

# The Trotter

Number 14

April 2010

## Loop the loop



The Sandygate Loop is a great Trotters institution. But what is it all about? Sandygate veteran [Steve Rawlinson](#) explains its appeal.

I have done this run so many times I'm almost sure I can do it blindfolded. In fact, one of these days I might even try it, though a fairly long stick and a fit dog might be some guarantee that I return in one piece.

I don't know much about the history of this particular run, nor how long the Trotters have been running it, but the founders and present organisers of it must be congratulated. It seems to have all those challenging elements you could wish for, no

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# News Desk

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

25/4 Arlington Court Canter  
2/5 Cowpat Canter  
15/5 Ivybridge 10K  
16/5 Bideford 10K  
16/5 Karen Hall's Ottery 10K Race  
30/5 Crewkerne Nine  
30/5 Plymouth Half Marathon  
3/6 Dawlish Dash

How quickly those freezing cold runs we were all experiencing not so long ago have all but vanished from the memory, as this beautiful sunny, dry spell shows no sign of giving up on us, *writes Club Chairman Roger Hayes*. Long may it continue. Which brings me nicely on to my first bit of news: you no longer need to wear your reflective bibs on training nights. You can now show off your well-earned finishers t-shirt from your weekend race! Thanks to Rod Payne for overseeing the distribution of bibs to all those who needed to borrow one during those long, dark nights. Sadly not everyone returned theirs, so if you've got one, please let him have it back.

The Teignbridge Ten was a great success, the race went off very smoothly. John Caunter (Race Director) wanted me to say thank you once again to all those who helped out. Although entry numbers were down by about 100, the race still made a very healthy profit. If you have yet to receive your FREE drawstring shoe bag, then please see John.

As you know, we were approached by Phil Hampton, the Race Director for the Dartmoor Discovery, to see if we would be willing to take over the organisation of the event. We approached numerous clubs to see if any of them would want to help us out. Unfortunately, none of them could. However, the good news is that Phil has been talked into doing it for one more year. So 2011 will be his last DD, and possibly the race's last...

The talk by ultra runner Dave O'Brien at Ashburton was fascinating. The guy had incredible energy, a wonderful sense of humour and a passion and understanding of health and

nutrition that certainly made me sit up and take note (my microwave is now redundant!). He is attempting to run across four of the biggest deserts in the world, having already completed the one in Chile. If he manages all four in the same year, he will be only the third person in the world to do so, and the oldest. The organiser of last week's talk hopes to invite him back next year to tell us all about his experiences. That will be a night not to be missed. I will keep you informed.

Although the bus is full for the club trip there are still places available if you want to enter the race. I know some of you are making your own way down there. It would be great to meet up with you for a drink at our chosen pub, before heading off home. For those on the bus who have yet to enter – GET ON WITH IT! Looks like we'll set a new record, with close to 50 Trotters taking part.

We will no longer be selling paper versions of *The Trotter*. Having tried it for four months, we concluded that it didn't work. We sold six copies!

Check out the sporting extravaganza that I'm hoping to organise for June 12 (see page 14).

Don't forget, the premier social function of the year, the Chairman's BBQ, is on Sunday May 30 at 3.30pm — till the last one leaves! Address: 69 Teignmouth Road, Teignmouth, TQ14 8UR. Open to all Trotters. Bring a bottle or preferably two or three! Games and dancing.

On, On!

## Summer Ball reminder

Just a quick reminder of something else to look forward to this summer... Tickets are now on sale for the Trotters Summer Ball. The black tie event is being held at Teignmouth Golf Club on Friday June 25, at 7.30pm. Tickets are £20 and will be on sale on Monday and Wednesday nights from now on. It's your chance to get dressed up in your best posh frocks or for you boys to don your tuxedos. For £20 you get a

coach to and from the venue, a buffet dinner and great band — the Cadence — to dance the night away to. Last year's ball was a great success, but it'd be brilliant to see a bigger turnout this year.

Important: space on the coach is going to be limited, so you'll need to get your tickets early.

Looking forward to it already!





# I dread it and love it in equal measure. It certainly gets the adrenaline flowing.

doubt contributing to its popularity and longevity. It's one of those runs which means different things to different people on different occasions, so take with a pinch of salt what others have to say about it until you experience it yourself. I dread it and love it in equal measure. It certainly gets the adrenaline flowing, and a race that fails to excite the imagination means it's not really worth doing. I say 'race' in the loosest sense, since I find it's more about running against the clock and trying to beat previous times, as well as presenting a good measure of progress.

Anyway, this accurately measured four-mile course is neither sandy nor are there any gates to negotiate. Instead it follows quiet, almost traffic-free, country lanes, the route marked with the now familiar TT yellow arrows and mile markers. It's challenging in all kinds of ways with uphill, downhill, bendy bits and fairly straight sections combining in equal measure to create slow-, medium- and fast-paced efforts (unless, of course, you choose to plod around, not work up too much of a sweat, and just enjoy the scenery).

The weather, fitness and personal motivation largely dictate the pace, and the degree to which you're prepared to step out of your comfort zone will obviously determine the eventual time. However, the topography (or the shape of things to come for those virgins who have yet to tackle it) has this peculiar quality of shifting its geomagnetic force so that no two runs ever feel the same. Sometimes, you feel as if you're blazing along as if inside the Hadron Collider (i.e. when it's working!), heading for a PB, only to mysteriously find you've clocked a slow time. On other occasions it can be quite the reverse and, with apparently less effort, just loping along, you can reach the finish line with a better than expected time. It really is full of surprises in this respect.

The run is held on the last Friday of each month between April and September (six per season), starting at 7 o'clock prompt from Sandygate Bridge (though normally 6.30 pm in September). That bridge, incidentally, is

uncannily similar to that depicted on our Trotters logo. For those orienteering buffs reading this the grid ref. is 868748. The start is about 50 yards from Sandygate Inn where participants may go for a well earned drink later. You can use the pub's car park, but also park at Abbrook Park Sports & Social Club in Kingsteignton, a stone's throw away. Cyclists can get a bit closer to the start. This year, the series kicks off on April 30.

Once underway, the route heads northwards toward Fosterville before taking the first left and then the next right. Just round the corner you have reached the 1-mile mark. It's then straight on up a series of short, steep hills until you reach the next junction at Gappah. Take a quick breather at the top then turn right and follow Gappah Lane downhill, passing the 2-mile mark. At the bottom of the hill the lane twists and turns and narrows, starting to ascend. For the next



Sharon Bowman

few minutes dig deep as the steepness of the climb comes into view. After approx. 100 yards (though feels much longer) take the next sharp right. Congratulate yourself if you can carry on running at this point. There are no more uphill sections and it's fairly plain sailing back to Sandygate, mostly downhill via Fosterville Lodge and the 3-mile mark. One mile to go and a good point to take stock to see what's left in the tank. It's where those mental coping strategies come in handy. Feeling knackered? Is it going to be positive self-talk and trying to convince yourself that you don't need to slow down? The route helps you to push on by virtue of not being able to see too far ahead, dividing the final mile up into palatable chunks. I only 'go for it' after the telephone kiosk, largely because those already having finished can clearly see you up the road, but also the downhill section toward the finish provides a perfect excuse to sprint a little (to show that you can move if you really want to). Mind

you, some Trotters don't have to try very hard to achieve this. I think I'm right in saying the record for Sandygate Loop is held by Tommo in a staggering 21:44 (2002).

The dedicated timekeepers on the night record individual times, which are duly transferred to the Trotter's website and gives you some kind of recognition for having achieved it. Incidentally, Trotters vests are optional and you don't have to wear a number.

Now since the first half of the course is predominantly uphill, and the second half downhill I thought a few handy tips for tackling hills might come in useful. At least this is the theory; though you (like me) may find it difficult to put these principles into practice:

**Uphill** - Lean forward slightly, not at the

waist but with your whole body in to the gradient. Use arms to propel you forwards. Concentrate on pushing back with your elbows. Take smaller, quicker steps. If very steep, place hands on knees and push off on each step.

**Downhill** - Don't lean back and dig your heels in to put brakes on. Keep

upper body loose and knees soft to lessen impact on joints. Never leap over obstacles (unless, that is, you encounter a fellow Trotter lying on the ground, in which case leap as high as possible to avoid contact).

**The Straights** - Look directly ahead, lift up those legs and maintain the proverbial beeline.

Well here's wishing everyone the best of luck, hoping your times improve, and for those who haven't tried it yet — it's well worth the effort.

• Check out the Sandygate Loop times in recent years at our website:

[www.teignbridgetrotters.co.uk/sandygate](http://www.teignbridgetrotters.co.uk/sandygate)

# Membership Report

Membership Secretary **Dave Dunn** introduces the latest Trotter recruits and reminds us that it's time to get our wallets out.

Here we are at the start of another membership year. You should all have received an invitation to renew your membership and I know that many of you already have sent me your completed renewal form and your subscription. Thank you if you have, and pull your finger out if haven't!

If you have mislaid your renewal form, please let me know. My contact details can be found on our website's contacts page. You have only until the end of April to renew or risk losing out on some of the benefits of membership. And if you don't renew your membership before the May edition of the Trotter is published, you won't be receiving it.

We finished our last membership year with 194 members. This total included one new member in the shape of Tania Cox, and already we have added four further new members since the beginning of the month, these being Steve Wilbraham, Dave Taylor, Jean Terrill and Lucy Payne.

Tania, 34, lives in the same road in Bovey Tracey as recent recruit Craig Churchill, who incidentally has decided to convert his membership to first claim status.

Steve, 42, from Paignton is definitely only joining as a second claim member, taking advantage of some of the training we offer in a convivial atmosphere, whilst retaining his first claim membership at Torbay AC. It's certainly not doing him any harm, judged on his effort in the Taunton Half Marathon.

Dave was a member of the Trotters back in the early 90s. I remember staying in the same hotel in Greenwich as Dave for the '92 London Marathon. I think he beat me in the race, and I ran 3:23 that day. He has returned to the Trotters after an absence of around 15 years.

Jean is the better half of our newly elected President, Graham (Buzz) Terrill. I'm not sure just how much running Jean intends doing, but she's one of us now!

Lucy is another member's wife joining our ranks (she is married to Rod Payne, pictured), though in this case, Lucy is definitely going to sport the royal blue colours. Having been a founder member of our newly-formed Monday evening beginners group, Lucy has advertised its benefits by posting a 61-minute 10K on her race debut a few days ago.

Welcome to you all.



Notable birthdays among our members during the coming weeks include the aforementioned Tania Cox, who will be 35, Jeanette Howard 55, Keith Jellyman 50, Tom Ross 21, Robert Tinnyunt 70 and Wavell Vigers 40. Congratulations and Happy Birthday to all of you!

Please note that the application form for joining the Trotters as a Social Member can now be downloaded from our website by clicking on 'Membership Form' on the toolbar down the left hand side of the Home page. Now everyone can be part of the great Trotters family!



# Record breakers

Dave Dunn brings us the latest from the Trotter record annals. This month, a long-serving member had some surprising news...

It's been a busy time at the engravers just lately, although the late intervention of Stephanie Ross (pictured) prevented one memento from being handed out. Having published in the March edition of *The Trotter* that Eyvoll Aston had set a new FV35 10 miles club record in the Plymouth Hoe 10, Eyvoll duly bettered that mark in our very own Teignbridge Ten. Just as the engraver was poised with his chisel, Stephanie piped up that, actually, she had ran much faster times around 10 years ago. After a quick rummage through the archives by Race Director John Caunter, it was established that Stephanie had indeed posted a remarkable 65:41 back in 1999. So this now stands as the official club record for 10 miles in the FV35 category.

One record that certainly has been broken (unless you the reader know better!) is that in the FV65 category over 10K. In the Easter Bunny 10K at RNAS Yeovilton, Angela Weeks knocked more than five minutes off the previous mark she herself set in Newquay only six months earlier, by stopping the watch on 62:58.

The next four weeks or so will offer varied opportunities for further record breaking achievements, perhaps in the brand new half marathon in Tavistock, or the long-established Great West Run. The Ivybridge 10K always turns up fast times despite THAT hill, whilst the next morning there will doubtless be those hoping for a personal best at either Bideford or Ottery St Mary in their 10K races.

Wherever you're racing in the coming month, have a great time, and don't forget to tell Inky, aka Graham Penn our Press & Publicity Officer, all about it. Graham's contact details, together with a full list of our Club Records can be found on our website [www.teignbridgetrotters.co.uk](http://www.teignbridgetrotters.co.uk).



## Club Camp Update

It's now only a couple of months until our camping expedition in west Cornwall, and the campsite at Polmanter near St Ives is doing brisk business. They have only set aside 26 pitches for us Trotters, so, if you haven't already sent off your booking form and deposit, you'd better not hang about if you want to be part of the fun. You must use the special booking form previously sent out to you all, so if you've lost it, or if the kids have used it to demonstrate their prowess at art, you can get another by emailing me at the address given on the Club Contacts page on our website.

Right, I'm off to air my sleeping bag while the sun is actually shining!





# Just enjoy yourself!

We've all got had our own reasons for jumping into our running kit in all weathers this bitterly cold winter. But, as spring finally begins to rear its head and we embrace the halcyon days without reflective bibs, now is a good time of year to look inside ourselves and wonder, well, why do we put ourselves through it?

In his new series, **Ronnie Jones** seeks to uncover what drives us Trotters on to pound the pavements as we do. What inspires us to push ourselves further? Why do we become a Trotter in the first place? Ron's first victim is a man who loves his running, ace Trotter coach, **Ian Langler**.

John Ludlam

Ian's one of our top runners and most experienced coaches. He's rarely seen on Wednesdays without a stopwatch to tell us we're a second faster or slower than our last effort. But, as he gets ready to fulfil a boyhood dream, what makes him tick?

**Ron:** Ian. You're currently in some serious training for a sub three-hour marathon in London in just a few weeks' time. Good luck! Hope it goes well, but where did it all start? Why did you take up running?

**Ian:** I always had a desire to do London since I was a kid.

**Ron:** So you were into sports?

**Ian:** I always played a lot of football and stuff. But, come full time, I found I was one of the only guys on the pitch left running. It was a natural decision: get rid of the ball and just do the running.

**Ron:** When was this?

**Ian:** My first ever race was back in 1999. But I did loads of carnival runs beforehand. It was the Torbay Half.

**Ron:** That's a long way for your first race.

**Ian:** I had no idea how hard it would be. I ran it in 1:43. But I couldn't walk for a week afterwards. I was 20.

**Ron:** It's a pretty respectable time, though, for a first half. What sort of training were you doing? Were you in a club?

**Ian:** I was only training now and then at the time. It was in 2000 when my dad told me about the Dawlish Coasters. He worked with someone who ran for them.

**Ron:** So, you've not always worn Royal Blue?

# Get out for your long runs whatever the weather.

**Ian:** I did know about the Trotters. But their reputation proceeded them.

**Ron:** Do tell...

**Ian:** (Laughs) Well, I heard they ran too fast... and drank too much.

**Ron:** Were you right?

**Ian:** Looking back on it... Yeah!

**Ron:** So what happened next?

**Ian:** I ran with the Coasters for four years. But the more I raced and trained, the more I wanted to run fast. I got to know a few Trotters on the local racing circuit. So I joined up. That was back in 2004.

**Ronnie:** And you're a Trotter through and through now. Ever been persuaded to get a tattoo?

**Ian:** No (shakes head)... Though Skins says I should get a lighthouse (the emblem of the Coasters) down my back.

**Ron:** Many Trotters will know you from Wednesday nights. You're one of our top coaches. But why did you decide to get into it?

**Ian:** It started at the Coasters. After being there for a while, I ended up taking some sessions. After I joined the Trotters, Smokes eventually persuaded me to do the same at the Trotters. I took my first coaching course five years ago. But it was as painful as hell.

**Ron:** Why was that?

**Ian:** It was a Level 1 England Athletics course. It wasn't just a running coaching course, so I had to do field events like shot put. I couldn't move my arms the next day!

**Ron:** You put a lot into the club, not just your coaching — which means you've got to go without taking part in a session yourself — but you've also taken part in scores of races for the club... and done the vest proud. But what do you think the Trotters offer as a club?

**Ian:** I think I'd say a wide range of options. For a start, there are loads of different types of session on offer on Monday and Wednesday nights. Whatever you're training for, we offer you some training to help you. Apart from anything else, it's great fun. I love my coaching especially. It's a good laugh. I love the banter you get when you take out a session.

**Ron:** I've already mentioned how much you do for the club, but what does club mean to you?

**Ian:** I was going to say 'everything' but that's a bit corny. No, it's more than just a pastime. It's a way of life. It's your social circle, your fitness, too many mates to mention, a good close



group of friends with the same outlook on life (all equally as weird).

**Ron:** Us runners are er, 'unique', aren't we?

**Ian:** Yes, we're a special bunch. To look at us, you might not have put us together as a group. We're all so different as people, personalities and backgrounds. It's the running which brings us together.

**Ron:** It's a strange attraction isn't it, running? It draws all kinds of people together. What do you think that invisible power is? You spend so much of your time motivating us, after all.

**Ian:** It's like a drug. It's addictive. As every Trotters knows, if you're not running, you're a nightmare to be around...

**Ron:** What will you be like to be around if you don't break three hours in a few weeks in London?

**Ian:** (Laughs) that's happened to be more than once! To be honest, it would be an official PB, so I'd have to look on it as a plus and look forward to the DD (Dartmoor Discovery, which Ian completed for the first time last year - see main picture). I'd definitely be a little disappointed, but there you go.

**Ron:** The Trotters are a huge mix of abilities. You've — with respect — had your ups and downs over the years with your running, but you're definitely on the way back. What spurs you on to keep setting race goals and training?

**Ian:** I was injured for 6 months recently, but it's the pure enjoyment. There is a competitive edge to it, trying to beat your time, but mostly, it's just the enjoyment of running. I love it.

**Ron:** There'll be a lot of Trotters getting ready for London or other spring and summer marathons. What's your top advice to them?

**Ian:** Make sure there is speed as well as endurance in your training. Get out for your long runs whatever the weather. But most importantly... Keep enjoying it!



# Squashed Frogs and Undulations



## Roger Hayes gives the Cotswold Marathon a whirl and encounters some rather strange running companions.

Having written off most of last year through my unfortunate bike accident (scoring a full set of 10s for somersaulting through the air, mind you), I was keen to set myself a new challenge for 2010 (as if my Ironman tattoo would have looked as good as my Trotters one, anyway!) As challenges go, they don't come much tougher than the Dartmoor Discovery (DD). I'd had to sit out last year's race due to the aforementioned gymnastic display. As it was, I missed the weather from hell, freezing temperatures accompanied with driving wind and rain. However, cheering the Trotters along that day with my old

mates, Skins and Squaddie, I realised I 'wanted it' next year, and I wanted it badly. So, my plan was to get some marathons under my belt, get the legs used to 26 miles — after all the DD was only a further six miles...

The Cotswold Marathon was a new one on the circuit, one which I only found out about a couple of weeks before race day. The race was scheduled for the same weekend I was to be in Bristol, watching the mighty BCFC take on Newcastle United. So, rather than to-ing and fro-ing up and down the M5, we made a weekend of it and stayed at my Mum & Dad's



# I think you could best describe the clientele as 'hard core'!

(recently moved to Somerset). The less said about the football the better.

Oodey (Mrs Hayes) and I were up at 6.30 on the Sunday morning. Porridge and bananas for brekkie and it was time to hit the road. The M5 at that time on a Sunday morning is a real pleasure to drive on. We were at Junction 9 (Tewkesbury) in no time. From there it was a 25-minute journey to race HQ in the small village of Temple Guiting. We parked on the field adjacent to the Village Hall. It was a beautiful day, the sun was out, barely a breath of wind, a complete contrast to the Duchy a fortnight earlier. At which I had joked with the likes of Tommo and Tarquers that they were doing the fun run (20 miles). Now it felt like I was doing the fun run, as alongside the marathon was a 35-mile ultra marathon!

The Marathoners would do three laps of the course and the 'well hard bastards' would do a fourth. My new Marathon buddy, Sally Ingledew and hubby Ray (thanks for keeping Ood amused during the race) were there, along with a few other familiar faces. I think you could best describe the clientele as 'hard core'! That was underlined when I bumped into two previous winners of the DD, Brian Cole and Alan Ryder, both of whom were doing the 35 miler (as if they'd bother with the fun run!). After our briefing from the race director, we set off on our walk to the start. Advertised as a mile, it felt a lot further. Maybe that was partly due to the fact that most of it was uphill. The atmosphere was great, as friends and family walked alongside the runners, exchanging stories and cracking jokes (most of them coming from my wife!) We eventually got to the start, at the top of what was a pretty big hill it has to be said.

A quick ready, steady go (honestly, that's what he said!) from the RD and we were off. The start reminded me very much of the DD, as the pace wasn't like it is at the start of most other 'normal' races. The field was only small, with a mere 85 completing the Marathon and 29 the Ultra. I tucked in behind the leading lady (like you do!) and got into a steady seven-minute mile pace. After about five miles I decided to ease back a little, as I wanted to get straight back into training after the race, and not take time off to recover. The course was very rural, very scenic and quite challenging. In the pre-race

literature we were warned about pot holes and other 'substances' on the roads. Coming up in the car, we had discussed what the other 'substances' could possibly be. Both of us agreed that animal poo (cow and horse) was the probable culprit. But no, it soon became apparent that frogs were the unlikely other substance. Dozens of them flattened, with their guts spilling out! You got used to it...

I completed the first circuit (about nine miles) feeling pretty good, a cheer from Ood, Phil Hampton (RD for the DD, drumming up support for his race) and the sister of Jackie Piper (Maurice's wife — her husband was running, they came from Lancaster. It's a small world) and I was off on my second lap. I picked up the pace a little, as I was starting to overtake a few, which spurred me on. I flew up the 'big hill' and was by now moving up the field nicely. There were water and High 5 energy drinks every three miles. The marshals did a sterling job, it really was a pleasure to be out there running. During my third and final lap, I only overtook two runners, (apart from those that I'd lapped) it was a lonely race, (apart from the frogs) but it made ideal training for the DD. The last three miles I was starting to feel it a bit and, I have to say, I was glad to see the finish line. The thought of a further lap was one I didn't ponder for too long!

I crossed the line in 3:12:11, which I was very pleased with — eight minutes quicker than the Duchy. It was good enough (surprisingly so) to get me 4th place and 1st V40. Now for my first moan. If you're good enough to win the race and if you happen to be a V40, then I believe you should win both trophies. So many races today

choose to spread the prizes around and I'm sorry to say that the Cotswold Marathon was no different. It was a hollow victory receiving my 1st V40 prize, knowing full well I was actually second. I am just glad that our races don't follow the majority. Long may that continue.

Sally ran a stormer, finishing in 4:21:16, knocking an impressive 17 minutes off her Duchy time. Apart from my one moan, it was a cracking little event, which I hope will be well supported in future years. I would certainly recommend it and I'm sure I'll be back again. As for the frogs — better luck next time!



# Championship report

The Club Championship is getting into its stride, says Tarquin Milford.

OK, I've been the Championship Secretary for nearly two months and I am beginning to feel that I am starting to settle into the role. Mark Hamling did such a good job, with all the updates managed seamlessly, that I was a little nervous about taking over the role. But, so far, so good!

As already announced, via the website updates, there has been one alteration to the nominated races in this year's championship. Now that the date for this year's annual Christmas Dinner and Dance has been finalised, we have found that the Exeter Cross Country race is after the cut-off date for the championship completion date. Therefore, we have replaced it in section 3 with the Duckponds race, which is held on July 10. As Duckponds was already in Section 4 (Short Misc.), we have replaced that race with the 'Festival 4', which is held on the Exeter Quay. Duckponds fits very well in the Cross Country section and the Festival 4 should be a very interesting mid-week evening race, starting at 1930hrs, on Wednesday June 23.

So, with three months gone in the year so far, who are the main runners leading the field?

It's still early days, with only two ladies having completed two sections so far. However, the ladies have raced in nine races, across the championship spectrum, so once other races in those specific sections are completed, the scores will rise dramatically. So far, Eyvoll Aston is in first position, following two good half-marathon results, with Tracy Elphick second and Tina Caunter in third. It will be interesting to see how the ladies championship plays out, once more sections are completed.

As for the men, two runners, Tom Burman and Stephen Wallace (pictured) have now completed three sections with five other runners having completed two sections. Our men have competed in 12 championship qualifying races (including wildcards) so far this year. Leading the field are Tom Burman and Stephen Wallace; having completed more sections, this gives them more points and shows how consistent and sustained performances hold the key.

Dave Tomlin (Tommo) is now back in third, but with the maximum 50 points for each of the two sections he has completed, it will only be a matter of time before he completes some more sections and climbs the positions. Yours truly has been beaten back into fourth, although Ian Langler and Ewan Walton are hard on my heels. After a storming run at the Bideford Half, it is only a matter of time before Ian completes another half-marathon, to make that result count for the championship.



Andy Penney

Another serious threat is Wavell Vigers. He has only completed the half-marathon section, so far. But, once he completes some more races, he could be a man to watch!

Championship-nominated races are pretty few and far between over the next couple of months, but there are plenty of wildcard opportunities out there. As always, if you've achieved a good result in a race not listed as a championship race, and you think you'd like to use it as a wildcard, just send me an email. Just make sure you email within four weeks of the race you wish to nominate. I'm always happy to chat through the rules on how to use wildcards.



# Championship races

SECTION 1 - HALF MARATHONS	DATE	SECTION 2 - 10Ks	DATE	SECTION 3 - CROSS COUNTRY	DATE
Bideford Half	RUN	Ivybridge 10K	15 May 2010	Bideford	CAPED
Taunton Half	RUN	Cornwood Challenge*	7 Aug 2010	Bovey Tracey	RUN
Ruby Half	13 Jun 2010	Torbay 10K	22 Aug 2010	Redruth	RUN
Launceston Half	14 Jul 2010	Exeter Track 10K	8 Sep 2010	Duckponds	10 Jul 2010
Dartmoor Vale Half	17 Oct 2010	Taunton 10K	26 Sep 2010	St Austell	10 Oct 2010
SECTION 4 - SHORT MISCELLANEOUS		DATE	SECTION 5 - LONG MISCELLANEOUS		DATE
Fulford 5	RUN		Braunton 10 (10 miles)		RUN
Exeter Track (3K) - (FMOND) best 1 time to count			Plymouth Hoe 10 (10 miles)		RUN
Sandygate Loop (4 miles) - any from April - September, best 1 time to count	last Friday of month, Apr - Sept		Wellington 10 (10 miles)		11 Jul 2010
Dawlish Dash (4 miles)	3 Jun 2010		Teign Valley Toddle (10.5 miles)		10 Oct 2010
Festival 4	23 Jun 2010		The 'Eller		24 Oct 2010
SECTION 6 - LONG OFF ROAD	DATE		SECTION 7 - MIXED		DATE
Oh My Obelisk	RUN		Tavy 13		18 Apr 2010
Dalwood 3 Hills Challenge	RUN		Magnificent 7 (CLUB TRIP!)		18 Jul 2010
Ivybridge Beacon Challenge	12 Sep 2010		Forest Flyer		27 Aug 2010
Drogo 10	14 Nov 2010		Honi-ten		10 Oct 2010
Bicton Blister	28 Nov 2010		Dartmoor Vale Marathon (bonus 6 percentage points)		17 Oct 2010

\*Cornwood Challenge 10K replaces Bampton 10K, as this race is no longer held.

•Runners must complete a minimum of two races from six sections.

•One section can be disregarded.

•If all seven sections are completed, the runner's best six will count.

•If more than two races are completed by the runner for one section, the best two results will count.

# Why bother?

Committing to a long-term challenge such as the Club Championship can be quite a tall order for many runners. Club Championship Secretary Tarquin Milford looks at some reasons to get stuck in...

To many people it is an out and out competition, a chance to test yourself against other runners in the club. For some, it is the chance to win a trophy for your age category. To many others, all that competitiveness just puts them off even bothering with the championship. For me, it is the chance to test myself, a way to see how good I can be and then give myself a benchmark to beat next year! What with shift work and childcare, fitting in the required number of races is proving difficult, especially give the fact that I'm doing the Dartmoor Discovery, which has overshadowed everything I do this year, running-wise. But I definitely want to complete all of the sections. I've got my whole race campaign laid out in my diary for the whole of this year. Maybe it just suits my love of facts and figures (I'm not that sad, honest!), but to see my name on the championship spreadsheet, with percentages against completed races and then points for completed sections, always gives me a sense of achievement. After all, racing is hard work! All that training that one has to put in, followed by the hard graft on the race day! Surely I would then want a record of what I have done and where I stand within the club rankings.

But what's the point if I can't win? The likes of Tommo are always going to be up there, providing he completes the necessary sections. Tommo is a very good all round runner and he always gives his all. But then there's Mike Eveleigh. He is an excellent and very experienced runner, and with the age-graded percentages always in his favour, he will always be hard to beat if he goes for the championship. However, the old mantra of 'you've got to be in it to win it' is so true here. It takes effort, training and planning to be able to complete the required number of races and sections. There are seven sections, of which six need to be completed. In each section, only two races need to be completed, so over the whole year



we're only talking about twelve races. ONLY?! It's never that simple! Most of us don't all just live for racing here! Managing to attend the two nominated races from each section, or finding a suitable wildcard, if you can only attend one nominated race, can be difficult with all the other things we've got going on in our lives.

But hey! You do not have to take it seriously! Just do it out of personal interest!

So, how does it work?

The Club Championship consists of up to 42 races (35 nominated races and seven wildcards. Twelve of these races must be completed, of which two must be from each of any six of the seven categories, in order to qualify for the championship. If all seven categories have at least two completed races in each, then the participant's best six categories will count. If more than two races are completed within a category, then the best two results will count.

These races, are selected each year, by the Club Championship Secretary and approved by the Committee. The races selected try to create a wide range of competition amongst 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 a 'wildcard' race to each section 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 formula, with points being awarded in each category based on the average of the best two races for each runner. Fifty points will be awarded for the best average in the category, with 49 for second, 48 for third and so on.



# Rules and regulations

HERE ARE THOSE THE BORING 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'S RACE RESULTS REMAIN THE RESPONSIBILITY OF THE RUNNER TO RESOLVE.
- RACES ARE SUBJECT TO CHANGE BY THE COMMITTEE (but only if due to certain unforeseen circumstances and at least two months' notice will be given).
- 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 (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 must receive 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 organized 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 (sorry!).
- 6) The wildcard races should be treated as just another race option, you don't have to use it but it is 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 4 miles and a marathon. 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 per cent of competitors

for both male and female categories, up to a maximum of 10 in each.

If you find all that too confusing, or just can't stand reading a list of rules, just come and have a chat with me on a Wednesday evening! Better still, buy me a pint, and I'll talk you through it!

See you out on the start line!

# Captain's Corner

## Tarquin Milford celebrates some great recent performances...

A quarter of the year has already passed and thankfully we are now experiencing warmer weather, after one of the coldest, and longest, winters for years. It's certainly not been nice for training, at times, so seeing some of the consistent Trotter performances are testament to the hard work and dedication put in.

The warm weather certainly did have an affect, when a large contingent of Trotter men took part in the Taunton half and full marathon, on Sunday April 11. While it was nice not to be cold during the wait on the start line, the warm weather was a little sapping, as the Trotters pounded around the Taunton countryside. Tommo again put in a consistent performance, although not his best time. He produced an enviable time of 1:17:06, coming ninth overall (sixth in his category).

Two Trotters made an excellent return to racing, to strengthen the Trotter field. Roy Brown hasn't raced since the Abingdon Marathon, in October last year, but has recently returned to running training. He produced a good time of 1:22:18, which has fired him up for more races this season.

For Chris Cleave, this was his first race since the Templer Ten, back in November. Chris has had a bit of a horrid time over the winter, with two injuries, followed by a virus. One of the injuries was a result of coming off of his motorbike, so it could have been a lot more serious. So, to post a time of 1:32:09 should be very pleasing for his first race back.

Tom Burman had a bit of a torrid time during the race, with an upset stomach – he was often seen diving in and out of bushes, along the route of the course (!) – so to post a time of 1:30:27 is pretty amazing. Graeme Baker produced another stirring time of 1:49:46, which gave him 5th place in the M65 category. I must mention Wavell Vigers, who again chipped away at his half marathon PB, with a finishing time of 1:22:31. Wavell is consistently improving his race times, across the board. All in all, a good showing for the Trotters.

It's been a good few weeks, with our men stretching far and wide. We've had good performances in events such as the Bideford Half, with Ian Langler leading the Trotters; the Duchy 20 & Marathon, with a good performance by Tommo; and our own Teignbridge Ten, in which Tommo shone again for us. Our Chairman has been on a marathon mission, having already completed three marathons this year so far, with two more entered, prior to his assault of the Dartmoor discovery. With the Duchy Marathon still in his legs, Chairman Roger completed the Cotswold Marathon in a very good time of 3:12:11, finishing fourth overall, and picking up the first MV40 award! He is turning into a marathon running machine!

On Sunday, April 25, the London Marathon calls. Dave Tomlin, Ian Langler, Stuart Moulson, Mark Hamling and Rod Payne are the five men who will be representing the Trotters. Good luck to them and best wishes for a superb race.





# A perfect day

Chairman Rog has conceived a great day out for those who love the thwack of leather upon willow followed by a big-screen soccer experience.

I'm organising a day to remember for all sports lovers, on Saturday June 12. Somerset Cricket Club are playing their first home 20-20 match against Surrey. The idea is to catch the 12.03 train from Newton (straight through), or the 11.48 from Teignmouth (changing at Exeter, joining the train from Newton) and arriving in Taunton at 12.52. A bite to eat and a few beers, before we make our way into the ground (the match starts at 14.40). I will pre-book our seats in the Somerset Stand, which are £18.00 each. That way we can guarantee our seats (and all sit together), as it is sure to sell-out well in advance.

Once the match is over, it's a short walk to Weatherspoons to watch England's first world cup match against the USA (KO 19.30pm). We will then be able to

catch the last train home, leaving Taunton at 22.06, arriving in Teignmouth at 22.55 and Newton at 23.01.

I will book and pay for all the cricket match day tickets, but will leave it to you to book and pay for your train ticket; a return ticket is £11.70. If you want to go, then please email me ASAP [chairmanrog@sky.com](mailto:chairmanrog@sky.com) I am away for a week's holiday, returning on the April 22. I will book the tickets on Monday April 26. If I have not heard from you by then, I won't get you a ticket! Please note the tickets are non-refundable.

I went to a few 20-20 matches at Taunton last year, they're great fun, a really good atmosphere. And, you never know, you could be a 'star'. I was three seats away from a guy who caught the ball off a six!



John Ludlam

## A Stag do with a difference

As most of you will know Ewan and Zilpah are tying the knot in May and Ewan has decided that he wants to do something slightly different to the norm for his stag do. This time, you can leave your running shoes at home and replace them with your walking boots as there is no race, yep that's right no race...

Here's the plan. We will be meeting at Exeter St David's Station at 9:20am (there is a train leaving Newton Abbot at 9:00 which will stop at Teignmouth on the way) on Saturday, May 1. From there, we will head for a fry-up to prepare ourselves for the mammoth walk back to Teignmouth, calling into a few pubs on route of course!

If you can't make the whole thing then you can always catch the bus or

train and meet us once we are on our way. After enjoying a few beverages in Exeter we will be taking in the delights of Starcross, Cockwood, Dawlish Warren, Dawlish, Holcombe and Teignmouth. If the weather is bad, then we will continue as planned but instead of walking back we can jump on and off bus or train which means there will be more time for a drink when we get to our destinations!

If you want to be on the list and get more details, then please see me at club or email me: [jlangler@hotmail.com](mailto:jlangler@hotmail.com) As there is no minibus, the numbers are unlimited, so get your name down for a challenge of a different kind!

# What do points make?

Volunteer for some marshalling at Trotter races and you could land yourself a place in the Virgin London Marathon, as **Sharon Bowman** explains.



The London Marathon always seems to have such an attraction. I am not really sure why as it's just another marathon of 26.2 miles, one of many that happen throughout the year all around the world. Maybe to non-runners it's the main one they put on TV or the one most people can picture whereabouts on the course you are or the fact they just want to say they have done the London Marathon. The hype of all the celebrities in it and the elite runners from all over the world add to the attention of the event. Then there is the draw of all the charities that offer gold bond places to people if they raise large amounts of money for them. It is always well over-subscribed with so many people applying. Put on top of that the good for age times and runners with faster than average times it makes it even harder for the average runner to get a place.

No doubt some of you reading this have tried year after year with no success except if after five times they let you have a place! Persistence pays off eventually!

Then there are the club places. Yes another chance to get a place after failure in the ballot again! This place you have to earn but a worthwhile cause to help your club. What is this way? Be a marshal in any of our races and if you're a full first claim member and have got a rejection ballot paper for that year's marathon then you can enter. You have to get a maximum of five points from the races, so that's one in each race: Templer Ten, Teignbridge 10, Totnes10, Haytor Heller and Ladies' 10K. If you're a lady, you get a point for running the Ladies' 10K.

So points for marshalling in the bag and rejection slip to Chairman, it's a waiting game for the draw at the Xmas do. Usually once again this is over-subscribed with lots of Trotters wanting places but not so this year! After several drinks with fellow Trotters and trophies awarded the names are announced: Mark Wotton, Rod Payne, Stuart Moulson and... Oh no, Sharon Bowman (Fizz)... THAT'S ME! So, that's it, I am in. So, after a few more drinks and dances it's time to go home with the green slip in my bag ready to send away.

Then the next day it dawns... Oh my, I have to start all that marathon training again. Cold and damp evenings after work. Ice and snow and sleet at the weekends. The runs gradually getting longer and longer. Out the door five times a week in the elements. With the help of the *Runner's World* training plan and my Fiancé Tommo (David Tomlin) we embark on the training together. Well, if I am going to run it, then I thought I would enter him as an elite runner to represent the Teignbridge Trotters, as you know his marathon times (and all race times) are amazingly fast.

So WHAT DO POINTS MAKE? A possible London Marathon place. So, come on, Trotters get your name down to marshal at our races and put back something to the best running club around.

No doubt other Trotters will be running in this year's London Marathon with good for age and ballot places so I will also be one of those representing the Teignbridge Trotters in my Royal Blue vest! Good luck to you all... ON ON!

## The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: London Marathon report.

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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