

The Trotter

Number 21

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Trotter for life!

Dave Foster is now one of a very rare breed, a life member of the Teignbridge Trotters. He talks to Roger Hayes about the club he loves and some of his finest royal blue moments.

Dave Foster was made a life member of the Trotters at our recent Christmas Dinner & Dance. I've had the pleasure of knowing Dave for well over 20 years now, during which time we have shared some wonderful experiences. He is without doubt a true Trotter legend and fully deserved to be honoured with a life membership. He is only the sixth person in our 29-year history to be so recognised.

Dave has lived in Newton Abbot for 47 years and is married to his lovely wife, Val. They have two daughters, Caroline and Michelle, who is the Vice Chairman at the Dawlish Coasters. Dave used to work for Europlas before he retired at 65. He's now 77 years young.

Maurice Piper, a fellow life member, sums up the newest addition to this very special group of runners thus: 'Dave has been a running colleague and friend for a number of years

since he joined the Teignbridge Trotters. He is very much a family man but has always found time to help his friends and neighbours when needed. On the running side, Dave has helped me with the Time Trials and Sandygate Loop and is always happy to help at any event. Dave deserves the honour awarded to him, and I welcome him as a fellow Life Member of the Trotters.'

Chairman: Have you always been a Trotter?

DF: No. Believe it or not, I was a member of Torbay AC before I joined the Trotters, but I soon jumped ship and joined the Trotters back in 1985. That was back in the days of Tom Edwards, John Scott and Dave Rowe.

Chairman: You must have seen plenty of changes over the years.

News Desk

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

16/1 Bideford Cross Country
23/1 Storm Force 10
23/1 Braunton 10
6/2 Fulfords GWR 5
7/2 Brooks Winter 3K, Exeter Arena
13/2 Bovey Tracey Cross Country
20/2 Oh My Obelisk!

There's a lot to be said for wintering abroad, writes *Chairman Roger Hayes*. Apart from a more relaxed pace of life, there is the added joy of all that lovely warm sunshine — something that I've sorely missed over these past few, bitterly cold months. There's plenty to report this month, starting with the fantastic news that the Trotters have reached an all-time high membership total of 212. More on that from Dave Dunn on page four.

The Dinner & Dance is now a distant memory, but well done to all those that walked (staggered in some cases!) away with silverware. The engraved glasses for the Club Championship winners seemed to be well received. I used the same supplier that the DD uses for its prizes. I intend to do the same for this year: members can strive to amass a collection. Although the night was a great success, we had hoped for slightly more than the 72 who did attend, especially when you consider the size of our membership. In light of this, we are going to produce a survey that will aim to establish what you, the members, want from the night. Look out for the survey in the February edition of *The Trotter*.

Tarquin, Marsha Garrard, Graeme Baker and John Tweedie were the lucky ones to have their names pulled out of the hat, each gaining a club entry into this year's Virgin London Marathon. Good luck to you all. For those yet to make their travel arrangements, Mike McElheron (01803 409968), from Torbay AC, is again organising a trip to London, which costs £240 and consists of the following: coach trip up and back; two nights' hotel accommodation 400 metres from the start; two breakfasts, three evening meals.

We have a change of personnel in our coaching department. Rod Payne is the new coach co-ordinator, having taken over from Ewan, who has resigned. If you have any comments relating to coaching, good or bad, then Rod would love to hear from you. A new addition to our coaches is Ben Epps, who is trialling a longer Monday night group (8-10 miles), in addition to our usual two groups.

Tarquin has taken over the duty of overseeing our social calendar for this year. He will be updating our website very shortly with a whole host of great events. Caroline and myself have decided, having hosted the Chairman's BBQ for the past ten years, to have a break this year. The same goes with the

Chairman's Christmas Run. We thought we would announce our decision early, giving plenty of time for someone else to step up to the plate. If you have an idea for something a bit different, please speak to Tarq.

This year's club camp will take place on the weekend of the 18-19 June. Full details of where we are going have yet to be finalised, but hopefully we will have them in time for the February edition of *The Trotter*.

Our first Trotter race of the year is the Westward League, Bovey Tracey Cross Country, which takes place on Sunday 13 February. Howard Cotton is the race director and Mark Wotton is the chief marshal. Mark would love to hear from you if you can help out on the day. You can contact him via mark.wotton7160@live.co.uk or phone 07521 299363. Because the men's and ladies' races take place at different times, it is possible to race and marshal.

The Trotters AGM will take place on Wednesday 16 February at 8pm. Nominations are now being accepted for the 2011/12 committee. All nominations and any motions (with proposer and seconder) have to be submitted to our secretary, Mark Becker, at least 14 days prior to the meeting. If any positions remain unfilled, nominations will be accepted on the night of the meeting from the floor. Please make every effort to attend. Training starts at 6.30pm that night.

Finally, I'm pleased to announce that the Trotters Christmas card raised a total of £86. The club will match that amount, meaning we will be able to present our local branch of the St John's Ambulance with a cheque for £172. Thank you to all those that contributed.

Grab a bargain!

New member Glenn Jarvis has two pairs of brand new, UK size 10-and-a-half Asics GEL-KAYANO running shoes for sale at the knock-down price of just £50 per pair.

Contact Glenn on 01364 654530.

The club and those in it have given me so much over the years.

DAVE FOSTER HALL OF FAME

President 2004-2007

Club Champion 1999, 2000, 2001

Committee Cup 2000

Club Records:

10K: MV60 (39:05) MV65, MV70

10 Mile: MV60 (65:00)

Half Marathon: MV60 (1:28:49) MV65, MV70

Marathon: MV65 (3:49:33) MV70



TEIGNBRIDGE TROTTERS LIFE MEMBERS

Dave Foster

Maurice Piper

John Scott

Robert Tinnyunt

Reg Tole

Jose Waller

Cover: Dave marshalling at the 2010
Totnes 10K. This page: Dave at the 2007
Forest Flyer. Both photos by Milos Erben.

DF: I certainly have. The club has grown steadily to become one of the largest running clubs in the West Country. There are obviously many new faces and I struggle to keep up to date with knowing everyone's name. There are a few of the old faces from the 80s still running, which is great to see.

Chairman: What about your running? We haven't seen you for a while.

DF: I took a nasty fall back in 2008, slipping on ice and braking my ankle. However, that's behind me now and I've just bought a new pair of trainers and started running. I would love to get myself fit enough to join the club on a Wednesday night and go out with the improvers' group.

Chairman: Fancy a race or two then?

DF: I don't think so! I'll be happy just to join in. I think my days of racing are over. Keeping myself fit is what's important now.

Chairman: You were an excellent runner in your day: we only have to look at your long list of club records to realise that. But what was your greatest running achievement?

DF: It has to be when I was picked to run for England in a home international cross country event at Bideford. I ran in the B team and won a silver medal, but what pleased me most was beating one of the England A team.

Chairman: You picked up the nickname of 50 Foster. How did that happen?

DF: It was when I had a purple patch in the club championship, I used to pick up the odd 50 points here and there and the name just sort of stuck.

'Here and there...' Dave won it three years on the trot, blitzing everyone out of sight. He was the Guvnor.

Chairman: You've done a few marathons along the way.

DF: Last time I totted them up it was 51, which includes 19 Londons.

Chairman: We've spent many an hour in the bar of the Clarendon Hotel after finishing the London marathon. Remind me of your record!

DF: *(Laughs)* I guess you mean the 13 pints of Guinness I drank before somehow getting on the coach and travelling back to Newton.

Chairman: That would be the one. A record that incidentally still stands today. Then, of course, there was the time you nearly got the Trotters tattoo.

DF: I remember it well — Gary Watson's stag do in Blackpool. I had, along with the gang, been enjoying a few pints of the black stuff when I suddenly felt the urge to have it done. There was a tattooist just up the road from the pub. A couple of the guys came with me and showed their version to the tattooist, who took one look and said 'Phil Bond did that'. Sure enough, he had. But we were hundreds of miles away from Torquay! It turned out that he knew Phil well and recognised his style. What a small world. Anyway, he said I'd get a much better job if Phil did it. Of course, I never visited Phil on my return. That might have had something to do with the fact that I wasn't 10 pints to the good!

Chairman: It's been great catching up: you are a true legend.

DF: Thanks, Chair. I love the Trotters. The club and those in it have given me so much over the years. It's been great to be able to give something back these past few years, I enjoy time keeping at the Time Trials and the Sandygate Loop and, of course, helping out where I can at our races.

Membership Report

Dave Dunn welcomes a late run of new Trotters, as the club hits an all-time membership record.



Welcome return: Gia D'Aprano has re-signed for the Royal Blues...

As a club, we're not unused to setting records, and here's another one – our membership total currently stands at 212, surpassing our previous best of 209, and there's still more than two months of this membership year to run. Astonishingly, we have added another nine to last month's total despite there being no running from Newton Abbot Leisure Centre for two of the past five weeks, due to the snow and ice, not to mention the distractions of the festive period. It just goes to show that running is as popular now as at any time since the start of the boom years in the early 80s, and your club must certainly be offering something that these runners are looking for.

Is it our run hard, party hard attitude? Or perhaps it's our welcoming atmosphere on training nights, or perhaps the diversity of training on offer overseen by enthusiastic and competent coaches. Or maybe we're just all very nice people to be around! Whatever it is – and it's probably a combination of all these factors and a few more besides – long may it continue!

Well, now it's time for me to introduce our new recruits and try to find something interesting to say about each one of them. One of these days I'm going to get sued for libel! First up it's Stephen Barker (39) from Highweek, who I understand to have

run exceedingly well in last Sunday's January Jaunt, but I'm still waiting for the Round Table to publish it's official results.

Next it's Catherine Barnes (40) from Ipplepen, who posted her application form to arrive on my doormat on the same day as that from Rex Barnes (48) from Bovey Tracey, although Catherine and Rex have never even met. Catherine is another product of our very successful Monday evening Beginners' Group.

Ipplepen is fast becoming a hotbed for recent Trotters recruits. In addition to Catherine, we also welcome Richard Varley (32), who, my scouts tell me, was also in evidence well up the field in the January Jaunt. Richard is aiming himself at the Edinburgh Marathon and comes to us with an already impressive half marathon PB of 1:42, which I'm sure that we can help him get down towards that magic 1:30 mark.

In the Trotters we have been blessed with some mighty wordsmiths bringing us the latest news of Trotter exploits from near and far, with Squaddie, Inky and the current triumvirate of Tommo, Fizz and Rod Payne. To that list we can now add Herald Express sports reporter Chris Rogers (31) who has recently moved to Newton Abbot from north Devon. It should make our local daily newspaper a more interesting read in future!

Our youngest new recruit is Katy George, who only turned 16 last month, but asked mum Becky to immediately add her on to the George family membership.

Joanne Haynes (40) from Bovey Tracey completes the list of seven new members, but we also welcome back into the fold two well known personalities, who both sport Trotter tattoos, and so bring the number of Trotters bearing the club tattoo back up to their full complement.

Julian 'Porky' Head has resigned from Newton Abbot AC now that his daughter has turned her attention away from field athletics to weight-lifting, and has become a first claim member with us, while Gia D'Aprano has ended a long period of uncertainty over whether she would renew her membership by committing her future once more to the Royal Blues.

Notable birthdays in January and February belong to Kevin Besford (50), Peter Briens (60), Angela Gregory (45), Mike Hill (45), Nicky Hill (45), Andrew 'Monkey' Ludlam (50) and Wilf Taylor (60). I hope that I haven't overlooked anybody! Can I wish you all a very Happy Birthday and may you all enjoy running with your new veteran status.

Club Championship reminder

Who is going to hit the headlines in the new-look 2011 Club Championship? Maybe it will be you! Here's a reminder of the races to choose from. If you want to

get your campaign off to a flying start, look out for the Bideford Cross Country on 16 January and the Braunton 10 on 23 January.

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 Bunnery 10K (Yeovilton)	25/04/2011	Bideford Cross Country	16/01/2011
Taunton Half	03/04/2011	Teignbridge 10K	14/05/2011	Bovey Tracey Cross Country	13/02/2011
Torbay Half	19/06/2011	Torbay 10K	Mid August	Redruth 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	Mid Sept		
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	Dalwood 3 Hills Challenge	27/02/2011
Dawlish 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	Teign Valley Toddle (10.25 miles)	Early Oct	Drogo 10	Mid Nov
John Scott Trophy	Mid Nov	Devonport Bounder (10 miles)	Mid Oct	Bicton Blister	End Nov
SECTION 7 - MIXED	DATE	<p>* TWELVE RACES MINIMUM MUST BE COMPLETED</p> <p>* RUNNERS MUST COMPLETE A MINIMUM OF ONE RACE FROM EACH OF THE SEVEN SECTIONS</p> <p>* IF MORE THAN TWELVE RACES ARE COMPLETED, THE RUNNER'S BEST TWELVE WILL COUNT</p> <p>* IN THE EVENT OF A TIE, THE AVERAGE AGE-GRADED PERCENTAGE OVER THE TWELVE BEST RACES WILL COUNT</p> <p>Speak to Tarquin (Daryl Milford) if you need to discuss any issues - 07513 544938</p>			
Otter Valley 10k (CLUB TRIP)	02/07/2011				
Chudleigh Carnival 6	Mid July				
Dalwood Egate 10K (Wednesday Eve)	Mid August				
Forest Flyer	Late August				
Chariton Flyer	Early Oct				

Choosing your committee

One of the most important tasks on the agenda of the AGM on 16 February is the election of your committee. See the table, right, for a breakdown of the attendance records of individual members.

		TEIGNBRIDGE TROTTERS COMMITTEE													
		ATTENDANCE MARCH 2010 - FEBRUARY 2011													
		Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Out of 11	Total %age
Mark	Becker	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		11	100
Gary	Caunter	X	✓												
John	Caunter	✓	X	✓	✓	✓	✓	✓	✓	✓	✓	✓		10	91
Tina	Caunter	✓	X	✓	✓	✓	X	✓	✓	✓	✓	✓		9	82
Dave	Dunn	✓	✓	✓	✓	X	✓	X	✓	✓	✓	✓		9	82
Nathan	Elphick	X	X	✓	✓	X	X	X	✓		✓	X		4	36
Noel	Fowler										X	X	✓		33
Becky	George	X	✓	✓	✓	X	X	✓	✓	✓	✓	✓		8	73
Roger	Hayes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		11	100
Ronnie	Jones	✓	✓	✓	✓	X	X								
Anna	Langler						✓	✓	✓	✓	✓	✓			100
Daryl	Milford	✓	✓		X	✓	✓	✓	✓	✓	✓	✓		10	91
Rod	Payne	✓	✓	✓	✓	X	✓	✓	✓	✓	✓	✓		10	91
Ewan	Walton	✓	✓	X	✓	✓	✓	✓	✓	✓	✓	✓		10	91
Syd	Willocks	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		11	100



No pain no gain (l to r): Mark Wotton, Ben Epps and Nathan Elphick.

Men of ink

What made three grown men adorn their bodies with the Teignbridge Trotters tattoo? Mark Wotton, Ben Epps and Nathan Elphick - all new to body art - tell their stories.

The Trotter: So, Mark, why a Trotters tattoo?

MW: It wasn't really something I'd thought about a great deal but my daughter, Jess, kept asking 'Why don't you get one, Dad?' I gave it some thought and looked at a few different designs, but if I was going to get one it had to be something that meant something to me and, as with all of us Trotters, running is one of the biggest parts of my life. So the decision was made, I was going to be emblazoned with the Trotters logo for the rest of my days on planet Earth.

The Trotter: Word is you got it done in Athens!

MW: I wanted the tattoo done in Athens, mainly because it is the home of the marathon and I would have been the first Trotter to have it done abroad. Having found a tattooist (who spoke very little English), Chair, Tarquin and myself went about bartering him down from his initial fee of 160 euros to finally agreeing on 100 euros. This was still a bit much, but I considered it worth it, just because it would be done in Athens! The owner then decided he would need his top man to do the job. So, after a lengthy discussion on the phone and half an hour later, this guy turned up. He then proceeded to trace the design from Tarqey's arm, after about ten minutes he gave up! After further lengthy discussions with all sorts of strange looking characters, Plan B

was put into operation. He took a photo of Tarqey's tat and tried to scan it into their computer, only trouble was the scanner broke. At this point we decided to bail. I got the feeling it wasn't meant to be. I decided it would be best to wait until I got back home. So, on my return, I headed to Torquay where I met Tarquin for moral support, and I became the 22nd Trotter to have the Teignbridge Trotters tattoo (and it only cost me £40!)

The Trotter: How was your coming out party?

MW: With the John Scott Trophy only a month after having it done, and as I was running it, it seemed a good idea to announce it there. After the race we headed back to the White Hart for a roast dinner. After the prize-giving, a few drinks and a lot of banter, a toast was announced by Chair and I was proclaimed as the next tattooed Trotter. I left the pub feeling very proud of my new-found fame.

The Trotter: Nathan, what prompted you to get the tattoo?

NE: The answer to this is not difficult to explain. The wonderful people we have at this club offer such a wide variety of characters and personalities. It just make you feel you belong to something special and the

tattoo is just one way of showing how proud I am of being a Trotter.

The Trotter: Is it true that you kept it a secret from your wife, Tracy, for over three weeks?

NE: Yeah, that's right, it wasn't easy! Working away for a couple of weeks helped and when at home I always made sure that I kept a T-shirt on ('it's very cold again tonight'). I was cornered once in the shower and was saved by the boys distracting her long enough to allow me to escape. Keeping it a secret, however, was a lot harder as we tend to tell each other everything.

The Trotter: I hear you came out of it rather nicely.

NE: You mean my Christmas present! Ah, well, it goes something like this. Trying to explain a cash withdrawal of £50 (the cost of the tattoo) took some quick thinking. All I could come up with was, 'You'll see at Christmas, Trace.' Unfortunately, she took this to mean I had bought her something for Christmas. At this point, you should know that we had agreed not to buy anything for each other this year. Tracy felt bad and rushed out to buy me £50 worth of presents. This was a lovely surprise for me on Christmas morning, but not for Trace, as she didn't have anything from me. Boy, have I got to make it up to her!

The tattoo is one way of showing how proud I am of being a Trotter.

The Trotter: So a lifetime of Chairman's drinks awaits you!

NE: Well that's up to Chairman to surprise us with some new combinations of funny coloured liquids, although the sloe gin at his Christmas run was rather nice. Mind you whatever is put in front of me, like any true Trotter, has to be downed!

The Trotter: Ben, what made you take the plunge and get it done?

BE: Well, I guess I decided to get the tattoo for two main reasons, one, because it seems a slightly insane thing to do and appeals to my sense of the ridiculous and two, Tarquin told me to. I hope he doesn't ask me to jump off a cliff or stick my head in the gas oven!

The Trotter: You went for a very different part of the body, the first in fact to choose such a place.

BE: On the leg, well, outer thigh to be exact. Here's my reasoning: we're a running club and we use our legs, although I appreciate that the arms play a role, too. Plus, I always wear

shorts to race and they nicely frame my burgeoning thigh, bearing its fine club brand!

The Trotter: What does your wife-to-be think of it?



Down in one: Ben Epps's coming out ceremony at the Chairman's Christmas run.

(Ben asked Hannah to marry him on Christmas Day.)

BE: She loves it, but then she clearly can't resist my legs! So now I'm thinking of getting one somewhere even more intimate!

The Trotter: What was your coming out ceremony like?

BE: My coming out ceremony was fabulous. I'd arranged with Chair to 'do it' before the Chairman's Christmas run. Lots of people remarked that I have one 20 per cent larger than most! Sadly, they were referring to the tattoo...

A tradition within the Trotters is to give members a nickname. Sometimes you can get one within a few days of joining the club (like Tarquin), others take a while to mature. Ben Epps has been given the rather clever nickname of 'Bare Nipples'. Admittedly, he would probably prefer the 'Big Ben' name given to him by our Press & Publicity Officer, Rodders, but having seen him in the showers it would be clearly inappropriate, not to

mention the fact that we have a Big Al in the club already.

Then there is Mr Mark Wotton. If ever there was a Wurzel Gummage lookalike... He shall go before us as Wurzel. But what about Nathan? He's a lovely guy (apart from at Christmas!) but, to date, he hasn't been given a nickname. All suggestions considered!

Ljubljana Marathon trip

Any Trotter wishing for a European Marathon adventure in 2011 should look no further than the Ljubljana Marathon to be held on 23 October, writes Steph Ross. This is the beginning of the autumn school half term, making this a teacher-friendly event. Half marathon and 7K races are being staged on the same day, so there's something for those of us who feel that running 26.2 miles is a good way of ruining a weekend city break! The entry fee is extraordinarily low for a marathon, at 25 Euros, perhaps reflecting the general cost of living in Slovenia.

Although I haven't the faintest idea how to pronounce it, Ljubljana, the capital of Slovenia, appears to be a beautiful, charming old city. Easyjet flights from London Stansted are now available, and a return costs as little as £55. There are several cheap hostels on offer, the best of which seems to be Hostel Alibi M14, with a range of different accommodation types, including double rooms with ensembles! Prices start at 15 Euros per night. It looks like a fab weekend which shouldn't break anyone's bank, so give it a thought, and book early to avoid disappointment!



Courtesy Ljubljana Marathon

Captain's Corner

Tarquin welcomes the racing spirit of recent additions to the men's team.

Well, here we are in January. We've hardly had chance to recover from the Christmas and New Year festivities and we're right back into the racing season again!



However, it's been a bit of a mixed start to the season, with a number of Trotters laid up due to various illnesses. The dreaded winter flu has really hit hard this year, and however frustrating it may seem we must remember that it's a long season, so I guess, if one has to catch it, then this is the best time to get it! Wavell Vigers is one of the many who was struck down with this rather nasty bug over Christmas, but thankfully he seems to be on the way back to fitness now and was present for the new ten mile group on a recent Monday night.

More worrying is the condition of Dave Tomlin (pictured, above). Tommo spent New Year's Eve in A&E complaining of serious abdominal pains. We are still awaiting the prognosis of this, but it is looking like he could be out for the first couple of months of the season. I for one am hoping that this is nothing too serious and Dave will return to his rightful place at the lead of our Trotter men in races. I may be the men's captain, but I feel that taking part in races without Tommo leading us out is like having a ship with no rudder... Please join me in wishing Tommo a speedy recovery back to full race fitness.

However, one man who was able to avoid the winter bugs and injury was Craig Churchill, who kicked off the New Year with a bang by achieving a new PB in the First Chance 10K. His time of 44:25 represented the first occasion that Craig has gone below the 45-minute mark for a 10K, after consistently achieving PBs at this distance throughout last year. Craig was only telling me the week before that he wanted to break the 45-minute barrier this year, so to do it on only the second day of 2011 is a fantastic start to his year and I know that he is going to go on to achieve greater things as the year develops. Well done Craig!

Another exciting Trotter development is our recent new members who, as soon as they have joined, seem grab a Trotter vest from John Caunter, and enter the first race they can find! Only last Sunday did brand new Trotter men Steve Barker and Richard Varley take part in the January Jaunt 10K. Steve came in 17th, with a strong time of 41:37, while Richard finished in a time of 46:16, which, again, is a good time on this far from straightforward course. This racing enthusiasm for our club is great to see and they join fairly new members such as Phil Perry and Gary Clark, who have also thrown themselves into racing for the Trotters, with improving performances. I'm looking forward to casting my eyes around the start line of a



Royal blue wave: Trotters charge at the 2010 Chudleigh Carnival 6.

The dreaded winter flu has really hit hard this year.

race and seeing a sea of royal blue. What a feeling to see that!

Going back to the January Jaunt 10K (held in Plymouth on Sunday 9 January), Steve Barker and Richard Varley provided strong support to our hardened Trotter racers Garry Smart and Vaughan Lindsay, who finished 4th and 6th respectively. This shows the strength of our V45 category and the strength in depth of the Trotters as a whole.

What we need is for as many as possible to turn out at the same races. We now have quite a big bunch of Trotter men to pack out the field in races, as over the past year this list of new members who are willing to race has grown. What we now need to do is to look for races with team prizes and to target those, so I would appreciate any thoughts and suggestions you may have about any races you think we should target.

A list of races is on our website, so please take a look at this Race Diary and give it some thought. One race that is a must for us all is this



Andy Penney

Back in action: Wavell Vigers.

year's club trip, in July (more details elsewhere), where I hope to see as many Trotters as possible.

The next race that I will be taking part in, where there is a team prize, is the Oh My Obelisk! off-road race in Dawlish. However, this year it unfortunately clashes with the Plymouth Hoe 10, on 20 February and both of these have team category prizes, although the Plymouth race has prizes for the first three teams, whereas the Oh My Obelisk only has a prize for the first team home. It would be good if as many Trotters as possible entered one of these races, so I'll be chatting to all you Trotter men about this over the next few weeks. Get your diaries out!

However, there are a lot of races without team prizes and even though we won't have the chance to pick up some team silverware at these, it's still important to show off the Trotter colours! As always though, if you are planning on racing, please let me know where and when.

See you on the start line!

Trottettes Theatre Trip

Ladies, after the success of Calendar Girls last year on a fantastically warm July evening, I'm planning that this year's cultural treat at the Princess Theatre will be Dinnerladies — Second Helpings, on Saturday 16 July, at 7.30pm, *writes Clare Youngman*.

Based on the sitcom from BBC TV and starring Andrew Dunn (Tony) and Sue Devaney (Jane) from the cast of the TV series written by Victoria Wood, the show should be very entertaining and funny.



Obviously, prices and final arrangements are yet to be confirmed but a Saturday trip will allow us to meet up earlier than last year and enjoy a balmy summer afternoon and early evening in Torquay before heading off to the theatre.

If you are interested in seeing the show and enjoying what is bound to be a fun night out, please let me know by 26

February. You can email me on clare.youngman@nhs.net or phone 01626 369913. Or see me on a Wednesday night training session.

Otter Trotters



The 2011 club trip promises something for everyone...

The Trotters 2011 Club Trip will be the Otter Rail & River Run, which takes place at Tipton St John (between Ottery St Mary and Sidmouth) on Saturday 2 July at 10.30am. It's a race very few of us have done, and those Trotters that have run the race have all spoken very highly of it, not just the race but the event as a whole. There is a lot more on offer than just a 10K! Before I get too carried away, let's start by telling you how we're getting there.

I have booked the double decker bus that served us so well for last year's trip to the Mag 7. It might be a tad slower than high tech coaches but it can hold 81 people. This saves the club forking out for a second coach and it means we can all travel together. The noisy ones can go upstairs! We will be picking up from Teignmouth at 8am, Kingsteignton (8.10am), Newton Abbot Leisure Centre (8.15am) and Drumbridge's roundabout (8.25am). We hope to return to Newton before 6pm. The bus won't cost you a penny as the club picks up the bill. The trip is open to all Trotters and their families.

If you are one of those that qualifies for a free race entry, having gained four or more points (check the list in the previous edition of *The Trotter*) and would like to run the race, please download the attached entry form that I sent you with the link to the Trotter, fill it in and return it to me. I will then send all the free entries off together, accompanied by a club cheque. I will then pick up those numbers on the morning of the race from Race HQ.

If you haven't earned a free place, then please just enter the race as you would any other. There is a race limit of only 200, so you are strongly advised to enter early. There is a 1.5 mile fun run that takes place at 10.35am (5 minutes after the start of the main race) and is 80 per cent off-road. Entries for this can be done on the day of the race.

That Saturday is actually Tipton St John's summer fair, so there will be a wide variety of things going on throughout the day: kids' stuff including a bouncy castle, skittles, stalls, sideshows, a produce and art show, displays of dancing, duck race on the river, pig racing (sounds fun!) and lots of refreshments. There will be a large marquee hosting the produce show during the day. There are showers and changing facilities and the two fixed toilets on site will be supplemented by portaloos.

Regarding the run, the 10K will be almost exactly the same route, but in reverse. So, for those who've done it before, they'll be heading down the river first, uphill and through the woods up on to the old railway line, running on a gentle decline back towards the village, then skirting around the edge via fields, footpaths and tracks.

There are plenty of the usual category prizes on offer, including team prizes. Once we've stayed for the presentations and, of course, the pig racing, it's back on the bus, and a short drive to the Bowd Inn, where we will have lunch. It's a lovely pub, very friendly, lots of space both indoors and out. They have agreed to lay on a carvery at a discounted price (if you don't ask, you don't get!). There will also be a limited choice from the menu. I will be collating orders neared the time.

Now if that hasn't whetted your appetite, nothing will. The first 81 names to let me know that they want to go and where they want to be picked up from, are those who will get a place on the bus. You can email me at chairmanrog@sky.com or phone on 01626 773562. All those with a free race entry, please let me have your entry by Wednesday 16 February (the night of the AGM). Let's make it a record turnout of Trotters and a day to remember.



Roger Hayes

He's got bottle: Stewart Dunn during last year's lads' weekend.

Away the lads

The Trotters lads' weekend is a sporting odyssey for only the bravest souls. Roger Hayes has the details of this year's trip.

I thought it best to grab the bull by the horn and get a lads' weekend away for 2011 out there and in your diaries. Over the years, we've had some cracking trips (see opposite for the full history) and I'm confident this one will be right up there with the best of them. Last year, I ran in the Salisbury 54321 marathon (you may recall reading about it in The Trotter). It takes place alongside a whole host of different races, ranging from a 10K right through to an ultramarathon. I think maybe the ultra might be a little too far to contemplate having spent the previous day on the hose. However, a 10K should present us with very few problems (he says confidently).

The plan is to leave Newton Abbot Leisure Centre at 8am on Saturday 13 August. We will stop off for breakfast en route to Salisbury, hopefully arriving by late morning. I have booked two dormitories at the youth hostel, which is only a short walk from the city centre. On arrival, we can freshen up (Tommo is bound to want a shower) before heading off to the local par 3 nine-hole golf course (similar to the one in Shaldon). The idea is to play a round of golf with some sort of competition. There is a bar and clubhouse on site, where we are allowed (nay encouraged) to have a beer afterwards and award the prizes!

Then it's back on the bus and into town for some serious drinking. I'm sure the odd game of killer pool and walk the bottle will feature somewhere, as will Salisbury's finest curry house!

Breakfast is included in the price. A fry-up is compulsory, although it has to be said that Pistol Pete usually makes a pretty poor effort at getting his down!

The 10K is all off-road and gets underway at 11am. I have managed to secure a deal with the race director. For every five entries we get one FREE. I've got some entry forms. All you need to do is fill it in, give it back to me and I'll do the rest (once I've worked out how much it will cost you).

After the race, once we've had a roast lunch and a few beers, it's home, James, hopefully arriving back in Newton for about 6pm. I've put a few prices together to give you a rough idea of what cost is involved. The first 17 names to me will be those that get a place on the bus, anyone missing out

will have to make their own arrangements to get there. Minibus £15, Youth Hostel £27, Golf £5.50 (with group discount), 10K £15 (will be cheaper with our discount).

I have already paid a deposit for the youth hostel and the balance is due in April. Therefore, to secure your place I'll need a deposit of £25 (non-refundable, unless you can sell it on to a fellow Trotter).

Previous lads' weekends

2001 Blackpool Blackpool 10K Gary Watson's Stag do

2004 Tenby Tenby 10K

2005 Weymouth Portland 10 Mile

2006 Little Stretton Callow 5

2007 Worthing Hedge Hoppers 5 Martin (Argyle) Stag do

2007 Snowdonia Snowdon 10 Mile Dangerous Dave's Stag do (camped 2 nights)

2008 Marlborough Terminator Lighthouse's Stag do

2008 Brighton Arronball Castle 10K Stewart Dunn's Stag do

2009 Wargrave Wargrave 10K Evo's Stag do

2010 Little Stretton Callow 5

Three legs good

Shaldon's 2010 Boxing Day Three-Legged Race brought glorious victory for the Trotters, as well as another extraordinary tri-limbed triumph for South Devon's canniest scarf-galloper, Andrew 'Monk-Boy' Ludlam. Belying his

49-and-three-quarter years, Andy and his lovely partner, Tarquin, saw off a stiff challenge from Torbay AC to lift the coveted trophy aloft yet again. Earlier in the year, spliced to partner Chairman Rog, Andy had scrubbed the

decks with the opposition during Teignmouth's own three-legged scamper. His double-trouble ownership of both trophies undoubtedly makes him the man to watch for all middle-leg aficionados in 2011.



Clockwise, from top left: Debbie Clarke and Chairman Rog; Trotters at the start line; Tarquin and Monk-Boy get weaving; Steph Ross and Stewart Dunn; Caroline Hayes and Jan Caunter; Chair gets fresh with Tarqs. Photos by Brian O'Hare.

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: Get the latest news from the AGM.

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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