

# The Trotter

Number 10

October 2009

## Do the maths



With just weeks to go before the final results of the Men's and Ladies' Club Championships are known, everything is still up for grabs. Turn to page six for Club Championship guru **Mark Hamling's** analysis of the likely outcomes.

# News Desk

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

8/11 Tavy 7  
15/11 Westward League Cross Country, St Austell  
15/11 Drogo 10  
24/11 Winter 3K Series, Taunton  
29/11 Bicton Blister  
6/12 Westward League Cross Country, Exeter  
7/12 Winter 3K Series, Exeter  
20/12 Wellington Monument Race

Welcome to the October issue of *The Trotter*. This is the penultimate edition in 2009. The annual Dinner and Dance (see below) is relatively early in December this year, so your bumper Christmas edition will be published at midnight on December 12, after the awards have been announced.

As usual, we kick off this issue with a round-up of news from our Chairman, Roger Hayes.

I'm pleased to report that since my appeal (in the last edition of *The Trotter*) for a new race director, time keepers, club coaches and bib seller, my inbox went into overdrive — no, it really did!

Thanks to Buzz Terrill who is our new race director for the Haytor Heller and to Dave Miller who is his new number two.

Thank you to Ewan Walton, Steve Rawlinson, Kevin Besford, Rod Payne and Daryl "Tarquin" Milford, who have all signed up for the forthcoming timekeepers' course.

Thanks also to Tarquin for his willingness to become a club coach, and to Rod Payne for agreeing to take over the role of selling reflective bibs on training nights.

Tickets are now on sale for the Trotters annual Dinner and Dance, which takes place on Saturday, December 12, at Kingsteignton Royal British Legion Club. The night gets under way at 7pm with the prize presentations starting at 7.30pm. Tickets are available from John and Tina Caunter and are priced at a very reasonable sum of £10 each. This includes a three-course buffet meal and disco.

I have once again booked the famous "love bus" for the night. The first 16 names to me will guarantee a place (approx cost £7 each). Pick-up points in Teignmouth and Bishop. Return at 12.15am via a rather nice hot tub in Bishop for some love! (Optional, of course. Although highly recommended!)

Could I please have all the perpetual trophies returned to me ASAP.

If you believe you are in with a shout for one of the fastest male or female times over 10K, half-marathon and marathon, then please let me know ASAP (I need proof of result). The cut-off date to register your time is midnight on Sunday, December 6.

For all those interested in this year's John Scott Trophy – There is a strong possibility that it will take place on a Wednesday evening in December. This has yet to be confirmed, but final details will be released after our next committee meeting which takes place on November 9. To help Steph Ross (organiser for the event) to work out your handicap, could as many Trotters as possible please take part in the 1-mile and 2-mile time trials that are taking place on Wednesday, November 11, at Brunel.

Don't forget that voting for the destination of the 2010 camping weekend is now open. Go to <http://www.teignbridgetrotters.co.uk/camping/> to register your vote, or use the form that came in the post. The plan is to announce the result at the Dinner and Dance.

We have had requests for a paper version of the Trotter to be made available to members who receive it via the net. Therefore, for the first two Wednesdays only (after its release) we will be selling copies for £1 each. There will be a maximum of 20 copies available. Once they've gone, they've gone! Members who are not on the net will continue to receive their copies free of charge, via post.

We will know shortly how many places we have received from England Athletics for next year's Virgin London Marathon (hopefully, our usual four). You're all now fully aware of the club's policy on distribution of these places. Therefore, if you have four or more points and have been officially rejected AND have every intention of running in next year's race, please let me have your rejection slip ASAP. The draw will take place on the night of the Dinner and Dance. Those with three points, keep your rejection slips at the ready, just in case!

# Membership Report

Membership Secretary **Dave Dunn** welcomes some new faces to the Trotter world.

We've had two new faces to welcome during the past month, with the promise of a few more in the weeks ahead.

Our Ladies' 10K usually acts as a catalyst for one or more unattached runners to take the step towards joining our club, and this year has proved no exception with Louise Bailey, 39, from Bickington taking the plunge after recording a very respectable time of 51 minutes at Dornafield.

The Trotters were recommended to Louise by Stuart Moulson during a playground chat at Blackpool School, attended by both the Bailey and the Moulson children. Louise has quickly adapted to the rigours of Wednesday evenings, showing up well in her training group and

promising some good performances in the not too distant future.

Our other new member this month is Mary Goulden, 34, from Bovey Tracey. Mary, having found her feet in our beginners/improvers group with Buzz and Vicky, has now tried out the intermediate group.

We wish both Louise and Mary well in their sporting endeavours with the Trotters, and we look forward to having you around for many years to come.

Louise will be celebrating a significant birthday during this coming month, as will Julie Crocker (45) and Mark Gilligan (40). Congratulations to all of you.





# Record breakers

Nothing stays the same in the world of running. And Trotter records are no exception. Every record is a windmill just waiting to be tilted at. **Dave Dunn** has the latest.

You wait months for one club record to come along, and then having celebrated Gia D'Aprano's record run in our Ladies' 10K last month, we can now acknowledge two more records in October.

Needless to say, Gia was responsible for one of these, running a superb 1:42:28 in the Dartmoor Vale half-marathon to better her own previous mark in the FV50 category by the margin of 85 seconds, and this on a supposedly hard course.

The other record this past month was set by Angela Weeks in the Newquay 10K, demolishing Pauline

Newsholme's previous record for the FV65 category by a whopping 8 minutes 27 seconds, with a new time in the record books of 1:08:10.

November would seem to offer little opportunity for record-breaking with its mix of track, 3Ks, cross country races and long off-road events. So perhaps the trophy engravers can find time to sharpen their implements and start turning their attention to the annual awards given out at our annual Dinner and Dance, on Saturday, December 12.



Graham Penn

# Captain's Corner

Stewart Dunn is preparing for some serious number-crunching.

Well, it's nearly that time of year again. But, before all that, I must reflect upon what has been a very busy few weeks for the Trotters. So many races and so many wonderful achievements. I think there are too many to mention. However, all details are on the website and easily available.

As I mentioned earlier, the year is drawing to a close and, with this in mind, I have begun to think about one of the important roles I have as Men's Captain. This is to present to the committee my nominations for this year's most improved runner and most promising newcomer.

This year, there have been some remarkable efforts by some people. But there is still time to do your bit. There is a fast half-marathon in Cheddar to look forward to, as

well as the Tavy 7, Track 3K, Bicton Blister, Cross Country, Drogo 10 and more. It would be great to see as many as possible of you out there in the coming weeks, doing the club proud.

I would like to take this opportunity to thank my fellow team mates upon completing the Dartmoor Vale Marathon. I'd also like to thank everyone else who has represented the club at recent events.

The results of the committee vote on the most improved runners and most promising newcomers will be announced at the Dinner and Dance on December 12. They'll also be published — along with all the other awards — in the bumper Christmas edition of *The Trotter*, which is out at midnight on the same day.





# The final push in the Club Championship is upon us.

As we pass clock-changing time, and the dark mornings as well as evenings, begin to close in, the autumn running calendar is well under way. The final push in the Club Championship is upon us.

I know I said the same last year but, believe it or not, as of October 5, with the wildcards, everyone and I mean everyone, in the club could still compete in enough races (12 with 2 races of six of the seven sections) to fulfil the minimum requirements for the Club Championship. The only section now finished other than wildcards, is Section 2 – 10ks.

Why not have a go? With up to 10 trophies available in both the Male and Female Championship (depending on the total number of people completing the championship), it's surely worth a go, and even more so if you have already completed a few races.

Anyway, how is this year's Championship looking at the moment?

## Early leader

Take a look at the table below for a snapshot of the top ten contenders for the Men's Championship on October 5, 2009, by total points so far.

The top ten are closely followed by Matt Dunn (four sections), along with Mike Eveleigh, Graeme Baker, John Tweedie, Milos Erben, Tom Burman and Mark Wotton, all of whom have completed three sections.



Pos	Name	Points	Sections	Points Ave.
1	Syd Willocks	282	6	47.00
2	Dave Dunn	262	6	43.67
3	Steve Rawlinson	223	6	37.17
4	Stephen Wallace	199	5	39.80
5	Wilf Taylor	193	4	48.25
6	Jimmy Donovan	190	5	38.00
7	Ronnie Jones	185	4	46.25
8	Gary Watson	178	4	44.50
9	Roger Hales	175	4	43.75
10	John Caunter	173	4	43.25

# “Alas, I note the rivalry is now in earnest...”

But, if the chaps all continue with their current form and complete the minimum six sections, using the average points would give a different result. See the table on the right for this scenario.

This year so far we’ve had a strong entry from our older runners, with Syd Willocks holding on to an early lead for most of the year.

It seems Syd has a plan: “Having made an early commitment to completing the Club Championship, I have enjoyed being at the top of the leader board since February with the view of gaining an early advantage (because of age-grading), thus placing other would-be championship contenders under pressure,” he explains.

“Alas, I note the rivalry is now in earnest,” Syd continues.

“Although I have completed the required sections, I am currently 'gap-filling' in the hope of improving my points. It does look like it will be down-to-the-wire.”

## Dashing poet

Syd has summarised his hopes with a verse:

“Being leader of the pack is great

but I watch closely and pray.

Trotters are known to aim high

but can they shoot past me at the final gate?”

All the contenders have showed some great form recently, so it could be a very tight finish in December!

Pos	Name	Points Ave.
1	Mike Eveleigh	50.00
2	Graeme Baker	48.00
3	Wilf Taylor	48.25
4	Syd Willocks	47.00
5	Ronnie Jones	46.25
6	Gary Watson	44.50
7	John Tweedie	44.33
8	Roger Hales	43.75
9	Dave Dunn	43.67
10	John Caunter	43.25



It's all up in the air for the ladies, with some possible late charges...

Pos	Name	Points	Sections	Points Ave.
1	Tina Caunter	194	4	48.50
2	Eleanor Taylor	193	4	48.25
3	Michelle Willocks-Watts	189	4	47.25
=4	Gia D'Aprano	150	3	50.00
=4	Tracy Elphick	150	3	50.00
6	Sharon Bowman	97	2	48.50
7	Vicky Hales	47	1	47.00
8				
9				
10				

Check out the table above for a snapshot of the top ten contenders for the Ladies' Championship on October 5, 2009, by total points so far.

Unfortunately, at present, there are no other ladies who have completed a section and so it's left to the usual, same half dozen or so ladies to fight it out, with a possible late charge from Gia or Tracy.

Who will come out on top? As I said earlier, there's still time!

If the girls continue with their current form and complete the minimum six sections then using the average points would give an interesting result. See the table below right for how this would shake down.

Who can complete enough races? Is there anyone to fill the rest of the top ten?



### Last hurrah

So, come on, it is only six weeks to this year's Dinner and Dance, when those coveted awards will be presented. Start getting those race entries in quick. And, don't forget that, if you have competed in a race that was not on the Championship calendar but which would fit into one of the seven sections, then check with Mark Hamling to see if it can count as one of your wildcard entries.

Good luck to you all.

Pos	Name	Points Ave.
=1	Tracy Elphick	50.00
=1	Gia D'Aprano	50.00
=3	Tina Caunter	48.50
=3	Sharon Bowman	48.50
5	Eleanor Taylor	48.25
6	Michelle Willocks-Watts	47.25
7	Vicky Hales	47.00
8		
9		
10		



# The race that any Trotter can win



The John Scott Trophy is a special event that any Trotter can enter - and any Trotter can win. Race organiser **Stephanie Ross** explains how it works.

For anyone who hasn't previously competed in the John Scott Trophy, I'll briefly explain the rules. It is basically a fun, festive frolic. OK, it's a four mile race. However, the difference between this and a run of the mill four-mile race, is that any old \*\*\*\* could win.

It could be YOU.

We calculate a predicted time for each contestant, using Gary Watson's theory of relative age over speed ( $T = Ax + S$ ), and thus decide your handicaps. With the slower runners first out of the blocks, the speed merchants must work to chase them down. Anything can happen. If you're in form on the day, you could pick up some silverware at the annual Dinner and Dance on December 12.

Historically this race has taken place on a Sunday. However, due to a hectic autumn race schedule, there is a possibility that this year it will be contested on a Wednesday evening. (It won't be compulsory for those who would prefer an ordinary session: an alternative will be provided.) As soon as we have fixed the date, we'll let everyone know.

Anyone who would like to take part should register their intentions with Steph or Skins. We're almost always there on

Wednesday evenings. You will need to provide a recent time for a race of the shortest possible distance. If you haven't done a such a race it would be helpful if you took part in the next time trials to give us an idea. But don't be put off if you can't produce these statistics. We'll guess!

You also need to bring along a festively wrapped gift, to the value of £5 approx.

Amongst the prestigious awards decided in this race are 'The Dave Dunn Cohabiting Couples Cup', and 'The Stephanie Ross Tattooed Trotter Trophy'. However, at the John Scott Trophy, everyone's a winner, as each competitor will be called up in finishing order to select one of the aforementioned festively wrapped gifts.

The presentation normally takes place at The White Hart.

Do not hesitate to ask Steph, Skins, or any of the committee or coaches for further details.

PS: Fancy dress is strictly forbidden and may result in disqualification...

# Hello, Mr Blizzard...



**Ace Trotters snapper Milos Erben swaps his lens for a pen, to tell us all about a great race at the end of November, the Bicton Blister.**

The days are getting shorter and the races longer. It's that time of the year again. The time of strange delights with even stranger names, like Drogo, Grizzly and... the Bicton Blister.

Aargh, the Blister... whose chilling memory sends shivers down the spine of many a brave runner, and not just of those insanely brave (or bravely insane?) Trotters.

There are two races on the day and, on separate occasions, I run them both — the proper 10-mile Blister and the friendlier 5-mile Blister Light. Deep in my mind, though, I still wonder why. Maybe those two occasions were quite exceptional. Maybe the Bicton Arena on Woodbury Common somehow missed out on the finer aspects of the global warming. Twice. Or, just maybe, the Blister is always cold. Very cold. Very, very cold.

Both long and short courses share the early part of the route through what under the different circumstances surely would be a pleasant landscape. But then, when the Light turns into the

woods on its return journey back home, the Blister Proper spits you out into the moonscape of a disused quarry, an abode of Mr Blizzard himself. As far as I can tell, Mr Blizzard doesn't much like the company of anyone, least of all the company of half-naked lunatics running through his barren grounds. Enter at your peril. And enjoy the thought of returning back at some later stage to the comfort of a hostility tent (well, it's trying to be hospitable, but it faces an almost impossible task).

Both Blisters are tough off-road races, no doubt about it. The Light is short enough to let you run it without worrying much about your survival. The Blister Proper, on the other hand, will make you enjoy your technical T shirt even more. Yes, this year, the Blister technical T shirt will be yours, if you make it to the finishing line.

So, maybe, see you on November 29. The start is at 11am. The finish later, whenever the circumstances allow. Come what may, have a good one, and enjoy it!



# Into the valley

Panoramic views, challenging climbs and dizzying descents make the Drogo 10 one of the best autumn events in south Devon. Don't forget your thermal undies, warns Mark Becker.

An event not to be missed in the Autumn race calendar is the Drogo 10. Or 9.6 miles to be exact. Traditionally well populated by Trotters, this race is staged by South West Road Runners and takes place at Castle Drogo on November 15.

Right from the start of the race, outside Castle Drogo itself, you are soon entertained to views across the Teign Valley which are spectacular. The fiercely undulating course takes you on a journey through forest trails, giving you the opportunity to dig in hard on the ascent and then charge down the steep valley tracks.

All too soon you head downwards to the long, flat trail along the valley floor beside the river. Unfortunately, you realise that the only way left is up! The Hunter's Path hill is a great test of endurance but, once at the top, you're only a mile or so from the finish. All that's left is the challenge of passing that Royal Blue Trotter vest just ahead of you with half a mile to go. There's always one!

It truly is a great race and a must if you haven't tackled it before. Half your entry fee goes to the National Trust for the upkeep of the castle (which leaks!) So, dust off your off-road shoes and get your entries in. And don't forget your thermal knickers. It's cold on that valley floor!





## The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: Our bumper Christmas issue is out at midnight on December 12.

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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