

The Trotter

Number 15

May 2010

*Turn to page
three for
Dave's VLM
story...*



Nailed it!

News Desk

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

30/5 Plymouth Half Marathon
30/5 Crewkerne Nine
5/6 Plymouth Coasters 5K
5/6 Dartmoor Discovery
6/6 Run in the Wild 10K
6/6 St Mawes RNLI Run 10K
10/6 Dawlish Dash
13/6 Ruby Run Half Marathon

The summer is here at last! It's been a long time coming but, now that it's finally upon us, let's make sure we make the most of it. There is an exciting programme of races, training events and social spectaculars in store for the Trotters this summer, so dive in and enjoy. Meanwhile, Chairman Roger Hayes kicks off this edition of *The Trotter* with a round-up of the latest news. Take it away, Rog.

Last month I told you that Phil Hampton was going to do one more year as race organiser for the Dartmoor Discovery. Unfortunately, that has all changed and this year will be his last. By the time you are reading this, John Caunter, Dave Dunn and myself will have met with Phil and found out all there is to know about the race. We will then take our findings back to the committee for further discussion as to whether the Trotters want to/can stage the event in 2012 and beyond. I will obviously keep you posted.

Some of you will be aware that Buzz Terrill, our race director for the Haytor Heller, has been quite poorly, having had to spend more than two weeks in hospital with a nasty knee infection. They're still not sure what it really is or what caused it but, thankfully, Buzz is starting to feel better (although still taking 20 tablets a day!) and hopefully will be back with us in the not too distant future. Buzz; don't worry your Heller forms are still getting 'out there'!

Emma Sidebotham has a number going for the Plymouth Half (Sunday 30th May). She paid £30 for it but will happily take £20. If you'd like it, please contact her on 07870 261501.

Please remember that, while swapping race numbers is generally allowed by most races, you do need to contact the race director/organiser to give them your new details. Failure to do so will result in you getting disqualified from the race and a severe telling off from us!

The social events page on our website has now been updated (thanks Rodders). Most of our more long-standing members will know all about our love for a good get-together. If you're a newer member and want to give one or two a go, then there is no better place to start than the Chairman's Barbie (even if I do say so myself!) It's on Sunday 30th May at 69 Teignmouth Road, Teignmouth. It gets underway at 3.30pm and basically finishes when the last man or woman falls over! Last year, we actually ran out of beer, so please bring a bottle or two.

Tickets are selling fast for the Summer Ball (Fri 25th June), if you haven't bought yours yet you need to do so ASAP. See below for more details. With the lads and ladies trips all organised (and full) the summer looks set to be a real cracker on the social front. Some half-decent weather for the camping weekend at St Ives and we should be sorted.

Congratulations to Ewan and Zilpa who recently tied the knot on 8th May. I hope you have a long and happy marriage.

Not long too go now before the 'BIG ONE' (the DD, of course): 32 miles of running across glorious Dartmoor! To those brave enough to take on the challenge, have a good 'un.

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!



The London Marathon is always a bit special. This year, it was very special indeed for Dave Tomlin...

Cover pic by Graham Penn

Dave has been chasing a sub-2:40 marathon time for 13 years, since a cracking run at the New Forest Marathon in 1997. Last month, a superb run on the streets of the nation's capital produced a scorching performance that, at 2:39:55, was a luxurious five seconds inside a time that had eluded him — often by a wafer-thin margin — on numerous occasions.

The Trotter caught up with Dave for the low-down on what it felt like to finally get under that magic number. 'Words can't explain it. It was a massive buzz,' Dave recalls. 'All those feelings of trying to beat it for the last 13 years... It was such an adrenalin rush. I still think about it now every day, near enough. It's awesome!'

So, we asked, when did you know that you might be on for a really good time?

'Looking at my splits, at 10 miles I was doing six-minute miles and I got to 20 miles at 2:01. That gave me 39 minutes to do 10K. I thought, well, 39 minutes — that shouldn't be too bad, although I did have a marathon behind me. So I said to myself, if I get to 25 miles in 2:32:30, I have got a chance. I did get to 2:32:30 on time and I thought — this is meant to be, today. So I gunned it as hard as I could down the last mile.'

'As I turned at Buckingham Palace, I had 45 seconds to get to the line and I just went for it... I was looking at the clock, watching it click down... And I did it. Just!'

London is not the easiest place to get a PB, so how does Dave feel about achieving such a time at the Virgin London Marathon (VLM)?

'It's true, I'm never keen on running in London mainly because, being asthmatic, the air pollution is not brilliant for me,' Dave explains. But I have got a good Ventolin inhaler at the moment and that helps. Also, I get to start at the front line so the traffic is not

Well done, Dave! Of course, Tommo wasn't the only Trotter running the VLM. He was ably supported by 10 clubmates: Vaughan Lindsay (2:52:44), Ian Langler (3:15:33), Chris Cleave (3:22:12), Mark Hamling (3:25:45), Stuart Moulson (3:43:49), Sue Brown (3:49:05), David Evans (3:57:11), Sharon Bowman (4:09:24), Mark Wotton (4:10:21) and Sally Ingledew (4:27:31).

Dave and Vaughan both secured club records as a result of their VLM times (see page four).

Sue has several fine London performances to her name. She also has a word of advice for the organisers. 'I've been there, done it, got the t-shirt — and it still doesn't fit!' she explains. 'Why oh why can't the VLM organisers do what most overseas marathons do and allow you to

collect your t-shirt at the same time as picking up your race number? This normally means you get to pick a size that actually fits and you can wear it time and time again. I'm so very proud of myself for running London but the t-shirt is huge and I never get the chance to show it off!'

'That said, it's still in my opinion the very best marathon in the world,' Sue continues. 'It has the best course, with the sights of London (if you get a chance to notice), the best crowd support and the best medal. London has a magic that makes you want to keep going back for more!'



Fine fellows: (l to r) Mark Hamling, Mark Wotton, Ian Langler and Dave before the start of the VLM.

really a problem — I can get straight into race pace. In fact, I did the first few miles at 5:50 pace.'

'I had said to Sharon that I wasn't really keen on doing London. I tend to find the big city marathons quite off-putting, because there is so much noise and commotion. It's great for people who might need that support but I am used to running in quiet races.'

'But it didn't seem to be a problem this time! I was surprised to do it in London but it doesn't matter now. I feel like all the weight has been taken off me. I feel like, if I gave up running tomorrow, it wouldn't matter to me.'

Membership Report

Membership Secretary **Dave Dunn** brings us up to date with what a new membership year has brought for the Trotters.

We are well into the second month of this membership year and if you are reading this then you are probably one of the 162 members who have paid the requisite subscription that became due on 1st April. There are still a few stragglers to be swept up. They will come to their senses when they realise that they have been deleted from our mailing list.

This total of 162 includes eight new members recruited since the last edition of *The Trotter*. Several of this number have joined us on a family membership basis. Two guys bucking the trend are Ben Epps (36) from Teignmouth and Glenn Jarvis (65) from Ashburton, who have both rejoined our ranks after an absence of 12 months.

Ben, who is first claim to Torbay AC, has been a regular attendee on both Mondays and Wednesdays in recent weeks, and can provide some stiff competition in training towards the sharp end of the pack.

Glenn has been battling against injuries, but has obviously decided to give it another go and we wish him good health as he tries to regain his fitness.

The other new recruit who does not have Trotter family connections is Rebecca Weare (33) from Torquay. Rebecca put in a very promising performance recently in The Exterminator when representing her company, Kitsons, in the corporate team competition. I'm sure that, with some consistent training behind her, Rebecca will improve greatly on that performance.

Four young lads all aged 16 have swelled our junior ranks. Twins Barney and Charlie Ross, together with Adam Caunter and Jake Kennard, have all taken advantage of the discounted rate for family members. In fact, it hasn't cost the Skinner-Ross household or the Kennard clan any extra at all, as they already had more than one member of the family on our membership roll.

If it were not for Adam Caunter electing to remain first claim at Newton Abbot AC, the four of them would make a pretty impressive male junior team at the upcoming Erme Valley Relays. Perhaps we can still find another 16- or 17-year-old to make up what would be quite a competitive quartet.

The other new member with Trotter connections to join us within the past month has been Ruth Mundy. Ruth demonstrated that she will become a force to be reckoned with by turning in a sterling performance at last month's Arlington Court Canter, finishing ahead of Jimmy Donovan. I predict that Ruth will, given time, give Eyvoll, Clare and Tracy something to think about!

Notable birthdays among our members during the coming weeks include Stella Imong and Tim Theobald. Both Stella and Tim will be celebrating their 55th birthdays. Congratulations and Happy Birthday to both of you. May you both enjoy competing successfully in your new veteran category.

Club Camp Update

It's not long now to arguably the best Trotter weekend of the year. No, I don't mean the weekend of Chairman's Barbie, although that's usually something not to be missed, but our annual camping weekend, which this year takes us to St Ives, from Friday 18th June to Sunday 20th June.

If you haven't already booked, I ask myself why not???!! There's still time, but be quick, and be sure to use the special Trotters booking form that you've already been sent. If you've lost that one, see me to get a replacement, otherwise if you book without it you'll find yourself camped among Joe Public, and not enjoying the camaraderie that is unique to this club.

I'll see you there on the Friday evening in time for kick-off in England's second group match of the World Cup. The campsite bar is getting in some extra tellies so we can all get a good view of the action while tucking into their home-cooked fare and supping on some fine ales.



John Ludlam

Record breakers

Dave Dunn brings us the latest from the Trotter record annals. This month, it's all about the Virgin London Marathon...

This year's Virgin London Marathon threw up two record-breaking performances. Dave Tomlin, in going sub-2:40 for the first time, eclipsed his own senior men's club record set in 1997 when winning the New Forest Marathon of that year. What a memorable club trip that was! Dave's London time set a new mark for the distance of 2:39:55. Is anyone going to prevent Dave from winning the silverware for the fastest marathon time of this year when it's handed out at our Christmas party?

The other record breaker was Vaughan Lindsay, who wrote his name into the record books by wiping out Mike Branson's MV45 time that had stood since the London Marathon of 1993. I witnessed Mike's record run that day as I was reduced to watching the race by an Achilles injury. Incidentally, following Mike over Westminster Bridge to the finish line was one young David Tomlin... For the record, Vaughan stopped the watch at 2:52:44.

It remains to be seen whether the coming weeks will produce more record-breaking runs. The race diary is a bit devoid of real opportunities, as it would take something special to come away from either the Plymouth Half or the Ruby Run with a PB, yet alone a new club record.

Should it happen, though, the worthy recipient would be given a special memento of their achievement, like those presented to Angie Weeks when I caught up with her recently at Newton Abbot Leisure Centre (see photo below).

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 web site, www.teignbridgetrotters.co.uk



Record breaker: Dave Dunn presents Angie Weeks with mementoes of her 10K club records, one set at Newquay last autumn and then bettered in the Easter Bunny 10K last month.

A LONG WAY FROM BARCELONA

She's one of the most unassuming of Trotters, but also one of the most accomplished. In the second of his *Running with Ron* series, Ronnie Jones caught up with Steph Ross — an athlete who hasn't just trained with one of the best runners of all time but one who has also been a star of the small screen...



John Ludlam

Where did it all start?

I started running as a teenager and was quite into it at school. When I was 17, I ran for West Yorkshire in the English Schools Cross Country and at the English Schools on the track in the 800m.

That's impressive, especially to run in the English Schools on the track, where you've got to have run impressive qualifying times just to get to the start line. You're incredibly unassuming about what you've achieved in your running.

I don't see why people should know what I've done in the past. Most people just take me for who I am.

So you've been running for a few years now. What has kept you at it? Kept you interested?

I did give up in my mid-20s. That was my 'party phase'. But then I got back into it again for that 'Run the World' charity event Bob Geldof set up in 1984, I think it was. Then I moved to Barcelona to teach English and ran a few races over there. One of them was a 15K race around the harbour and I won it. It made me realise I could still run. When I moved back to London, I decided to join a club again. I joined Haringey and ran a bit of Cross Country with them.

Haringey are one of the top clubs in London. I've heard that you've trained with non other than Seb Coe in your time. Is this where you did it? What was it like?

It was pretty similar to the Trotters, to be honest. We trained on a Sunday, but it wasn't just Seb Coe in the group. Wendy Sly was part of the squad, too. She was a top-class international.

It's always better to have trained too little than too much.

Sounds quite intimidating...

It was mixed-ability, like the Trotters. We had a great coach and they were all pretty welcoming, but it was serious... There was no going down the pub afterwards!

What kind of sessions did you do?

We did quite a lot of chain running, where you all run in single file then take it in turns to sprint to the front. I remember one session where I was struggling to overtake Wendy Sly. She was so strong, even when she was supposed to be jogging!

What happened next?

I moved back to West Yorkshire and joined Longwood Harriers in Huddersfield. This is where I got back into racing. I did a few 10Ks and ran my first London Marathon. Did I tell you about how I missed the start and ended up on TV?

No! What happened there then?

I had a place in the elite women's race, but completely misjudged how long it took to get to the start in Greenwich. I ended up getting there so late I had to sprint to the start. I managed to get my top off as I was running to the start area, but I couldn't get my leggings off over my trainers! I had to sit on the road. The marshals came over to help me and were tugging away, but they took my running shows off too! The next thing, I looked up and I was surrounded by TV cameras! They had all homed in on me! I didn't know at the time, but I was live on BBC 1 and even made it on the Six o'Clock news that night. David Coleman even mentioned me in his commentary, something like: 'There's Steph Ross...' So that's my claim to fame!

How did you get on in the race?

Not very well. I ended up having a cup of tea and half a lager on the way round.

So, how long have you been a Trotter?



Mixing it: Steph flying the flag at last year's Ladies' 10K.



(Thinks about it for a while...) Eighteen years. I was in a dilemma about what club to join when I moved down to Devon. I didn't know whether to join a really serious club like Haringey... But, in the end, I decided it was more important to make some friends, so I joined the Trotters. I've never regretted it.

How's your running these days?

I only do it to keep involved. I really enjoy finding marathons to run in European cities. It's like having a weekend away. I consider myself to be a bit of a slowcoach now. I know I'm never going to get the times I used to. I just do it to enjoy it, to see people and keep fit.

You're still turning out some great times. And you're a great ambassador for the club. What does the Trotters mean to you?

A lot. I've got lots of friends in the club. It has got a really friendly atmosphere, especially for new members or for people who are new to running.

What is your advice to new runners, after 30 years of running?

It depends how seriously you want to take it. If you are new to running and very enthusiastic, I'd tell you not to push yourself too much. It's always better to have trained too little than too much. Listen to your body. Try to avoid injuries and be patient. Don't expect too much too soon. Focus on quality above quantity.

Good advice for all Trotters there... But don't forget to enjoy it, too?

Yeah. Always enjoy it. That's what I do!

Get focussed!



Sharon Bowman

Club coach Tarquin unveils an exciting new training initiative for the summer months.

In last month's edition of *The Trotter*, Steve Rawlinson wrote a piece about the Sandygate Loop series of races. This month we detail some new focus training that has been devised in order to get you sharp for each Sandygate Loop night.

Ewan Walton, one of our club coaches, has put together a training schedule for Wednesday nights. This will form a new Wednesday night 'Focus group' which will build up, every week, toward each Sandygate Loop run and continues throughout the summer, to gradually build up to help to improve your times each month. It is a rolling four/five week schedule for the four/five Wednesday nights between each Sandygate loop run (see the schedule, right).

The main body of the training schedule comprises hill efforts, as the 'make or break' section of most runners' Sandygate performance is the long drag in the second mile. This hill interval training takes place on the first and third Wednesdays and involves timed interval efforts uphill, followed by a jog down recovery. The number of efforts and timed distance gradually increases as the summer goes on.

On the second Wednesdays, we have 800m efforts, which also gradually increase. These efforts will improve your speed endurance and will also provide a welcome relief from the hill intervals. Where there are five Wednesdays in a month, an extra session of 800m efforts is inserted.

Finally, on the Wednesdays immediately prior to the Sandygate Loop Fridays, we have sprint interval efforts. Ewan says that these sprints are meant to be run at 90 per cent, not at 'eyeballs out' race pace, with the emphasis being on leg speed and relaxed, fluid running.

So, if you are looking to improve your Sandygate loop times over the summer, why not give these focussed training sessions a go? And, remember, you don't have to stick to the whole schedule, but you can dip in and out, to suit how you feel. You can even 'mix and match' this schedule with the other training sessions on offer. Our coaches are always on hand to offer advice and can chat through any specific issues you may have. They are there to help and guide, so don't be afraid to ask!



Sharon Bowman

Wednesday	Sandygate Loop	Session	Venue
	30/04/2010		
05/05/2010		8x90 sec, jog down recovery	Waterworks hill
12/05/2010		6x800m	Coach Road pitches
19/05/2010		10x90 sec, jog down recovery	Waterworks hill
26/05/2010		1x400, 2x200, 4x100 Emphasis on style/form	Coach Road pitches
	28/05/2010		
02/06/2010		10x90 sec, jog down recovery	Waterworks hill
09/06/2010		6x800m	Coach Road pitches
16/06/2010		12x90 sec, jog down recovery	Waterworks hill
23/06/2010		1x400, 3x200, 4x100 Emphasis on style/form	Coach Road pitches
	25/06/2010		
30/06/2010		12x90 sec, jog down recovery	Waterworks hill
07/07/2010		6x800m	Coach Road pitches
14/07/2010		12x90 sec, jog down recovery	Waterworks hill
21/07/2010		8x800m	Coach Road pitches
28/07/2010		1x400, 4x200, 4x100 Emphasis on style/form	Coach Road pitches
	30/07/2010		
04/08/2010		8x120 sec, jog down recovery	Waterworks hill
11/08/2010		8x800m	Coach Road pitches
18/08/2010		10x120 sec, jog down recovery	Waterworks hill
25/08/2010		1x400, 4x200, 6x100 Emphasis on style/form	Coach Road pitches
	27/08/2010		
01/09/2010		10x120 sec, jog down recovery	Waterworks hill
08/09/2010		10x800m	Coach Road pitches
15/09/2010		12x120 sec, jog down recovery	Waterworks hill
22/09/2010		1x400, 4x200, 8x100 Emphasis on style/form	Coach Road pitches
	24/09/2010		

Captain's Corner

Clare Youngman salutes her lovely ladies...

Although unable to complete so far this year, I am now back in training and hoping to do some racing at long last! The ladies' performances this year have been fantastic – well done all of you! PBs, multiple marathons, first races, category prizes – we've had the lot!

I know from training on a Wednesday night that there is a core of determined training going on and we have some real talent brewing. Keep up the good work everyone! The quality of training at the club will help you achieve your goal. Now the weather has turned for the better, make the most of those cool early mornings or balmy evenings. It's such a lovely time of year to be out there running!

I must wish Sally and Tracy all the best as they continue their preparation for the Dartmoor Discovery in early June. Sadly, Belinda has had to withdraw due to injury, but Sally (who has done seemingly loads of marathons this year alone!) and Tracy (so strong and determined) will I'm sure be hugely successful! Good luck girls!

Eyvoll is still on top form and winning category prizes galore! She is running so strongly over all distances. Keep it up Eyvoll! We'll keep on following behind!

And congratulations to all the first-timers who have raced this year and to Marion Witham and Angela Weeks who seem to race every week, producing consistent performances and pick up the odd category prize on the way. Well done ladies! In fact – well done you all! I am very proud of you all and hopefully I'll be lining up at the start line with you soon. I think I'll practice with a blast (sort of) round the Sandygate Loop – just to remind myself what it is like. Hopefully see some of you there!

Remember, if you have any news, email clare.youngman@nhs.net

Bideford Half Marathon: 3rd FV35, was Eyvol Aston in 1:34:36, Tracy Elphick 1:34:50, Nikki Kennard with a course PB (1:42:51), Sue Brown 1:44:34 (6:15 improvement on her previous course best), Belinda Collins (1:45:16), Julia Proctor (1:51:26), Tina Caunter (1:53:43), Marsha Garrard (1:57:53), Amanda Milverton, with a time of 2:08:45 - a 28 second improvement on 2008.

Duchy Marathon: Sally Ingledew 4:38:15.

Duchy 20: Sharon Bowman 3:04:09.

Grizzly: Joanna Becker (4:58)

Dalwood 3 Hills Challenge: Emma Sidebotham (1:35:05), Tracy Elphick (1:35:07), Tina Caunter (1:57:43) and Sharon Bowman (1:59:14).

Winter 3K series in Exeter: Tina Caunter 14:37 (2nd FV50)

Sherborne Castles 10K: Marion Witham 1:04:48, with Julie Crump and Angela Weeks posting a joint 1:08:32.

Cotswold Marathon: Sally Ingledew (3rd FV 45) in a time of 4:21:16

Easter Bunny 10K: Eyvoll Aston 41:55 (3rd FV35), Sharon Bowman 47:09 (PB), Charlotte Crump (48:22), Marion Witham (1:00:58), Angela Weeks 1:02:58 (2nd FV65) (NEW club FV65 record!), Julie Crump (1:05:17).

Taunton Half Marathon: Eyvoll Aston 2nd FV35 (1:34:10), Tracy Elphick (1:40:13), Charlotte Crump (running her first half) 1:48:44, Sharon Bowman (1:49:37 PB by 6 seconds), Marsha Garrard 1:55:15 (PB by 2:38), Lisa Thorne and Ann Jones (joint 2:02:21), Amanda Milverton (2:22:12).

Frimley Park 10K: Lucy Payne 1:01:08 (Lucy's first race since joining the Monday night beginners group).

Tavy 13: Emma Sidebotham (1:44:39), Nikki Kennard 1:49:31, Sharon Bowman (1:52:35), Julia Proctor (1:59:34), Sally Ingledew (2:04:48).

Virgin London Marathon: Sue Brown (3:49:05), Sharon Bowman 4:09:24 (PB), Sally Ingledew 4:27:31.

Saltash May Fair Half Marathon: Stella Imong 2:07:21.

Great West Run Half Marathon: Natasha Reed 2:00:12, Georgina Wallis at 2:05:42.

North Dorset Village Marathon: Sally Ingledew 4:17:51 (5th Marathon this year!)

Black Death Run: Marion Witham 2:18:14 and Angela Weeks 2:28:56.

Exterminator 10K: Sarah Schutte 53:12, Sarah Whalley 55:38 (first race as a Trotter) and Vicky Hales (1:05:25).

Cowpat Canter 12K: Marsha Garrard (1:18:29) and Julie Crocker (1:18:35).

Ivybridge 10K: Eyvoll Aston (41:39 and 1st FV35), Tracy Elphick (44:36), Ruth Mundy (47:25), Sharon Bowman (49:54), Sarah Schutte, 50:20, Sally Ingledew (51:04), Tina Caunter (53:08), Eleanor Taylor (53:45), Joanna Becker (55:57), Julie Crump (1:03:11).

Bideford 10K: Marion Witham (1:00:53) and Angela Weeks (2nd FV65 1:05:19).

Karen Hall's Ottery 10K: Susie Ashleigh-Thomas 1st FV60 (56:34) and Angela Howells 1:00:02.



VLM ladies: (l to r) Sally Ingledew, Sue Brown and Sharon Bowman.

Your captains need you!

Captains Clare and Tarquin are calling all Trotters to arms for the Erme Valley Relays at 7pm on Friday 2nd July.

Each year the Erme Valley Harriers organise these popular and challenging relay races, which are held in Ivybridge. The race HQ is in the Rugby Club.

The relays, run over a 2.5-mile course, are undertaken in teams of four; each runner doing the 2.5-mile course once.

The route, which is run over quiet country lanes, is undulating and has something for everyone. The excitement of competing in a relay team of four is also very challenging, with a great sense of team achievement. The potential for team prizes are high, so we need as many Trotters racing there as possible.

The entry fee is paid for by the club, so all you need to do is sign up with either Clare (Ladies) or Tarquin (Men) and then just

turn up in your Teignbridge Trotter race kit. The two Captains will then work out the teams.

There is plenty of car parking at Ivybridge railway station car park, which is opposite the Rugby club.

Your Captains will be looking for names to sign up for these relays over the coming weeks, so please come forward to represent your club.

A list will be put up on the wall at Newton Abbot Leisure Centre, for you to sign, prior to training each Wednesday evening.

Remember: YOUR CLUB NEEDS YOU!



Ivybridge winners: (l to r) Eyvoll Aston, Wavell Vigers, Ronnie Jones and Dave Tomlin wonder what to do with their race booty...

STOP PRESS: Ivybridge team success!

It is with great pride that we announce the winning of some team silverware! A dedicated band of Trotters ventured down to Ivybridge to represent the club at the Ivybridge 10K race.

Overcoming niggles and colds, three of our men captured the First Team prize. Dave Tomlin led Ronnie Jones and Wavell

Vigers home to capture this award, for the evening 10K, earning them a nice bottle of red wine each!

Other individual awards included Eyvoll Aston, who was 1st FV35, and Wavell also came 3rd in the Vet40 category. Our Congratulations to them and well done to all who took part.

Clare and Tarquin

For Sale

Sue Brown is offering a real bargain to members — a classic pair of good-as-new shoes at a scorching price.

'I have a nearly-new pair of Ladies Nike Air Pegasus shoes that I wish to sell. I have only worn them twice on two short runs, I bought them for London but then decided to wear my racers instead. I normally wear Adidas trainers but thought I would try these for a change. Big mistake, I have now gone back to my original Adidas trainers (nothing to do with the shoes, though — they are classics. Just not for me.) RRP is £70.00 but I would gladly take £40.00. The shoes are UK size 5.5.'

If you're interested, get in touch with Sue, on 07762 818355. You'll have to hurry: these are popular shoes in a popular size. But you could be lucky if you get dialing soon...



The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: Speed merchants' tricks.

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