

The Trotter

Number 11

December 2009

Evo does it!

A late run from Mike Eveleigh sees him crowned Men's Champion while Tracy Elphick battles her way to the Ladies' Championship top spot. Mark Hamling tells us how it all shakes down...

This year's Club Champions are Mike Eveleigh and Tracy Elphick. Congratulations to Mike and Tracy, who both fought off fine opposition to secure their top spots.

Mike was closely followed by a consistent Wilf Taylor, who just managed to push Graeme Baker into third place. After a



dominant start, Syd Willocks led comfortably during the first half of the year having competed in enough races to fulfil the championship requirements by June. After June, he was keenly chased by Wilf, Graeme and Mike, whose recent surge propelled him into the champion's position.

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News Desk

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

- 1/1 Brown Willy Run
- 4/1 January Jaunt 10K
- 11/1 Westward League Cross Country, Bideford
- 11/1 Oh My! Obelisk
- 11/1 Axmouth Challenge
- 18/1 Dart Winter Trail Run
- 18/1 Blaythorne 10
- 18/1 First Chance 10K

A very Merry Christmas and a Happy New Year to all Trotters. *Chairman Roger Hayes* has a sackful of seasonal news for you...

This year's Trotters Mince Pie Run will take place on Monday December 21, leaving Newton Abbot Leisure Centre at 7pm. For those of you unfamiliar with this annual social event, it's a 5-7 mile run with numerous stops for mulled wine and nibbles at different members' houses. Can you do the big 6?! (6 glasses of mulled wine and 6 mince pies). Many thanks to those members who have kindly agreed to their house being an official feeding station.

If you can cope with the Mince Pie Run then you're ready for the next challenge that awaits over the Christmas period – The Shaldon 3-Legged Boxing Day Race! This has become a real favourite with the Trotters over the years. In fact, apart from last year (we won't mention that) we have won it for the past 12 years. There have been many winning combinations, but surely none better than 5-time champions, Stephanie Ross and Gary Watson. The race gets under way at midday from outside the London Inn. You'll be glad to know (or not!) that it's not in the same league as its sister race in Teignmouth (18 pubs) as Shaldon has a mere 7! One final snippet of info, unlike the John Scott Trophy, fancy dress is compulsory.

What better way to recover from Christmas and in particular Boxing Day, than to participate in a 10-mile run with a load of fellow Trotters. On Tuesday December 29 you can do just that as that's the date for this year's Chairman's Christmas Run, We will be leaving 69 Teignmouth Road, Teignmouth, TQ14 8UR at 10.30am. On our return Oodey (Mrs Chairman) will have prepared a fine spread and chilled the beers, which can be consumed after a shower if you care for one! The run itself will be a mixture of road and trail with the emphases on social.

Training over the Christmas and New Year period is as follows: Wednesday December 23 as normal; Mon 28th & Wed 30th at 7pm (meet in the car park, as Newton Abbot Leisure Centre will be closed); Monday January 4 back to normal.

Moving onto a more serious note. Those of you who regularly train on a Wednesday will have noticed that most weeks there are race numbers offered up in my shout, due to members having to pull out through injury or numerous other reasons. Please note, if you take one of these numbers, it is your responsibility to contact the race organisers and get the details changed. It is totally unacceptable for members to take part in races in someone else's name, or entering under a false name. The Teignbridge Trotters will not tolerate such behaviour, and won't hesitate to contact the race organisers to get that person disqualified from the race. You have been warned!

New for 2010 – a first for a Trotter race! – The Haytor Heller will take place on a Saturday evening. New race director, Buzz Terrill, has come up with what I believe to be a cracking idea. The race will take place on Saturday July 17 at 6.30pm. There will be a BBQ afterwards and live music. So get that date firmly pencilled in your diary for next year, as it promises to be a great night.

What better way to fill that weekend than get yourself on the club trip the following morning. We're off to Saltash to take part in the Magnificent 7, organised by the Tamar Trotters. The main race (it's all on road) starts at 11am and there is a 1-mile fun run starting at 10.15am. More details will follow in the January edition of the Trotter. That's the weekend of the July 17-18, get it booked out, it promises to be one to be remembered!

2010 AGM

Our AGM will take place on Wednesday, February 24, 2010, at 8pm. It will be in the usual classroom at the back of Newton Abbot Leisure Centre. Training will take place at 6.30pm that evening. All positions on the committee are available for any member who wishes to stand. A full list of positions is as follows: Chairman, Vice Chairman, Secretary, Treasurer, Membership Secretary, Club Championship Secretary and seven other general committee members.

Mark Hamling, our current Club Championship Secretary, has decided not to stand for the position again next year. Therefore we know already that we will be looking for someone else to fill his shoes. If you're interested in the job and would like to know more, then please speak to Mark, who will be only be pleased to tell you what is involved. Other non-committee positions up for election are: Men's Captain, Ladies' Captain, Cross Country Captain, Welfare Officer, Press & Publicity, Child Protection Officer.

Any member wishing to stand for any of the above-mentioned positions should let Secretary Mark Becker know 14 days before the AGM, together with the names of a proposer and seconder. If any position remains unfilled, nominations will be accepted from the floor during the AGM. For us to consider any motions, they must have been submitted (together with names of a proposer and seconder) to the Secretary at least 14 days prior to the meeting. Please make every effort to attend. The future of your wonderful club depends upon it.

A late start, a bit of a lull... and then a steady finish from Tracy



Graeme had a consistent year, providing some strong performances to gain a top three finish. Ronnie Jones bagged a top five spot with some tidy performances and John Caunter came sixth after a good overall showing. Dave Dunn, Roger Hales and Mark Wotton all ran well for their placings, along with a new face on the top ten scene, Tom Burman.

Stephen Wallace, Jimmy Donovan, Steve Rawlinson and Matt Dunn all deserve an honourable mention for completing the championship.

The Ladies' Championship started with an early battle between Tina Caunter and Eleanor Taylor, both vying for top spot with excellent results during the first half of the year.

After a late start, a bit of a lull in the middle, and a steady finish to the year, Tracy narrowly beat Tina, whose consistent running had looked likely to give her the title just a month or so ago. Congratulations are also due to Eleanor, who took third place, and the only other lady finisher this year, Sharon Bowman, who came fourth. Michelle Willocks-Watts also deserves a mention for some great efforts in championship races this year.

Well done to everyone who took part in any of 2009's championship races. Don't forget that anyone who completes the minimum six sections in the Club Championship (12 races, two from each of six sections), will have their individual membership paid by the club for the next membership year.

Men's Championship 2009

1	Mike Eveleigh	299 pts
2	Wilf Taylor	288 pts
3	Graeme Baker	279 pts
4	Syd Willocks	276 pts
5	Ronnie Jones	269 pts
6	John Caunter	250 pts
7	Dave Dunn	243 pts
8	Roger Hales	242 pts
9	Mark Wotton	220 pts
10	Tom Burman	218 pts
11=	Stephen Wallace	201 pts
11=	Jimmy Donovan	201 pts
13	Steve Rawlingson	180 pts
14	Matt Dunn	173 pts

Ladies' Championship 2009

1	Tracy Elphick	294 pts
2	Tina Caunter	290 pts
3	Eleanor Taylor	286 pts
4	Sharon Bowman	285 pts

Club Championship Races 2010

Section 1 Half Marathons				
	Date	Title	Distance	Bonus
1	7/3/10	Bideford	13.1m	
2	11/4/10	Taunton	13.1m	
3	13/6/10?	Ruby	13.1m	
4	4/7/10?	Launceston	13.1m	
5	17/10/10?	Dartmoor Vale	13.1m	
6		PLUS Wildcard	13.1m	Only

Section 2 10K's				
	Date	Title	Distance	Bonus
1	15/5/10	Ivybridge	10km	
2	12/6/10?	Bampton	10km	
3	22/8/10?	Torbay	10km	
4	8/9/10?	Exeter Track	10km	
5	26/9/10?	Taunton	10km	
6		PLUS Wildcard	10km	Only

Section 3 Cross Country				
	Date	Title	Distance	Bonus
1	17/1/10	Bideford	8.0 & 4.8k	
2	14/2/10	Bovey Tracy	9.3 & 5.0k	
3	21/3/10	Redruth	8.1 & 4.9k	
4	17/10/10?	St Austell	6.5 & 4.0k	
5	5/12/10?	Exeter	9.2 & 5.0k	
6		PLUS Wildcard	8.5 & 4.5k	About

Section 4 Short Miscellaneous				
	Date	Title	Distance	Bonus
1	7/2/10	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	3/6/10?	Dawlish Dash	4.0m	
5	10/7/10?	Duckponds	4.35m	
6		PLUS Wildcard	4 to 5m	About

Section 5 Long Miscellaneous				
	Date	Title	Distance	Bonus
1	24/1/10?	Braunton 10	10.0m	
2	21/2/10	Plymouth Hoe 10	10.0m	
3	11/7/10	Wellington 10	10.0m	
4	10/10/10?	Teign Valley Toddle	10.0m	
5	24/10/10?	The 'Eller	10.0m	
6		PLUS Wildcard	10 to 15m	About

Section 6 Long Off Road				
	Date	Title	Distance	Bonus
1	10/1/10	Oh My Obelisk	10.8m	
2	28/2/10	Dalwood 3 Hills Challenge	10.0m	
3	12/9/10?	Ivybridge Beacon Challenge	7.5m	
4	14/11/10?	Drogo 10	10.0m	
5	28/11/10?	Bicton Blister	10.5m	
6		PLUS Wildcard	8 to 11m	About

Section 7 Mixed				
	Date	Title	Distance	Bonus
1	18/4/10	Tavy 13	13.1m	
2	27/8/10?	Forest Flyer	5.0m	
3		CLUB TRIP		
4	10/10/10?	Honiton 10m	10.0m	
5	17/10/10?	Dartmoor Vale Marathon	26.2m	6
6		PLUS Wildcard	4 to 26m	

Remember: if you complete the Club Championship, you are entitled to a full refund off your single membership for the following year. What a bargain!

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 the Championship Secretary 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 the Championship Secretary 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?

Glittering prizes

Chairman Roger Hayes reveals who has won what in the 2009 trophy cabinet.



Graham Penn

Fastest Times, 2009

Men's 10K:	Dave Tomlin 35.48	DB Max Chilly
Men's Half Marathon:	Dave Tomlin 1.16.52	Gosport
Men's Marathon:	Dave Tomlin 2.42.32	Taunton
Ladies' 10K:	Clare Youngman 44.17	Newton Abbot
Ladies' Half Marathon:	Tracy Elphick 1.34.47	Taunton
Ladies' Marathon:	Tracy Elphick 3.37.58	Abingdon

What another cracking year on the road. Some super-quick times were recorded (see table), as well as many numerous club records being broken.

Our Club Captains did a marvellous job in collating all the facts and figures and presenting them to the committee at our recent December meeting. We were then able to each vote on who we thought should be a worthy winner. As you can see from the list of candidates that were short-listed, we were faced with a very difficult task. A newcomer is classed as a member that joined during the current year. The Committee Cup is awarded for services to the club.

Most Promising Male Newcomer: Alan Boone – Wavell Vigers – Nathan Elphick – Tom Burman – Tarquin Milford – Bruce Campbell

WINNER: Tom Burman

Most Promising Female Newcomer: Belinda Collins

WINNER: Belinda Collins

Most Improved Male: Stuart Moulson – Mark Wotton – Syd Willocks – Ewan Walton – Chris Cleave – Jimmy Donovan – Ronnie Jones

WINNER: Ronnie Jones

Most Improved Female: Michelle Willocks-Watts – Tracy Elphick – Sharon Bowman – Angela Weeks – Gia D'Aprano

WINNER: Tracy Elphick

Committee Cup: Tina Gaunter – Mark Hamling – John Ludlam – Adrian Youngman

WINNER: John Ludlam

Membership Report

Membership Secretary **Dave Dunn** welcomes some eager new recruits to the Trotters.

We have had four new members to welcome since the last edition of *The Trotter*, lifting our membership total up to 186 as we reach the year's end. It is not, however, the end of our membership year, as that runs on until the end of March, when you will all be invited to renew your membership.

Congratulations go to all those Trotters who completed the Club Championship this year and so will save themselves the cost of renewing their membership in April. As we went to press, the results of the Club Championship were such a closely guarded secret that even your Membership Secretary could not be told who had completed six of the seven sections to qualify for this offer. I will publish a list of all those who will benefit in the next edition.

Our four new faces this month have been Sarah Whalley, 36, from Newton Abbot, Chas Walker, 40, also from Newton Abbot, together with partners Cathy Evans and Ian Pennicott, 50 and 52 respectively, from Kingskerswell.

Sarah initially found her feet in our Beginners group, but latterly has been encouraged to try her hand in one of our more structured training groups on a Wednesday. In making the transition, Sarah is showing promise for the future.

Chas has only just come to us, having run previously, but been sidelined for some time with an injury. Chas will gain confidence and fitness in the Wednesday Beginners group, before he, too,

ventures out into the wider world of intervals, hill reps and pyramids!

Cathy and Ian look like being very welcome new additions to our ranks as Cathy has already offered her services in helping out with coaching our beginners. This offer has prompted some debate among your committee, the outcome of which I'm sure will be discussed in a future issue of *The Trotter*. Suffice to say that Cathy, with Ian's support, may have a big role to play in the future growth of our club.

You four are all welcome to our club and I look forward to reading about your exploits in future editions of *The Trotter*.

We are all just about to celebrate Christmas, but the following members will also be celebrating landmark birthdays during January:

Belinda Collins – 40

Peter Lander – 40

Lisa Thorne – 35

Mark Wotton – 50

Happy birthday to each and every one of you, and may you all enjoy running under your new veteran status.

All that remains is for me to wish all our members and their families a very happy Christmas, and an injury-free and successful New Year, whatever your targets!



Andy Penney

Old record, new document

There haven't been any new club records set within the past month, yet I have had cause to update our list of club records, as Dave Tomlin has at last been able to provide documentary evidence of his superb 1.13.33 recorded at the Bath Half Marathon in March 1996 – he could only have been a boy!

It's been along time coming, but such a record surely deserves a special mention. It has already stood for 13 years, and it may be some time yet before we see it challenged. It's not the oldest record on our books though. That honour goes to Linda West who holds three records dating from 1991 when she was virtually unbeatable in the FV40 category on the local racing scene.

There won't be too much opportunity for record breaking in January, except perhaps weather permitting in either the First Chance 10K or the Plympton January Jaunt 10K, which are both being held on Sunday the 3rd.

Wherever you're racing in 2010, have a good one, and don't forget to tell Graham Penn, our Press and Publicity Officer, all the juicy details. A full list of all our club records, as well as Graham's contact information, can be found on our web site at www.teignbridgetrotters.co.uk

Virgin territory

There are four club places in the 2010 Virgin London Marathon up for grabs at the annual Dinner and Dance. How does it work? **Roger Hayes** explains.



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

To be eligible for a place, you have to have been officially rejected from the VLM 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 2010 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. As we went to press, there were three members who qualified: Mark Wotton, Rod Payne and Sharon Bowman. We understand that one or two other members may yet throw their hats in the ring, so listen out at the Dinner and Dance for the final result on this one.

Thank you to everyone who helped out at one or more of our six races. Quite simply, we couldn't do it without you. Special thanks must go to the six members who helped out in all six races.

4 Points

Sharon Bowman
Dave Dunn
Roger Hales
Roger Hayes
Nikki Kennard
John Ludlam
Maurice Piper
Nigel Penwarden
Rod Payne
Judy Smallshire
Vicky Seaman
Eleanor Taylor
Wilf Taylor
Reg Tole
John Tweedie
Syd Willocks-Watts
Mark Wotton

5 Points

John Caunter
Tina Caunter
Howard Cotton
Dave Foster
Stuart Moulson
Buzz Terrill
Adrian Youngman
Clare Youngman
Ian Langler

6 Points

Jan Caunter
Jimmy Donovan
Stewart Dunn
Andrew Ludlam
John Skinner
Ewan Walton

Inky scoops award



Our very own Graham Penn has won a prestigious local sports writing award. Well done, Inky!

We have yet another rising star in the Trotters. Our Press and Publicity Officer, Graham Penn, was recently named the David Vine Sports Correspondent of the Year, at the Teignbridge District Council 2009 Sports Personality Awards.

Held at the Langstone Cliff Hotel in Dawlish Warren on November 26, the event honoured contributions to all branches of sport and physical activity from across the district.

Graham was nominated by the Mid Devon Advertiser, which regularly carries his excellent reports on what the Trotters get up to. The Sports Correspondent of the Year award is named after the legendary BBC sports commentator and presenter, David Vine, who sadly died

earlier this year. David was born in Newton Abbot, in 1936.

“The award makes an immense difference to the way I view my contribution to the club,” Graham told the Trotter. “At first, I was worried about my ability to write a readable column, but I have found the weekly challenge extremely inspiring and I have hopefully improved from my rather wobbly start. I also feel honoured to have been chosen from around 40 other correspondents, some of whom have no doubt been typing away for years, without any recognition!”

Great stuff, Graham. Many congratulations from your club mates.



Adventures in Abingdon

The Abingdon Marathon wrought some great performances from a valiant band of Trotters. Daryl 'Tarquin' Milford tells the story.

On Sunday, October 18, I travelled with a contingent of five Trotters to Oxfordshire to compete in the Abingdon Marathon. Starting from Tilsey Park stadium, we lined up for a cold 9 am start. The course took us outward through the Oxfordshire countryside, passing through some picturesque villages, turning under the shadow of the Didcot Power station, before heading back to Abingdon, for another loop of the same course.

The event was well organised, with helpful marshals along the route. For me, I just didn't know how to play this marathon, coming only four weeks after my Berlin Marathon. I wanted to get a sub-3 hour, but I wasn't sure whether this could be a marathon too far.

This was my first UK marathon and I found that it was nice to be able to chat freely with other runners, without having the obvious language barrier scenario in the European marathons that I have ran. This gave me a real sense of camaraderie and I found myself in a small group of runners, who were aiming for a 3.15 finishing time. We were all encouraging each other, but unfortunately I could only stay with them up until the half-marathon point. After that, I started to feel really fatigued, with Berlin coming back to haunt me, and it was a case of hanging in there for the second half.

Dave Tomlin, running his 21st such event, led the team home, crossing the line at the stadium, 13th overall, in an excellent time of 2.43.42. He was followed by Roy Brown (right), 49th with a new PB for the distance, in 2.54.53. I managed to achieve my goal of sub-3.30, crossing the line in 3.29.01, a reduction of 8:07 on my 2009 Berlin time. Tracy Elphick, running her first Marathon, excelled with a superb time of 3.37.58, despite injury problems. And Sharon Bowman completed the highly successful line-up in 4.09.38, which was another personal best time.





Better by half...



Andy Penney

Ronnie Jones has always been pretty quick. But he wanted something more. Well, something longer, anyway...

I knew something was up when I switched to halves in the middle of last year's Trotter's Christmas bash. Don't get me wrong, I wasn't shying away from the festive frolics... I nearly even stayed on the dance floor when Madness came on, but something happened when Chairman went through the Club Championship.

As he spelled out just how brilliantly everyone had done, I could feel my heart rate increase. I wanted some of that. And 2009 was the year I was going to do it.

I kept the slip of paper I scrawled on the following day for the best part of 10 months... 12 races, six sections, you know the drill. I decided (very) early what races I was going to do and when. 10ks, some off road stuff, a couple of 3ks. Pretty straightforward, or so I thought. At that stage I hadn't reckoned on the pull of the 13.1 miles.

Fellow Trotters will smirk at this. Before 2009, the furthest I'd ever run, not just in a race, but ever, was probably about 10 or 11 miles. I did it when I was about 14 or 15 on a freezing cold day in north west London.

Over the years, the scenery had improved, but the distance running hadn't. I'd tried a couple of 10ks in 2008, but found 40 minutes of racing just a bit too much, thank you very much.

To be fair, I was taking 2009 by the scruff of the neck. It took nine months for my right toenail to grow

It took nine months for my right toenail to grow back after Oh My Obelisk...

back after Oh My Obelisk in January... Dalwood three kills was nearly the end of me, but by this stage I'd managed to run, in a proper race, for over 1 hour and 15 minutes. There was really only one way to go.

The day after I entered the Cardiff Half I couldn't quite believe it. I'd made the error of entering it on a Friday night after a particularly hard session.... down the pub.

It wasn't that it'd cost over £20 (ok, that was part of it) it was more that I couldn't trust myself not to tell everyone my name was down and I was doing it. All 13.1 miles. (I wanted to run it anonymously. No one apart from me knowing if I'd pulled out, or surprised myself with a good performance).

I was right... I told everyone the following Wednesday. Typical.

I tried to tell myself it didn't really matter, the time I mean. The Runnersworld website's dangerous though. Training regimes entice with schedules which don't appear to require sport taking over your life... the forums full of pathetic obsessives you'd love to annihilate, if only to tell them you'd done it in half the training.

Problem is, I didn't realise I was already sucked in. Five days a week seemed like slacking, when I should have been doing six. The long runs that made my legs feel bizarre a few weeks previously, were actually something to look forward to, despite the unfortunate chafing. Slowly but surely, and perhaps without realising it, I was getting into the best shape I'd been in for years. I was loving running again, and about time too.

All I had to do now was run a Half Marathon.

The day itself was just perfect. The weather had been good to us. A clear autumn day. Just cold enough. Standing right at the front, up with the Internationals, I felt the strongest I've felt for years.

I remember the first mile really well. Disappointed at the split... felt much faster than it was. But then, mile after mile - settling into the kind of pace I'd have been pleased with over 10k the year before - I felt great.

Mile six was a nasty glitch. The blast of wind from Cardiff Bay seemed to snap me back into reality, out of my race daze, and hit me with the fact that I still had over seven miles to go. But it didn't last for long.

By mile eight I was bouncing along again and wondering why the guy next to me sounded like he was about to die when I felt like I was holding back. Felt the same at mile nine. By mile ten I had enough energy to drop my bottle of water at precisely the right spot on the footpath through Bute park to splash the marshal with the builder's bum on his unfortunate exposed rump.

More concentration needed at mile 11. Mile 12, six minutes left. You can do it. Under 1:18.

Wrong.

That'll teach me. I'd forgotten I was a novice at this proper running lark. I'd only gone and forgotten the sodding .1 of a mile! The sudden realisation drained me. 30 seconds more into the equation meant well over 1:18. Still around a minute faster than planned, but as I entered the home straight, I didn't speed up, even though I could have. By then I was too annoyed to try.



Captain's Corner

Clare Youngman is feeling rather lyrical...



Andy Penney

The dark nights and squally, wet weather have certainly been challenging over the past couple of months. So, as Christmas looms ever closer, I have written a short ode (apologies in advance):

As 2009 draws to a close

And while Rudolph still has his red nose -

I just wanted to say to the Trotettes here

"Merry Christmas" and thank you for a great year!

There have been great results and PBs

A few blisters, sore toes and red knees -

You have all been there running for the club

Whether in races, training or just to the pub!

So thanks again fellow ladies for this year

Remember all your efforts are met with a cheer -

So when you don the blue and green vest

You'll always run at your very best!

Merry Christmas! OK, moving on... even in the latter stages of this year, there still have been some terrific performances – well done everyone! Also congratulations to this year's Club Champion, most improved runner and best newcomer (to be announced at this year's Christmas Dinner and Dance).

Here's a summary of the main achievements since my last Captain's Corner:

Newquay 10K: Angela Weeks 2nd FV65 in a time of 1:08:10 (new club FV65 10k record).

Eden Project Marathon: Clare Youngman 3rd V40 3:50:29

Westward League Cross Country (Plymouth): Gia D'Aprano (25:16), Tina Caunter (27:37) and Eleanor Taylor (28:44)

Dartmoor Vale Half Marathon: Elizabeth Steeves, running her first Half Marathon (2:00:30)

Dartmoor Vale 10K: Sue Brown (46:48, PB)

Abingdon Marathon: Tracy Elphick running her first Marathon 3:37:58, Sharon Bowman (4:09:38) PB

Amsterdam Marathon: Belinda Collins 4:02:29, Michelle Willocks-Watts 4:26:14.

Snowdonia Marathon: Angela Weeks 5:48:48 (2nd FV65)

Sourton Scramble: Angela Weeks 1st F60 (1:20:48)

Tavy 7: Becky George (53:51) 3rd FV40, Rachel Besford running her first race of this distance (1:17:33)

Drogo 10: New member Mary Goulden, running her first race for the Trotters, with a time of 2:03:41

DB Max Chilly 10K: Sharon Bowman 3rd FV40 (48:40)

PS: If you are struggling for a New Year's resolution, why not make it "I will do the Club Championship in 2010"?

Gosport gossip

A lighthearted look at two different runners' views of the same race, November's Gosport Half Marathon



FIZZ: Did you see the Samba band at the start?

TOMMO: What Samba band? I saw the start line!

FIZZ: Hey what about that barefoot runner in the red top?

TOMMO: What? Aren't you supposed to wear trainers?

FIZZ: That aeroplane was landing well in those winds in the airfield at 5 miles!

TOMMO: Aeroplane!! I was at 8 miles!

FIZZ: That puddle was really deep on the airfield!

TOMMO: Oh yes ,I saw and felt that!

FIZZ: So glad those loos appeared at 9 miles! I just had to go! I am not Paula R!

TOMMO: What!!!! Time for that!!!!

FIZZ: The Samba band sounded really great at 10 miles.

TOMMO: That Samba band again... didn't see them there either!

FIZZ: Oh, I saw a lovely café at 11 miles we could have coffee in after the race!

TOMMO: Excuse me... Café? Where??

FIZZ: The battleship in the Solent was so huge!

TOMMO: Ermmm... Battleship... What battleship?

FIZZ: Great view at 12 miles, eh?

TOMMO: All I could see was the pavement, love!

FIZZ: Oh, that marshal at 13 miles really was encouraging and enthusiastic!

TOMMO: All I could hear was the wind whistling by my ears!

FIZZ: Was so pleased to see you at the finish, Tommo.

TOMMO: You didn't see me!!!

So, which runner are you?

TOMMO = David Tomlin **FIZZ** = Sharon Bowman

And the winner is...

With next year being the tenth time that we as a running club will have organised an annual Club Camping weekend, in September we set out to find the camp site where you would most like to celebrate this milestone. Now the votes are all in and have been counted in our quest to find the most popular camp site we've visited in the past 9 years.

The result was in doubt right up to the last minute, with 3 sites vying for top spot. The eventual winner though was Polmanter near St Ives, and they have already agreed to welcome us back next June. They saw off stiff competition from both Napps at Combe Martin and Dennis Cove in Padstow. Take a look at the table for a full rundown of the voting.

The weekend of Friday 18th to Sunday 20th June are the dates set aside for this celebration of the outdoor life. I will write again in the next edition of *The Trotter* once I have negotiated rates and terms with the owners of the camp site.

Those of you who were with us there in 2007 will know that Polmanter is a worthy winner, and what an excellent site this is. Coupled with all the attractions that St Ives and the far western tip of Cornwall have to offer, it promises to be a weekend to remember. For anyone who has not been camping with us before, you've just got to give it a go.

Thank you to everyone that took the trouble to vote. You can now start dreaming of sun, fun and running! Carry On Campers!



Full voting results

Dennis Cove, Padstow (2001) – 7 votes
Diamond Farm, Brean (2002) – 1 vote
Golden Cap, Seatown, Chideock (2003) – 1 vote
Wooda, Bude (2004) – 4 votes
Tregoad Park, Looe (2005) – 0 votes
Napps, Combe Martin (2006) – 8 votes
Polmanter, St Ives (2007) – 9 votes
Bagwell Farm, Weymouth (2008) – 1 vote
Trellan Park, Cubert, Newquay (2009) – 1 vote

Teignbridge Trotters 2009 Time Trials

What became of all that thrashing round Brunel? Maurice Piper has the answers.

Men's 1 Mile				Men's 2 Miles			
1	Dave Tomlin	5.08		1	Dave Thomas	10.44	
2	Ian Langler	5.12		2	Gary Smart	11.05	PB
3	Gary Smart	5.14	PB	3	Ewan Walton	11.20	
4	Ewan Walton	5.18		4	Dave Miller	11.29	
5	Curtis Betteridge	5.24		5	Mike Eveleigh	11.33	
6	Dave Miller	5.30		6	Thomas Burham	11.53	PB
7	Mark Becker	5.33		* 7	Ian Langler	12.17	
8	Mike Eveleigh	5.37		* 7	Roger Hales	12.17	
9	Stuart Dunn	5.45		9	Gary Watson	12.23	
10	Mike Hill	5.49		10	Andrew Ludham	12.29	PB
* 11	Gary Watson	5.52		11	Daryl Milford	12.30	
* 11	Thomas Burman	5.52		12	Roger Hayes	12.32	
13	John Tweedie	5.55		13	Mark Becker	12.34	
14	Mark Hamling	5.57		14	Curtis betteridge	12.37	
15	Daryl Milford	5.59		15	Mark Hamling	12.38	
16	Roger Hayes	6.07		16	John Skinner	12.47	
17	Adrian Mawson	6.10		17	Howard Cotton	12.48	
* 18	John Caunter	6.15		18	Adrian Mawson	13.02	
* 18	Matt Dunn	6.15	PB	19	Mike Hill	13.19	
* 20	Howard Cotton	6.16		20	Mark Wotton	13.29	PB
* 20	Andrew Ludham	6.16		21	Wilf Taylor	13.38	
22	Roger Hales	6.17		22	Paul Thomas	13.45	
* 23	Peter Aston	6.18		23	Alan Boone	13.46	
* 23	Alan Boone	6.18		* 24	Dave Dunn	13.58	
* 25	Paul Thomas	6.24		* 24	Adrian Youngman	13.58	
* 25	Ian Thomas	6.24		26	Peter Aston	14.03	
27	John Skinner	6.28		27	Stuart Dunn	14.06	
* 28	Wilf Taylor	6.33		28	Matt Dunn	14.07	PB
* 28	Adrian Youngman	6.33		29	John Ludham	14.16	
* 30	Dave Dunn	6.35		30	Rod Payne	14.21	
* 30	Ross Becker	6.35		31	John Tweedie	14.44	
32	Rod Payne	6.37		32	Peter Blakesley	14.47	
* 33	John Ludham	6.44		33	Steve Rawlinson	16.44	
* 33	Mark Wotton	6.44		34	Ian Thomas	18.12	
35	Ian James	6.51		35	Ian James	18.47	
36	Syd Willcocks	6.54					
37	Peter Blakesley	7.03					
38	Steve Rawlinson	7.48					

Ladies' 1 Mile				Ladies' 2 Miles			
1	Eyvoll Aston	6.08		1	Eyvoll Aston	13.22	
2	Tracy Elphick	6.31		2	Clare Youngman	13.27	PB
3	Clare Youngman	6.38		3	Tracy Elphick	14.14	
4	Julie Proctor	6.43		4	Sharron Bowman	15.01	
5	Joanna Becker	7.02	PB	5	Julie Proctor	15.19	
6	Sharron Bowman	7.04					

Teignbridge Trotters AGM, February 25, 2009

PRESENT

Roger Hayes, John Caunter, Mark Becker, John Skinner, Ewan Walton, Garry Smart, John Tweedie, Jo Becker, Noel Fowler, Vicky Hales, Sarah Ross, Caroline Hayes, Jan Caunter, Julia Proctor, John Ludlam, Wilf Taylor, Syd Willocks, Stephanie Ross, Gary Watson, Ronnie Jones, Andrew Ludlam, Nigel Penwarden, Andy Penney, Alan Boone, Dave Foster, Graham 'Buzz' Terrill, Roger Hales, Graham Penn, Reg Tole, Michelle Willocks-Watts, Stuart Moulson, Graeme Baker, Mark Hamling, Ian Langler, Steve Blackburn, Adrian Mawson, Kevin Besford, Becky George, Rod Payne, Eleanor Taylor, David Tomlin, Sharon Bowman, Tracy Elphick, Pete Aston, Eyvoll Aston, and Nikki Kennard.

APOLOGIES

Clare Youngman, Dave Dunn, Steve Rawlinson, Tina Caunter and Maurice Piper.

MINUTES OF THE 2008 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.

TREASURER'S REPORT AND APPROVAL OF 2008/2009 ACCOUNTS

The Treasurer's report was read out at the time.

Roger Hayes asked whether the subscription amounts were to change. John Caunter proposed that these would remain at their current levels which was seconded by Gary Watson and carried unanimously.

Gary Watson asked whether club runners could be sponsored at races and whether new members could receive a free bib when joining. Caroline Hayes also asked whether free kit could be issued. John Caunter stated that all suggestions were valid and open to consideration and would be discussed at the next committee meeting.

The approval of the accounts was seconded by Eleanor Taylor and 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 were elected en bloc.

This was carried unanimously.

The proposed general committee members were as follows:

Syd Willocks

Stuart Moulson

Rod Payne

Kevin Besford

Sarah Ross

Steve Rawlinson

Ewan Walton

Steve Blackburn

Nikki Kennard

Becky George

Ronnie Jones

The proposed general committee members were invited to state their reasons for joining the committee and speeches were made by Ronnie Jones, Stuart Moulson, Ewan Walton, Steve Blackburn, Sarah Ross and Kevin Besford.

With 11 proposed members and only seven places available a vote was cast and the general committee members are now as follows:

Syd Willocks

Stuart Moulson

Ronnie Jones

Rod Payne

Ewan Walton

Becky George

Nikki Kennard

The proposed non-committee posts were as follows:

PRESIDENT – Reg Tole

CHILD PROTECTION OFFICER – Tina Caunter

CROSS COUNTRY OFFICER – Jan Caunter

LADIES' CAPTAIN – Clare Youngman

MEN'S CAPTAIN – Stuart Dunn

PRESS & PUBLICITY OFFICER – Graham Penn

WELFARE OFFICER – Becky George

As there was no opposition to the above nominations, it was proposed by Roger Hayes that they be elected en bloc. This was carried unanimously.

The meeting closed at 8.46pm.



Icy, wet and windy... and wacky too!

Ladies and Caunters rule the day at the John Scott Trophy, reports Race Director Stephanie Ross.

The John Scott Trophy 2009 took place on Sunday, November 22, in typical wet, icy and windy conditions, yet attracted a respectable 27 seven hardy Trotters. An international flavour was added this year by the presence of guest runners Heidi and Hans from Switzerland, who were well wrapped up for the adverse weather!

Runners were set off in turn, as is the tradition, by Maurice on his trusty stop watch, and it was the task of the faster athletes to hunt down the steadier runners in front. The expert handicapping ensured a breathtakingly exciting race, witnessed by the many supporters lining the route.

It was the Trotettes this year who emerged victorious, led by Tina Caunter, storming in almost a minute ahead of second-placed Vicky Hales, herself having a blinding run. Jan Caunter took third place, although the three girls were split by a guest runner, young Adam Caunter, who just managed to pip Mum, Jan, to the post.

The first male Trotter to finish was promising newcomer Tom Burman, followed by former winner Mark Wotton.

Competitors and supporters retired then to the White Hart, for a jolly good post-race carvery and Secret Santa-style gift presentation. Thanks to whoever got me the lovely warm hat and gloves!

I, as race director, would like to say a further thank you to Maurice for turning out as always in the bitter cold weather to record our times, and to all the friends and family members who came along to cheer us on. And one final thank you to Carol, Gerry and the White Hart staff for putting on such a fine spread!

The Dave Dunn cohabiting couples cup this year went to John and Tina Caunter, and the first tattooed trotter was... Tina Caunter!

The fancy dress prize went to Hans and Heidi!

The fastest run of the day was posted by Ewan Walton, who completed the tough, four-mile course in a very respectable 24 minutes and 13 seconds.

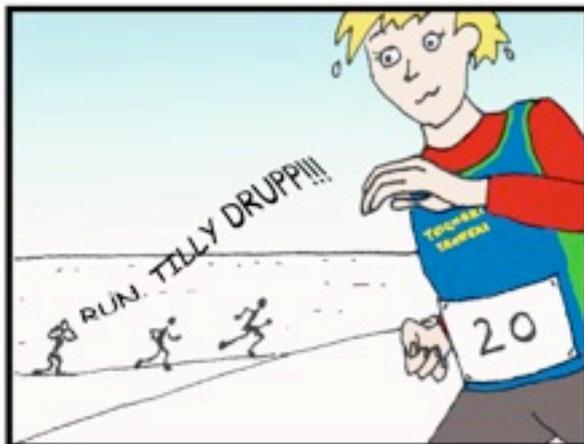
Cheers and Happy Trotting, Stephx.

Final Results

	Name	Time	handicap
1	Tina Caunter	38.11	4.30
2	Vikki Hales	39.09	1.00
3	Adam Caunter	39.20	15.00
4	Jan Caunter	39.28	3.30
5	Tom Burnham	39.39	15.00
6	Mark Wotton	40.41	12.00
7	Nathan Elphick	40.23	11.00
8	Adrian Youngman	40.26	12.00
9	Ewan Walton	40.28	15.45
10	Alan Boon	40.37	12.30
11	Pete Aston	40.46	11.00
12	Monkey	40.51	13.00
13	Claire Youngman	40.59	12.30
14	Dave Dunn	41.00	11.00
15	Gary Caunter	41.03	13.00
16	John Caunter	41.13	12.00
17	Eyvoll Aston	41.18	12.45
18	Tarquin	41.21	14.30
19	Gary Watson	41.37	14.00
20	John Skinner	41.39	14.00
21	Buzz	41.58	41.58
22	Sue Brown	42.23	10.30
23	Joe Mulvey	43.26	10.00
DQ	Heidi Bowman	46.52	DQ
DQ	Hans Tomlin	46.52	DQ
26	John Tweedie	47.47	14.00
26	Chairman Rog	47.47	?

Tilly

By Jay Bee & SQ



My favourite (Xmas) run

Trotter editor John Ludlam brushes off the snow and embarks upon a Yuletide trundle.

My favourite run is not tied to a particular route. It could be anywhere, really. What's important is the time – mid-morning on Christmas Day. For more years than I care to remember, I have cooked the bird on Christmas morning. It's a task that I'd enjoy anyway but working a run into the Yuletide routine really makes it a memorable event. That frosty scamper is a highlight of my running year.

Running for me is often a snatched pastime that gets squeezed between work and family obligations. Taking some time out for a run on Christmas morning is a way of enjoying a run that has not been snatched from anywhere. And you can't beat that feeling.

It's all about the veg. As soon as you've levered yourself out of bed and jammed the bird in the oven, get cracking with the veg prep. Once you've amassed a pile of blamelessly bare veggies, pull on your running togs and get out there.

Don't take a watch. This is not a session. And it's not a long run, either. Aim for a loping 30-45 minutes.

Don't gloat upon your return. In fact, don't even glow. Your fellow revellers are not the slightest bit interested in your seasonal endeavours.

Have you got a favourite run that you'd like to share with other members? Let us know: mag@teignbridgetrotters.co.uk



The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition and to all this year's wonderful contributors.

Next month: Fabulous Florence, darling...

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.

Tel: 01626 773811 Or email: mag@teignbridgetrotters.co.uk