

The Trotter

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Bonkers? You bet!

Club trip newbie **Marsha Garrard** reports on the recent jaunt to the Magnificent 7 in Saltash, where lots of fun was had by all...

After three years as a Teignbridge Trotter and my first year attempting the club championship, I made the decision to sign myself and my family up for the club trip. I'd never been on a club trip before, so I was slightly apprehensive about what I had let us in for. But Ewan Walton reassured me that it wasn't as rowdy as it used to be and was now suitable for

families. Indeed, while marshalling the Haytor Heller, John Skinner insisted that it was a good crack and we'd be alright!

With this in mind, myself, my husband, Paul, and our children, Florence and Josie, waited nervously on Sunday morning for the bus at our collection point. I steered the family to the back

News Desk

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

3/8 Run Exe 5K
7/8 Cornwood 10K Challenge
8/8 Sidmouth Festival Run (appx 10K)
18/8 Dalwood Fayre 10K
22/8 Torbay Regatta 10K
27/8 Forest Flyer Five
30/8 Peter Tavy Plod
30/8 Lustleigh Show 10K

There is only one place to start my news round up, *writes Roger Hayes*. It is, of course, the Haytor Heller. What a fantastic occasion it was. We had a record number of entries, 276, and I had to turn another 30 or so away! So many runners stayed on after the race, enjoying the BBQ, real ale and jazz band. It was a real joy to see such a successful evening. A huge thank you must go to Buzz Terrill, who did such a great job as race director. He worked his socks off, ensuring everything was in place. Rod Payne did a marvellous job as chief marshal. Between them they are some team! I hope those that used their marshal vouchers enjoyed their burger and beer. We'll be operating the same system on Sunday at the Totnes 10K. If you didn't use your voucher at the Heller, you can do so at Totnes or the Ladies' 10K, but that's it: we start afresh in 2011.

Talking of Totnes, it looks like we could set a new entries record there as well. We don't want the Heller to get all the glory! Thank you to all those who have volunteered to help. Tarquin and Monkey have done a sterling job in Skins' absence as joint chief marshals. One thing that shone through from all the emails we received after the Heller was the fantastic support runners got from our marshals, who were friendly, supportive and, on occasions, a little cheeky (good old Oodey!) So my message is simple: more of the same on Sunday, please.



Congratulations to the happy couple: Claire and Al tie the knot.

Congratulations are in order, as Big Al and Claire have recently got married (see below left for a picture of the happy couple). I'd like to wish them a long and happy life together. They're a cracking couple, and no lads weekend away would be the same without the big man himself. Happy days indeed, as Claire is expecting their first child shortly. Just hope he/she doesn't snore like Dad!

This year's club trip seemed to be well received by all those who attended. I think the double decker bus, although basic, worked well and I would certainly use it again for future trips. A real bonus is that it can take 81 passengers, which should be enough to meet our demands, and save the club £350 (the price of an extra coach). We managed to field 38 Trotters in the main race and 15 kids in the fun run. At one stage I thought we'd beat our club record of 42, but it wasn't to be. I'm already looking for a suitable race for next year. Watch this space!

Anna Langer has joined the committee having been co-opted on as a replacement for Gary Caunter, who has resigned. I'm sure Anna will bring plenty to the table, and I'm looking forward to working with her. Please remember the committee are elected to represent you, so if you have anything that you'd like discussed, feel free to jot it down and send it to any of us.

It has become apparent that as a club we are woefully short of members who possess a food hygiene certificate. This enables them to handle food at our events, either making or selling it. With that in mind, the club have decided to pay for four places (they are £25 each). The certificate can be gained by an online exam/test. If you feel you would like to help out at some of our races with the catering, then please let me know and we will collate a list of names for the committee to choose the lucky four.

Keep your eye out for the summer beach party that Tarquin and myself are hoping to organise. We're waiting for a nice hot sunny day, when we can descend onto Teignmouth beach for fun and games, a BBQ and a few beers — a real family day. Ian Langer is organising a replacement event for the bike ride (see page 12) — a much safer and altogether relaxed affair. If you have an idea for a social event and better still would like to organise it, then, please, we'd love to hear from you. We don't want to lose our reputation as party animals!

It was really good to run alongside so many other Trotters



Well-earned rest: Marsha relaxes with fellow Trotters after conquering the Magnificent 7.

of the bottom deck so I could assess the situation for myself but everything was fine. The journey to Saltash went smoothly — so far, so good! We arrived with plenty of time to spare before the main race began. Our children had time to get to know some of the other mini-trotters and make friends.

The Magnificent Seven was a tough race on a hot day but it was really good to run alongside so many other Trotters. There was a really good atmosphere among the Trotters before and after the race because there were so many of us and we had excellent support from our families.

Although the race was tough, I was encouraged by the prospect of beating Mark Wotton. The fact that he was running his third race of the weekend and was in a gorilla suit had nothing to do with it...

Once the race was over I started to relax. Paul and I sat and had a beer while the race prizes were given out, cheering for Eyvoll Aston and the men's team when they collected their trophies.

At the pub, there was a good atmosphere and everyone was really friendly. This had been the part of the

day that had concerned me the most, because I don't know many Trotters and I don't attend the White Hart on a Wednesday night. But I needn't have worried. Everyone was so welcoming towards us, especially Paul who isn't a runner or a club member.

The highlight of the day had to be the games in the pub garden. The first task was to get as many people as possible into a child's play house. My family watched this and the fact that the play house is still standing is a miracle. The cover pictures give a flavour of the mayhem that ensued.

Next up was the assault course. Chairman used every resource possible to turn the beer garden into a mini commando challenge. It was a real family event with, the children encouraged to have a go. I was quite alarmed to see my husband (not a small man) running across scaffolding planks and throwing himself under beer garden tables but he survived (so has his grass stained t-shirt). It was brilliant fun for us all.

At this stage everyone was in high spirits. Conversations were flowing, running stories shared. It was really nice to socialise with such a diverse group of interesting people.

I was having such good fun I didn't want the day to end and felt slightly sad when we were called for the bus journey home but the fun didn't stop there.

On the way home, my daughter, Josie, insisted that she sit on the top deck and I'm glad she did. Skins and Monkey made space for us and provided some refreshments and so the singing began. We sang all the way home — *Sloop John B* and *American Pie* and several others. It was fantastic.

I would encourage anyone to give the club trip a try. It was a brilliant day for the whole family and a good opportunity to get to know your fellow Trotters a little better. It was a perfect day — running, eating, drinking, games and making friends.

Paul, Florence, Josie and I would like to thank Chairman and the committee for organising a brilliant day out. We'd also like to thank everyone for making us feel very welcome.



Family support: Florence and Josie cheer on their mum.

Cover pix by Gia D'Aprano

One Hell of a race



This year we marked the 25th anniversary of a very special race, our own Haytor Heller. It was a cracking event, blessed by good weather and re-invented with a successful new evening format. Race Director Buzz Terrill and Chief Marshal Rod Payne sum up the new-look Heller.

We had more than 250 entries for this year's race, with a great turnout on the day of 240 runners. The weather was good with sunshine, a light warm breeze and good visibility. All the starters and finishers were accounted for.

First home was James Baker of Chichester Runners and AC in a time of 40mins 09secs. This was James' second consecutive win of the Heller.

First lady was Lucy Commander of SW Road Runners in a time of 47mins 11secs.

All finishers received a 25th anniversary t-shirt. Prizes were given for first, second and third places overall and for first and second in all other categories. Silver cups were awarded to first male and female overall.

Permission and permits were given for the race by Dartmoor National Park Landowners and Dartmoor Commoners Association prior to the race.

The course had to be amended due to Dartmoor NP putting an Site of Special Scientific Interest notice on the boggy area after the water crossing at Beckabrook. The detour did not alter the length of the race.

We were fortunate to be able to use the Broadleas Boys' Brigade Centre as our HQ. This is an excellent venue as it has all the facilities that we required.

We were unable to book the St. John's Ambulance this year as they were already booked for other events. Luckily we were able to have Dartmoor Medical Services who were in

Dartmoor Rescue did an excellent job with communications around the course

attendance at the race as required and did a great job.

We also booked Dartmoor Rescue, who did a excellent job with communications around the course, linking up with the medical team as well as our chief marshal. All worked well. Fortunately there were no incidents or injuries on or off the course.

We had a superb turn out of course marshals and event helpers — in excess of fifty people. This will be hard to beat next year, but in the true Trotters tradition — who knows?

Thank you once again to all those who helped to make it a success. A special thank you to those who sweated and toiled over the BBQ: it was a truly noble effort.

The provisional date for next year is July 16th, a Saturday evening again as this seemed to be popular with all who took part.

Once again, it makes it makes us proud to be Trotters and to be associated with a great race and the great team that makes the race what it is, THE HAYTOR HELLER.

Thanks very much to you all.





One name, one aim!

He's our Men's Captain, and the latest member to get branded with the Trotter tattoo. He's also the stats genius behind the Club Championship. Ronnie Jones looks up the facts and figures behind the man with one name: Tarquin...

R: You've not been running for a long time. What made you decide on running as a sport?

T: I was talked it into by Roy Brown (a fellow Trotter). He ran a gym in Dawlish. I got talking to him and before I knew it, I was running an adventure race in Newquay in 2008.

R: That's not long ago!

T: No. It was like a kind of Triathlon

R: How did you get on?

T: Abysmally.

R: Were you part of a team?

T: Yep. It was like an orienteering run. There was a bike ride, a surf paddle and rock-climbing thrown in.

R: After that road running seems a bit straightforward!

T: That was only a taster! Roy then persuaded me to do the Amsterdam Half Marathon.

R: How did you meet Roy?

T: We've been mates for about ten years. We were at the same cycling club, the Mid Devon Cycling Club.

R: And how did you get on in Amsterdam?

T: 1:48. My hips were pretty shot to pieces afterwards though. I thought I'd messed them up for about three months. In hindsight, it was a lot to take on after so little running.

R: But then you decided to join the Trotters?

T: No, not straight away. I started going out on Tuesday evenings with the Dawlish Coasters. That was in the winter of 2008.

R: So what made you move across to the Trotters?

T: Roy then talked me in to running the Paris marathon in January 2009. I'd already done the Duchy 20 in March 2008.

R: This is only just over a year ago. It seems incredible. It seems like you've been around the club a lot longer than that. What drove you on to do so much in such a short space of time?

T: I've got a burning ambition. I want to achieve. I'm so impatient to achieve.

R: Why is that?

T: I don't know. I'm 37 now. I'm staring down 40. I was a pretty good runner at school. I could have been a decent runner if I'd kept it up.

R: So this is about fulfilling your potential?

T: Yes... I've always felt like an underachiever.

R: Why so?

T: I think it started with my exams at school. I didn't do as well as I wanted. I think basically I didn't have the long-term motivation to push myself. I don't always want to show the commitment...

R: So your rapid improvement in running is all about proving yourself — to yourself?

T: Yes, I think so. My family commitments aside, running and my training is the one thing I have to show a commitment — an unswerving commitment — to. I've sacrificed quite a few things to my training in the recent past.

R: I've seen you flying around the track on Tuesday nights at Exeter arena (Tarquin and I are part of the same training group). I've certainly noticed a fairly rapid improvement in not just stamina, but also speed. What training are you doing?

T: Nothing much, really. At the beginning of the season, I was marathon training and training for the Dartmoor Discovery (DD). After the first week of track, I really felt it in my legs, but then something seemed to click... I have a love-hate relationship with the track. I go there and think "I don't want to do this" but the benefits are amazing. My speed has really improved.

R: I want to move on to your relationship with the club now. You're not only the Men's Captain, but also — as a lot of Trotters will know — in charge of the complicated and probably thankless task that is the Club Championship. The club has certainly taken you to its heart. What does the Trotters mean to you?

T: It's my life. It's like a big, extended family. That's what the tattoo is all about. It's a mark. It means I'm a Trotter through and through. It's a visible sign of my ongoing commitment to this club. I'm not a tattoo person. It shows that I'm here for good. It's a physical sign of this commitment.

R: So... what next?

T: (Pauses to think). I thoroughly enjoy being Men's Captain and Club Championship secretary. I find it interesting. I wouldn't say it's a thankless job. People do thank me for what I do. But what's next for me is... I want to be a better runner.

R: What do you mean by "better"?

T: I want to the succeed in races. But there's a problem. I don't know what kind of runner I am. What discipline or distance is "my office", to use an expression.

R: How are you going to square that conundrum away?

T: I don't think I can. Next year, I wasn't going to any marathons, I wasn't going to do the DD and I was going to concentrate on the club champs. But then the Trotters need a team in the DD.

R: So what's it going to be?

T: My commitment to the club is foremost. The club means too much to me to think about selfish ambition. To me that's what being a Trotter is all about.

R: It has been a fascinating chat Tarquin. But I've got to ask one more question before I let you go. Why are you called Tarquin?

T: (laughs) ... That's Roy's fault! I'd only been a Trotter for a matter of weeks when I pitched up at the Chairman's Barbie in a rather ludicrous Hawaiian shirt, tweed jacket and Panama hat! People asked me my name and, before I had the chance to answer, Roy answered "Tarquin" for me and it's kind of stuck. Then there was the infamous drinking game... and let's just say Tarquin was born.

R: And long may the legend live on...



Leader of the pack: Tarquin turns it on during this year's DD...

Championship report



Spreadsheet guru [Tarquin](#) brings us up to date with some nicely brewing contests in the Club Championship.

Firstly let me apologise for the lack of championship updates over the last month. I have been moving home, into a house that required a lot of work before I was able to move in. Because of this, my computer has been in bits. I have put my computer back together, although I am still not on the internet at home. Thankfully I have access to the internet at work. So, through one way or another, normal service has been resumed.

And hasn't the championship hotted up over the past two months? We now have a "husband and wife" (well, they're engaged) team leading the championship!

Sharon "Fizz" Bowman now leads the Ladies, after completing six sections. Fizz races most weekends, with her fiancé Dave Tomlin (pictured, above), and this consistent approach has seen them both go to number one in the championship.

While the men's championship has been pretty progressive, the ladies' championship certainly has become very interesting. Fizz has jumped to number one, after an early lead by Eyvoll

Aston. However, Eyvoll has attracted maximum points from each of the four sections she has completed, so will be looking to play catch-up in the coming months. Having already run a couple of Sandygate loops, she has effectively completed five sections (the Sandygate loop times are taken from the best times of the season, which doesn't end until September), but does need to complete one more section to complete the championship. She has already completed one race in the Cross Country section (Section 3), so will she race down at St. Austell for the last one in that series, or will she don her off-road shoes for the Drogo 10 or Bicton Blister in Section 6? Eyvoll told me that she isn't a big fan of long off-road, but nothing will stand in the way of her completing the championship. Go for it, girl!

Close behind and eager to join the leadership battle are a trio of Trotettes: Marsha Garrard, Tina Caunter and Tracy Elphick. Having completed only three sections (Marsha) and two sections (Tina and Tracy) respectively, the trio have plenty of

scope to make up ground and also plenty of time in which to do it in. I think it all depends on how many races these three are able to do for the remaining season.

An outsider that could jump over everyone's head is the delightful Emma Sidebotham. Emma had been going great guns at the beginning of the season, but due to an unfortunate leg injury, she had to withdraw from racing at a very crucial part of the season. But Emma made a very welcome return to racing at the Festival 4 and is eager to get back to form. At present, she has only completed one section, but she has been working out exactly what races she needs to tackle in order to complete the championship. The stage is now set for her to make a late charge and, if she can fit the required races in, I tip her to be the one to watch this season.

The number one stop in the Men's championship has all but been decided, as it would take something pretty amazing to dislodge Mr Speedy Dave Tomlin now. Tommo has completed six sections, with the maximum of 50 points achieved in each section. Again, with the Sandygate Loop factor coming into play, Tommo has really completed all seven sections. He is also planning on competing in a lot more races this season, so there is no reason why he won't improve his times to stay ahead of anyone who may try to challenge him...

It's the race for the number two spot that is quite exciting! Some odd-ball called Tarquin is currently lying second, but he is looking over his shoulder more than ever right now! The current positions on the championship spreadsheet do not actually give a true reflection of what is going on. We need to read the "average points per section" column, coupled with the "section completed" column, to give a better indication here. Although young Tom Burman, lying in third, is right behind me, the man I keep seeing, when I look over my shoulder, is the club mystery man, Mr. Wavell "Waves" Vigers. And Waves keeps giving me a cheeky wave too, as he knows the score all too well! Waves is a very strong runner and puts in consistently good performances. He has currently completed three sections, but has already been planning on which races he now needs to target to complete the championship. He has been

consistently outperforming me in early/mid season races, when we go head to head, but I finally came to terms with his challenge at the club trip. However, although I crossed the line some 22 seconds ahead of him, due to him being three years my senior, he gets a better percentage for the championship, due to the way the age-grading comes out! His average points per section come out at a very healthy 49.33, whereas I am down at 47.80. My only real chance of keeping him from taking the number two spot is when we move into the Cross Country/ Long Off-road race season. Waves is not a fan of these type of races, by his own admission. But he is still hungry and he won't let my reasonable off-road talent get the better of him!

I tip Wavell to snatch the number two spot, which leaves a squabble for third place. Tom Burman has been out of sorts in recent months, but he is starting to get back into training again. He's currently attempting a triathlon involving the famous Alpe D'heuz hill climb, which is a very daunting challenge indeed. Tom could return on a high and be flying in training after that effort. And we cannot discount Ian Langler, who has been quiet on the racing front, of late, due to other commitments. But there is still a long way to go until the end of the season, and plenty of races left. There really is still everything to play for!

Moving away from discussing individual positions, I want to mention the championship as a whole. The Launceston Half is listed as a championship event, but unfortunately it clashed with the local Bovey Tracey Half. To the best of my knowledge, no Trotters attended Launceston, whereas quite a few ran at Bovey. In hindsight, we realise that Bovey Tracey should have been the championship race, not Launceston. This will be amended for next year's championship. Unfortunately we cannot do anything for this year, as these races have been run, but you are reminded that Bovey Tracey can be used as a wildcard, as some of you have now done. Remember, it (and other half-marathons) doesn't just have to be used as a wildcard for section one, but could also be used as a wildcard for section five (long misc.) or section seven (mixed). As always, if you have run a race, which is not in the championship and are unsure as to which section you could enter it as a wildcard, just come and have a chat with me.



Sharon Bowman, pictured at the Chudleigh Carnival 6 earlier this month. Can she fight off a strong autumn challenge from Eyvoll Aston?

Captain's Corner

Clare's so proud of her lovely ladies...

Well so far the summer's been hot and steamy — but it has been equally matched by the performances of many of the ladies in the Club! Again a whole raft of category's prizes, PBs, fantastic racing and great training has meant that my roll call of performances is again huge! Well done to you all!

A special mention must go to the trio who won the ladies' team prize at the Dartmoor Discovery this year. Tracy, Sally and Julia proved that true grit and determination wins. (Especially, Julia who unbelievably only entered the race a couple of weeks before and didn't do any training for it!) Tracy and Sally (both real troupers) also ran their socks off. Let's hope we can retain the trophy next year when we (the Teignbridge Trotters) host the race for the first time. So if there are inspired candidates out there (myself included) then let's ensure we showcase our running ability as well as our outstanding race organisation skills!

Still on top form is Eyvoll who keeps churning out incredibly quick times. Sharon, Eleanor, Sarah, Sue, Marsha, Marion, Tina, Julie and Vicky keep performing regularly near and far. Also quietly behind the scenes there is a group of ladies (Nicky, Penny, Becky and Michelle) performing triathlons who are doing rather well over a range of age categories. Well done to them and it's great to know that our running training can be used for other disciplines and sports.

For those looking forward, the autumn marathon season looms. I am planning to start some weekend long runs from September, so you don't have to be alone if you are planning your 1st or your 1000th (Sally!) marathon. Even if a marathon isn't your cookie, a long run through the Devon countryside must be. So please feel free to join in even if your target isn't 26.2 miles.

It's been great to see lots of you turning out for the monthly Sandygate Loops — if you have never run it, it's worth being timed on a 4-mile route for free if nothing else. They are not just for the elite, so please consider trying one (last 2 left in 2010 are on the last Friday in August or September). Of course there is the added bonus of being able to carbo-load afterwards in the Sandygate Inn!

Finally after the success of the 'Calendar Girls' night out, I shall be trying to arrange another such trip in the future so watch this space!

If you have any news or updates you wish me to mention, please email: clare.youngman@nhs.net

Well done!

Well done to all our ladies for some great times recently...

Plymouth Half Marathon: Gia D'Aprano 1:47:22 (3rd FV50), Sue Brown (1:51:04), Sharon Bowman (1:54:19), Sarah Schutte (1:55:47) and Mary Goulden, and Cathy Evans running their first Half Marathon 2:01:34 and 2:30:13. **Edinburgh Marathon:** Eleanor Taylor 4:21:28. **Dartmoor Discovery Ultra Marathon:** 1st Ladies team: Tracy Elphick 5:39:40 (2nd FV35), Sally Ingledew, 20:52 faster than 2009 with a time of 6:06:04 and late entrant Julia Proctor 6:13:38. **Run in the Wild 10K race:** Cindy Brookes 1:19:45. **Dawlish Coastal Dash:** Sarah Schutte (29:17), Sharon Bowman (30:14), Tina Caunter (32:04), Eleanor Taylor (32:26), Jo Becker (33:35) and Vicky Hales (37:54). **Yeo Mill Yomp:** Clare Youngman 1:32:48. **Boddington Marathon:** Sally Ingledew 4:19:48 and Selina Da Silva (second claim) 4:55:09. **Ruby Run Half Marathon:** Sharon Bowman 1:56:45 and Tina Caunter 2:00:52. **North Devon Marathon:** Sally Ingledew 6:01:50 (2nd FV40). **Great Lanhedrock Run:** Marsha Garrard 1:39:57. **Festival 4:** Eyvoll Aston (28:16 and 1st FV35), Emma Sidebotham (31:22), Sharon Bowman (32:26 and 1st FV40), Sarah Schutte (32:44), Sally Ingledew (35:00) and Michelle Willocks-Watts (35:22). **Killerton Kanter:** Charlotte Crump 50:43, Vicky Hales (1:09:22), Julie Crump (1:11:41) and Marion Witham (1:17:14). **Bovey Tracey Half Marathon:** Clare Youngman 1:41:51 (1st FV40, 2nd Lady), Anna Caunter (1:52:47), Sharon Bowman (1:55:30), Sarah Schutte (1:55:57), Sue Brown (1:57:59), Sally Ingledew (2:01:57), Mary Goulden (2:04:24), Eleanor Taylor (2:09:20), Jo Becker (2:11:56) and Vicky Hales (2:25:17). **Somewhere in Wales 10K(!):** Michelle Willocks-Watts – 47.37 (PB). **Erme Valley Relays:** Eyvoll Aston (16:01), Eleanor Taylor (21:45), Sharon Bowman (18:25) and Clare Youngman (17:31) finished 45th in 1:13:35. **Beat the Bus:** Tina Caunter 59:06. **Otter Valley Rail and River Run:** Sue Brown 49:36 (3rd FV45). **Duckponds 7K:** Eyvoll Aston 1st FV35 (27:54), Sarah Schutte (32:18), Sharon Bowman (32:36), Marsha Garrard (36:23) and Eleanor Taylor (37:58). **Chudleigh Carnival 6:** Anna Caunter (43:33), Sarah Schutte (43:44), Gia D'Aprano (44:47 & 3rd FV50), Sharon Bowman (46:03), Sally Ingledew (47:50), Mary Goulden (48:39), Jo Becker (51:31) and Vicky Hales (57:13). **Haytor Heller:** Sue Brown (1:00:36), Marion Witham (1:22:01) and Julie Crump (1:26:02). **The Magnificent 7:** Eyvoll Aston (51:24 & 2nd FV35), Clare Youngman (53:16), Emma Sidebotham and Tracy Elphick (joint 55:15), Sharon Bowman (1:01:11), Sue Brown (1:01:20), Sally Ingledew (1:03:57), Tina Caunter (1:04:51), Marsha Garrard (1:06:38), Caroline Hayes (1:07:43), Vicky Hales (1:14:35). **Wellington 10:** Sally Ingledew (1:33:02), Marsha Garrard (1:36:37) and Marion Witham (1:56:28).

DD update

Chairman Roger Hayes brings us the latest news, as the Trotters prepare to host the Dartmoor Discovery.

We certainly haven't let the grass grow under our feet since the committee's decision to stage the event in 2011. As race director, I have had very productive meetings with my race secretary, Noel Fowler, and chief marshal, Ian Langler, and with my whole race team, who met on Tuesday to discuss many of the finer points to do with the race.

Having driven the course with Ian, we now have a better idea of how many marshals we will need. There are many places where marshals, timekeepers (we record the 10K, 20K, 30K, Marathon and 50K split times) and feeding station personnel will be able to double-up. This will be a huge help in keeping our overall total to somewhere under 70. Ronnie Jones is currently looking into the possibility of using cadets from the TA, which will help to reduce that total further. However, there is no getting away from the fact that we will need to call upon you, our members, for the vast majority of help.

The course is split up into four sectors, each with their own sector marshal. Ian has recruited, Michelle Willocks-Watts, Noel Fowler, Rod Payne and Mark Becker, who have all kindly agreed to take on the role. I know it's a long way off, but if you could all keep the weekend of June 4th free for next year, I would be most grateful, you can then be part of something to be very proud of. If you only plan to marshal one race for the club next year, please make it the DD!



Now that's what I call hard: Julia Proctor ran this year's DD after only minimal training, ensuring our ladies won the team trophy. Respect!

Obviously I know some of you will want to take part in the race, which is absolutely fine with me. After all, it wouldn't be quite the same without a mass of royal blue on the start line!

The one position on my team that remains unfilled is the role of seeking sponsorship. We will be producing a free colour magazine that each runner will receive when they enter, containing useful information, articles and features. We also aim to persuade local businesses to place advertisements in the magazine, or to sponsor the DD in other ways. My communications team intends to raise DD's profile locally and nationally. It's a unique race that I'm sure with the right person in the job, would sell itself easily to sponsors. If you are interested in filling that role then please let me know, and we can discuss it further.

At our meeting on Tuesday July 27, we agreed on the following:

1. entry fee of £32 (a pound a mile — BARGAIN!)
2. technical t-shirt and top quality medal for all finishers
3. strict race cut-off time of six-and-a-half hours
4. race limit of 200
5. 9.30am start
6. free food to all competitors

Competition!

(Yes, there is a prize...)

1. To produce a poster advertising the race, to be distributed in Ashburton and other villages on the route. It will also be on display at many marathons and ultras before next June.
2. To design the DD medal (it must have the year on it somewhere).

All entries to be sent to me, please, in time for our September committee meeting (Mon 13th), at which we will vote on the winning designs. Good luck!

Walk the walk

It couldn't go on forever. The infamous bike ride is no more. But, never fear, a (slightly) more sedate summer outing is in prospect, says Ian Langer.

So, the bike ride has bitten the dust. But all is not lost! A replacement that embodies much of the roistering spirit of the bike ride — but with less risk to life and limb — has been organised for Saturday, August 28th. For those of you that missed (or were unable to attend) Ewan's stag do, we are organising a walk from Exeter back to Starcross, where the train can be caught to return home.

Instead of an early start for breakfast, the traditional midday start will still be in place, with a train leaving Newton Abbot at 11:15 (Teignmouth 11:30) and arriving at Exeter St Thomas at 11:53. From there, it's a short walk to the canal and our first stop at the Double Locks pub for our first drink and a bite to eat. After filling ourselves, there it is time to start burning off the calories with a walk to the Turf Locks and then on to Starcross and the Atmospheric. From

there, the train can be caught back to Teignmouth, where those who feel the need can continue to have a drink.



Trains leave Starcross at 15:07, 16:07, 17:07, 17:35 and 18:37.

So there it is — no bikes, just a good pair of shoes and the usual good company. What better way could there be to spend the day? An added bonus is, unlike the stag do, we will

be in no hurry to move on, so we can sample all the ales on offer (let's hope for another beer festival!)

If this sounds like your cup of tea, then let me know on ilanger@hotmail.com or at club, so we can let the Double Locks know roughly how many are going to be turning up for lunch.

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: *The Trotter* is taking a summer break. We're back in September. Enjoy the sunshine!

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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