

The Trotter

Number 16

June 2010

The DD is coming home!

**Chairman named
Race Director as
Trotters take on
premier ultra
marathon**



A moment of history has been made in the ultra marathon running scene, as our great club embarks on one of its greatest challenges yet — the staging of the legendary Dartmoor Discovery. Chairman Roger Hayes, who is to be the event's new Race Director, tells the story...

You will recall I'm sure the fact that we were offered the job of taking over the role of staging the Dartmoor Discovery (DD). Phil Hampton, the race director, had decided this year was his last and the only people he wanted to take it on were the Teignbridge Trotters. John Caunter, Dave Dunn and myself met Phil and a couple of his colleagues and discussed at length what was involved in staging the event. Having taken

News Desk

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

2/7	Erme Valley Relays
4/7	Launceston Half Marathon
4/7	Quantock Beast
4/7	Bovey Tracey Charter Half Marathon
6/7	Run Exe 5K
10/7	Otter Valley Rail and River Run
10/7	Duckponds 7K
11/7	Wellington Ten

Aren't we just loving this weather! At times like this we know why we love our corner of the world. Chairman Roger Hayes has lots of news for us this month...

There is no other place to start but the Dartmoor Discovery (DD). First and second men's team and first ladies' team — what more as a club could you ask for? It was a fantastic achievement, with all three DD virgins winning some beautiful crystal glassware (Tarquin, Tracy Elphick and Noel Fowler). Thankfully we will be able to defend our titles next year, when the Trotters host the event (see our front page for the full story on that). Because of our 'new race' in 2011, the committee has decided to postpone next year's Teignbridge Ten. If the DD is a success then it's highly likely that we won't stage the Teignbridge Ten again. If that is the case, then hopefully another club (maybe the Dawlish Coasters or Teign Valley) will step in and keep what is the Trotters' longest (27 years) running race.

I would like to pass on my thanks and those of all the Trotters (14 of us) who ran the race, for all the support we received while taking on the DD. Whether it was simply words of encouragement or offers of water, jelly babies etc, it was very much appreciated.

Saturday 17th July is the date for this year's Haytor Heller. The race starts at 6.30pm, with the runners starting from halfway up

Haytor Is there a steeper start to a race? I think not. Please offer your services to Rod Payne (chief marshal). He can be contacted on 01803 557994 or email him at rod.payne@cowlin.co.uk With the new set of rules regarding gaining your points (see page eleven) there has never been a better time to volunteer. The evening promises to be a cracking one, with a five-piece jazz band, real ale, and BBQ, all of which will be at Race HQ (the building behind the lower car park). Entries have already surpassed last year's total, and there is still the best part of a month to go! The trial run for the race will take place on Monday 12th July, leaving the lower car park at Haytor at 7.00pm.

The next Trotter race after that is the Totnes 10K. It takes place on Sunday 1st August at 11.00am. There is a mile fun run that starts at 10.25am. Both races start from Borough Park, which is in front of Totnes Leisure Centre. This year we will not be relying on members from Totnes Caring to help with the marshaling. This is because John Skinner (my chief marshal) is away on holiday, and he's the only one who knows them and more importantly knows how they work! Filling his place will be Tarquin and Monkey. If you are able to help then please email Tarquin at daryl.milford@networkrail.co.uk or phone him on 07513 544938. The trial run for the race will take place on Wednesday 28th July, leaving Totnes Pavilion at 7.00pm (bring your wet suit!).

As I'm sure you know by now, we had to cancel the Summer Ball. It just wasn't viable with so few tickets having been sold. I'm sure there are a number of reasons as to why the take up was so poor, (46 tickets sold — 175 members!) Becky and Ronnie will, over the next couple of weeks, try to establish whether it's worth trying again next year.

We are trying to put together a list of all our club officials, (time keepers etc — not coaches). Could you please email me chairmanrog@sky.com with your licence number and when it is due to expire. I believe we are still short of a couple more officials. So, if you fancy having a go, then please contact me. I know there is a local course due to take place in September.



Milos Erben

Sally Ingledew helps the Trotter Ladies to victory at the 2010 Dartmoor Discovery

Ever since the DD started we have embraced the race

away files (two inches thick!) to read on the race, the three of us then met again. It was at this point, after a lot of thought and consideration, that I declared my interest in becoming the new race director. Having listened to what I had to say, both John and Dave gave me their full backing.

At our June committee meeting, I put my proposition forward and after much debate and careful thought a vote was taken as to whether we took over the staging of the DD. The outcome was a unanimous 'yes'. So, Ladies and Gentlemen, I'm thrilled to announce that in 2011 we will be staging the DD.

I would like to give you a little background on the race and share with you a few of my thoughts for the future. First of all, an ultra marathon is any distance over the marathon (26.2 miles). The Dartmoor Discovery is just over 32 miles long. It is actually one of the shortest ultras on the circuit but also one of the toughest. The first race took place in 1998, in heavy rain and gale force winds, and attracted an entry of 90 hardy soles. Despite the weather the race was a great success and has gone on to achieve a real cult following. In 2006 it had a record entry of 202 runners. It is now the largest single lap road ultra in the country.

Phil, in 1967, while serving in the Royal Navy in Scotland, started a 35-mile road race, called The Two Bridges, the route encompassing the Kincardine and Forth Road Bridges. In 1996 he went up to Scotland to help in the Two Bridges race and learnt that the race might not take place much longer, so he decided to organise another one down here in Devon, to replace it. The Two Bridges race folded in 2005, mainly due to lack of support in the area and nobody coming through to replace the ageing race committee members. I was lucky enough to take part in that race, not

knowing at the time that it was to turn out to be the last one. A small posse from the Trotters made the long trip up there, and six of us ran the race (Rog Hales, Dave Dunn, Rob Tinniyunt, Chris Wride, Ewan Walton and myself). It was a memorable weekend, made all the more sweeter for me because I won the fastest combined male time from the Two Bridges and the DD for that year.

Many ultras have sadly fallen by the way, including the 44-mile Exeter to Plymouth, the Liverpool to Blackpool, the Edinburgh to Glasgow 44-miler. I know Phil is over the moon that the Trotters are ensuring the DD has not been added to the list.



Milos Erben

I mentioned earlier that Phil would only want the Trotters to take it over. Why is that you may ask? Ever since the DD started we have embraced the race, Smokes (Rog Hales) has completed it 10 times, and many of us have clocked up more than five DDs. It has a very special appeal, that tends to lure you back year after year. You are out there for long periods, running on your own — time to learn so much about yourself and what you are capable of. Many of our members have helped out with various tasks, including staffing feeding stations and marshalling. There is a true passion for the race and that's what Phil saw and that's why he wanted us to take it on.

So, my vision for the future. I want to see the race fill up (200 race entry limit) within two months of entry forms becoming available. I want to see it receive the recognition it deserves. It is not a multi-lap or track ultra race, but a single-lap event that takes place on some of the most stunning landscape there is, with wild ponies wandering the course, hills that will quite literally take your breath away — and the prospect of some of the most extreme weather conditions you can imagine. And, next year, the best club in the country will be staging it. With your help I know we can do a marvellous job.

I have assembled a team to work alongside me, as the race is simply too big to take on by myself. Noel Fowler has agreed to be the Race Secretary, Dave Dunn will be the Course Director and John Ludlam and Graham Penn will cover Communications and I'm hoping sponsorship, too. John and Tina Caunter will be in charge of the catering. Ian Langer has stepped forward as chief marshal. He needs 4 sector marshals, as the course will need to be split up, similar to the set-up we have with the Heller.

I intend to continue as Race Director of the Totnes 10K. The races are a couple of months apart, allowing me plenty of time to get one out of the way in time to start the other. I shall be sad to see the Teignbridge Ten go (see page two for more on this, in the newsdesk section) but we have only postponed it for a year. With any luck, another running club will take it on.

I would like to thank the committee for having the faith in me to take it on — and you, for all the support I know you will provide.

On On!

Cover pic by Milos Erben

I did the DD!



Dartmoor Discovery debutante Tracy Elphick had to dig deep in order to conquer one of the nation's great races. Here, she tells her story...

Last year, I followed Dave Tomlin around the Dartmoor Discovery (DD) on a support bike. So this year I really wanted to see if I could rise to the challenge of this famous ultra marathon. I was nervous when I sent off the application form but, once it was in the post, there was no going back...

I prepared for the race by doing lots of hill training and not too many miles per week, only a few long runs. I was

wary because, last year, I suffered a stress fracture from over-training, leading up to my first marathon.

I had plenty of advice from fellow Trotters who had run the DD before, all of which I took on board. I did one long run on the course prior to the race — and it was a real eye-opener. We started at Princetown and ran to Dartmeet, which is the first leg of the course. When I got back to the car in Princetown it really dawned on me

The boys were shouting 'Come on, Mummy!' which really spurred me on.

how hard this race was going to be. I tried not to let this worry me too much, telling myself that it would be OK to walk sections of the course on the day.

When the race weekend finally arrived there was lots to distract me from the thought of running all that way. There was the tent to erect and the registration process to complete. Then I had to sort out and hand in to the organisers all the gels and drinks for the many water stops.

On the morning of the big day, as we drove to the start, I kept my mind on finalising where I wanted my husband, Nathan, to be on the route, to give me a much needed boost. Then the gun time was nearing, with the usual pre-race dash to the loo. Chatting with everyone else and sorting my drink belt all seemed a blur. I no time we were off and running. The buzz was amazing! 'I'm doing the DD!' I thought.

After six miles I realised that I'd started far too fast. I slowed my pace down, but this was too late. By the time

I reached Ashburton, I was really starting to struggle — and I still had the toughest part of the course ahead of me. I have no idea how I made it up the hill towards Buckland In The Moor. Nath shouting at me to 'Dig deep and keep going!'. The boys were shouting 'Come on, Mummy!' which really spurred me on.

The drink stations seemed really far apart now. I was grateful for the encouragement of spectators and friends along the next few miles. They helped get me all the way to Two Bridges, although I found myself walking more frequently now.

A much-needed 'Come on Titch!' from Nath at the 31-mile marker and I was nearly there.

I rounded that final bend and the finish was in site. I could hear cheers and whistles from fellow runners and spectators as I reached the line.

The feeling of pride and achievement! I DID THE DD!



Milos Erben

Winning women: the Trotter ladies who lifted the DD team prize. Tracy is flanked by Trotter teammates Sally Ingledew (left) and Julia Proctor (right)

Full circle



He has been there from the genesis of our club... Now he is in charge of one of our oldest races as it reaches a special landmark. This month, as he puts the finishing touches to the 25th anniversary Haytor Heller, Ronnie Jones catches up for a brief chat with the whirlwind of activity that is Buzz Terrill.

So Buzz.... You've been a Trotter for a long time.

Yep. Since 1983. Early '83.

What got you into it?

I was in the swimming world. I was a coach. Me and Maurice Piper (one of the founders of the Trotters). It was my life. But then I decided I was going to do something for myself and decided to get into running. I started by walking 100m... Then two hundred... Then I started running to the pool in Kingsteignton. My first runs were in baseball boots!

What were you doing with baseball boots?

Well, no one knew you should have running shoes back then. A few of us used to meet up and run down the Torquay Road —

to the seafront and back to Newton. Some bloke even put a tap outside his house for us. We were all marathon runners. There was anything up to eight or nine of us. That was how the Trotters started.

It's quite difficult for us to understand nowadays isn't it, but back in the early '80s running wasn't a usual thing to do, was it? What sort of people joined the club? Mavericks?

Yep. We knew we were leading the way. We were all marathon runners. Around the same time Chris Brasher sent a letter to sports clubs saying he was going to look into setting up a London Marathon. I did my first London in 1984. That was the Mars London Marathon. Before that, every time I trained up, I got stress fractures.

And after a few years the club got bigger?

That's right. Within a year of forming, the club was holding its first race. It was called The Moorland Run. Tom Edwards and Fred Fowler started it and we held it every year for a few years. I was on the committee and the committee decided to change it. I was taking my then wife on a run of the course at the time. When we finished, she said to me 'That was one hell of a run!' I said to her: 'You're right! It was a heller!' Then it dawned on me. We should call it The Haytor Heller.

So you came up with the name?

Yes. I took the idea to the committee and they accepted it.

And now it has come full circle. You're in charge of it.

I like to think I am! (Laughs) There's a lot of strings to be pulled yet! No, it's coming together. It's a steep learning curve.

Is it your first time as a race director?

I've done it a few times. Mick Hicks did it for 13 or 14 years. He's a gem.

But you're in charge for a special one.

Mike retired. I talked to him about it being the 25th anniversary, but he told me he didn't want to run it any more. Then I was asked if I'd think about taking it over.

This year's race is a big do...

This is the first time we're holding it as an evening event. It happened by chance. It used to be held on a Sunday, but because Broadleas (the Boy's Brigade centre which is used as changing rooms on race day) was being used on the Sunday this year, the National Park only had the Saturday evening free. But it has blossomed. Everything has fallen into place. We've got the jazz band, the barbecue, the camp fire... The lot!

You're proud of it...

Yep. I just hope I don't have egg on my face! It if pours down with rain, what am I going to do? We're going to have a lot of raw sausages!

But it's all sorted?

I had Rod Payne (Chief Marshal) on this morning. Great bloke. He told me we're still short of marshals. We're at least six short. We're going to need more people to help us with the refreshments and the general running of the event. We've had one or two ups and downs along the way, too. There was a gymkhana to get around and the National Park have told us there's a SSSI (Site of Special Scientific Interest) on the course now, so we've had to slightly divert it. But we're nearly there.

How can people get in contact to help out?

Contact Rod, the Chief Marshal, on 01803 557994. And my number is 01803 528648.

It's almost like this is your legacy. How will you know when it has been successful?

When I take my pot of gold to the committee. Then I shall say: 'There it is!' Then I'll say 'How about next year?'

So you'll do it again?

Oh yes.

But it's not just about the money, is it?

No (becomes even more animated than usual). It's about the experience. I'm a great believer in off-road running. I believe that. If somebody goes out and enjoys the experience, they will want to do it again. Races like this are what keeps our club alive. I don't need a tattoo: cut my arm and there's 'Trotters' written through it. I've been away, Ronnie. I went off to South West Road Runners. I wish I'd never done it. Once you're a Trotter you're always a Trotter.

I've got to ask you this. Why do they call you 'Buzz'?

I've always been the 'busy bee'... The club means so much to me. I've always been involved.

Long may it continue?

Oh, yes! Until my dying breath, I can tell you that now!

The Haytor Heller is being held on Saturday, July 17th, at 6.30pm.



Buzz at the 2009 Teignbridge Ten, with Maurice Piper (centre) and Reg Tole (right).

Captain's Corner

Tarquin has loads to shout about
this month...

Well, here we are in summer! I write this still feeling sunburned from the Club Camp, which this year we had in St.Ives. You can read more about this elsewhere in the magazine – however, all I would say is that I DID NOT CHEAT! As club men's captain, I feel that it is my duty to uphold the highest standards of the club and always do what is right and proper, with everything I do with the club! Erm, well, moving swiftly on...

We had some big events over the last couple of months, at which our Trotter chaps have had a number of personal and club/team successes. The biggest of these successes must be Tommo's, who finally achieved a sub-2:40 marathon time. This finishing time, achieved at the Virgin London Marathon in April, required running at a pace of slightly over 6-minute miles — an achievement that I find mind boggling. I find it hard enough attempting sub-7-minute mile marathon times!

We've had some excellent team results, too. Quite a surprising result was at the Ivybridge 10K, where we snaffled the 1st Male team award. When I say surprising, I in no way run down our excellent runners, or want to detract from their achievement, but rather that this event normally attracts some talented teams from the very 'serious' running clubs like Erme Valley and Torbay AC. So to win the award at this event makes it all the more special. Well done to Tommo, Ronnie and Waves!

More team success came at our annual 'hardcore' outing at the DD, where we won both the 1st and 2nd Male team prizes! Tommo again lead us home here, followed by Chairman and Roy Brown. It was very warm and close on the day and this affected everyone's performances, making for a very hard day. Roy suffered quite badly with dehydration and at the 30k mark he was seriously starting to struggle. It didn't help that the first drinks station isn't until the 7-mile mark. Roy dug in



Milos Erben

Running strong: Roy Brown played a crucial part in the Trotter 1st male team victory, digging deep to help Dave Tomlin and Rog Hayes to DD glory.

magnificently and came in not far behind Chairman, with a finishing time consistent with his past DD performances. Tommo, Chair and Roy won the 1st team prize for their achievement, walking away with a nice shield to place with our other silverware in the cabinet at the White Hart. Yours truly, Noel Fowler and Ian Langler then followed up by winning the 2nd male team, to stamp our Trotter footprint firmly on this event! You can read more about that elsewhere in this addition of *The Trotter*.

On the Thursday following the DD, a good turn out of Trotters attended the Dawlish Coasters Coastal Dash, in Dawlish Warren. Four Trotters ran both the DD and this race! This is a challenging little 4-mile race around Dawlish Warren, with some of the course involving beach running and climbing through groynes (yes, I did write 'through')! Wavell 'Waves' Vigers led the Trotters home, in 4th place overall. I was chasing his heels hard, with Chairman and Ewan not far behind. It was certainly a bit of fun! I'll catch you next time, Waves!

Our Chairman has been continuing his marathon charge for the year and this has now turned into a personal duel with our other 'marathon machine', the amazing and very sexy (am I allowed to say that?) Sally Ingledew. Chair has so far run five marathons this year, but Sally is two ahead of him with seven! Chair would be equal, if it wasn't for the volcanic ash causing him to be stuck on the beach on Lanzarote (shame!), and the

Club Camp. Sally didn't go to club camp just so she could run the Boddington Marathon (she must have a marathon addiction, or something!). They are both off to the North Devon marathon this weekend. Chair is desperately searching the country to find marathons in July and August, but he's finding it difficult!

I must make mention of our own news hound, Graham 'Inky' Penn. Inky seems to race every weekend and he doesn't just stick to local races, but can be seen flying the Trotter flag all around the country. Some of these races he is the only Trotter, so his dedication must be applauded.

Next weekend will be a full weekend for the Trotter men, with the Erme Valley Relays (read the call to arms in last month's edition) on the evening of Friday 2nd, followed by the 'Lad's weekend away' on that weekend. A number of Trotter chaps will be attempting the infamous Callow 5 fell race on the Sunday, after sampling the local Ale Trail festival the previous day. We should return with many stories I'm sure!

Right, enough for now. I'm off to have some fun at the Festival 4 race in Exeter, which starts and finishes on the Quay and takes the runners over some of my old training routes.

If anyone has any stories from races, or anything else remotely Trotter-related, that they'd love to share with me, just send me an email!



Hill climb: True grit from Noel Fowler as he scales a DD ascent. Noel's effort, together with Tarquin and Ian Langler, helped us bag 2nd male team.

Membership Report

Membership Secretary **Dave Dunn** has some fresh faces to introduce but no new records to announce. Come on, you lot!

It's high summer and our membership total is blossoming, having now reached 177 and showing no signs of abating just yet. There has been a flurry of late renewals, plus we have been able to welcome four new members to our fold.

Continuing the recent trend that has seen younger family members following their parents into our ranks, Ellie Aitchison, having just turned 16, has joined through mum Penny converting her individual membership to that of family status. Ellie is evidence that our club is vibrant and forward-looking, and this clutch of younger runners suggest that the Trotters have a bright future.

Friends Tara Carter and Laura Selley have both been finding their feet in our Monday evening beginners group, which is now starting to feed members through into the club. Tara

is the more experienced of the pair, having taken part in the Tavy 7 a couple of years back, but who now is finding her way back into running after an absence away from the sport. And at the same time she is helping Laura to gain fitness and confidence.

Carol Kuhlmann is an exciting new recruit. I say new, but Carol is an experienced runner who has been fast enough to gain a good-for-age place in the London Marathon. Carol is in the process of moving to our area from Cardigan in West Wales and will doubtless have an eye on some of our club records in the FV60 category.

Notable birthdays in July include Steve Brooking who will celebrate turning 40 and Stephen Wallace who reaches 60. Congratulations to both of you — may you both enjoy your new veteran status.

Club Records

No new club records have been set now for a couple of months, so I have sent the engraver away for his summer holiday! There appears to be little scope either for any record-breaking runs during July, particularly if it is as warm at Wellington on the 11th for their 10 mile race as it was a few years ago when we went there for our club trip. Just ask Mark Becker!

Launceston's half on the 4th is one of the toughest around, so maybe Bovey Tracey's revived half marathon is the best opportunity in the next four weeks for a bit of history making.

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



Milos Erben

Taking stock: Dave chills out after completing this year's Dartmoor Discovery. Perhaps he is pondering his new role as DD Course Director...

Let them eat cake

Chairman Roger Hayes outlines a new points system that will bring extra rewards for helping out at our races.

As you know we have been operating the point system for the club's London Marathon places for a number of years. For the benefit of those members who are unfamiliar with it, here is a quick reminder; For every one of our six races you help out in you get a point. The Ladies get a point for running the Ladies' 10K. Those with four or more points can put themselves forward into the draw for one of the four club places that we usually get for the London Marathon. You must have been officially rejected from the race and have every intention of taking part. The last two years we haven't needed a draw as there have been exactly four each time.

While this is undoubtedly the fairest way to distribute our club places it isn't really that important to the vast majority who gain 4 points or more, who for one reason or another have no desire to run the London Marathon. With that in mind I have proposed the following, which will start immediately and be back-dated to include the Bovey Cross Country and the Teignbridge Ten.

You will still get a point for helping out at each race (excluding this year's Dartmoor Discovery (DD) as it was obviously not a Trotter race then) and the Ladies will continue to get their point for taking part in the Ladies' 10K.

At the end of the year, Syd Willocks, who is now collating the points throughout the year, will tot them up and those with four or five points will get a free race entry to next year's

chosen club trip. Those with the maximum six points will get a free ticket for this year's Dinner and Dance.

It is a small way of showing our appreciation for those members who ensure our races are as good as they are, because without our races generating the profit they do, the club would not function as it does now.

What Phil Hampton, the DD Race Director, did for all his helpers made me think why aren't we doing the same for our members? His huge team of



helpers are each given a free packed lunch, consisting of a pasty, slice of cake, piece of fruit and bottle of water. I put it to the committee that we should do something similar at our races for our helpers, and I'm pleased to say they agreed with me. So, starting with the Haytor Heller, each marshal/helper will be given a token which they can exchange for something to eat and drink from the following; hot dog, burger, slice of cake, half pint of real ale, tea or coffee.

This same token system will be adopted at each of our races where we offer food and drinks. Again, this is a small way of showing our appreciation. You have given up your time (a precious commodity in this day and age) to help ensure we stage some of the best-organised races in the county. The least we can do is give you a bite to eat and a cup of coffee.

Going back to the point system; The race director together with the chief marshal will have the final decision on who they believe has earned a point. If the race doesn't need any more helpers (a lovely position to be in) and someone offers their services 24 hrs before the start, then they won't be given a point. Similarly, if they turn up an hour before the start of the race and there isn't anything for them to do, other than perhaps a five-minute job (marshaling the Totnes10K fun run for instance) they won't get a point.

What we are trying to encourage is organisation, offering your services early, relieving some of the stress of last-minute phone calls as chief marshals try to fill gaps! Anyone who has been in that position will know how stressful the job of chief marshal can be.

Regular point tallies will be published in *The Trotter*. We will, by the way, still operate the same system for the London club places. On behalf of the committee, thank you for your continued support and enjoy the cake!

Happy Campers

Glorious weather set the scene for a fantastic weekend's camping just outside St Ives, with lots of fresh air, running and silly games...

For many campers, the two highlights of the Club Camp were the Wellie Wanging competition and Gary Watson's fiendishly difficult 40-minute run and Treasure Hunt.

On a gloriously sunny, if rather chilly evening, Dave Tomlin and Sharon Bowman did a sterling job organising the Wellie Wanging. The men's winner was Nathan, with an eye-watering wang of immense proportions. Camp newcomer Hannah was a worthy ladies winner, delivering a very professional performance. The 16-and-under title

went to Callum and Tom carried the trophy for the little 'uns.

Tarquin won the 40-minute run, judging his pace so that he arrived back at the starting point just three seconds short of 40 minutes. He shook off accusations that the possession of a mobile phone had helped him in his quest, insisting that he hadn't known when the event began, so could make use of the device. We all believe you Tarquin! The Treasure Hunt was won by Stan and Tom. Everyone enjoyed a few sweets as the sun set on a lovely day's camping...



Wellie wanging winners: (l to r) Tom, Nathan, Hannah and Callum celebrate their victory.

End of an era

You'll have read by now elsewhere in *The Trotter* of our committee's decision to take over the staging of the Dartmoor Discovery. New Race Director, Rog Hayes, has asked me to be his Course Director. So that I can concentrate my efforts on helping to stage the most prestigious road race ultra marathon on the British calendar, as well as continuing in my role as Membership Secretary, I shall be stepping aside from organising future club camps.

This will give someone else a chance to put their stamp on one of the most eagerly awaited weekends on the Trotter social scene. So, don't wait to be asked — you don't need to be on the committee, as fresh blood with new ideas would be welcome. Step up to the plate and volunteer. I'll give you the benefit of my eight years of experience if you want it, but otherwise I'm happy to take a complete back seat.

Dave Dunn

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: Speed merchants' tricks. OK, I know that's what I said last month but the DD intervened.

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