

# The Trotter

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## Alpine adventure

Tom Burnham joined colleagues from his employers, EDF Energy, to take on the Alpe d'Huez Triathlon in the French Alps.

On the Saturday before the event I was woken up by a text from another member of the group, Tony, reminding me of a medical that I was supposed to have before I could compete in the event. I jumped straight out of bed and started to panic! I rang my GP who laughed at me when I mentioned getting a same day medical, so in true style I booked in at The Abbey Practice just a few hours before our ferry was due to leave!

After this initial panic, it was then time to enjoy the 548-mile drive down to the town of Pont de Claix, which would be our headquarters for the event. We arrived at 11pm; using the only directions we had been given from our French counterparts, 'When you reach the second roundabout off the motorway, head towards the town centre and it's left after 200m'. I couldn't believe we actually got there; we didn't

# News Desk

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

3/10 Teign Valley Toddle  
4/10 Brooks Winter 3K, Exeter  
10/10 Eden Project Marathon  
10/10 Swindon Half Marathon  
10/10 Westward League Cross Country, St Austell  
17/10 Dartmoor Vale Marathon  
17/10 Dartmoor Vale Half Marathon  
17/10 Dartmoor Vale 10K

With the absence of the August edition of *The Trotter* there seems to be quite a lot to catch up on, writes Roger Hayes.

I'll start with the Totnes 10K, a race I'm proud to be the race director for. This year we smashed all records - 576 in the 10K and 114 in the fun run and a new club record profit of over £2,700. Not a bad day's work! All of which is only possible with your help.

I have collated a few of the many comments we received from runners after this year's races (see page eight). One comment that comes up time and time again is how wonderful the marshals are — full of enthusiasm and encouragement. Well done one and all.

Thank you to those that sent Tarquin their thoughts on improving the race. I have sat down with Tarq and taken on board many of the comments. Next year, we will look into alternative ways of recording finishing times. With so many runners crossing the line at once it was near on impossible to write their times down. I still have a few medals that need homing, so if you were one of the Trotters that kindly gave me their medal (we ran out!), please see me at Newton Abbot Leisure Centre.

I had a good response from members wishing to take the food hygiene certificate. Catering at our races now provides the club with a sizable income and it's great that we will now have a large enough team to be able to handle it. Those ladies (didn't have any men!) down to take the test are: Lucy Payne, Sarah Ross, Judy Smallshire, Jean Terrill and Michelle Willocks-Watts.

You'll recall that I ran a competition in the last edition of *The Trotter* to produce a poster promoting the Dartmoor Discovery (DD) and also to design the finishers' medal. I am pleased to announce that the winner of the poster competition was Jo Becker, who just beat Milos Erben into second place. Caroline Hayes was the runner-up in the medal competition, losing out to the winner, Nathan Elphick. Congratulations to you both: a free dinner and dance ticket will be winging its way to you shortly.

Due to some of the Wednesday night shouts 'going on a bit' and not necessarily being the view of the club, your committee

have decided that only myself (or Mark Becker or Dave Dunn in my absence) will be able to say anything. Therefore, if you want something mentioned, please ask one of us beforehand.

The John Scott Trophy, a four-mile club handicap race, will take place on Sunday 21st November at 3pm. The race will start from WBB social club at Abbrook, Kingsteignton. It's open to all members and there are plenty of prizes up for grabs. So pencil it in your diaries! Full details will be in the October edition of *The Trotter*.

Due to an increased workload, Ronnie Jones has unfortunately had to resign from the committee. We therefore have a vacant position as a general member. If you would like to be considered for the post please let me know ASAP, as the committee have the power to co-opt someone mid-term. We meet on the second Monday of the month at the Kingsteignton Royal British Legion.

If you've been camping somewhere nice this summer then please let Anna Langler know, as she has taken over from Dave Dunn, as the new club camp organiser. Anna is currently looking for a suitable site for us to descend upon next June!

Can I please remind you all that the wearing of reflective bibs is now compulsory on a Trotter training night. On Wednesday (22nd) we had 8 members turn up without one, which is not acceptable. From now on, anyone turning up without one will be charged £1. If you wish to purchase a new one, Rod Payne has them for sale at £5 each.

A reminder to all coaches — whoever takes the 4th group out on a Wednesday, please make sure the changing rooms are locked.

Thank you so much to all those members who helped out at the Ladies' 10K. The race was another great success. Special thanks to Michelle (race director) and Nikki (chief marshal). It was great to see Clare, Tracy and Emma all turn out to run, despite the fact that they had all run 20 miles the previous day — True Trotter spirit if ever there was.

Finally, good luck to all those doing the club championship. May your charge to the line be a good one...

On, on!

## A guy who can only be described as an animal tried to cut across in front of me!

even have the name of the place! The only problem was trying to find someone to get the keys for the accommodation. After walking around for 20 minutes we decided to call it a day and found a hotel in the town itself.

The next day it was time to drive up the Alpe d'Huez for the first time and also to watch the long course event. My first impressions of the Alpe were that it didn't seem too steep, just long — very long!

Once we got to the top we picked up our race numbers for the short course event the next day and then settled down to have a burger and wait for the first competitor to reach the top of the almighty climb. As it turned out we didn't have to wait long, as South African James Cunnamo was powering up the last stretch, having done the 2.2km swim and 114km out of the 115km cycle in an amazing 4 hours 14 mins!

After watching Jodie Swallow win the ladies' event with a mammoth 20-min gap between her and the second-placed lady, we retired to headquarters and had a pasta party in preparation for our event the following day.

After an average night's sleep, we had our breakfast and decided it was time to head up to T2 to set up, and this would also give us our second look at Alpe d'Huez — but this time only 3 hours before the event. As we started the ascent, the atmosphere in the car changed as the magnitude of the task ahead was starting to dawn on us all. I thought my original race target of 2 hours 30 seemed more and more out of reach. I would have taken anything under 3 hours at this point!

After rushing to unpack our bikes and equipment, we cycled to T2 and put out

our equipment. Next came the bit I was looking forward to: we had to descend to the start of the event, the Lac du Verney. This gave us the chance to relax. When we got down to the lake, the T1 area was just a sea of people! It took a good 20 minutes to get in. At this stage the nerves started to kick in. I glanced around and everyone looked like elite athletes. I was thinking what have I got myself in for here!

I then made sure my bike and equipment were all placed how I wanted them and then put on the bottom half of my wetsuit, grabbed my swimming hat and goggles. I was ready

competitive within the first 200m, arms and legs coming at you from all angles, I even got my goggles knocked off twice!

Before I knew it, the first buoy was coming into view and the fun and games began, with all 990 people trying to go round as close as possible, causing a major bottleneck. It calmed down a bit after this until about 200m from the exit of the swim, a guy who can only be described as an animal, tried to cut across in front of me and trust me he wasn't taking any prisoners! I decided to speed up as I wasn't up for a battle with him to get out of the water!



Top team: Tom (far right) and his EDF colleagues at the Alpe d'Huez Triathlon.

Next thing I knew I was climbing out of the water and jogging in to get my bike. I had a little glance back and was surprised to see the amount of people still in the water. I had completed the 1200m swim in just over 23 mins and I felt relatively fresh. I found my bike, ripped off my wetsuit and I was away in about a minute. Time for the big one, I thought to myself!

I found myself surrounded by people with specialised triathlon bikes and just decided to stay where I was for the time being. I

already had the little matter of the Alpe on my mind. That's when disaster almost struck. I was going round the last of the roundabouts before the Alpe and found myself sideways on the slick tarmac. Before I knew what was happening, the bike kicked back and I had control again. Phew, that was a close one, I thought!

The ascent then began, and my adrenaline was pumping. I had already decided I was going to drop down to my lowest gear and spin up, so I dropped down to 36 x 27.

I had been told by the locals and members of EDF that had done the long

to go. The race briefing seemed to go on forever. My nerves were really starting to jangle now, just 10 or so minutes before the start of the race. Then there was an announcement I hadn't even thought about: apparently the temperature of the lake was a moderately warm 18 degrees (or so they said), so do I keep the wetsuit on, or go in just in my tri suit? I decided after looking to see what everyone else was doing, that my best option was to keep it on, and, boy, was I glad I did! As soon as we got into the water it felt closer to 10 degrees than 20!

Before I knew it, the horn had gone off and we were away! It was so

[Turn to page twelve](#)



# Membership Report

Membership Secretary **Dave Dunn** brings us the latest on who's who in the constantly evolving Trotter panoply.

It's been three months since my last Membership Report, and in that time our membership total has climbed by 11 to stand at 188. A good percentage of this increase has been accounted for by some pretty late renewals, but we have been pleased to welcome five completely new members and one other returning to the fold.

Claire McKenna, 28, from Chudleigh Knighton, made a really impressive debut in our royal blue colours in our own Ladies' 10K, dipping inside 50 minutes and claiming some notable scalps in the process. Claire can only benefit from a period of sustained and consistent training under the watchful eye of our coaches, so watch out for her next year.

Several of our new members, including Claire, participated in the 10K relay training session at Forches Cross during August. Among these, the pairing of new member Philip Perry, who is 50 and from Newton Abbot, and Kevin Besford held off the challenge of Paul Johnson and new member Helen Tate, 46, from

Ilstington. Finishing ahead of both these pairs was the husband and wife team of Mike Roberts and new member Michelle, 31, from Kingsteignton. Who said that this particular training session would be off-putting for our more inexperienced members!

My hunch is that Mike and Michelle could be a bit of a dark horse for the co-habiting couples cup at this year's John Scott Trophy in a couple of months' time. There — that should start a bit of a debate over a pint or two in the White Hart this autumn!

We welcome back to our ranks Martyn Tonkin, 49, from Newton Abbot, after an absence of about 18 months. Martyn promises to stick at it this time round, wondering why he ever left such a welcoming club — his words, not mine!

Notable birthdays in October include Janice Caunter, who will celebrate turning 45, and Charles Soudain, who reaches 65. Congratulations to both of you. May you both enjoy your new veteran status.

## Club Records

No new club records have been set now for several months, and the engraver's tools are getting slightly rusty under a layer of cobwebs, although the Taunton 10K, still to be held as I write this, may yet require him to dust them off.

The best chance of seeing a record-breaking performance during October would appear to be in one of the three events that make up the Dartmoor Vale races on Sunday 17th October. Whether it's in the 10K, half marathon or the full monty, you can be sure that I'll be bigging you up in the next edition of *The Trotter* if you manage to eclipse any of the current marks.

Wherever you're racing in the coming month, have a great time, and don't forget to tell one of our new Press & Publicity team of Rod Payne, Dave Tomlin and Sharon Bowman, all about it. Their contact details, together with a full list of our Club Records can be found on our web site [www.teignbridgetrotters.co.uk](http://www.teignbridgetrotters.co.uk)



Milos Erben

They're off: Milos Erben captures the moment as Dave Tomlin (15), Rog Hayes (16) and Noel Fowler (40) embark on the 2010 Dartmoor Discovery.

# Ladies first

This year's Ladies' 10K was another all-round triumph, as Race Director Michelle Willocks-Watts reports.



Milos Erben

Go girl: Sharon Bowman digs in during last year's Ladies 10K.

This year's Ladies' 10K, on September 19th at Dornafield Touring Park, proved to be another great success, with 236 entrants and 202 actual finishers.

Twenty-one Teignbridge Trotters finished the race and for the second year running picked up the First Ladies team prize (Eyvoll Aston, Emma Sidebotham, Clare Youngman, Becky George). Teignbridge Trotters also won the Third Ladies team prize (Belinda Collins, Sarah Schutte, Sarah Whalley and Steph Ross). Belinda Collins had a terrific run and secured a new pb time for 10k of 46.58.

Other Trotter prize winners were: 5th Lady overall and 1st V35 Eyvoll Aston, 2nd V40 Clare Youngman and 3rd V40 Becky George.

Well done to you all!

Every year we donate £2 per entry to Mr Dewhirst, the owner of Dornafield, for his nominated charity, Bowel Cancer UK. This year, I am pleased to report that this amounted to £472.00.

The participants had a great day and we have received some great feedback. Sue Morrish, Shirley Card and Linda Fox have been doing the race for six years. 'We always find the marshalls extremely helpful, encouraging and friendly,' they told us. 'We feel it is one of the best organised events that we attend. (Even if it is one of the toughest!) We are only fun runners but always enjoy the friendly atmosphere from everyone including the other runners.'

Maria Tylska was also impressed. 'I thoroughly enjoyed it!' she declared. 'I remembered it from what I thought was three years ago, when I last entered. It turns out it was actually 2004! So, it must be a good experience to still have fond memories six years on!'

'It's so well organised,' Maria continued. 'Everyone, from the car park marshalls to the race marshalls and all the timekeepers and refreshment crew, all deserve a mention. In fact, it's such a good advert for your club, that I'm tempted to join!'

What lovely comments! Many thanks again to all the marshalls, timekeepers, caterers, finish co-ordinators, race sweeper, lead bike, race announcer, and everyone else who gave up their time on Saturday and Sunday to make this race such a success.



# Marathon fever

## Roger Hayes has surrendered to the grip of a rare obsession...



Roger at the Wolverhampton Marathon on Sept 5.

Oodey, myself and the kids travelled up to my parents on the Saturday. Their house was less than an hour away from the start of the race. The 'boys' went to watch the mighty Bristol City. It was our first game of the season, we had a new manager and England's number one, David James — high expectations and great excitement. Final result: City 0 Millwall 3!

The alarm went off at 7 the next morning, a good breakfast and a hug from the kids and Oodey and myself were on our way to Salisbury. I wasn't quite sure what to expect, as the race was advertised as something for everyone! They certainly didn't disappoint as they actually offered a 5K, 10K, 20K, 30K, marathon and 50K ultra marathon. That was for the runners... They also offered all those distances for walkers too! (and we thought staging the DD would be a big ask!)

We arrived in time to see the ultra runners set off. Each runner had their own disposable chip which had to be collected from registration on the day. I'd not come across this type before, it resembled the band that you loop round your suitcase handle when you travel abroad. Once you got used to it looking rather strange looped over your shoe lace, it actually worked and felt fine.

The event is organised by the Fire and Rescue Service and Race HQ was in the impressive Salisbury fire station. It had a conveniently placed large open park in front of it, which was used as the race car park. It was big enough to also have the start/finish gantry. As you can

As most of you are aware, I'm having my own private little battle with a certain Trotlette, the long-socked, super-fit, super-sexy, Miss Sally Ingledew! I say a battle, for that's exactly what it has become.

It all started on a cold and windy winter's day in Cornwall, when we both ran the Duchy Marathon. Little did we know then what lay ahead. I had only planned on running four marathons before the Dartmoor Discovery (DD) and that was to be it. After all, who in their right mind would want to keep running marathon after marathon without any serious break in between?

But folks, that is where we're at, each of us trying to out-do the other. Like a couple of heavyweight boxers slugging it out. Both hoping to be the one who ends up running the most marathons in 2010. Sad I know, but now the gloves are off, neither one of us wants to lose.

And so it was that I found myself on the start line of the Salisbury Marathon. A marathon in August — I thought marathons took a summer holiday and resurfaced again in the autumn! Surely it was far too hot a time of the year to be running 26.2 miles. But, much to my amazement, they're out there and there are lots of them!

Imagine with so many different races taking place, all with their own different start times, it was a hive of activity. I was the sole representative from the Trotters, but having been on the circuit this year, I recognised quite a few faces. The sun was out and it was feeling pretty hot as I lined up, ready for the 9.30am start. Although the whole event was quite a large affair, the race itself felt very low-key. There was no PA, just a guy trying to explain the route to 180 of us. Unless you were actually on the start line, you wouldn't (and I didn't) hear a thing! With a 3-2-1, off we went!

I had no great expectations and decided to settle into a nice steady pace and enjoy the scenery. Unlike the Neolithic marathon, when you run across the soul-destroying Salisbury plain, this was a much more enjoyable route. We passed through some delightful little villages, ran across cornfields, through woods and even experienced part of the famous Clarendon Way (between Salisbury and Winchester). Although I had set off conservatively, the lead runners were in sight for some time and I estimated I was somewhere in the top 20. The course was extremely well-marked with directional arrows and even had mile markers (a rare sight on an off-roader). After about nine miles I started to overtake quite a few runners, it became apparent that these were the tail-end ultra runners. There was a steady climb at about the 11-mile point, which took us up through a fairly rutted field. The only other notable climb was at about 18 miles, when we reached the Iron Age Hill Fort. The views out across to the New Forest and beyond were stunning.

# OMG! Could this really be happening, when health and safety rules the world?

I was feeling pretty good and was beginning to wonder how far up the field I actually was! I had been passing runners pretty much the whole way round, although a guy in an orange vest flew past me at the 20 mile mark (I found out later that he actually won the marathon, but missed the start by some 15 minutes). There were a few 30K runners who also went past me, but I was confident I was in now in the top 10.

I guess I've done hundreds of races over the years, but I've never experienced one where there wasn't a single marshal. This race relied totally on directional arrows, which I have to say worked very well up to a point. That point was the 21-mile mark!

Before I continue, let me back track slightly. There are times during a marathon when thinking about the way to go or being aware of traffic when crossing a road, simply becomes too much for the brain to cope with. It's having a far harder time trying to keep your legs going in a forward direction! So, when you pop out from the end of a footpath and are suddenly faced with a very busy dual carriage way to cross (the A338), you really do need someone to take control. Unfortunately that person was nowhere to be seen, it was down to you to make your own way across. OMG! Could this really be happening in this day and age, when health and safety rules the world? YEP, was the simple answer! Three minutes later and I had made it across, I mastered four lanes of traffic travelling at 70 miles an hour. One way to get your brain to focus on something other than your tired legs!

Back to the 21-mile mark. Like I said, arrows work great if they're there, however what happens when they're not? Someone thought it would fun to pinch all the arrows between the 21- and 25-mile stage. The result was carnage. I followed the runner in front of me, we headed into the woods, after about 500 yards we were faced with a choice, left or right? While we stopped to deliberate, I could just make out a yellow vest through the trees. I had been running with a guy a couple of miles back who was

local and who had run the race before and seemed to know the course. Our only hope was to try to make our way over towards him. Through thick undergrowth and over a chest-high fence we eventually found him. He wasn't even in the woods, but running along a nice stretch of road!

It seemed like a good idea to follow him for the time being. The trouble was I felt good and wanted to push on, so after a quick brief from him, I decided to go for it. Now anyone who's been in a car with me will know following directions is not one of my strong points. Unbeknown to me, I had the best part of four miles to navigate! My saviour was that most of it was on road and as it was a nice sunny day there were plenty of people out and about. What did they make of me, bellowing out to them: 'WHICH WAY, have you seen another runner go past?' I'm sure I gave a few old dears the fright of their lives



Come here often? Rog in chatty mode during the 2010 Dartmoor Discovery.

as they were about their business doing a spot of light pruning.

What also helped was the fact that I managed to overtake another couple of guys during those four miles, which unless they had gone hopelessly wrong, meant I was on the right road. Suddenly the 25-mile marker came into view, and as quickly as they had disappeared the directional arrows reappeared!

Only trouble was the last mile was in fact more like two (the race measured 27 miles on the GPS) and the route took you through the city centre. Salisbury is lovely city and very popular with tourists. You can imagine how busy it was on a sunny summer's day. With no marshals to warn the masses that runners were coming through, it was down to

me to shout as best I could. I could just make out another runner weaving his way through.

I felt like I was in a scene where the cops were chasing the baddie through a packed crowd. I was banging into people, jumping over small children, I even sent someone's shopping all over the pavement. One word — UTTER CHAOS! (I know, that's two words!)

By now I was in psycho mode, nothing or no one was going to stop me from catching this guy. As we charged past the cathedral and on towards the finish I managed to put some distance between the two of us, and as we finally left the heaving masses behind us, I managed to calm down and get my heart beat back to a sensible beat!

The finish was on the same park that we started on and I couldn't help but smile to myself as I crossed the line, as that was the most bizarre last five miles of a race that I have ever experienced.

As it turned out I ended up 4th (again — my 3rd time this year!) I was a lot more fortunate than some, who had got hopelessly lost and ended up doing 30 miles! The chip system went belly-up, as ultra runners crossed the line having only done the marathon, and some of the marathoners ended up doing the ultra! I think it all eventually got sorted, mind you the prize-giving must have been fun!

Personally, I have to say that I enjoyed it. I always love running off-road. However I'm not sure I would hurry back to do it next year (mind you I probably won't do most of these marathons next year!) On reflection, I think the only reason that the race can get away with having no marshals and so many safety issues, is because it's organised by the fire brigade, who can obviously get away with murder...

As we made our way back to Mum and Dad's, I was more than happy to think that I had clawed one back from Sal's impressive lead, as she was 10-7 up at that point. But, as Harry Carpenter used to say: 'These two look certain to go the distance.'

Update: current score at time of going to press: Sally 12, Chair 10 (and Bristol City are still losing at home!)





# *The things they say!*

Here's a selection of comments from participants in our recent races. It's clear that they appreciate all your hard work...

*'Just wanted to say your races are fab. I only started running in February and have done the Teignbridge Ten, Haytor Heller and now the Totnes 10k. I have done 6-7 races so far this year and yours have definitely been the best.'*

*'Thank you for a great race today — beautiful route, perfect running conditions and brilliant marshals.'*

*'The Totnes 10K is the only race I've run every year, except one, since I started racing in 2004. I love it. The scenery, the steam train, the organisation — so many marshals and all those cheerful and friendly runners.'*

*'I thoroughly enjoyed your 10K race and found it very well-organised and supportive on the course.'*

*'Just wanted to say a big thank you to all the organisers and marshals of the Haytor Heller. My husband and I both completed it and really enjoyed it (the hills were worth it for the views!) It's the best run we've done this year.'*

*'May I take this opportunity to thank all concerned for a very well-organised and enjoyable day.'*

*'I just wanted to thank all at Teignbridge Trotters for a great event at the Haytor Heller. I was amazed by how friendly everyone was, especially the marshals. Although near the back, I never felt intimidated and thoroughly enjoyed it.'*

*'I took part in the Totnes 10K today (for the 6th time) and enjoyed the course once again. The organisation was brilliant, as usual.'*

*'Thanks for a fantastic race last night at the Haytor Heller. The course was brilliant, the marshals were so friendly and there was music, a BBQ and free beer, too! Does it get any better?'*



# Facts and figures

For those of you that love the statistics behind our events, here are some number crunches arising from recent races.

The club breakdown of the Ladies' 10K was as follows: SWRR 3, Dawlish Coasters 3, Brixham Harriers 4, Dartmouth 4, Plymstock 4, Torbay 6, Tavistock 7, Tamar Trotters 9, Teignbridge Trotters 23, WRN 67.

And this is how the Totnes 10K shook down: Sidmouth 7, Teign Valley 8, Brixham Harriers 8, Dartmouth 9, Plymouth Musketeers 9, Dawlish Coasters 11, SWRR 13, Teignbridge Trotters 13, Tamar Trotters 15, Exmouth Harriers 17, WRN 29, Torbay 33.

This year's Teignbridge Ten attracted 241 entries, of which 58% were male, 42% were female and 31% were unattached.

A record 276 people entered the Haytor Heller. Of these, 68% were male, 32% were female and 31% were unattached.

The Totnes 10K also achieved a record number of entries in 2010, bagging 576 responses. The breakdown here was as follows: 59% were male, 41% were female and 54% were unattached.

The Ladies' 10K pulled 236 entries this year, of which 36% were unattached.



Milos Erben

Ready and oh so willing: the gallant band of Totnes 10K marshals make it look easy after shepherding a record-breaking field safely home.

## Points update

Check out the lists on the right for the latest tally of points awarded to members for helping out at Trotter races this year.

Please take the opportunity to confirm that your point count is correct. Contact Syd Willocks on [twdrifters@aol.com](mailto:twdrifters@aol.com) with any queries.

Any member to achieve six points will receive a ticket to the Christmas Dinner and Dance and a free Club Trip race entry.

Any member to achieve four points will receive a free Club Trip race entry.

**Five points:** Ian Langler, Wilf Taylor, John Tweedie.

**Four points:** Jo Becker, Sharon Bowman, John Caunter, Howard Cotton, Marsha Garrard, Roger Hayes, Daryl Milford, Rod Payne, Nigel Penwarden, Eleanor Taylor, Buzz Terrill, Wavell Vigers, Mark Wotton, Adrian Youngman.

# Captain's Corner

Tarquin pines for the lost  
summer but looks forward to a  
fresh crop of races...

Every year at this time I mourn the passing of summer; it seemed to come and go in a blink of an eye! Our Trotter men have been out and about at various summer events, even though the weather hasn't always been very summer-like! From the summer evening warmth that accompanied the Festival 4 and the Duckponds 7, to the torrential rain during the Torbay Regatta 10K, there have been a hardy group of Trotters happy to don the royal blue vest.

This summer has seen a bit of a change of the guard for Trotter men on the racing circuit, with a number of key or regular racers having to take a back seat, for one reason or another. But this has also given the opportunity for a number of the newer faces to assert their mark on Trotter results.

Dave Tomlin has, as always, been leading the Trotters home in races, but he has now been joined by two others who are snapping at his heels, to give support. Wavell Vigers and myself have stepped up to the plate to offer a quite tasty Trotter trio in many local races. I find this very exciting, as some notable names are now returning from a quiet summer, just as we enter the fully packed autumn race season.

And there is a very real prospect of having a good bunch of Trotter men packing the top 10 or 20 places in races. This can not only be good for the club, but also for each of us as

individuals, as we all compete against each other, and thus drive each other on to greater and greater things. The competitive attitude in trying to beat one's teammate is not bad, but rather brings a mindset of more focussed hard work, which in turn brings continual improvement. I can feel the effects of this, as I sit here and write this article with sore legs from last night's training at the Exeter athletics track, due to Ian Langer flying past me! This in turn spurred me on to try to catch him, thus pushing me harder still. As we all improve, we can all enjoy each other's successes, and that of the club's.

It was good to see Ian starting to come back to form again, after a summer where he has had to put serious training to one side. And from his turn of speed toward the end of last night's track training, I can definitely see that he is well on his way back to full race fitness.

Another top runner is Garry Smart. 'Smartie' made a welcome return to racing at the Cornwood Challenge 10K, at the beginning of August, after suffering a rather painful achilles injury early season, which has kept him out of racing for most of the summer. Garry was pushed hard in that race and was awarded a silver ashtray for 2nd Male V45. Garry is now back racing and was recently not far off the leaders at the Ivybridge Beacon Challenge.



Milos Erben

When you're smiling: Howard Cotton puts on a brave face during this year's Haytor Heller. We know it's hurting inside, mate...



# This autumn could provide a lot of fun for our Trotter chaps

Also at the Beacon Challenge was Vaughan Lindsay. Vaughan is another top name that has made a welcome return to racing, after also suffering an injury. Vaughan hasn't really done much since the May time trials, at Brunel, after pulling up quite sharply with a serious calf muscle pull. That looked painful at the time, so it is good to see him return at the Beacon Challenge, second Trotter home, with an overall place of 11th and being awarded 1st V45. Vaughan has also committed to run next year's Dartmoor Discovery, and he will form part of a very attractive male team, to enable the Trotters to remain the leading teams in that event. This is all the more important now that we have taken over the organisation. Look out for some more good results from Vaughan this autumn, as he shows that he really is 'Vaughan to Run'!

With Mike Eveleigh also returning to racing, we should expect a few more awards to come to our Trotter chaps. Mike has had quite a serious operation on his shoulder, but is now gradually returning to race fitness, after welcome appearances at the Lustleigh Show 10K and the Exeter Track 10K. Although, by his own admission, his times are not where he wants to be, it certainly looks good for the autumn season of races.

Other solid performances have been put in, throughout the summer, by the likes of Chris Cleave, Bruce Campbell, Roger 'Smokes' Hales, Mark Wotton, Craig Churchill, Nigel Penwarden and Graeme Baker. We have also seen a welcome return to racing by John Crocker and I look forward to seeing a lot more of him, as he attempts to make a last-minute dash for the club championship.

Team prizes have been in short supply recently, with only one in the last couple of months. Our Trotter men were awarded the 2nd Male team prize at the Magnificent 7, in Saltash, which

was part of our club trip back in July. The first six club runners home counted, and Dave Tomlin, myself, Wavell Vigers, Roger Hayes, Ian Langer and Ewan Walton were the Trotters that were awarded. For a lot of races, it is the first three that count, so having the first six applying certainly made it feel more like a team effort.

One race where we could have won the 1st male team prize was at the Torbay Regatta 10K, where Dave Tomlin, Wavell and myself all finished in the top 21 and were the first three club runners home. However, there were no team prizes awarded at the event! I found it rather incredible that an event of the size of that did not award team prizes and made me feel that profit margins may have been more important. Oh well... It was still a good race and Wavell and I pushed each other hard to both achieve PBs, and Wavell came away with the 3rd V40 award. Craig Churchill also achieved a good PB. So all in all, it was a good event for the Trotters for individual performances.

So, this autumn could provide a lot of fun for our Trotter chaps, with some tasty ten mile road and off-road events, plus the Dartmoor Vale races, too (10K, half and full marathon). We also have the Westwood League cross country season about to kick off, with the opener being staged in St Austell this year. The Westwood League does take some getting used to, but always proves a good workout for the legs. It is a bit of a schlep to get to some of the events, but it would be good to get as many Trotters as we can on the start line.

I look forward to seeing you all at the many races this autumn, and if I don't see you, please let me know how you get on. I hope to arrange a few after race get-togethers at a local pub, so we can have a good natter over a pint, or Sunday lunch, and discuss how we each felt the race went. See you then!

## Club Championship update: Exeter Track 3K Series

These events are held once a month, throughout the winter, from October to March, *writes Tarquin*. They are held at the Exeter Arena Athletics Track, and are organised by Ironbridge Runner Events.

They are listed as championship races (section 4) and, if a runner completes more than one of these events, the runner's best time counts for the championship. Remember that, if you do run more than one of these events, you could use your second-best time as a wildcard for section 4.

PLEASE NOTE, however, that the December round of these events is TOO LATE to be entered into the championship. The championship closes at the end of November, so as to give enough time to collate all the results for the Christmas Dinner and Dance. If I've totally confused you here, please come and ask me for a better explanation!



Sure-footed: Adrian Bailey strides out at the Haytor Heller.

# I thought to myself: just hang in there, it must be the altitude



Continued from page three

course the day before that the first 6 corners and last 4 corners were the hard ones. I got to 16 from the top; I seemed to be overtaking quite a few people which was encouraging, I thought to myself, this isn't too bad!

The next thing I remember, I was 10 turns from the top and an Irish guy shouted from the side of the road 'You make it look easy son!' This was a big confidence boost — now for the final 4 corners! I had been cycling most of the Alpe with a guy called Serge, who started going for it coming up the last ramp into the Alpe d'Huez resort at the top, so I clicked it up on to 50 x 27 and tried to go with him.

As I got to the top, the feeling of defeating such an iconic climb was almost overwhelming. I had done it! It took me 1:33:16 to do the whole 30km cycle, with the Alpe d'Huez taking 1:04:59.

Now it was time for T2, I jumped off my bike, jogged to my place and slipped on my racers and grabbed my cap. It was time to finish this off in style — or so I thought! As soon as I started out on the 7.3km run, the cramp I felt just below my ribs

was almost unbearable! I thought to myself: just hang in there, it must be the altitude, this will pass! I got to the 2km mark and the pain was still there, I was almost bent double. I felt someone pat me on the back, I looked up and saw the familiar face of Serge. After pulling out about 15 secs on him on the cycle, I wasn't about to let him beat me on the run. So I ran with him for the next couple of kilometres, until we were on the descent back into the resort.

I felt strong again, now the cramp had passed. I saw the finish line so I kicked for home, on to the famous carpet and then something I didn't plan on happening did; Serge pipped me to the line! But at that moment in time I didn't care: I had done it! I congratulated and thanked Serge for his encouragement and help on the cycle and run. The run took me 36:08 with an overall time of 2:36:03. Not bad for my first triathlon!

But there will always be that question at the back of my mind: 'So when is it time to take on the long course?'

Images this page and cover: Alpe d'Huez

## The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: Catch up with the latest DD developments.

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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