

The Trotter

Number 1

December 2008



Down to the wire!

Late surges from Eyvoll and Chair do the trick

This year's championships were all about keeping cool on the final lap, says Club Championship Secretary **Mark Hamling**.

Roger Hayes and Eyvoll Aston are the 2008 Club Champions. They each swept into the top spots after coming from behind in closely fought contests.

Only eight points separate the top three positions in the Men's Championship. After a dominant start, Bryan Hayes led comfortably during the first half of the year. But his son, Roger, was chasing hard in the later part of 2008 and a late surge moved him into first position. Dave Tomlin – another late sprinter – came second, pushing Bryan into third place.

There were several other notable performances from everyone who has completed the men's series this year. Roger Hales took fourth place with a typically consistent approach. Just behind him was Mark Becker, who produced some strong performances to gain his best finish. Dave Dunn also had another good year, only just missing out on a place in the top five.

In the Ladies' Championship, a last-minute surge by Eyvoll Aston propelled her into first place, after a steady start and a lull in the middle of the year. She finished just seven points ahead of Tina Caunter, whose consistent running had made her the favourite for the title only a month ago. Congratulations should also go to two new names on the leader board, Eleanor Taylor and Jo Becker, who finished third and fourth respectively. They were also the only other female finishers this year.

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News Desk

Look out for these early Club Championship races in the first few weeks of the new year:

11/01/2009	Section 3 Bideford Cross Country
11/01/2009	Section 6 Oh my Obelisk
25/01/2009	Section 5 Braunton 10m
01/02/2009	Section 4 Fulford 5m
04/02/2009	Section 4 3k Exeter Track
08/02/2009	Section 3 Bovey Tracy Cross Country
15/02/2009	Section 5 Plymouth Hoe 10m
24/02/2009	Section 6 Dalwood 3 Hills Challenge

Welcome to the first electronic edition of *The Trotter*. I hope you like it. The idea is that the new format allows us to move to a monthly publication with more colour images. It will save a lot of trees, too!

Most of the familiar items from the paper version of the Trotter are still with us. But now the magazine will incorporate the club's latest news. On page 2 (this page), you can read all the sort of stuff you used to get in the monthly newsletter.

So, on to that news. First up, we are still looking for two assistant race directors, for the Ladies 10K and the Haytor Heller. If you're interested in either of these posts, contact a committee member.

We are also looking for someone to organise the annual club trip. After many years of successful club trip organising, Dave Dunn is standing down for a well-earned rest. So, if you have some ideas for how to take this event forward, why not roll up your sleeves and get stuck in? Speak to a committee member if you'd like to get involved.

If you're not already feeling Christmassy, get into the festive food on Monday, December 15, with the Mince Pie Marathon. It's Monday night training with a difference. Leave Newton Abbot Leisure Centre at 1900 for a run with half-a-dozen stops for mince pies and mulled wine.

Don't forget the Shaldon Fancy Dress Three-Legged Race on Boxing Day. Meet at the Ness House at 1200.

The following day, meet at Chairman Rog's house at 1030 for his annual Christmas Run. There'll be an 8 to 10-mile social run followed by hot food and cold beer.

A new race is coming to Devon. Extreme events outfit Accelerace are holding the inaugural Dart Winter Trail Run on Sunday, January 18. 'It's a 14-mile cross-country run on Dartmoor, starting and finishing at the River Dart Country Park,' explains Accelerace's Emily Thompson. 'It promises to be pretty tough

but will cross some of the most beautiful bits of Dartmoor at its wintery best, making it a perfect start to the 2009 race calendar.' There are more details at:

<http://www.accelerace.co.uk/dartwintertrail>



Tight at the top. And tight everywhere else, too

Final shakedown: this is how
all that mud, sweat and tears
panned out for 17 intrepid
Trotters...

Ladies: final positions

1 Eyvoll Aston	298 pts
2 Tina Caunter	291 pts
3 Eleanor Taylor	283 pts
4 Jo Becker	263 pts

Men: final positions

1 Roger Hayes	298 pts
2 Dave Tomlin	293 pts
3 Bryan Hayes	290 pts
4 Roger Hales	269 pts
5 Mark Becker	260 pts
6 Dave Dunn	255 pts
7 Mark Hamling	250 pts
8 John Tweedie	245 pts
9 Stewart Dunn	233 pts
10 Mark Wotton	222 pts
11 Steve Rawlinson	212 pts
12 Stuart Moulson	203 pts
13 Matt Dunn	199 pts

All about that final lap

(cont from page 1)

An early battle between Eyvoll and Tracy Elphick produced some excellent results in the first few months of the year as they vied for the top spot. But an injury for Tracy meant she was unable to complete the championship.

Further down the men's table, this year's racing produced some strong performances from Mark Hamling, John Tweedie and Stewart Dunn. Mark Wotton sneaked into the top ten, just ahead of Steve Rawlinson. Stuart Moulson and Matt Dunn battled away all year and deserve much praise for finishing the championship.

Well done to everyone who took part in any of the championship races this year. Next year, there will be an extra incentive to compete. The committee has agreed that any member who completes the Club Championship (i.e. 12 races, two from six sections), will have their individual membership fee for the following year paid by the club.

Fancy a go? Check out the rules and the list of next year's races on the following pages.

John Ludlam



Those all-important rules and regulations

The Basics

The basic rules for taking part in the Club Championship are as follows:

- Every first claim member is automatically entered each year
- You must compete in a minimum of two races from six of the seven sections (i.e. 12 races in total).
- If you cannot compete in the nominated races, you have a wildcard option for each section.
- You must advise Mark Hamling of your wildcard race within four weeks of taking part in that race.
- With the wildcard option, all you need to do is to compete in 12 races from a selection of 42-plus races.

The times are all aged-graded with percentages and then points are allocated highest to lowest. The person with the highest total of points from their two races from each section (i.e. best 12 races spread over six sections) is the Club Championship winner for that year.

The full rules are listed below:

These races, and the current format of the Championship, are selected by the Club Championship Secretary and approved by the Committee. The races selected try to create a wide range of competition among club members, over a variety of distances and terrain and to encourage Trotters to participate in local races without creating a demanding racing schedule. The introduction of the 'Wildcard' race to each section last year increases each club member's chance of being able to compete in the Championship. All scores for these races are based on an age-graded basis with points being awarded in each category based on the average of the best two races for each runner. 50 points will be awarded for the best average in the category, with 49 for 2nd, 48 for 3rd and so on.

Rules

- THE CLUB CHAMPIONSHIP IS OPEN TO FIRST-CLAIM MEMBERS ONLY.
- ALL COMPETITORS MUST ENTER THE RACE AS AFFILIATED TO TEIGNBRIDGE TROTTERS.
- YOU MUST BE WEARING A TEIGNBRIDGE TROTTERS ROYAL BLUE VEST, T-SHIRT, LONG SLEEVED SHIRT, OR CROP TOP BEARING THE TROTTER LOGO AND NAME.
- YOU MUST HAVE AN OFFICIAL NUMBER IN YOUR NAME, FOR THE SELECTED RACE IN WHICH YOU ARE COMPETING.
- RUNNERS ARE RESPONSIBLE FOR ORGANISING THEIR OWN ENTRIES TO ALL RACES - NO MEMBER OF THE COMMITTEE WILL ASSIST IN OBTAINING RACE ENTRIES. PLEASE BE AWARE THAT SOME OF THE MORE POPULAR RACES DO REACH LIMITS EARLY.
- IN CASES WHERE TWO RACES FALL ON THE SAME DATE, THE RUNNER IS RESPONSIBLE FOR THE DECISION AS TO WHICH TO ENTER.
- ANY PROBLEMS WITH INDIVIDUAL RACE RESULTS REMAIN THE RESPONSIBILITY OF THE RUNNER TO RESOLVE.
- RACES ARE SUBJECT TO CHANGE BY THE COMMITTEE (see note below).
- POINTS WILL BE AWARDED BASED ON PERCENTAGES CALCULATED BY THE RACEMASTER SOFTWARE.
- AT THE END OF THE COMPETITION, IN THE EVENT OF A TIE ON POINTS, THE WINNER WILL BE THE COMPETITOR WITH THE HIGHEST OVERALL COMBINATION OF THE TWELVE RACES USED TO CALCULATE THEIR POINTS.

- ALL RUNNERS COMPETE IN RACES AT THEIR OWN RISK.
- A WILDCARD RACE IS ANY** RACE NOMINATED BY A CLUB MEMBER THAT THEY HAVE PARTICIPATED IN, THAT WILL FIT INTO ONE OF THE SEVEN RACE CATEGORIES (the Championship Secretary's decision is final)

**Wildcard Races

- 1) The race must be a certified EA or ARC run with an accurately measured course certificate
- 2) The Club Championship Secretary receives a copy of the Official race results from the participant by the end of the fourth Sunday following the date of the race.
- 3) Once a Wildcard has been used in a Section it cannot be changed i.e. if you nominate your Exeter Half Marathon result, you cannot change it later for, say, your Plymouth Half Marathon time if you improve.
- 4) Teignbridge Trotter-organised races cannot be used as Wildcard races due to marshalling requirements.
- 5) The Dartmoor Discovery Race does not fit into any of the Championship categories.
- 6) The Wildcard races should be treated as just another race option. You don't have to use it but it's there to help you complete the championship, if you can't get to some of the actual nominated races.
- 7) The Wildcard race you select in the 'Mixed Section' must be a race distance between four miles and a marathon (i.e. the majority of the other club races). It must comply with all the other rules, be a properly timed race, and therefore cannot be any form of fun run.
- 8) The final date for submission of results to the Club Championship secretary is the end of the first Sunday in December.

Prizes

There are separate Championships for Men and Ladies. Trophies will be awarded to 70% of competitors for both male and female categories, up to a maximum of 10 in each.

CHANGES TO RACES

Races will only be changed under the following conditions:-
CHANGES TO CLUB CHAMPIONSHIP RACES WILL BE MADE NO LATER THAN TWO MONTHS PRIOR TO THE EARLIEST DATE (EITHER THE ONE BEING CHANGED OR THE ONE REPLACING IT).
IF A RUNNER HAS PAID AN ENTRY FEE PRIOR TO THE RACE BEING CHANGED BY THE COMMITTEE, A REFUND WILL BE GIVEN BY THE COMMITTEE ON PRODUCTION OF THE RACE NUMBER.
RACES WILL ONLY BE CHANGED IF:

- THE RACE DATE INTERFERES WITH/ IS DETRIMENTAL TO A CLUB SPONSORED ACTIVITY (e.g. Club Trip, Club Camp).
- THE RACE DATE CLASHES WITH A TROTTER-ORGANISED RACE.

THERE ARE CIRCUMSTANCES BEYOND THE COMMITTEE'S CONTROL, FOR EXAMPLE CANCELLATION OF RACE, A NON-PERMIT, IN WHICH CASE A SIMILAR RACE WILL BE SUBSTITUTED.

Contact Mark Hamling if you have any queries about the rules. Remember, the wildcard option makes it much easier to complete the Championship. So why not give it a go?

Section 1		Half Marathons		
	Date	Title	Distance	Bonus
1	1 Mar 2009	Bideford	13.1m	
2	5 Apr 2009	Taunton	13.1m	
3	21 Jun 2009	Torbay	13.1m	
4	5 Jul 2009	Launceston	13.1m	
5	18 Oct 2009	Dartmoor Vale	13.1m	
		PLUS Wildcard	13.1m	Only

Section 2		10Ks		
	Date	Title	Distance	Bonus
1	9 May 2009	Ivybridge	10km	
2	23 Aug 2009	Torbay	10km	
3	9 Sep 2009	Exeter Track	10km	
4	27 Sep 2009	Taunton	10km	
5	4 Oct 2009	Brixham	10km	
6		PLUS Wildcard	10km	Only

Section 3		Cross Country		
	Date	Title	Distance	Bonus
1	11 Jan 2009	Bideford	8.0/4.8k	
2	8 Feb 2009	Bovey Tracy	9.3/5.0k	
3	22 Mar 2009	Redruth	8.1/4.9k	
4	9 Oct 2008	St Austell	6.5/4.0k	
5	9 Dec 2008	Exeter	9.2/5.0k	
6		PLUS Wildcard	8.5/4.5k	About

Section 4		Short Miscellaneous		
	Date	Title	Distance	Bonus
1	1 Feb 2009	Fulfords 5	5.0m	
2	First Wed	Exeter 3k Series(Best FMOND)	3.0km	
3	Last Friday	Sandygate Loop(Best Apr-Sept)	4.0m	
4	4 Jun 2009	Dawlish Dash	4.0m	
5	11 Jul 2009	Duckponds	4.35m	
6		PLUS Wildcard	4 to 5m	About

Choose two races from six sections...

Factor in the wildcard options...

Weigh up the opposition...

Get out there and do it!



Section 5		Long Miscellaneous		
	Date	Title	Distance	Bonus
1	25 Jan 2009	Braunton 10	10.0m	
2	15 Feb 2009	Plymouth Hoe 10	10.0m	
3	5 Apr 2009	Blackenstone Bruiser	15.3m	3
4	6 Sep 2009	Bideford 10	10.0m	
5	11 Oct 2009	Teign Valley Toddle	10.5m	
6		PLUS Wildcard	10-15m	About



Section 6		Long Off Road		
	Date	Title	Distance	Bonus
1	11 Jan 2009	Oh My Obelisk	10.8m	
2	24 Feb 2009	Dalwood 3 Hills Challenge	10.0m	
3	27 Sep 2009	Autumn Trail	8.0m	
4	15 Nov 2009	Drogo 10	10.0m	
5	29 Nov 2009	Bicton Blister	10.5m	
6		PLUS Wildcard	8-11m	About

Section 7		Mixed		
	Date	Title	Distance	Bonus
1	May/June	CLUB TRIP	10K-ish	
2	8 Aug 2009	Jeremiah's Journey	5.0m	
3	11 Oct 2009	Honiton 10m	10.0m	
4	18 Oct 2009	Dartmoor Vale Marathon	26.2m	6
5	8 Nov 2009	Tavy 7	7.0m	
6		PLUS Wildcard	4-26m	Any

Hang on in there...

Play the long game...

Time your surge...

Punch the air!

Fastest Times

Who was most fleet of foot in 2008?

Marathon

Dave Tomlin	2.40.24	Taunton
Roger Hales	3.06.14	Dart Vale
Chris Cleave	3.08.27	Dart Vale

Sue Brown	3.35.48	Paris
Claire Youngman	3.36.57	London
Julia Proctor	3.49.34	London

Half Marathon

Dave Tomlin	1.16.18	Bideford
Dave Tomlin	1.19.46	Dart Vale
Dave Tomlin	1.21.19	Cheddar

Tracy Elphick	1.34.53	Bideford
Claire Youngman	1.37.28	Bideford
Tracy Elphick	1.38.11	Torbay

10 Mile

Dave Tomlin	57.21	Teignbridge
Dave Tomlin	57.46	Plymouth
Dave Miller	61.18	Teignbridge

Tracy Elphick	72.03	Teignbridge
Eyvoll Aston	72.46	Plymouth
Tracy Elphick	73.10	Bideford

10K

Dave Tomlin	34.47	Bideford
Roger Hayes	37.42	Torbay
Roger Hayes	37.49	Exeter

Eyvoll Aston	41.43	Yeovil
Eyvoll Aston	42.34	Exeter
Clare Youngman	43.25	Ramsey

Well done to all those who made it on to the leader board. Tommo proved once again what a fine all-round athlete he is, achieving the fastest time in all 4 distances. Such is the standard that he sets himself, he was disappointed with his marathon time! Sub-2.40 has been one of the few remaining challenges that he has yet to overcome. Dave, you'll 'have it' one day soon, I'm sure of that.

The ladies honours was a more open affair. Sue B set the standard at the Paris Marathon. A big posse had a go at it in London and Steff was after it at Nice. But 3.35 proved just that bit too good. Well done Sue. Tracy bagged the fastest Half Marathon and 10-Miler of the year. She sadly spent the latter half of the year on the sidelines having picked up a nasty injury. Eyvoll is rarely out of the mix and this year was no exception. Maybe next year she will make the giant step up and tackle the mighty marathon!

Good luck everyone for 2009. Don't forget: 'You've got to be in it to win it.'

Roger Hayes

Trophy haul

Roger Hayes reveals which Trotters will be dusting their mantelpieces following the awards ceremony at the Dinner and Dance.

Most Promising Female Newcomer: Sarah Ross

Also nominated: Tracy Elphick, Siobhan Besford

Sarah started life as a Trotter in the beginners' group on a Wednesday, where she gained her confidence before moving up a group to mix it with the some of the more experienced runners. Having successfully thrown herself into the racing front, she has steadily improved with each race.

Most Improved Female: Sharon Bowman

Also nominated: Michelle Willocks-Watts

Having swapped the colour of pale blue (WRN) for the royal blue of the Trotters, Sharon has never looked back. Her running has gone from strength to strength. She has managed to bring her times down and set new PBs along the way. She's a very determined runner, who has already set her stall out to compete in next year's Dartmoor Discovery race.

Most Promising Male Newcomer: Colin Cozens

Also nominated: Garry Smart, Rod Payne, Kevin Besford, Tom Kennard

Since joining the Trotters, Colin has been pretty much ever-present on a Wednesday club night. He has shown tremendous potential with the performances he has turned in already at some of the local races. And, if he continues to put in the same effort at training, a sub-1.30 half marathon is surely there for the taking as is a sub-40 10K (no pressure).

Most Improved Male: Bryan Hayes

Also nominated: John Tweedie, Andrew Ludlam, Matt Dunn, Nigel Penwarden, Stewart Dunn.

At the ripe old age of 66, Bryan has had one of his best ever years on the road. He led the Club Championship for most of the year, only just missing out on top spot. He set a new club record for the 10-miler and won numerous 1st vet awards in his age category.

Committee Cup: Dave Dunn

Also nominated: Vicky Seaman, Stuart Moulson, Ewan Walton, Mark Hamling, Mark Becker, John Ludlam

The first person in the history of the club to win this award for a third time and how he deserves it. The list of things he does for the Trotters is endless – Membership Secretary, Club Camp and Club Trip organiser, Assistant Race Director for the Teignbridge Ten. And he's always there at our races, helping in any way he can.

Captain's Corner

Men's Captain Stewart Dunn is feeling inspired...

Well that's nearly it for another year. I'm sure you'll have already read similar words elsewhere in this edition. But, if possible, I would like to take a different view of this current situation.

It was not long ago that I was trying to think about my first Captain's Corner back in the spring. While looking for inspiration, I rather obviously turned to my predecessor, Ewan. I read his comments and pondered his thoughts. I found them to be somewhat morbid and negative about the passing of another year, and the horror of commercialised Christmas. Although both are just about unavoidable, I feel it is more appropriate to look upon this time with a more upbeat and optimistic view.

I have to say, on a personal level, that I feel I am running better than ever. I think this is due to a myriad of things. When I became captain it meant a lot to me to have a formal position within the club. It may not have any great responsibility - I mean this is me were talking about! But it holds a certain sense of embellishment. This is what has motivated me to become more dedicated to my running,

I'm there every Wednesday but I want to develop my running in many areas. I also felt a feeling of greater expectation upon me when I was racing. I felt I had to lead by example and run well. My other main drive was to achieve a respectable return for my efforts during the year - i.e. a top ten finish in the Club Championship. Obviously, by the time you

read this, you'll know the final standings. But, right now, at the time of writing, this is all that consumes my thoughts. I have to say that the first half of the year was very poor for me. I had one disappointing race after another. But, as the months passed, I improved and, by late summer, I was setting PBs at most distances.

But, most importantly, I was running with confidence. For the first time I was targetting races and preparing for them both physically and mentally. At the moment, I am very happy with my recent excellent results. However I do fear this may have been in vain. Only time will tell.

Although everything I've worked towards may have finished it doesn't mean my running has. I really hope that I can carry my fine run of form into the New Year, and a new championship, and this is my point...

The year may be coming to an end but the running and the training and the good times will go on. And, as long as there is a bunch of enthusiastic, slightly mad people who want to run together, then there will always be good times. So don't be sad be happy, celebrate the passing of a great year by basking in the prospect of another great year to come. Together we can achieve MORE.

Oh and a big thank you to everyone who made the effort to participate in the cross country relays, especially Homesy!



Milos Erben

Captain's Corner

Ladies' Captain Jan Caunter is loving the mud...

Hi girls. The cold really seems to have brought loads out to race. I am sure it's all that mud. It's supposed to be very good for the skin but, Fizz, I'm not sure that you are meant to dive headlong into it and come out all black and blue! Drogo saw six ladies finish the challenging course, virtually in one piece.

Talking of mud, our very own Templer Ten was quite muddy but it didn't stop Tracy picking up 2nd F35 and Ella finishing in a respectable time. The Last Frank Elford Autumn Trail saw Eyvoll lead the other seven ladies home.

The Ladies 10k saw 22 Trotettes on the start line, on a beautiful, hot, sunny day, ideal for marshalling – thanks guys. The conditions weren't ideal for racing but there were still some great results. It was great to see a lot of new ladies run our own race. Pick of our girls were Eyvoll, who finished 6th, and Clare, who was 7th. We also picked up 2nd team and other category prizes. Well done to all that were involved in a great race. Biggest thanks goes to race director Vicky as this was her last one in charge. As usual, she did a great job, with the help of her assistant, Nikki. She now hands over to Michelle.

Congratulations to the three ladies that have recently taken our blue vests overseas to run marathons. Stella went to Amsterdam, while Steff and Pauline ran around the scenic course of Nice.

Four ladies have done really well with club records this year. Siobhan took the Junior and Marathon records early in the year. Tina and Pauline took two each at least in the F50 and F65 category respectively. And Gia grabbed the F50 10K record at Torbay. Well done, girls.

Now that you have all done so well, it's time to wash off that mud, put on your party dress and join us at our Annual Dinner and Dance. You never know, by the time you read this, you may have picked up one of the many awards that were given out. If not, I'm sure you enjoyed John and Tina's great food, a drink and a boogie, all for £10.

See you all on the road!



Milos Erben



John Ludlam

Nice one

Roger Hayes



Now that's what I call a view: Steff takes some time out during a stroll around Eze village to soak up the atmosphere.

Roger Hayes gives us the lowdown on a city and a marathon that takes the biscuit...

After last year's success in Venice, I had hoped that a trip to the Nice Marathon would be just as popular. Sadly, numbers were well down, which was a shame because it turned out to be a cracking weekend.

It felt a little like an Oodley's work do: me and four women off to France on a jolly. In fact four became six, as we met Glenda (Pauline's daughter) and her friend, who were staying out there. A trouble-free flight from Bristol and we were soon making our way to our youth hostel, that would become home for the next four nights. The public transport was best described as superb; clean, efficient and incredibly cheap at €1 per trip.

Our youth hostel had been voted one of the top ten in Europe and it was easy to understand why. As an former monastery set up in the

hills looking down on Nice, it was steeped in history. The staff were so friendly and helpful, even providing their very own free tour guide, who would move from table to table at breakfast, offering an abundance of advice and ideas on how to best spend your time.

We collected our race numbers on the Friday and met up for a meal in the old town of Nice, an area where the majority of the eating places were. Although we were there in November, most restaurants still had tables outside (admittedly with those outside patio heaters) and therefore most people ate outside. Food was priced similar to what you'd expect to pay in London. The quality was good, as was the service. We spent Saturday looking around Nice, a beautiful city, with well-kept buildings, large, open traffic-free spaces and a long, sweeping horseshoe seafront. It was hot enough for a spot of sun bathing on the beach, Steff even managed a swim in the sea! A big

pasta meal, washed down with a couple glasses of wine and we hit the sack.

Sunday (race day) was another glorious sunny affair, not a cloud in the sky. I had decided to run with Steff, as I had done in Venice. It was the first time they had staged the race. We started on the seafront and followed the coastline all the way to Cannes. The race was due to start at 8.45am. With five minutes to go before we were off, Steff decided she needed a wee (when you've got to go you've got to go!) and headed off onto the beach and a little more privacy. Trouble was, as soon as she'd gone, they removed the barriers that were keeping the other 8,000 in their pens and I was engulfed by runners. Steff, of course, had no hope of finding me. I set off slowly, hoping that I would spot her come trundling by. I got to 10K, I was three minutes down on what I knew Steff would have hoped for and realised that maybe she was actually in front of me! I picked it up a bit, still trying to look over my shoulder and not bump into the person in front of me (not easy!), until I finally caught her up at 16K.

We then ran together until half way. The course had some stunning views to our left, with the snow-covered Alps looking splendid in the sunshine. All of which was lost on Steff, as the wheels were starting to come off. We've all been there at some time and it's a pretty soul-destroying feeling. There was nothing I could say or do and so she sent me on my way. As I pushed on, I knew that she was in for a tough time and so it proved.

I got into a good pace, banging out 4.30 kilometres. I took full advantage of the feeding stations (bananas are great – slimy yet satisfying!) and weaved my way through various small towns, whose entire population had turned out to cheer us through. The race numbers had your Christian name printed on them, I have to say my name sounded so much better said in a sexy French accent! There were a couple of climbs but, by and large, the course was flat. Caroline had caught the train to Cannes and was there ready to cheer me on as I approached the finish. This was unusual as she is normally giving the credit card a good spanking in my absence!

I crossed the line in 3.24.28, a negative split by some nine minutes. The finish area was quite an experience. Apart from the usual masseurs offering their services, there was as much free pasta as you could eat and a live rock band belting out hits on a specially constructed stage. It was a slightly surreal sight – a mass of runners sat down in rows of chairs, scoffing down bowls of pasta and listening to a rock band, having just run 26 miles! I managed to find Ca amongst the masses of runners (there were 10,000 in the race) and spectators, and we found a good spot to look out for Steff, Pauline (5.53.24) and Lorraine (4.40.00). This gave me time to study the medal, rucksack and technical t-shirt that you got for finishing, all of which I concluded were excellent. Steff's nightmare ended in 4.21.52. She was pretty wasted. There was only one answer – a pint of lager. Sure enough that did the trick!

We had a look around Cannes. Why, we asked ourselves, would anyone want such a large boat? Perhaps they own such huge monsters to make up for their small manhoods? Well, that's my theory anyway! I reckon we probably walked miles that afternoon, cramming as much of Cannes in as we could before we caught our free train back to Nice. A couple of bottles of wine later (€4 each) at our youth hostel and a chicken curry that got away and we were ready for bed.

Monday was a full day of sightseeing. We caught the bus to Eze village, a beautiful town in the mountains with some breathtaking views. And then it was on to Monaco to see how the other half live, where there was certainly no sign of the credit crunch!

Again, I reckon we must have walked miles, my legs were certainly starting to suffer, so it was with great relief that the girls suggested finding a park bench, so they could consume their two litre bottle of red wine! Thankfully we made it back to Nice and the comfort of our hostel. We caught our flight home on the Tuesday, again trouble-free. To conclude, it was a great weekend, fantastic weather and a very enjoyable marathon. The French were friendly and helpful and Nice itself was a real treasure. Would I go back? Most definitely.



Roger Hayes

If I was called Basil and I was living in Monaco, then I guess I too would have to have a silver, soft top Rolls Royce!

Membership Report

Membership Secretary **Dave Dunn** brings us up to date with the club's new faces

Congratulations to these members who will be celebrating a landmark birthday some time in the next three months.

Susie Ashleigh-Thomas, 60
Ann Bayley, 45
Peter Blakesley, 50
Cathy Burgess, 40
John Caunter, 55
John Crocker, 45
Keith George, 45
Sally Mutton, 45
Andy Shakeshaft, 40

Happy birthday!
May you all enjoy
your new veteran
status.

Welcome to the first Membership Report in this new electronic format of *The Trotter*.

Our total of fully paid-up members currently stands at 191. The last quarter has been relatively quiet on the new members front with only seven recruits added to our ranks. Interestingly, there's not a single female among them, reversing the trend of recent years.

Our newest members are:

- Vince Aggett, 28, from Newton Abbot
- Curtis Betteridge, 26, from Buckfastleigh
- Peter Blakesley, 49, from Kingskerswell
- Noel Fowler, 55, from Shaldon
- Adrian Mawson, 47, from Ashburton
- Mike Roberts, 29, from Kingsteignton
- Russell Sills, 36, from Kingsteignton

Vince, Curtis and Mike are all part of a group of young men who have joined us over recent months, following in the footsteps of James Henderson. Vince's first race after joining the Trotters was none other than the New York Marathon, where he ran a highly respectable 3:52. However, I'm sure that his immediate future lies over shorter distances judged on the pace he's shown on Wednesday nights. Curtis comes from a boxing background and has been a very keen participant in training on both Mondays and Wednesdays. It will be intriguing to see how he translates all this training into race performances. Mike is the

young gun I know the least about, but very recently he displayed a great deal of promise in the Cockington Christmas Caper and 2009 will give him the opportunity to show his true potential.

Peter has come to us having been an "honorary" member of the Women's Running Network where his wife is a member. From some of the stories I've heard about Peter, I'm confident he will fit in very well with us Trotters.

Noel has already put himself about a lot, despite only joining us on second-claim terms, after his previous club up in the Midlands made him a life member for services rendered. Not only has Noel been seen on most Mondays and Wednesdays, but he can also be found joining in the Friday Club sessions around his native Shaldon.

Adrian tried us out quite a few times on Wednesday evenings before taking the plunge and committing his running future to the Trotters. He looks a very useful vet runner in the making.

Russell has been finding his feet in our Wednesday beginners group and seems to be enjoying his running under the tutelage of Vicky and Buzz.

Merry Christmas everyone and have a great running New Year!



Milos Erben

Thank goodness it's Friday

The Friday Club goes from strength to strength. There must be something about attrition that attracts. Founder member and guiding light **Monkey** tells it how it is.

The clocks shifted weeks ago and now you're not sure if time is under some cosmic cosh: the very fabric of society is flapping and you fear you may be touching cloth.

Darkness steals the day, Jack Frost fiddles with the night: and the banks collapse under a pellmellian event horizon. The system has become unstable.

Reset... recalibrate... regroup... rearm... recoup.

You need power, punch, pith and pragmatism to avoid the perils of procrastination. And we need you. So, welcome all!

The primary objective is to take Shaldon Bridge and regroup at The Gates of Hades. War is hell...

The Crew will begin a search and destroy campaign: 45 seconds hard followed by 45 seconds recover/reform battle group.

Further objective: penetrate the heart of the beast (Ringmore).

Special mission: take 'The Bowl' in one hit. This is a logistical challenge involving precision timing and heavy covering fire. We have lost some brave souls in this killing cauldron.

Ultimate Goal: take down the Ness, sweeping and clearing all the way up that flaming hill in the allotted 12/13 efforts.

The Club is now around 26-strong, with quite a few honorary members from Club Camp. It is cold, dark and sometimes wet. But we never leave a warrior in the combat zone. Lock and load!

• If you're interested in braving the perils of Shaldon, muster any Friday at Skins and Steff's place, 17 Fourth Avenue, Teignmouth, at 1745.



'The horror! The horror!'



Abandon hope all ye who enter here.

Teignbridge Trotters Time Trials 2008

MEN	Best times 2007-08		12 Nov 2008	
	1 MILE	2 MILES	1 MILE	2 MILES
Dave Miller	4.51	11.02	5.08	11.09
Curtis Betteridge			5.18	12.37
Ian Langler			5.22	12.08
Mike Eveleigh	5.32	12.12	5.28	11.41
Mark Becker	5.47	12.37	5.30*	12.33
Mike Roberts			5.37	12.25
Mike Hicks	5.49	11.14	5.46	11.36
Colin Cozens			5.52	12.3
Stuart Dunn	5.39	12.42	5.55	12.43
Roger Hayes	5.56	12.04	5.57	13.37
Roger Hales			6	11.51
John Tweedie			6.00*	12.2
Howard Cotton	6.03	12.48	6.03	13.02
Ewan Walton			6.04	11.34
Vince Aggett			6.09	13.16
Andrew Ludlam			6.14	13.04*
John Skinner	6.21	12.41	6.16	12.32
John Caunter	5.59	12.55	6.2	13.14
Noel Fowler			6.23	13.11
Neil Turner			6.34*	15.09
Dave Dunn	6.28	13.49	7.04	13.56
Syd Willocks				14.09*

Teignbridge Trotters Time Trials 2008

MEN 1 MILE			
1	Dave Tomlin	4.57	
1	Dave Miller	4.57	
3	Curtis Betteridge	5.18	
4	Garry Smart	5.22	
4	Ian Langer	5.22	
6	Ewan Walton	5.27	
7	Mike Eveleigh	5.28	
8	Mark Becker	5.3	
9	Mark Roberts	5.37	
10	Stewart Dunn	5.42	
11	Andrew Shakeshaft	5.43	
11	Andrew Pepperell	5.43	
13	Mike Hill	5.44	
14	Gary Watson	5.45	
15	Mike Hicks	5.46	
16	Colin Cozens	5.52	
17	Roger Hayes	5.55	
18	Mark Hamling	5.58	

MEN 1 MILE		Cont.	
19	John Caunter	5.59	
20	John Tweedie	6	
20	Andrew Ludlam	6	PB
20	Roger Hales	6	
23	Howard Cotton	6.03	
24	Vince Aggett	6.09	
25	Paul Thomas	6.1	
26	Keith George	6.14	
27	John Skinner	6.16	
28	Noel Fowler	6.23	
29	Bryan Hayes	6.27	
30	John Ludham	6.28	
30	Mark Gilligan	6.28	
32	Dennis Milstead	6.31	
33	Neil Turner	6.34	PB
34	Peter Aston	6.35	
35	Dave Dunn	6.37	
36	Mark Wotton	6.44	

Teignbridge Trotters Time Trials 2008

MEN 2 MILES			
1	Dave Tomlin	10.35	
2	Dave Miller	11.02	
3	Mike Hicks	11.14	
4	Gary Smart	11.21	
5	Ewan Walton	11.34	
6	Mike Eveleigh	11.41	
7	Andrew Pepperell	11.43	
8	Roger Hales	11.51	
9	Andrew Shakeshaft	11.54	
10	Roger Hayes	12.04	
11	Ian Langer	12.08	
12	Mike Hill	12.17	
13	John Tweedie	12.2	
14	Mark Roberts	12.25	
15	Colin Cozens	12.3	
16	John Skinner	12.32	
16	Gary Watson	12.32	
18	Mark Becker	12.33	

MEN 2 MILES		Cont.	
19	Curtis Betteridge	12.37	
20	Stuart Dunn	12.43	
21	Howard Cotton	12.48	
22	Mark Hamling	12.51	
23	John Caunter	12.55	
24	John Ludlam	12.57	PB
25	Andrew Ludlam	13.04	PB
26	Noel Fowler	13.11	
27	Vince Aggett	13.16	
28	Peter Aston	13.2	
29	Mark Wotton	13.36	PB
30	Mark Gilligan	13.46	
31	Dave Dunn	13.56	
32	Keith George	14.02	
33	Bryan Hayes	14.08	
34	Syd Willcocks	14.09	PB
34	Neil Turner	14.09	
36	Paul Thomas	14.14	
37	Dennis Milstead	14.34	

Teignbridge Trotters Time Trials 2008

LADIES	Best times 2007-08		12 Nov 2008	
	1 MILE	2 MILES	1 MILE	2 MILES
Eyvoll Aston	5.57	12.54	6.04	12.45
Nikki Kennard	6.52	14.53	6.32*	14.18*
Michelle Willcocks-Watts			6.56*	
Ella Bowles			7.21	15.45

Ladies 1MILE			
1	Nikki Hill	5.56	
2	Eyvoll Aston	5.57	
3	Tracey Elphick	6.1	
4	Becky George	6.3	
5	Julia Proctor	6.32	
5	Nikki Kennard	6.32	PB
7	Michelle W'-Watts	6.34	PB
8	Michelle Spiller	6.37	
9	Stephanie Ross	6.39	
10	Sharon Bowman	6.54	PB
11	Penny Aitchison	7.16	
12	Joanne Becker	7.19	
13	Ella Bowles	7.21	
14	Sarah Ingham	7.25	
15	Jeanette Howard	7.32	

Ladies 2 MILES			
1	NIKKI Hill	12.35	
2	Eyvoll Aston	12.45	
3	Tracey Elphick	13.06	
4	Becky George	13.43	
5	Michelle Spiller	14.06	
6	Nikki Kennard	14.18	PB
7	Julia Proctor	14.26	PB
8	Sharon Bowman	14.38	PB
9	Penny Aitchison	15.25	
10	Ella Bowles	15.45	
11	Joanne Becker	16.09	PB
12	Stephanie Ross	17.32	
12	Sarah Ingham	17.32	
12	Jeanette Howard	17.32	

Helping hands

John Ludlam



Every year, the organisers of the Flora London Marathon give out places to UK running clubs. This year, the Trotters received four places, *writes Roger Hayes*. We award those places to people who have helped out at races during the year – and who have been rejected by the FLM application process.

To be eligible for a place, you have to have been officially rejected from the FLM and to have gained four points. Members gain one 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 2009 race. Your entry is for your sole use only and cannot be transferred.

If there are more qualifying members than there are places, we have a nail-biting draw at the Dinner and Dance. No thrills this year, though. Four members who had been rejected by the FLM gained the four or more points needed, so they took the places without the need for a draw. They were: Mark Becker, Jo Becker, Stuart Moulson and Jan Caunter. Thank you to all those who have made it on to the leader board, especially to the seven who have got maximum points.

London Marathon Points

4 Points

Graeme Baker
Judy Smallshire
Jo Becker
Clare Youngman
Adrian Youngman
Stewart Dunn
Dave Dunn
Eleanor Taylor
Sarah Ingham
Nikki Kennard
John Ludlam
Gary Watson
Michelle Willocks-Watts
Roger Hayes

5 Points

Mark Becker
Tina Caunter
Vicky Hales
Roger Hayes
Ian Langler
Maurice Piper
Reg Tole
Ewan Walton

6 Points

Jimmy Donovan
Dave Foster
Roger Hales
Andrew Ludlam
Stuart Moulson
John Skinner
Wilf Taylor

Teignbridge Trotters Annual General Meeting, 2008

Minutes of the Annual General Meeting held at Newton Abbot Leisure Centre **Wednesday 20th February 2008 @ 2000hrs**

PRESENT

Roger Hayes, John Caunter, Mark Becker, Dave Foster, Mark Hamling, Graeme Baker, Vicky Seaman, Stella Imong, John Skinner, Graham Penn, John Johnson, Caroline Hayes, Janice Caunter, Bryan Hayes, Tina Caunter, Julia Proctor, Andrew Pepperell, Stuart Moulson, Vicky Hales, Roger Hales, Buzz Terrill, John Ludlam, John Tweedie, Pete Aston, Helen Anthony, Ian Langler, Mike Hicks, Sharon Bowman, David Tomlin, Jo Becker, Jeanette Howard, Ewan Walton, Eleanor Taylor, Jose Waller, Wilf Taylor, Andrew Ludlam, Dave Dunn and Stewart Dunn.

APOLOGIES

Adrian Youngman, Clare Youngman, Ross Becker, Jeremy Carr and Samm Gee.

MINUTES OF THE 2007 AGM

The minutes were accepted as a true record and signed by Roger Hayes (Chairman).

CHAIRMAN'S REPORT

Read out at the time.

SECRETARY'S REPORT

Read out at the time.

TREASURERS REPORT AND APPROVAL OF 2007/2008 ACCOUNTS

The Treasurer's report was read out at the time and the accounts were approved unanimously.

PROPOSAL FROM D DUNN: CLUB AFFILIATION

Roger Hayes read the proposal, seconded by Matthew Dunn, and asked if there were any questions from all present. Gary Watson wished to know if there was any information regarding 'competing' member registration numbers for inclusion on entry forms. Dave Dunn explained that these would be forthcoming from England Athletics and that entrants should be prepared to be asked for their number by race officials to prove that they are indeed a 'competing' member. Ewan Walton expressed his view that we are affiliated to England Athletics through Club membership and then have to pay again to become a 'competing' member. After this discussion, a vote was taken and the proposal was carried unanimously.

PROPOSAL FROM D DUNN: SUBSCRIPTION FEES

Roger Hayes read the proposal seconded by John Caunter. A vote was taken and the proposal was carried unanimously.

ELECTION OF OFFICERS/COMMITTEE

The proposed officers were as follows:-

CHAIRMAN – Roger Hayes
VICE CHAIRMAN – Tina Caunter
SECRETARY – Mark Becker
TREASURER – John Caunter
MEMBERSHIP SECRETARY – Dave Dunn
CLUB CHAMPIONSHIP – Mark Hamling

As there was no opposition to the above nominations it was agreed that they are elected on block.
This was carried unanimously.

The proposed general committee members were as follows:-

Syd Willocks
Stuart Moulson
Eleanor Taylor
Vicky Hales
Gary Caunter
Ewan Walton
John Ludlam
Nikki Kennard

Neil Turner wished it to be known that he disagreed with the voting procedure and wanted to know why all eight proposed members could not be elected. As this was not in line with the Constitution his request was denied. Neil stated that he would not be voting in this case.

With eight proposed members and only seven places available a vote was cast and the general committee are now as follows:-

Syd Willocks
Stuart Moulson
Eleanor Taylor
Vicky Hales
Ewan Walton
John Ludlam
Nikki Kennard

The proposed non-committee posts were as follows:-

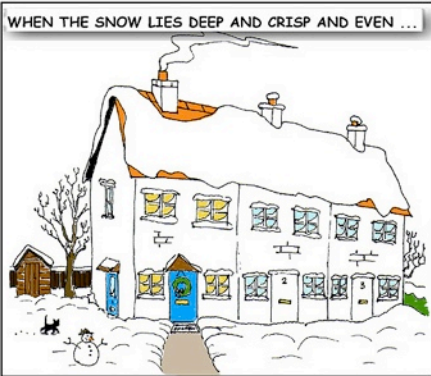
PRESIDENT – Reg Tole
CHILD PROTECTION OFFICER – Tina Caunter
CROSS COUNTRY OFFICER – John Crocker
LADIES' CAPTAIN – Jan Caunter
MEN'S CAPTAIN – Stuart Dunn
PRESS/PUBLICITY OFFICER – John Ludlam
WELFARE OFFICER – Jeanette Howard

As there was no opposition to the above nominations it was proposed by Roger Hayes that they were elected en bloc. This was seconded by Dave Foster and carried unanimously.

The meeting closed at 8.41pm.

Tilly

By Jay Bee and SQ



Brain teaser

We know you're a clever lot. So see if you can work out this fiendishly difficult puzzle. Set by **Meritt**.

Four Tinkenham Striders and five Brickworks Bounders are taking part in an unusual Christmas charity relay race. The teams run the same 10-mile course, but in opposite directions. The first Strider starts beneath the Clock Tower at Tinkenham. The first Bounder sets off from the Hod Carrier's Arms at Finkle Mill. Each team's members run legs of equal length. Incredibly, both teams finish within a minute of each other. Tinkenham's anchor, Lucy Fastwitch, runs her leg in 20.08. Brickworks stalwart Harry Pasty takes the middle leg and completes it in 10.02. The two never meet. Bruce Fastwitch is waiting for his wife at the Hod Carrier's Arms. How many artfully distressed, shop-bought mince pies are in his wicker basket?

A bottle of good Rioja goes to the person who, in the opinion of the Editor, submits the best answer. No correspondence will be entered into, the judge's decision is final, etc., etc.

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: The marathon. What's that all about? We ask the experts for their advice.

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

Tel: 0162 6773811

Or email:

mag@teignbridgetrotters.co.uk

John Ludlam

