinternet.com](mailto:m.becker101@btinternet.com).

You can call me on 07902 727815 if you prefer.

Mark

## Club Trip 2016: It's The Ottery 10K

Kevin Besford fills us in with the details.

Here it is what you have all been waiting for, the destination of the Trotter Club Trip. For 2016 we are going to the Ottery 10k on the 15th May.

This is a fairly flat 10k run in country lanes around Ottery St Mary starting and finishing at the Cricket Club. There is also a fun run for the Trotters of the future. Also this year there are showers available just a few minutes walk away at the local sports centre.

There will be regular updates in the Trotter when entry forms are available and of course as in previous years entry is free if you have the requisite number of points from helping at Trotter races. This means you will have a bit more cash to spend at the chosen pub afterwards of course. If you have to pay the race entry I have negotiated a £1 discount.

We will be booking a coach for the day and will be intending to fill it. Details of bus pick up points and times will be announced much nearer the date but rest assured the usual pick up points will probably all still be available.

We will be taking on the onerous task of checking out some suitable pubs to ensure the food and beer is good and have one recommended by our friends at Honiton Running Club to start with. We will reveal the chosen hostelry and menu nearer the time.

If you haven't been on a club trip before and are not sure if it is for you then just ask any of the many Trotters that enjoy the trip each year and they will convince you to join our great day out. So make a note in your diaries for 15th May to make sure you are free for the annual Trotters day out.

On On. Kevin

# TEMPLER 10 REPORT

It's mission accomplished for yet another successful Trotter race. Ryan Anthony looks back on proceedings.

Well it seems like an eternity ago now but it was a month to the day of me writing this that as a club, we put on the Templer Ten 2015.

Firstly, I would like to say a huge thank you to everyone who helped in making the day a massive success. I had heard many times from people that "on the day everyone mucks in" and "it all comes together". I must admit in the days leading into it I had my doubts.....which caused a nightmare or two (on one of these I dreamt I'd overslept and turned up a day late!)



A new home on the steps of Stover School. The 2015 Templer 10 gets underway.

Putting together the new race HQ, new course and having catering for the first time at the Templer was a massive undertaking, one that couldn't have happened without the support of the committee, John Caunter, Tina Caunter and Roger Hayes especially and my two stars in Gary Caunter (Chief Marshal) and Nathan Elphick (Assistant RD). Top that off with Donna Walker and team serving refreshments and cakes...sterling effort ladies! (Next time Mark Walker and Dave McMorro - wear a pinny and look the part..)



Our very own Jamie Barnett taking time to soak up the historic landscapes of Stover Park.

I have on many occasions over the last few years helped out with marshalling duties at our races but I can honestly say that being a Race Director is a whole different ball game; having the responsibility on your shoulders if anything goes wrong is certainly nerve racking but the feeling afterwards when it has all gone well is great.

The feedback from runners was good as always and the addition of a fun run was well received by all. It was a great day that everyone involved should be proud of and I can't wait until next year when we do it all over again.

Looking forward to next year, if you haven't helped out at one of our races before, step up! Your help is always needed! It's surprising how many bodies are required to make these races as popular and successful as they are.

On On

Ryan Anthony



# Valencia 2016: Anyone for Paella?

Another Trotter excursion for 2016. This time it's the annual international marathon trip. Steph Ross has the details.

Calling all globe trotting Trotters! We are delighted to now confirm the destination for next year's European marathon trip. After careful consideration, the dedicated think tank has decided that whilst Valencia would be a first rate city for years to come, next year we will not go there but instead to Palma de Mallorca approximately 100 miles due west of Valencia across the Balearic sea.

Palma, sometimes described as a miniature Barcelona, has so much to recommend. A charming town, a gothic cathedral and a smart city beach to name a sample. It is also crammed with fine cafes, bars and restaurants

serving paella, tapas and many other local dishes al fresco in the old squares.

The date for the Palma marathon in 2016 will be 16th October. Also taking place simultaneously are the half marathon and 10K fun runs so something for everyone including spectators and



other hangers on. Entries are open now. Go to [www.palmademallorcamarathon.com/](http://www.palmademallorcamarathon.com/) to get your place. The sooner you enter, the cheaper it is.

Palma is easily accessible, with daily Easyjet flights from Bristol. With average October temperatures of 19 degrees Celsius, it should be an opportunity for a final dose of vitamin D before winter sets in, with a few dips in that Balearic sea for the hotel pool.

Myself and Chairman have done plenty of research and we've agreed on the choice of hotel (must be a first!) It's the Tryp Palma Bellver Hotel on the Paseo Maritimo, overlooking a marina full of some very swanky looking yachts, and ten minutes walk into the old town. We are trying to establish whether there are discounts for large groups. In the meantime, please check it out on [Booking.com](http://Booking.com)

Highly recommended as a Monday trip for tired Trotters is to catch the antique Tren de Soller across the mountains to Soller. This is a lovely town just a little smaller than Bishopsteignton, yet boasting a Picasso and Miro Museum at it's train station. From Soller, the local tram can take you to Port de Soller, an unspoilt fishing village nesting in the mountains with a wide choice of bars and restaurants to refuel at after Sunday's efforts.

So book early to avoid disappointment. It has all the makings of a cracking trip.

Happy trotting

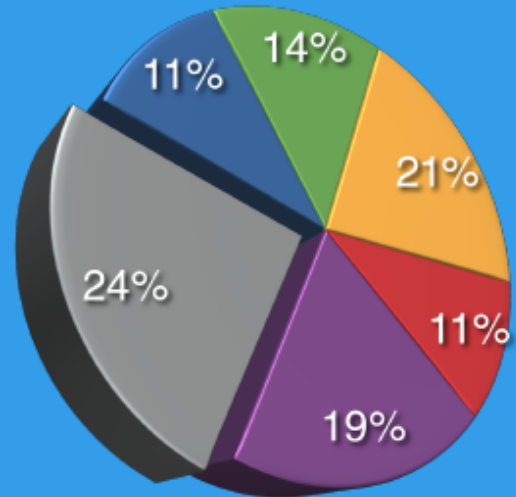
Steph x

# 2015 Race stats compiled by entries secretary, Rog Hayes

## Dartmoor Discovery

240 entrants  
 181 males (75.42%)  
 49 unattached (20.42%)

Top teams

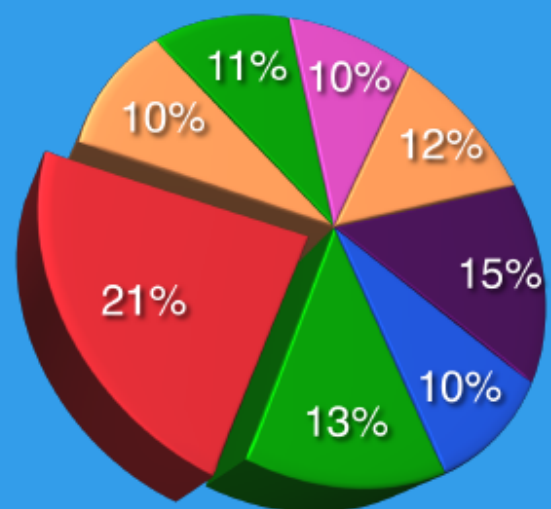


- Crediton Running Network 8
- Tamar Trotters 15
- Teignbridge Trotters 14
- Mud Crew 10
- Running Forever RC 8
- Plymouth Musketeers 17

## Haytor Heller

300 entrants  
 190 males (63.33%)  
 115 unattached (38.33%)

Top teams



- Erme Valley Harriers 16
- Teignbridge Trotters 13
- Exmouth Harriers 10
- Plymouth Musketeers 10
- Crediton Running Network 10
- Torbay AC 22
- Axe Valley Runners 11
- Purbeck Runners 12

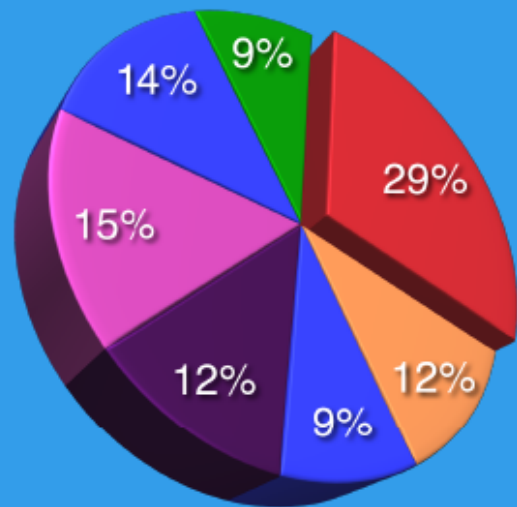
## Totnes 10K

557 entered

330 males (59.25%)

317 unattached (56.91%)

Top teams



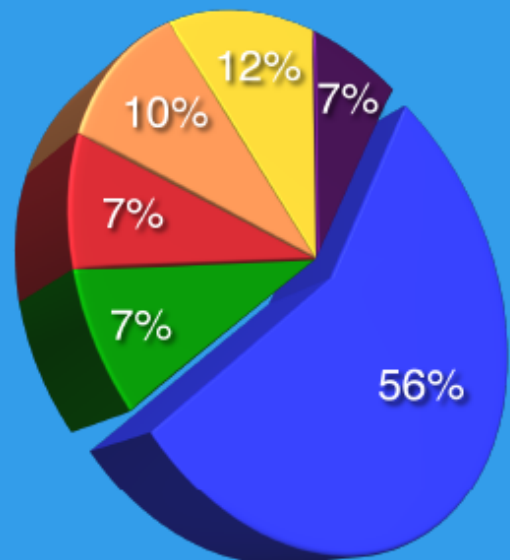
- Plymouth Harriers 20
- SWRR 13
- Teignbridge Trotters 16
- South Devon AC 16
- Plymouth Musketeers 19
- Torbay AC 40
- Bere Alston Trekkers 13

## Ladies 10K

191 entered

52.88% unattached

Top teams



- Newton Abbot AC 5
- Plymouth Musketeers 5
- SWRR 7
- Teignbridge Trotters 38
- Torbay AC 5
- Women on the Run 8

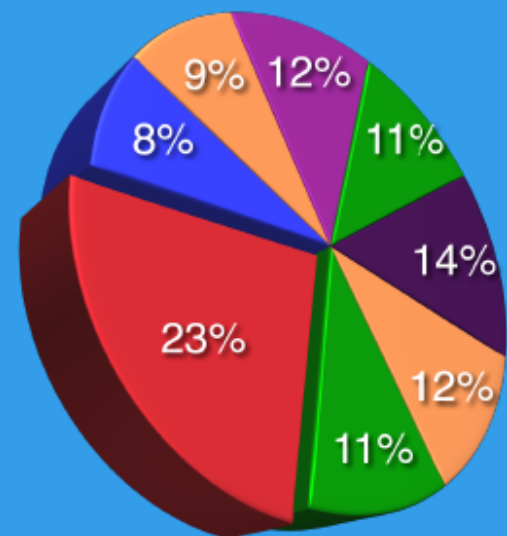
## Templer Ten

276 entrants

152 males (55.07%)

113 unattached (40.94%)

Top teams



Torbay AC were the top supported club in three of our five races.

Apart from our own club, the Plymouth Musketeers were the only other club to feature as one of the best supported clubs in all five of our races.

The DD and Haytor Heller were the only two races to reach their race limit. The DD sold out in six days and the Heller sold out 10 days before race day.

The Totnes 10K had 74 fewer entrants, the Ladies 10K had two more and the Templer Ten had 99 more.

The Totnes 10K had 99 enter on the day, compared with 167 last year. The Ladies 10K had 38 (31 in 2014) and the Templer Ten had 55 (62 in 2014).

2015 was the first year since the Trotters took over the DD, that we weren't the best supported club. That honour went to the Plymouth Musketeers, who had 17 enter the race. We were in fact in third spot, one runner behind the Tamar Trotters in second.

The biggest non affiliated entry was once again at the Totnes 10K. This year saw 56.91% of the entry running as individuals rather than as a member of a club.

# Who's Who 2016

Chairman Rog provides a summary of dates for the diary and list of contacts for all the Trotter races next year.

## **Westward League Cross Country ~ Stover School**

Sunday 14th February

Race Director; Wavell Vigers

Chief Marshal; Ruth Johnson

## **Dartmoor Discovery**

Saturday 4th June

Race Director; Roger Hayes

Assistant RD; Liz Barnett

Chief Marshal; Keith Anderson

## **Haytor Heller**

Saturday 16th July

Race Director; *Currently vacant\**

Assistant RD; *Currently vacant\**

Chief Marshal; Lance Mason

## **Totnes 10K**

Sunday 6th August

Race Director; Roger Hayes

Assistant RD; Ruth Johnson

Chief Marshal; Alan Boone

## **Ladies 10K**

Sunday 25th September

Race Director; Angela Blakesley

Assistant RD; Peter Blakesley

Chief Marshal; Caroline Clark

## **Templer Ten**

Sunday 6th November

Race Director; Ryan Anthony

Assistant RD; Nathan Elphick

Chief Marshal; Gary Caunter

\* As you will see from the list above, we are without a Race Director and assistant RD for next year's Haytor Heller. It's our longest standing race having taken place for the past 30 years. If you would like to be considered for the either role, please let Mark Becker know ASAP.

# Horse's Arse Award 2015



John 'Skins' Skinner deliberates and reveals this year's lucky winner.

So here we are then. Another year, another Horse's Arse. As the custodian of the prestigious, coveted and revered title, I feel the cape of responsibility weighing heavily on my shoulders. This once jovial, light hearted caper has grown and evolved over the years. It quickly gained cult status and lately has been elevated to the position by considerable margin to the most eagerly anticipated and important event in the Teignbridge Trotters calendar. Or maybe even beyond. Devon perhaps, or even the UK.

Consequently, this internationally esteemed award has become universally a matter of grave importance. So when Ryan asked who this years Horse's Arse was, I replied in time honoured tradition 'I have no idea'. Having given this response, I quickly envisaged Ryan engraving my name on the trophy. The truth is that I've been out of the loop for

a while (watch me drain) so who am I to judge?

So my thoughts moved towards seeking a suitably qualified nomination. The Brussels away day club marathon, normally a rich vein of data, produced nothing, nada. An evening spent in the presence of Mark Walker, Nigel Barnett, Wurzell and Lord Graydon of Widdicombe was indeed memorable and hilarious. But did this produce any Horse's Arse nominations? Na!

But hold on a minute..... It's the phone ringing. It's Ryan. 'Ah, Ryan, any ideas?'

'Well all I can think of is Chairman' he says.

'Chairman?' I cry incredulously.

'Well yes. I'm told he habitually gets himself and indeed others within his charge, completely lost on training runs'.

'That's good enough for me. Engrave away Ryan!' Immediately, the nagging thought of Brussels hits me again. Wasn't it Chairman Rog who managed to get himself stiff armed out of numerous bars, cafes and clubs, usually in various states of undress?

Oh and yes, who was it that conducted the world's most ludicrous street interviews, bemusing the good folk of Brussels with a salvo of perplexing questions whilst his good lady wife deposited my piping hot goulash into my lap. Oh yes, our Chairman. That's who! I might add, he was ably assisted by one Mark Walker (careful Mark, that's two mentions. A 2016 pre-match favourite?).

And so, without further ado, it gives me great pleasure to announce the winner of this year's Horse's Arse trophy as beautifully crafted by our own Jimmy Donovan. None other than your Chairman, Roger Hayes.

Only in the Trotters!

Skins

# 2015 Marshal Points Final Table

Thanks go to Stewart Dunn again for keeping tabs throughout the year.

ONE POINT				
Abbi Barnett	Cheryl Harlock	Ian Large	Kerry Hunt	Rex Barnes
Adam Johnstone	Daniel Silvertsen	Jasmin Pickavant	Kevin Thompson	Richard Smith
Adrian Handley	Dave Foster	Jayne Hartley	Kirsty Strickland	Sarah Ross
Adrian Harlock	Dave Hurley	Jean Terrill	Lewis Anthony	Sarah Watson
Alastair Lee	Dave Robinson	Jess Parkes	Lorna Martin	Stella Imong
Alex Lyons	David Moreland	Jess Whitehouse	Louise Harris	Steve Rawlinson
Andrew Watson	Derek Blackford	Jo Becker	Maggie Anderson	Tim Pratt
Andy Lennon	Derek Skinner	John Ludlam	Mark Becker	Tony Stepney
Angela Evans	Emma Boobyer	John Webber	Maurice Piper	Tracy Elphick
Anne Smart	Gemma Pickavant	Jon Grimes	Neil Skinner	Zilpah Walton
Becky George	Hannah Walsh	Jon Martin	Pete Hayward	
Bev Dennis	Helen Anthony	Josie Waller	Philip Norden	
Cathleen Pilton	Hylida Stewart	Keith George	Reg Tole	

TWO POINTS				
Angie Blakesley	Gary Watson	Judy Smallshire	Mark Walker	Steve Barker
Chris Wride	Graeme Baker	Julian Scanes	Mark Wotton	Suzie Mills
Donna Walker	Hannah Jones	Kate Lenthall	Matthew Dunn	Tom Besford
Emily Levey	Jamie Barnett	Kevin Woodward	Mike Hooper	Vanessa New
Emma Percy	Jane Hartley	Lucy Payne	Sally Ingledew	Wavell Vigers
Ewan Walton	Jo Billyard	Marie Taylor	Sharon Hutchins	Wendy Higginson
Gary Smart				

THREE POINTS				
Adrian Youngman	Eleanor Taylor	Kim Nichols	Peter Aston	Sarah Schutte
Allen Taylor	Graydon Widdicombe	Lance Mason	Richard Stephenson	Travis Wood
Caroline Hayes	Jimmy Donovan	Liz Barnett	Rod Payne	
David McMorow	John Caunter	Mandy Wheeler	Roger Hales	
Dermot Smythe	Julian Head	Mark Hutchins	Ryan Anthony	

FOUR POINTS				
Alan Boone	Ian Langler	John Tweedie	Rachel Pallant	Tim Hartley
Clare Youngman	Jacki Woon	Katrina Zapple	Sharron Bowman	Tim Hassell
David Dunn	Jennie Roberts	Nigel Barnett	Stuart Moulson	Tina Caunter
Gary Caunter	John Skinner	Peter Blakesley	Tamsin Cook	Wilf Taylor

FIVE POINTS		SIX POINTS	
Jan Caunter	Neil Pallant	Nathan Elphick	
Keith Anderson	Nigel Penwarden	Roger Hayes	
Kevin Besford	Russell Wheeler		
Kirsty Bowman	Ruth Johnson		

# 2016 Club Championship Races

Watsa gives a preview of the chosen championship races for 2016 - Get those dates in your diary!

Race	Date
Oh My Obelisk	10th Jan 2016
Braunton 10	24th Jan 2016
Fulfords 5	7th Feb 2016
Stover XC	14th Feb 2016
Two Bays Tough 10 Challenge	21st Feb 2016
Dalwood 3 Hills Challenge	28th Feb 2016
Bideford Half Marathon	6th Mar 2016
The Granite Way	13th Mar 2016
Yeovil Half Marathon	20th Mar 2016
Fast Friday 10K	25th Mar 2016
Exe to Axe 20 mile coastal run	3rd Apr 2016
Easter Bunny 10K	27th Apr 2016
Bere Pen 10K	1st May 2016
The Haldon Heartbeat	14th May 2016
Ottery 10K	15th May 2016
South Devon 10K	21st May 2016
Muskies Madness 5.5	21st May 2016
Run Exe Summer 5K	7th Jun 2016
Dawlish Dash	9th Jun 2016

Race	Date
Torbay Half Marathon	26th Jun 2016
6 Moor Miles	3rd Jul 2016
Duck Ponds	9th Jul 2016
Chudleigh Carnival 6	15th Jul 2016
Magnificent 7	17th Jul 2016
Sticklepath Horseshoe Fell Run	13th Aug 2016
Forest Flyer 5	26th Aug 2016
Sandygate Loop	Various
Bridgwater Half Marathon	4th Sep 2016
Ladies 10K	25th Sep 2016
Minster Challenge	2nd Oct 2016
South Molton Struggle	23rd Oct 2016
Dartmoor Vale Half Marathon	30th Oct 2016
Yarcombe Yomp	5th Nov 2016
Winter Track 3K	Oct & Nov
John Scott Trophy	TBC
Bicton Blister	TBC
Otter River & Rail 10K	TBC

## Important Reminders For 2016

- It is a club rule (not just relevant to the club championship) that first claim members must wear official club kit at ALL permitted races. The exception to this are the Park runs. If you're running for charity and want to wear something different, please drop our club secretary, Mark Becker, a line, informing him and permission will be granted.
- First claim members are only allowed to take part in two of our races (excluding the cross country) per year.
- ALL number swaps must be agreed upon with the race organisers before taking part in the race. We will not tolerate anyone running under someone else's name.
- Club members who have helped out at one of our races are entitled to a free hot drink from our catering team at that race. All helpers at the Dartmoor Discovery will receive a packed lunch.
- Four marshal points will allow you a place on 'the list' for a club place into the London Marathon. Two marshal points will get you a free entry into the club trip and three free places on the bus.

## Contact Us

If you have some news or gossip that needs sharing, feel free to have a natter with us during club training or contact us via facebook or the Trotter mag email address below.

[mag@teignbridgetrotters.co.uk](mailto:mag@teignbridgetrotters.co.uk)

(No pills, porn or abuse please)