

The Trotter

Number 20

December 2010



Marathon Queen

Sally Ingledew and Roger Hayes have been locked in battle over who could squeeze the most marathons into 2010. Sally won. Easily. Turn to page four for the inside story.

News Desk

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

19/12 Wellington Monument Race

For more upcoming races, check out our online Race Diary at:

www.teignbridgetrotters.co.uk/racediary.asp

So now we know what it must be like to train in Russia — those poor Russians having to run in temperatures below freezing, day-in, day-out. I think staging the World Cup is the very least they deserve! On to things closer to home: what's news at the Trotters, writes *Roger Hayes*.

I can start with some good news, the kids' hoodies will (barring a disaster) be ready for collection from Newton Abbot Leisure Centre on Wednesday 15 December. Those who have yet to pay for them, please bring your cash with you when you collect them from John Caunter.

Talking of the Leisure Centre and the Trotters training over the festive period, take a look at the box below right for a breakdown of what's on offer.

In addition to this, the annual Mince Pie marathon will take place on Monday 20 December. It starts from Eastcliff Car Park (opposite the Catholic Church). We will be setting off at 7pm and following a circular route around Teignmouth, calling in at the following Trotter houses; Chairman's, Tarquin's, Psycho's, Stef and Skins's, Dave and Carly's, and finishing at Squad's. A big thank you to all those who kindly offered up their houses and generous hospitality by providing the eagerly awaited mince pies and mulled wine.

Another annual event hot on the heels of the Mince Pie marathon is the Chairman's Christmas run, which takes place on Wednesday, 29 December. There will be a choice of three distances: 6 miles (Oodey will take), 8 miles (Ben Epps will take), 10 miles (Tarquin will take). All groups will start off together leaving 69 Teignmouth Road, Teignmouth, at 10am. Showers and a hot meal will be available to all those who would like to stay afterwards and of course a cold beer or two if that's what takes your fancy!

Something we are going to trial in the New Year is a longer Monday night training run. This will be in addition to the existing training sessions on offer. Ben Epps, a qualified coach, has agreed to take out those who would like the opportunity to stretch their legs and run a bit further. The idea is to run for about 10 miles or so. This will start on Monday, 10 January.

We will again be collecting money for charity this Christmas. Instead of everyone giving each other cards, you'll have the

opportunity to sign a giant Christmas card that Gary Watson will bring to training and to make a donation. This year we've chosen the Buckfastleigh branch of the St John's Ambulance, who do a marvellous job in supporting some of our races.

The Trotters AGM will take place on Wednesday, 16 February, at 8pm in one of the school classrooms at the back of Newton Abbot Leisure Centre. A list for nominations for ALL the current positions will be placed on the corridor wall before training, commencing on Monday, 10 January. Any motions must be sent to the Secretary 14 days before the AGM, together with a proposer and seconder. An agenda will be sent via email before the meeting. Please make every effort to attend the meeting. Better still why not consider standing for one of the positions? The minutes from this year's meeting can be found on page 23.

By the time you are reading this (after the Dinner and Dance), we will know who was lucky enough to be pulled out of the hat to win one of the club's Virgin London Marathon places. Those in the draw were; Sarah Schutte, Marsha Garrard, Graeme Baker, John Tweedie, Sharon Bowman, Daryl 'Tarquin' Milford and Wavell Vigers. I'll let you know in the January edition of *The Trotter* who the lucky ones were.

Also in that edition, I'll give you all the details of next year's club trip, the planned lads' weekend away and the criteria for gaining marshal points during our 2011 races. Now that's something to whet your appetite!

Finally, we have some lovely news. We send congratulations to Alastair and Claire Lee, on the recent birth of their son, Isaac. Well done, you two!

Have a wonderful Christmas. On, On!

Festive Training Schedule

22 Wed: training as normal.

27 Mon: two sessions, Leisure Centre closed.

29 Wed: four sessions, Leisure Centre closed.

3 Mon: two sessions, Leisure Centre closed.

5 Wed: training as normal.

Membership Report

Membership Secretary **Dave Dunn** introduces a bumper crop of new members as the club passes a significant landmark.

Just like Kevin Pietersen and Alastair Cook before him (apologies to those of you that don't follow cricket), we've hit 200. In fact our membership total currently stands at 203 and is set to rise further as we go into the final quarter of our membership year. We are on course for a new record total for the whole year, as every week sees new faces pitching up at Newton Abbot Leisure Centre, injecting new blood into our glorious club. Let me introduce you to the nine new members who have put pen to paper since the last edition of *The Trotter*.

Amanda Clarke (47), from Preston, near Paignton, isn't a relation, I believe, to another recent new member, Debbie. But, if Amanda, having found her feet in our Monday evening beginners' group, shows the same determination to improve and willingness to mix in with us old fogeys, then she won't go far wrong.

Charlotte Dyer (32) from Heathfield, is another product of our highly successful beginners group, which has proved increasingly popular as the year has gone on.

Darren Ellis (42), from Ipplepen, is used to spending a lot of time outdoors with his landscape gardening business, but perhaps time will tell whether it's at cross country or on the roads where Darren will excel.

With Caroline Campbell (39) joining us, there is now a certain quiet little road in Liverton that can boast three Trotters among its residents. Mind you, I feel sorry for Caroline living between John Tweedie and Stuart Moulson. Definitely a case of a rose between two thorns!

Sarah Burford (46), from Denbury, came recommended to us by committee member Becky George. Sarah is a keen netball player who feels that she might be reaching the twilight of her competitive netball career, so is looking to conquer new challenges through her running.

Martha Neal (18), from Kingsteignton, has joined us as a second claim member. Martha, like her good friend Adam Caunter, runs first claim for Newton Abbot AC, but we are very pleased to have her gracing our Wednesday evening speedwork sessions.

Gary Clark, from Newton Abbot, shares his birthday with yours truly. At 17 years my junior, Gary will have to run well if he is to better my age-graded performances. But then at 40, Gary has time on his side as I'm sure that by training consistently with us, he will improve immeasurably.

Rob Cowling (45), from Two Mile Oak, is a friend of Fizz and Tommo. Rob has shown in the past couple of weeks that he likes being at the head of affairs on our Monday evening social runs, a place that Tommo often finds himself when racing.

Paul Banks (24), from Moretonhampstead, completes the line up. Paul has just moved to Devon from Bristol where he ran for Great Western Runners. Paul enjoys racing over 5K and 10K, and currently has a 10K pb of 45:20, which he has improved by 9 minutes over the past 18 months. I'm certain that Paul will be knocking on the door of a sub-40 in another 18 months time.

Claire Gillard, Dennis Milstead and Steph Ross, will all be celebrating their 50th birthday in December. Happy Birthday to all three of you, and a Merry Christmas and a very Happy New Year to Trotters everywhere.



Brian O'Hare

Recent recruit: Debbie Clarke at the Plymouth Cross Country fixture.

Sweet obsession

When one marathon just
isn't enough...



Caroline Hayes

Best of enemies: Sal and Rog at the North Devon Marathon.

The Trotter has managed to catch up with the marathon-mad duo, Sally Ingledeu and Chairman Rog, who have, during the course of the year, conducted a personal battle to see who can complete the most marathons. It's a battle that has captured the club's imagination. So, what did the adversaries make of it?

How are your bodies holding up after such an extended ordeal?

RH: It was pretty good up until I developed a bit of a groin strain, although not bad enough to stop me running. It was a tad painful during my last few marathons. I've also picked up a few black toenails along the way but those are pretty much part and parcel of long-distance running.

SI: Not bad at all! I occasionally get the normal running injuries that most runners get. I have to make sure I stretch for about 20 minutes after each marathon. Plus yoga during the week as well as strength training in the gym.

You must have clocked up quite a few miles just getting to some of these marathons.

RH: Actually, most of mine have been reasonably local, although when I was within striking distance of Sally, I did travel to Wolverhampton and then Birmingham. We made a weekend of it when we went up to Wolverhampton. Mind you Oodey (Mrs Hayes) wasn't impressed. If there is one place you don't really want to live in it has got to be Wolverhampton!

SI: Yes, Scotland and Ireland. We are lucky in this country to have lots of marathons to choose from. Like Roger said, a lot of them are local.

A question most of us would like to know the answer to — what was your favourite marathon?

RH: It has to be the North Devon one, which was in fact also the hardest one I have ever done! It came three weeks after the DD and I really wasn't prepared for what was in store. I'd been warned it was tough, but boy oh boy I had no idea it was going to be that tough! It was mostly off road, starting and finishing at Wollacombe. We ran along sections of the coast path that were simply stunning. I say ran, but actually running was out of the question at times. It was a beautiful, hot

Cover pic of Sally at the South Devon Coastal marathon courtesy [Endurance Life.com](http://EnduranceLife.com)

When we finally reached the top, the heavens opened again



Caroline Hayes

Sl: Can I have two? South Devon Endurance Life, closely followed by North Devon. The South Devon one was in February. It had rained a lot the day before and the trails were a sloppy, muddy mess. The day itself was sunny and I tried to enjoy the scenery (I even saw some seals on the rocks) but it was so difficult to run without sliding everywhere. I hated it. North Devon for me was just survival. My heart wasn't in it and I just wanted it to be over.

Now that this year's marathons are over, are

you going to take up where you left off at the start of 2011?

RH: No way, I know when I've met my match! Sal has had an amazing year, she mullered me in the end, 22 to 14. At one point I got to within three, but that was as close as it got. I intend to run a few next year. I'd like to run my 50th at Dartmoor Vale. There is talk of another foreign Trotter marathon trip, so that's bound to feature somewhere.

Sl: Of course! If anyone wants to take Roger's place...

Is a total of 100 marathons a possibility or distant dream?

RH: I would have said a distant dream at the beginning of the year. However, I'd be lying if I said it hadn't crossed my mind now. I guess I've got age on my side, although I would like to have another serious go at lowering my PB.

Sl: Always a possibility!

We're sure you'll agree that these two have done our club proud, flying the royal blue flag up and down the country. But, guys, now is the time to put your feet up over Christmas and enjoy a well-earned rest!

summer's day and it was one of those runs where it just feels good.

Consequently, I had a stormer, managing to finish in fourth place. For all you Trotters doing next year's DD, it's a must.

Sl: Snowdon for me. The scenery was beautiful, even in horrible weather, as it was this year. Long gradual climbs and even longer descents. Then a nasty sting in the tail at the end, where we had to climb a steep narrow road, then a trail that went on for almost two miles. When we finally reached the top, the heavens opened again but this time joined by thunder and lightning. Then we got pelted by hail! Your legs are like jelly coming down the other side in a river of mud, back on the road to a downhill finish. Loved it!

And your least favourite one?

RH: Believe it or not, it was Athens! Running along the best part of 26 miles on a closed dual carriageway is not my idea of fun. For such a big event, there wasn't even a single band en-route to help break the boredom. OK, the finish in the old Olympic stadium was very special but that accounted for less than a minute of the previous mind numbing 3.5 hours.

Sally's Odyssey

January:

Gloucester 4.32

February:

South Devon 6.36

March:

Duchy 4.38

Cotswold 4.21

April:

Taunton 4.21

London 4.27

May:

North Dorset 4.17

June:

DD 6.06

Boddington 4.19

North Devon 6.01

September:

Dingle Ireland 4.54

Farnham Pilgrims 4.48

Tenby Wales 4.23

October:

Loch Ness 4.17

Eden 4.48

Abingdon 4.19

Snowdon 4.35

November:

Double marathon weekend:

Saturday MK Enigma Track
4.03 PB

Sunday Rutland Water 4.59
Cornwall 4.31

December:

Portsmouth Time TBA
Bournemouth Track Time TBA

We are the champions



This year's Club Championship produced some consistent performances and some thrilling finishes, reports Championship Secretary Tarquin.

Holding back until the final two months, Eyvoll Aston donned her cross country shoes to complete the required section that confirmed her as Ladies' champion. Meanwhile, in the Men's championship, consistent running by Dave Tomlin has kept him in the lead throughout the year.

However, it wasn't as straightforward as that in the end. Second-placed Wavell 'Waves' Vigers used his wildcard options to good effect and he came very close to Tommo in the final statistics. The battle for second-placed man looked pretty hard fought between Wavell and some bloke called Tarquin.

But, in the end, Wavell was just too hot, with Tarquin finishing in a strong third place. Consistent running by Graeme Baker saw him push past both Mark Becker and Ian Langer to finish fourth, with Mark fifth and Ian sixth. Tom Burman battled ill-health toward the end of the season to ensure he completed the required races and finished in a commendable seventh place. This must still be hard for Tom, as he started the season with such promise. However, I know Tom is eagerly looking forward to next year's championship.

For the Ladies, the championship was far from clear-cut. Sharon 'Fizz' Bowman led for most of the year, putting pressure on Eyvoll to perform in the final few races. However, showing a strong comeback was Tracy Elphick, who returned from an injury towards the end of the season with everything still to do. Tracy had to cram in three races in November, with no margin for error. To her credit, she stuck to her guns and performed in required races, which elevated her to second spot, narrowly beating Fizz into third. Fizz has been racing hard all year, competing in most of this year's championship races. This consistent and dedicated running has earned her a solid third position, although she only missed out on second place by two points.

Eleanor Taylor had an impressive late charge, which resulted in her snatching fourth place, overturning my previous finishing position predictions. Hardy Tina Caunter had to travel all the way to

Hayling Island right at the closing stages to find a wildcard for the Long Misc. section. This ensured that she finished in a strong fifth position.

Sarah Schutte, in only her first year of racing, completed the championship in a very respectable sixth position. Something tells me that Sarah is going to be a runner to reckon with in next year's championship. Watch out, girls!

Congratulations should also go to Jo Becker (seventh) and Marsha Garrard (eighth) for completing the necessary races to complete the championship.

An honourable mention should also go to the following men for completing the championship: Bruce Campbell, Nigel Penwarden, Mark Wotton, Stuart Moulson and Craig Churchill.

May I say a big WELL DONE to all Trotters who completed the championship. I know from my own

experience of competing in it this year that it is not easy, with many other things getting in the way of planning a strong, but consistent championship campaign. There are many Trotters who have tried very valiantly to complete this year, but for one reason or another they just weren't able to finish the necessary races. For some it has been a very frustrating year, with work or family commitments, or even injury, taking priority over racing. Although I can't mention them here, they know that their efforts were appreciated. I know how hard you all tried! Remember, if you need any advice or just encouragement on how to complete next year's championship, just get in touch.

So, what of next year's championship? Well, we have a slightly new format, to freshen things up a bit. See opposite for more details.

Man with a plan

We've been pretty much using the same championship format for six years and many Trotters now feel that it is time for a new format, *writes Tarquin (right)*. For many, the whole look of the current championship format is just too daunting and I have personally found the wildcard option open to too much controversy, with nobody fully understanding what races can be used as wildcards for each section. So, time for something new and fresh, which will hopefully engender a fresh wave of interest.

But what should we change it to? Should we revert to the old format (prior to 2005)? Or just stick with the existing format? How about a hybrid of the two? Well, this is exactly what we have gone for. The details are as follows:

- The layout of nominated races and sections remain the same: seven sections, five races in each (six in 10K for ladies).
- A minimum of 12 races need to be completed, BUT at least one race must be completed from each section. So, one half-marathon; one 10K; one XC; one Short Misc.; one Long Misc.; one Long off-road; and one from the Mixed section, equalling seven races. The other five can be chosen from any of the nominated races in the above sections.

- If more than 12 races are completed, the best 12 will count – but obviously this must include one from each of the seven championship sections.

- Each race time will be given an age-graded percentage and points will then be awarded based on the best percentage for each race. The points will be shown on the championship spreadsheet for each race completed – from 50 points down (the percentage can also be viewed as a separate note).
- So maximum points from twelve races will give 600 points.
- In the event of a tie on points, the best average age-graded percentage for the best 12 races will be used.
- No wildcards!

See overleaf for your Championship races for 2011! I have swapped a few races around by bringing back a couple of old favourites. Plus I have added a couple of new races, too.



NEW CLUB CHAMPIONSHIP RACES - 2011

SECTION 1 - HALF MARATHONS	DATE	SECTION 2 - 10Ks	DATE	SECTION 3 - CROSS COUNTRY	DATE
Bideford Half	06/03/2011	Easter Bunny 10K (Yeo vil ton)	25/04/2011	Bideford Cross Country	16/01/2011
Taunton Half	03/04/2011	Ivy bridge 10K	14/05/2011	Bovey Tracey Cross Country	13/02/2011
Torbay Half	19/06/2011	Torbay 10K	Mid August	Red path Cross Country	20/03/2011
Bovey Tracey Half	Mid July	Exeter Track 10K	Early Sept	St Austell Cross Country	Oct-11
Dartmoor Vale Half	Mid Oct	Taunton 10K	Late Sept	Plymouth Cross Country	Nov-11
		Ladies 10k	<i>Mid Sept</i>		

SECTION 4 - SHORT MISC.	DATE	SECTION 5 - LONG MISC.	DATE	SECTION 6 - LONG OFF ROAD	DATE
Exeter Track (3K) - (FMON) best 1 time to count	1st Mon in month	Braunton 10 (10 miles)	23/01/2011	Oh My Obelisk	20/02/2011
Sandygate Loop (4 miles) - any from April - September, best 1 time to count	last Friday of month, Apr - Sept	Plymouth Hoe 10 (10 miles)	20/02/2011	Dal wood 3 Hills Challenge	27/02/2011
Dawfish Dash (4 miles)	Early June	Wellington 10 (10 miles)	10/07/2011	The Black Death Run (10 miles)	08/05/2011
Festival 4	Mid June	Ta ig o Valley Toddle (10.25 miles)	Early Oct	Drogo 10	Mid Nov
John Scott Trophy	Mid Nov	Dev onck Bounder (10 miles)	Mid Oct	Bicton Blister	End Nov

SECTION 7 - MIXED	DATE
Otter Valley 10k (CLUB TRIPI!)	02/07/2011
Chud leigh Carnival 6	Mid July
Dal wood Fayre 10K (Wednesday Eve)	Mid August
Forest Flyer	Late August
Churston Flyer	Early Oct

* TWELVE RACES MINIMUM MUST BE COMPLETED

* RUNNERS MUST COMPLETE A MINIMUM OF ONE RACE FROM EACH OF THE SEVEN SECTIONS

* IF MORE THAN TWELVE RACES ARE COMPLETED, THE RUNNER'S BEST TWELVE WILL COUNT

* IN THE EVENT OF A TIE, THE AVERAGE AGE-GRADED PERCENTAGE OVER THE TWELVE BEST RACES WILL COUNT

Speak to Tarquin (Daryl Milford) if you need to discuss any issues -- 07513 544938

Trophy cabinet



Men's fastest 10K: Dave Tomlin (pictured above) —
Easter Bunny 10K — 35:10

Men's fastest half marathon: Dave Tomlin — Taunton —
1:17:06

Men's fastest marathon: Dave Tomlin — London —
2:39:10

Ladies' fastest 10K: Eyvoll Aston — Ivybridge 10K —
41:39

Ladies' fastest half marathon — Eyvoll Aston — 1:34:10

Ladies' fastest marathon — Emma Sidebotham —
Abingdon — 3:35:32

John Scott Trophy winner: Wilf Taylor

Second place: Tracy Elphick

Third place: Marsha Garrard

Ross Cup (first tattooed finisher): Daryl 'Tarquin' Milford

Dave Dunn Trophy (first cohabiting couple): Eleanor and
Wilf Taylor

Most Improved male: Daryl 'Tarquin' Milford

Most improved female: Marsha Garrard

Most promising female newcomer: Lucy Payne

Most promising male newcomer: Craig Churchill

Committee Cup: Graham 'Buzz' Terrill

Annual snooker challenge winner: Gary Watson

Horse's Arse winner: Daryl 'Tarquin' Milford

Two-time victor romps home

Lots of fun was had at
this year's John Scott
Trophy, reports Race
Director Steph Ross.



Debbie Clarke

Head down: JS victor Wilf braves the cold at the recent Bicton Blisters.

Twenty-three Trotters turned out for this year's John Scott Trophy, held at Abrook Farm, on a fine but chilly afternoon on 21 November. Runners were set off in order by Maurice and Reg, to complete the four mile(ish) out and back course.

The runaway winner was Wilf Taylor, who ran a blinding race despite recent injuries. This makes Wilf the first Trotter ever to have won the John Scott Trophy twice. Quite an achievement, although possibly next year the handicappers will be on his case!

Over a minute later, the next finisher, and first woman, Tracy Elphick, crossed the line. Tracy has also had injury problems this year. Hopefully this marks the beginning of her comeback. Marsha Gerrard ran an excellent race to take third spot.

From Tracy onwards, runners finished thick and fast, with plenty of battles taking place. Well done to everyone. It should be mentioned that the last five runners to finish had all run the Castle Drogo tough, off-road, ten-mile race that morning, so a

special thanks to those runners for turning out to support the event. It was particularly exciting to see the King Fizz and Queen Tommo of Castle Drogo among the line-up. They will be considered the for prestigious fancy dress trophy.

The prize for the first tattooed Trotter this year went to Tarq the Shark, who also posted the fastest time of the day. The Dave Dunn cohabiting couples cup went to Wilf and Eleanor Taylor. The fastest women's time was run by Eyvoll.

A big thank you also to Maurice and Reg who kindly braved the cold to do the timekeeping, lead cyclist Gary Watson, and to all the spectators. Crowd support this year was top-drawer. After the race was concluded, we reconvened in the White Hart for a delicious carvery. Glasses were raised to Mark Wotton who unveiled his new Trotters tattoo after the presentation!

It was once again a lovely event, marking the beginning of the festive season. Thanks to everyone who turned up and made it the occasion that it was.

Official results

Position	Name	Finish Time	Handicap	Time
1	Wilf Taylor	33.02	3.30	29.32
2	Tracey Elphick	34.13	4.00	30.13
3	Marsha Garrard	34.36	3.30	32.06
4	Kevin Besford	34.38	2.15	32.23
5	Tarq the Shark	34.40	11.30	23.10
6	Wayvell Vigers	34.44	11.30	23.14
7	Debbie Clarke	35.05	1.00	34.05
8	Neil Pallant	35.09	2.00	34.09
9	Jo Becker	35.12	1.00	34.12
10	Mark Becker	35.18	8.30	25.48
11	John Caunter	35.44	6.30	29.04
12	Dave Dunn	35.46	3.30	32.16
13	Tina Caunter	36.04	1.30	34.34
14	Jo Billyard	36.31	0.00	36.31
15	Eleanor Taylor	36.38	2.15	34.23
16	Eyvoll Aston	36.44	8.30	28.14
17	Syd Willocks	37.02	5.30	31.32
18	John Skinner	37.15	6.30	30.45
19	Ian Langler	37.20	10.30	26.04
20	Dave Tomlin	38.19	12.15	26.04*
21	Stuart Moulson	38.27	8.00	30.27
22	Fizz Bowman	38.47	3.15	35.32*
23	John Tweedie	39.49	6.30	33.19
24	Mark Wotton	Brand	New	Tattoo!!!



Tracy Elphick took second place in the John Scott Trophy.



Stuart Moulson, during this year's Dartmoor Discovery.

Elite feat



It all seemed so modest: a long weekend in a culturally stimulating city, with a gentle 10K jog thrown in. But, as Gary Watson discovered, some have greatness thrust upon them...

About a year ago, Steph Ross, a very good friend of mine, asked me 'Are you going, then?' 'Going where?' I replied. 'To Athens, to do the marathon.'

Well, I explained to her how I didn't think that I'd ever do a marathon again, although I did like the idea of going to Athens. I've always wanted to visit Greece. She then explained that there was a 10K too. That swung it, really. My other half and I would definitely be going.

We arrived on Wednesday, five days before the race, in a thunderstorm. When we got off the transfer bus, we dived for cover to try to keep dry. Our first encounter with one of the locals was with a man trying to sell us an umbrella. He started at 20 Euros. We said no. He then went to 10 Euros — a good reduction, I thought. We refused again. He then dropped to 9,

8, 7, 6 and then finally 5 Euros. (The lesson is, Mark, to always do some bartering or just say no!) We then made it to our Hotel/ Hostel on the Metro.

The Easy Access Hostel was aptly named. The availability of local services was exceptionally good. The bar next store was the local brothel. The drug store was literally that!

We ventured out and found an eating house. Then, after a good meal, we settled in to our room. A little rough but as cheap as chips.

Over the next few days we visited the local sites and picked up our numbers. This is really when the story begins.

When I got my number it had a bright yellow band with Pen 1 written on it. This was slightly surprising as I'm injured at the

He was clad in black lycra, tall and distinguished looking

moment and was only planning to jog round the course. I then thought 'Well, perhaps they've put 500-plus people in Pen 1.' so I decided not to worry.

The rest of the Trotters arrived on Friday night. I pointed out the local amenities. Tarquin seemed to be the most interested, especially in the Lady-Boys! We all went out together and had a good evening.

The next day we all went to the Expo to sort out the rest of the numbers, visited the local antiquities and then went to the beach to swim in the Mediterranean. We had a lovely meal, apart from the 'Green Stuff' and set off for an early night.

It was now the day of the race! The first step was to drop off our kitbags. Well, this is often easy and quite a boring thing to do. As we were walking through the crowds I was getting several strange looks. Was something hanging out? I checked. No, no nothing!

We reached the bag drop-off. In Pen 2 it looked like they had about 1,000 bags. I made my way up to Pen 1 and looked down. There they were - my four fellow yellow runners' bags. Now the first thing that crossed my mind was, 'How many people are in Pen 1?' Five seemed ridiculous. There must be more. Throngs of runners were gathered at the mass start and I would have to make my way to the front where possibly I would find only four other runners. This was perplexing but rather an amusing thought. I made my way through the mass of runners meeting no resistance whatsoever. In fact my fellow runners were only too pleased to let me pass. Finally I reached the front and took my place about two places back from the line. This is a good position to start in I thought, but no, it still wasn't good enough. One of the organisers beckoned me to come forward over the

actual start line. I gingerly moved forward. This was my first glimpse of my fellow yellow elite runners — all nine of them!

I began in my usual fashion by doing some drills. 'High knees everyone,' I thought. No it's not Wednesday night... I was then greeted by two Greek runners I would describe as racing snakes. They made me look fat, all ten stone of me!

Now, with true Trotter aplomb, I thought to myself, do I retire behind the line or do I play on this and enjoy the experience? The second option seemed far better to me. I mean, I can tell this



Tarquin and Chairman point out the dubious charms of the Hotel Aktion.

story for years. So, I proceeded to take in the applause of the crowds, shaking hands with more racing snakes. An American said Hi: I gave him a high five. A Dutch guy with Holland on his running vest said Hello — he looked quite fit, really.

Were they sussing me out, or were they thinking, 'How can an old guy like that be as fast me?' All was going well — granted I was occasionally bursting into laughter, but I tried to contain it. Suddenly there was a commotion in the crowd and I turned round to see who had arrived — a celebrity perhaps? I looked behind me and thought to myself, 'I know this guy.' He had a

string vest on, like the vests they wore in the 1960s, and I recognised him as Ron Hill (he's done 2:09 for the marathon).

Should I mention that I once did 3:45 for the mile, clearly not mentioning the downhill part of it? No, I thought, just play it cool. We stood chatting and then Ron looked over my shoulder, as the real celebrity arrived. At first I thought it was the Mayor of Athens. He was clad in black lycra, tall and distinguished looking. It seemed everyone wanted to shake this man's hand and he had a clutch of bodyguards around him. 'We have to line up now,' said one of my new Greek friends.

'Excellent,' I thought, 'It's the start.' 'No,' he said, 'We have to have our photograph taken with Prime Minister Papandreou.'

This couldn't get any better! The paparazzi were falling over themselves trying to get a good picture of Mr Papandreou and each of the elite runners. I posed politely for the picture and thought, 'I hope I can get a copy of this.'

We were then hastened back to the start line. I lined up with the rest of the elite athletes the gun went and...

I began to jog. The rest of the elite pack went off like the Trotters trying to get to the bar on a club trip! I was then passed by 800-plus runners as I jogged my way to the finish.

My finishing time of 51 minutes (a PW, or personal worst) wasn't too bad with a limp and pain from my injured foot.

Here's what the entry form looked like:

Predicted Time: 33:50

Personal Best: 48:00

I still don't know what went wrong!

[See overleaf for Athens Marathon report](#)

Athens or bust

Steph Ross experiences the legendary route taken by the first marathon runner.

Imagine a tough, off-road, mountainous marathon, in searing heat, with no water stations, no Powerade and no Vaseline,

Oh, and you hadn't done any training, how would you fare? And what if you'd just fought a battle, and you'd forgotten to pack your lightweight adidas adiZero Adios trainers. Do you think you might die?

According to legend, this was the fate of Pheidippides, dispatched to run from Marathon to Athens (26.2 miles) to deliver tidings of victory over the Persians, 2,500 years ago. It did for poor old Pheidippides, for, upon achieving his objective, he really did die.

Equipped with modern running kit, and with the help of the dual carriageway which has sprung up since 490BCE, lots of water stations, snacks, bananas, cheering crowds etc., six intrepid Trotters set out to prove themselves harder than Pheidippides, and survive the original Athens Marathon.

Gary and Sarah Watson, who still thought they might die, simultaneously set out to conquer the 10K. But that's another story! (See previous pages.)

Our youth hostel was located in a salubrious part of the city, close to Omonia Square, so named, Mark Wotton suggested, as it stank of ammonia, and next door to the delightful Hotel Aktion, where rooms were rented by the hour, and one assumes some kind of action took place, but what?

No worries, Athens was fascinating, a stark contrast between the ancient and the modern, with nothing in between. Lively, buzzing, the natives invariably charming, friendly and hospitable. Friday night was spent enjoying a delicious moussaka in the heart of the city, Saturday morning at a typically god-awful marathon expo. We followed this (some of us anyway) with a spot of culture at the amazing Acropolis Museum, a spot of lunch (moussaka) and a delightful afternoon sunbathing and swimming in the blissfully warm Adriatic. We then dined on yet more moussaka and green stuff outside a beach taverna, as the sun set over the sea.

Sunday morning, well, we all knew it was coming, up at dawn, and boarding the coach bound for Marathon at 6.30am. The steep downhill trajectory of the coach journey made us all too aware of what lay ahead!

But what an atmosphere at the start! There was music, dancing and banter in a whole host of languages. The Olympic flame was burning. The chap on the PA was hilarious. We were gradually herded into our pens under a strict system, and at 9am, already pleasantly warm, we were off. I ran the first 10K with John and a chap dressed in Ancient Greek battle gear. As the sun rose and we all began to sweat, he began to discard his gloves and other accessories. Crowd support was excellent, with lots of cheering and waving of olive branches,



Sightseeing: Mark Wotton, Tarquin and Chair.

and we needed it! The course, it has to be said, was gruelling, with a ten-mile hill between 15K and 30K. Am I mixing my measurements? Well, I was delirious. The pay-off was six miles downhill to the finish in the ancient Olympic stadium.

I forgot to shout 'Vikki' when I crossed the finish line, as Pheidippides had 2,500 years before. I have to confess I was too busy trying not to blub — an old cynic like myself, too! My time was 3:58 and I was more than happy to settle for that, delighted in fact. I met up with Chairman Rog (3:29) Tarq the Shark (3:25) (new nickname courtesy of American girls at our youth hostel) and Skins (4:06). We were soon enjoying a well-earned litre of lager in the hot afternoon sunshine before digging Mark Wotton (4:39) out of our hostel for more of the same.

We dined out in style that night — more moussaka! With Stella (4:37), Kevin and Pat Clathworthy of the Dawish Coasters. But all of us were too tired for any typical Trotters' fun and frolics (no aktion, in case you ask!)

On Monday morning, after a romantic walk round the Thissius (ancient Greek market) the Roman market, and the extremely noisy and bloody modern market, John and I headed off to the airport, leaving Mark, Tarqs and Rog to lord knows what mischief. It was certainly a weekend to remember.

Next year, Ljubljana? Watch this space!

Dartmoor Discovery update



Your club needs you! The DD requires 80 marshals, says Rog Hayes.

After my plea in the last edition of *The Trotter* and subsequent interim newsletter for members to come forward and offer their help, I'm pleased to report that the response has been very encouraging. However, as you will see from the list below, we are still well short of the number of helpers that we will need to stage what will be the biggest event in the club's history.

The race team has met regularly throughout the year, and I'm pleased to say everything is progressing nicely. The race is over half-full already and the 28-page colour race magazine has been sent to all those who have entered.

Ian Langler is the chief marshal and is desperately searching for a final sector leader, having already secured the services of Rod Payne, Mark Becker and Michelle Willocks Watts. The race needs approximately 80 marshals, covering the ten feeding stations, the numerous cattle grids on the course, the busy town of Asburton and the small matter of 32 miles.

I have listed below those members who have offered their services and in what capacity they will be kindly helping. I would like to take this opportunity to say a massive thank you to all those on the list and at the same time renew my plea for more members to come forward and to offer their services. You can do this by contacting Ian on 01626 337501: or email him at ilangler@hotmail.com

We have also has pledges of support from the Dawlish Coasters, Erme Valley Harriers and family members of the race team.

As you can see, we are still well short of reaching our target of 80 helpers, so please, if ever you were thinking of doing something for your club, now is the time.

Positions allocated so far

Start/Finish Coordinator:

Noel Fowler

Timekeepers:

John Caunter

Vicky Seaman

Kevin Besford and sibling

Tony & Penny Clapham (Teign Valley RC)

Marshals and Feeding Stations:

Angela Evans

Howard Cotton

Maurice Piper

Dave Foster

Wilf Taylor

Eleanor Taylor

Buzz Terrill

Steve Blackburn

Judy Smallshire

Jan Caunter

Neil Pallant

Alastair Lee

Dennis Milstead

Sarah Schutte

Ben Epps

Penny Aitchinson

Becky George

Lucy Payne

Emma Sidebotham

Jo Becker

Syd Willocks

Tom Burman

Mike Everleigh

Gary Caunter

John Skinner

Caroline Hayes

Anna Langler

Course signage:

Dave Dunn

Stewart Dunn

Nathan Elphick

Adrian Youngman

Results:

Pete Aston

PA:

John Ludlam

Catering:

Tina Caunter

Race Photographers:

Milos Erben

Graham Penn

Race Masseur:

Nikki Kennard



Who wants a spa day anyway?

Not our Clare Youngman. She'd rather run up Mount Snowdon. Oh yes.

Fluffy towels? Me? Nah... Clare Youngman in action during the 2009 Ladies' 10K.

Most ladies get a spa weekend, a pamper day or tickets to a show for their birthday. But not me. I get an entry for the Snowdonia Marathon. What a memorable present from my loving brood!

At the time I was suffering with a bad back and barely running so it seemed an overwhelming and most inappropriate 'gift'. But the only consolation was that it seemed ages away — birthday in February, marathon end of October. I had loads of time to get fit again and train. Ha! But I forgot how time flies!

Once my back was sorted (mid-March), the months slipped by until I worked out that there were only 12 weeks to go and we were away for two of those in Cyprus, where running was completely out the question as it was so hot. I didn't suspect heat training would be necessary for Snowdonia in October so I happily left my running shoes behind. This did mean that I felt I was playing catch-up once we were back in the UK and the

weeks soon sped by, with a gradual increased mileage on the long weekend runs and a dread of what was to come.

As the marathon coincided with the last weekend of the October half-term, we decided to incorporate a week's holiday in Llanberis before the marathon and enjoy the scenery and location (much to the horror of my teenage daughter when she realised there'd be no wi-fi connection for a whole week.) Even the prospect of playing cards for evening entertainment was no compromise (I don't know, the youth of today...)

Anyway, we had arrived and on our first morning we were greeted with crystal clear blue skies and Snowdon calling us up. Well, Adrian and I at least! Having done the very same walk together 20 years ago we were as keen as mustard to see if we could 'beat our time'. However, encouraging three teenagers up steeper slopes than I remember was more draining than we expected and in the end we were all grateful just to make it to the top.

You really feel like you are in the mountains

Cruelly the path we took closely followed the stream railway, so it was double torture for them. 'Why aren't we a normal family who get to train to the top?' was a frequent question. However, with the warm sun beating down on us and the promise of hot chocolate at the top, we did the longest walk up Snowdon. As we neared the summit it felt like every tourist in North Wales was there. It was rather busy but it was worth every step: the views were spectacular. The descent wasn't particularly easy on the quads but seeing people struggle up as we strode down made us all feel quite smug.

The following morning, we were grateful that we had already climbed Snowdon because the weather was back to normal for Wales

— low cloud and rain. In fact, we never saw Snowdon again for the rest of the week! As the week went by, the howling winds got worse and were gusting up 60mph the day before the race. The whole ambience was dark and oppressive — not what you call welcoming or appealing.

Still 'every morning dawns a new day' (or something like that) and the winds had finally dropped on the morning of the race. So, having registered the day before, I had no excuses. Adrian and kids dropped me

at the start so they could cheer me on after the first big climb. Donning a rather fetching bin liner (as it was piddling with rain) I eagerly looked out for the fellow Trotters doing the race (Sally, Angela and Derek) but to no avail — I couldn't see them. So, by the time, I walked to the start (a good half mile out of Llanberris) I was quite wet and my feet were already soaked.

Now, the marathon is a circular route that essentially takes you round Snowdon on tracks and roads through

undulating through to the half-way point at Beddgelert, where again my entourage were waiting and cheering — loudly! Still with a smile on my face, it was head down as the route began to gradually creep upwards again.

I knew by chatting to a few folk at the start and looking at the course profile that at 21 miles there was a steep climb out of Waunfawr. Mentally, this prospect was tortuous, so by the time I got to the 22 mile marker my legs were feeling it and I finally had to walk. I made myself

stride out and keep the momentum going but this bit was hard! Finally, when at the top, there was an extremely steep descent to Llanberris on slippery, wet tracks and tarmac which absolutely killed your quads. It was very



Mind those quads, girl! Clare takes on a tricky downhill section during the Snowdonia Marathon.

the Snowdonia National Park. The scenery (when you can take it in) is wonderful and you really feel like you are in the mountains. The first 4.5 miles were basically a long zigzag drag up through Peris Pass, with its dark, slate mountainsides drawing you up to the top. Once at the top, there is a welcome few miles of downhill where I finally received the first rapturous cheers from Adrian and kids!

Once this initial section was over, it really was a question of grinding out the miles as the route was now more gently

uncomfortable but it was worth it, as this was the finish. A couple of sharp turns, along the high street, high fives with Adrian and the kids and it was over! Fantastic! I'd finished in under four hours which had always been my target.

Would I do it again? Yes! Was I grateful to finish before a massive hailstorm? Yes! Did I feel sorry for the other Trotters still running in the hailstorm? Yes I did! Well done to them all! It's a great race!

Captain's Corner

Clare looks back over some great performances in the past few months.

I can't believe how quickly this latter half of the year has gone! It only seems five minutes since the Ladies' 10K, which is an indicator to me that the end of summer is nigh. Now Jack Frost is certainly snuffling around and the nights are so dark and the days so short! Thank heavens for reflective kit, thermal layers and running gloves so we can keep on running – unless it's too icy. I don't like the ice.

The second half of this year has certainly been busy — lots of ladies training on Mondays and Wednesdays and loads of great performances in races near and far. A number of club records have been smashed along the way. In the 10K category: FV60 Susie Ashleigh-Thomas (53:55) and FV65 Angela Weeks (1.02.58), both in fantastic, enviable times. And in the marathon category, a superb run by Emma Sidebotham (3:35:32) to bag her the Senior Ladies record. Congratulations to you all.

A highlight this year has to be the aforementioned Ladies' 10K, where we had a strong contingent of Trotettes resulting in us winning First and Third Team prizes, a fantastic achievement.

Also we have had some additional racers on the scene: Lucy Payne, Debbie Clarke, Sarah Whalley, Rebecca Weare as well as the regular racers who always do the club proud: Eleanor Taylor, Jo Becker, Tina Caunter, Marion Witham and Amanda Milverton, to name but a few. Personally, I haven't done much racing this year, but in a way this just increases the admiration I have for all who have been able to complete the Club Championship. It's tough, challenging and requires dedication and careful planning in order to complete it.

So well done all, especially Marsha and Sarah who completed the championship for the first time and obviously to this year's winner (I won't steal any of Tarq's thunder, so please read his Club Championship section for more details of who and what.) Needless to say, well done to ALL, whether you managed to complete all the required sections or not.

A special mention needs to go to our very own 'Marathon Queen', Sally Ingledew, who has done SO many marathons this



Now that's what we call team spirit: Our fabulous ladies line up at Dornafield ahead of the 2009 Ladies' 10K.

Thank heavens for reflective kit, thermal layers and running gloves

year (the roll call below list the ones from July onwards, not them all) and any other race she can squeeze in between!

I personally don't know how she does it or what her secret is but I think its incredible and she is a great ambassador for the Club on the marathon running scene! Well done, Sally — if you ever stop to read this. I would like to thank you all for your enthusiasm and effort. Although I don't know you all as well as I probably should, I am a very proud Ladies' Captain.

Finally, a special mention and thank you to Janice Caunter, who recently stood down as Coach Coordinator. Anyone who knows Jan will know that she is very dedicated to the club and I would personally like to thank her for all hard work she put in while Coach Coordinator and I hope that she is back running strongly in 2011, injury-free!

Wishing you a very Merry Christmas and all the best and PBs galore for 2011!

Roll Call of Performances (July-December 2010)

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)

6 Moor Miles: Gia D'Aprano (54:33).
Cornwood Challenge 10k: Marsha Garrard (56:21), Eleanor Taylor (57:57) and Stella Imong (1:00:50)

The Torbay Regatta 10K: Tracey Elphick (45.48), Emma Sidebotham (45.49) (2nd Vet 30), Sarah Schutte (49.00), Sharon Bowman (49.18) (3rd vet 40), Sally Ingledew (51.32), Mary Goulden (53.00), Julie Crocker (55.13), Rebecca Weare (56.24) and 3rd ladies team

Forest Flyer 5: Eyvol Aston (39.04), Sarah Schutte (43.25), Sharon Bowman (43.49), Sally Ingledew (45.53), Eleanor Taylor (50.00), Joanna Becker (50.05), Amanda Milverton (53.16)

Lustleigh 10K: Emma Sidebotham (48.39), Sarah Schutte (53.43), Stella Imong (62.48)

Sedgemoor 10K: Caroline Hayes (53.07)

Dingle Marathon: Sally Ingledew (4.54)

Bristol Half Marathon: Rebecca Weare (2.10.13)

Exeter Arena 10K (on track): 14th Eyvoll Aston 42.01, 25th Tina Caunter 53.28

Ivybridge Beacon: Sharon Bowman (1.22.26), Sally Ingledew (1.23.58)

The Alice Holt 10K: Lucy Payne (1.02.30)

Dornafeld Ladies' 10K: Eyvoll Aston (5th & 1st V35) (42.45), Emma Sidebotham (45.04), Clare Youngman (45.49) (2nd V40), Becky George (46.57) (3rd V40), Belinda Collins (46.58), Sarah Schutte (49.11), Sarah Whalley (49.11), Steph Ross (49.47), Claire McKenna (49.53), Sharon Bowman (50.29), Marsha Garrard (50.53), Tracy Elphick (51.51), Caroline Hayes (52.47), Eleanor Taylor (53.54), Jo Becker (54.21), Rebecca Weare (56.34), Lucy Payne (57.39 PB), Amanda Milverton (58.19), Sarah Ross (61.44), Elinor George (62.57) and Ellie Aitcheson (62.57). Also 1st and 3rd Ladies' team prizes.

Farnham Pilgrims' Marathon: Sally Ingledew (4:48)

BUPA Great North Run: Cathy Evans (2.37.16)

Sandygate Loop: Marsha Garrard (31:48 PB)

New Forest Marathon: Sharon Bowman (4.28.35)

Wales marathon: Sally Ingledew (4.23)

Taunton 10km: Sarah Schutte (49.22), Marsha Garrard (51.09), Mary Goulden (51.39)

Teign Valley Toddle: Emma Sidebotham (80.57 & 1st Senior Lady), Charlotte Crump (87.45), Sarah Schutte (88.14), Marsha Garrard (94.25), Eleanor Taylor (94.38), Marion Witham (118.41)

Wadebridge Sprint Triathlon Becky George (1.38.48 2nd lady, 1st Vet 40), Penny Aitchison (4th lady and 2nd Vet 45, 1.47.27), Tina Caunter (1st Vet 50, 1.59.11)

Lochness Marathon: Sally Ingledew (4:17)

Brooks Winter 3K series: Marsha Garrard (13:51), Tina Caunter (14:44)

Eden Project Marathon: Sally Ingledew (4:48.14)

Eden Project Half Marathon: Lisa Thorne (2:14.12)

Western League Cross Country: Emma Sidebotham (40th)

Autumn Trail: Eleanor Taylor (1:15.43), Jo Becker (1:16.40), Marion Witham (1:25.49)

Dartmoor Vale 10K: Sarah Whalley (47.29), Marsha Garrard (49.12 2nd V), Caroline Hayes (51.39 PB), Michelle Roberts (52.49), Julie Crocker (53.47), Susie Ashleigh-Thomas (53.55 2nd FV60 prize), Sarah Ross (61.44)

Dartmoor Vale Half Marathon: Sarah Schutte (1:51.12 PB), Eleanor Taylor (1:57.38), Sharon Bowman (1:58.36), Jo Becker (2:05.32)

Abingdon Marathon: Emma Sidebotham (3:35.32), Sally Ingledew (4:20.22)

Snowdonia Marathon Clare Youngman (3.55), Sally Ingledew (4.36), Angela Weeks (6.07)

Sourton Scramble: Sharon Bowman (63.15)

Athens Classic Marathon: Steph Ross (3.58), Stella Imong (4.39)

The 'Eller Tina Caunter (1.36, 1st V50)

The Templer Ten: Louise Bailey (1st FV40, 1.11:54), Belinda Collins (2nd FV40 prize, 1.16:00), Jenna Manion (1.22:54), Lucy Payne (1.26:32 1st FV55), Sarah Ross (1.40:32)

Westward League Cross Country (Plymouth): Eyvoll Aston (27:47), Tracy Elphick (30:51), Debbie Clarke (33:22), Jo Becker (33:50)

Cornish Marathon: Sally Ingledew (4.31)

Gosport Half Marathon: Lucy Payne (2:03.31)

Drogo 10: Emma Sidebotham (1.30.00), Louise Bailey (1.30.21), Sharon Bowman (1.44)

Bicton Blister: Tracy Elphick (1:27.55), Charlotte Crump (1:30.20), Sally Ingledew (1:39.39), Sharon Bowman (1:39.51), Eleanor Taylor (1:47.20), Marian Witham (2:02.41)

Bicton Lite: Sarah Schutte (42.09), Cindy Brookes (52.53), Julie Crump (53.06)

Time Trials

	MEN 1 MILE	
1	Curtis Betteridge	4.59 PB
2	Dave Tomlin	5.03
3	Daryl Milford	5.05
4	Garry Smart	5.09 PB
5	Ian Lanaler	5.12
6	Ewan Walton	5.17
7	Thomas Burman	5.27 PB
8	Simon Boobver	5.31
9	Roy Brown	5.34
10	Mark Becker	5.45
11	Andrew Ludlam	5.48 PB
12	Alan Boone	5.58
13	Gary Watson	6.05
14	Ben Epps	6.08
15	Roger Hales	6.21
15	Mark Gilligan	6.21
17	Adrian Mawson	6.23
18	Craig Churchill	6.26
19	John Skinner	6.28
20	Adrian Younman	6.33
21	Pete Aston	6.34
21	Roger Hales	6.34
23	Dennis Milstead	6.36
24	Mark Wotton	6.41
25	Dave Dunn	6.44
26	Dave Taylor	7.15
26	Joe Mulvey	7.32

	MEN 2 MILES	
1	Dave Tomlin	10.44
2	Garry Smart	10.55 PB
3	Daryl Milford	11.28
4	Roy Brown	11.30
5	Ewan Walton	11.34
6	Thomas Burman	11.40 PB
7	Simon Boobver	11.59
8	Ian Lanaler	12.17
9	Curtis Betteridge	12.27 PB
10	Mark Becker	12.36
11	John Skinner	12.47
12	Ben Epps	13.01
13	Roger Hales	13.05
14	Gary Watson	13.07
15	Adrian Mawson	13.10
16	Andrew Ludlam	13.20
17	Mark Wotton	13.21 PB
18	Adrian Younman	13.58
19	Pete Aston	14.03
20	Dave Dunn	14.06
21	Craig Churchill	14.13

	LADIES 1 MILE	
1	Evyoll Aston	5.58
2	Emma Sidebotham	6.17
3	Carrie-Anne Hewinas	6.21
4	Tracy Elphick	6.22
5	Sue Hewinas	6.36
6	Clare Younman	6.38
7	Sharon Bowman	6.53 PB
8	Sally Ingledeu	7.09
9	Jo Becker	7.18

	LADIES 2 MILES	
1	Evyoll Aston	12.35 PB
2	Clare Younman	13.29 PB
3	Emma Sidebotham	13.05
4	Tracy Elphick	13.16
5	Sharon Bowman	14.15 PB

Time Trials Analysis

Nine Ladies and 27 men took part with the following successes.

Over the mile, one lady and seven men improved their times compared to last winter's session. Over two miles, one lady and five men improved their times compared to last winter's session.

	Improved	
	From	To
Eyvoll Aston	6.04	5.58
Dave Tomlin	5.11	5.03
Ian Langer	5.22	5.12
Gary Smart	5.30	5.09
Curtis Betteridge	5.18	4.59
Ewan Walton	5.18	5.17
Thomas Burman	6.21	5.27
Andrew Ludlam	6.14	5.48

	Improved	
	From	To
Eyvoll Aston	12.45	12.35
Gary Smart	11.50	10.55
Curtis Betteridge	12.37	12.27
Thomas Burman	12.22	11.40
Peter Aston	14.11	14.03
Roger Hayes	13.37	13.05

Personal bests over the mile were achieved by one lady and four men. Personal bests over two miles were achieved by three ladies and four men.

	Improved		*
	From	To	
Sharon Bowman	6.54	6.53	2008
Gary Smart	5.22	5.09	2008
Curtis Betteridge	5.18	4.59	2008
Thomas Burman	6.21	5.27	2009
Andrew Ludlam	6.00	5.48	2008

	Improved		*
	From	To	
Eyvoll Aston	12.41	12.35	2004
Clare Youngman	13.49	13.27	2005
Sharon Bowman	14.38	14.15	2008
Gary Smart	11.21	10.55	2008
Curtis Betteridge	12.37	12.27	2008
Thomas Burman	12.22	11.40	2009
Mark Wotton	13.36	13.21	2008

*Previous Personal best times were last achieved.

March 2010 was the month to run the time trials, as Sharon, Gary and Curtis improved both their one-mile and two-mile personal bests. Thomas did the same in January, reducing his one-mile time by 54 seconds. Monkey improved his one-mile in August and Mark Wotton his two-mile in May.

In November 2009, Clare knocked 22 seconds from her previous one-mile personal best, set in 2005, and Eyvoll improved the two-mile time she ran in 2004.

Congratulations to the above and well done to all those who took part.

Time Trials Hall of Fame

There have only been two additions and two amendments to the Hall of Fame list since the end of 2007.

Curtis Betteridge has been added to the one-mile sub-5min list and Garry Smart to the sub-11min two-mile list.

Eyvoll has improved her one-mile and two-mile times, which were both set in November 2004. Well done Curtis, Gary and Eyvoll.

Come on Trotters and Trottettes, with a little more effort I am sure we could have improvements in times and new additions to the list.

See you in January,

Maurice

Sub 5 – Men		
Robert Forbes	4.50	Apr 1994
Mike Hicks	4.54	Apr 1996
Dave Tomlin	4.41*	Oct 1996
Alan Fewings	4.56	Oct 1996
Ian Langer	4.56	Jan 2004
Ian Mant	4.55	Mar 2004
Dave Miller	4.51	Nov 2007
Curtis Betteridge	4.59	Mar 2010
Sub 6 – Ladies		
Sally Pritchard	5.51	Nov 1994
Stephanie Ross	5.31*	Apr 1996
Nicola Hill	5.32	Nov 2003
Sue Hewings	5.58	Nov 2004
Eyvoll Aston	5.57	Mar 2008
Holly Knight	5.45	Jan 2005
Carrie Anne Hewings	5.48	Jan 2005

Sub 11 – Men		
Steve Down	10.59	Dec 1992
Robert Forbes	10.18	Apr 1994
James Preece	10.44	Oct 1994
Les Canham	10.46	Dec 1994
Dave Tomlin	10.04*	Oct 1996
Mike Hicks	10.19	Nov 1997
Gary Watson	10.50	Nov 1997
Roger Hayes	10.54	Dec 1997
Jim Merryfield	10.26	Nov 2003
Ian Langer	10.11	Nov 2003
Ian Mant	10.28	Jan 2004
Mike Eveleigh	10.37	Nov 2004
Dave Miller	10.44	Mar 2007
Garry Smart	10.55	Mar 2010
Sub 12 – Ladies		
Stephanie Ross	11.52	Apr 1996
Nicola Hill	11.45*	Nov 2004
Sub 13 – Ladies		
Linda West	12.48	Dec 1992
Sue Hewings	12.34	Nov 2004
Eyvoll Aston	12.35	Mar 2010
Holly Knight	12.15	Jan 2005
Carrie Anne Hewings	12.34	Jan 2005

Minutes of the Annual General Meeting held at Newton Abbot Leisure Centre, Wednesday, 24 February, 2010, at 8pm

PRESENT

Roger Hayes, John Caunter, Mark Becker, Reg Tole, Maurice Piper, Dave Foster, Stuart Moulson, John Skinner, Becky George, Nigel Penwarden, Ian Langler, Anna Langler, Sue Brown, Adrian Bailey, Caroline Hayes, Alan Boone, Jo Becker, Sally Ingledew, Graeme Baker, Syd Willocks, Adrian Mawson, Gary Watson, Graham Penn, Ronnie Jones, Ewan Walton, Rod Payne, Clare Youngman, Wavell Vigers, Nathan Elphick, Tracy Elphick, Tina Caunter, Eyvoll Aston, Peter Aston, Garry Smart, Eleanor Taylor, Graham Terrill, Vicky Hales, Stella Imong, Dave Tomlin, Sharon Bowman, Jan Caunter and Daryl Milford.

APOLOGIES

Dave Dunn, Stewart Dunn, Matthew Dunn, John Ludlam, John Tweedie and Bruce Campbell.

MINUTES OF THE 2009 AGM

The minutes were accepted as a true record and signed by Roger Hayes (Chairman).

CHAIRMAN'S REPORT

Read out at the time.

SECRETARY'S REPORT

Read out at the time.

TREASURERS REPORT AND APPROVAL OF 2009/2010 ACCOUNTS

The Treasurer's report was read out at the time. Adrian Mawson asked which charities received donations from each of our races. He was advised that the past year has seen money donated by the club to charities including Totnes Caring and the Bowel Cancer charity. John Caunter proposed that there should be no change to fees. The approval of the accounts was seconded by John Skinner and carried unanimously.

PROPOSAL FROM IAN LANGLER: TROTTER MAGAZINE

R Hayes read out the proposal from Ian Langler with regards the Trotter magazine. Ian stated that the monthly edition is padded out with pictures and is not read as much as a printed magazine. Comments were made from the floor as to the magazine being very good in its existing format but also that a quarterly edition would give members more time to write articles. A vote was cast and the results were two in favour of the proposal and a majority vote against. The proposal was therefore not carried.

PROPOSAL FROM ANNA LANGLER: SOCIAL MEMBERSHIP

R Hayes read out the proposal from Anna Langler with regards formation of social membership status. Anna stated that she would like there to be provision for people to join as a social member. Comments were made from the floor as to whether constitutional changes would need to be made and whether a social member would have any rights as a Trotter. Anna wished it to be made clear that she intended to renew her membership in April as a fully paid up member and not as a social member. The Chairman stated that the proposal would need to be decided upon as a package. A vote was cast and the results were 23 in favour of the proposal and 13 against. The proposal was therefore carried. The Chairman then proposed deciding whether a social member should have the same rights as a first or second claim Trotter. This was seconded by Graeme Baker. For the benefit of the vote, the proposal is for a social member to have the same rights as a first or second claim Trotter. A vote was cast and the results were 13 in favour and 18 against. The proposal was therefore not carried. Anna Langler

then proposed setting the social membership fee at £6 which was seconded by Graham Terrill. A vote was cast and the results were 30 in favour of the proposal, a majority vote. The proposal was therefore carried.

PROPOSAL FROM GRAHAM PENN: TEIGNBRIDGE HALF MARATHON

Graham Penn suggested scrapping the Great West Teignbridge Ten and replacing it with a Teignbridge Half Marathon instead. Graeme Baker stated that there are not enough ten-mile races in the South West as it is and there are more than enough half marathons. A vote was cast and the results were 2 in favour of the proposal and a majority against. The proposal was therefore not carried.

ELECTION OF OFFICERS/COMMITTEE

The proposed officers were as follows:

CHAIRMAN – Roger Hayes

VICE-CHAIRMAN – Tina Caunter

SECRETARY – Mark Becker

TREASURER – John Caunter

MEMBERSHIP SECRETARY – Dave Dunn

As there was no opposition to the above nominations it was agreed that they were elected en bloc. This was seconded by Gary Watson and carried unanimously.

CLUB CHAMPIONSHIP – Gary Caunter, Daryl Milford

After voting, Daryl Milford was elected Club Championship Secretary.

The proposed general committee members were as follows:

Syd Willocks, Rod Payne, Ewan Walton, Nathan Elphick, Gary Caunter, Daryl Milford.

Three members put themselves forward for the remaining two general committee places available. Anna Langler was proposed by Stella Imong and seconded by Ian Langler. Ronnie Jones was proposed by Stuart Moulson and seconded by Ewan Walton. Becky George was proposed by Clare Youngman and seconded by Eleanor Taylor.

The proposed members were offered the opportunity to state their reasons for joining the committee and gave speeches accordingly. After a vote was cast, Ronnie Jones and Becky George were elected to the general committee.

Clare Youngman and Eyvoll Aston put themselves forward for the position of Ladies Captain. Clare was proposed by John Skinner and seconded by Becky George. Eyvoll was proposed by Jan Caunter and seconded by Peter Aston.

After a vote was cast, Clare Youngman was elected to the position.

Stella Imong put herself forward for the position of Welfare Officer, proposed by Sharon Bowman and seconded by Jan Caunter. This was carried unanimously.

Reg Tole was thanked by all present for his role over the past three years as Club President. Graham Terrill was proposed by Roger Hayes and seconded by Daryl Milford to take over the position which was carried unanimously.

The following nominations had no opposition to their positions and were voted upon individually:

PRESS AND PUBLICITY – Graham Penn. Carried unanimously.

CROSS COUNTRY OFFICER – Jan Caunter. Carried unanimously.

CHILD PROTECTION OFFICER – Tina Caunter. Carried unanimously.

MEN'S CAPTAIN – Daryl Milford. Carried unanimously.

The meeting closed at 9.15pm.

Points tally

Thank you, thank
you, thank you!

Helping out at Trotters races is a great way of giving something back to the club. And, this year, the rewards are bigger, too!

Check out the box on the right for a list of all the people who have helped out at our races this year, accumulating four, five or six points in the process.

All those members with four and five points are entitled to a free 2011 club trip race entry. Full details of this will be in the January edition of *The Trotter*.

Those with six points should have already claimed their free ticket to this year's Dinner and Dance and will also be entitled to a club trip entry.

A huge thank you to everyone who kindly gave up their time to help at any one of our races throughout the year. We couldn't do it without you!



Four Points

Graeme Baker,
Joanna Becker,
James Donovan,
Stewart Dunn, Nathan
Elphick, Caroline
Hayes, Anna Langler,
Nigel Penwarden,
Ewan Walton, Marion
Witham, Clare
Youngman

Five Points

Sharon Bowman,
Janice Caunter,

Howard Cotton,
Marsha Garrard,
Roger Hayes, Daryl
Milford, Rod Payne,
Sarah Schutte,
Eleanor Taylor, Buzz
Terrill, Wavell Vigars,
Mark Wotton, Adrian
Youngman

Six Points

John Caunter, Tina
Caunter, Dave Foster,
Ian Langler, Maurice
Piper, Wilf Taylor,
John Tweedie

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: New Year and seasonal racing reports.

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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