

The Trotter

Number 22

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Prodigal son

Julian Head was a Trotter stalwart during the 1990s, until family circumstances obliged him to join our colleagues at Newton Abbot AC. Now, he's back with us. Here, Jools shares his impressions on donning the Royal Blue once more.

My New Year resolution was to run a bit more than I had been doing, and it was so easy sitting at home thinking about past runs and the late 90s when I was running at my best, as a member of the Teignbridge Trotters.

After a particularly bad run at the Dartmoor Vale 10K in October, I was taking a nostalgic stroll through the running scrapbooks and my wife said that she was tired of me moping about the house and why didn't I return to the

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News Desk

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

27/2 Dalwood 3 Hills Challenge
27/2 Great West Warm-Up Series 10K
28/2 Brooks Winter 3K
6/3 Bideford Half Marathon
12/3 Great Western 10K
13/3 Duchy 20 & Marathon
20/3 W'ward League Cross Country, Redruth

Cross country races should be about a challenging course with testing underfoot conditions, which is exactly what competitors faced at the Bovey Tracey Westward League event, held on the Parke Estate on 13 February, *writes Roger Hayes*. It's a race we host, so maybe I'm biased when I say it's the best event on the cross country circuit. This year's Bovey fixture passed without incident and I'm pleased to report the day was a great success. I'd like to say a huge thank you to the many marshals and helpers who kindly turned out to assist. And I'd like to give a special mention to the race director, Howard Cotton, and his chief marshal, Mark Wotton, who did a sterling job. Thanks guys.

The AGM has been and gone — many thanks to those that were present (see page eight for a report). The only position that remained unfilled was that of the Cross Country Officer. However, I'm pleased to report that, since the meeting, a member has put herself forward for the job. I will reveal her identity in the next edition of *The Trotter*, as by then she will have hopefully been co-opted on to the roster of officers.

The bus for the club trip is now full and I have three people on the reserve list. Can I remind all those members yet to enter to do so ASAP, as the race has a limit of only 200 (an entry form is available from the race diary on our website). It would be great to beat our club record of having 42 Trotters finishing a race (achieved at the 2009 Treggy 7). The more Trotters we can get there, the better the club team photo will look on our website, as we will be replacing the one from the Mag 7 (the gorilla has promised a new look, too!)

Please take a few minutes to complete our online survey (see below) about what you would like from the annual Dinner and Dance. We'd love to see more of you at the event, so, follow the link and tell us your views.

Before I sign off, I would like to congratulate Neil and Rachel Pallant on their new arrival, a baby boy called Max. And I'd also like to wish Ben Epps and Hannah a very happy wedding day on Saturday, 12 March.

Press Plea

Another year of racing is in full flow and it's great to be able to report on all your efforts, *writes Press & Publicity Officer Sharon Bowman*. A full report goes on our website every week, along with photographs. We also place coverage in the Mid Devon Advertiser, on a Friday, and the Herald Express, usually on a Wednesday.

But, without your input, our reports lack sparkle. We need information about races that you take part in. Try to include details like the weather, number of runners, short description of the course, any PBs or first events and maybe a photo. This will really help our reports and it won't take you long. We need the information by Monday lunchtime at the latest. Also, if you don't want to appear in the paper but still want to be mentioned on our website, then advise us about this.

We will always cover the Championship races but, once again, if you do well, PLEASE let us know. Our contacts are: sharonbowman65@aol.com mobile 07860 762617 and rod.payne@cowlin.co.uk mobile 07917-805194.

So, come on, don't be shy. Be proud of wearing your royal blue vest during races and be part of our strong team.

We need your views

The committee has been discussing the arrangements for the annual Dinner and Dance and presentation evening which is usually held annually in December, *writes Noel Fowler*. It is the major social event of the year, at which the club recognises the achievements of our members and we all enjoy ourselves! Despite the fact that the club has more than 200 members, less than 50 attended last year (although many brought their partners, so the actual attendance was higher.) We would like to encourage more members to attend and have set ourselves the target of getting almost half of you there this year.

To help us with this task, we would like you all to complete a short survey (it should take no longer than five minutes) to give us your views about what sort of event you would like. [Click here](#) to complete the survey. We will publish the results in *The Trotter* next month.

In a moment of clarity, I decided that I would give the Trotters a go again.



Jools striding out in the late 90s, sporting a previous version of our royal blue strip, on one of his last runs as a Trotter.



Jools today, pictured with a Trotters Horse's Arse trophy, secured after who knows what tomfoolery. Pics: Lilach Head.

Cover: A classic Trotters team photo from the 1990s. The lads and lasses are pictured at Dyrons (now known as Newton Abbot Leisure Centre).

Jools is on the far right of the middle row. How many other youthful faces can you spot? Image courtesy John Skinner.

Trotters. I had admired the news stories of the Trotters' achievements from afar, as well as seeing many Royal Blues when I had attended races. I often ploughed a lonely furrow while being passed by Trotter after Trotter.

My daughter, Shack, was also achieving incredible things with her powerlifting and had more or less binned her pursuit of field athletics, which had been the major reason why I had joined Newton Abbot AC as a first-claim member. So, in a moment of clarity, I decided that one of these fine days I would give the Trotters a go again.

After about two months of putting it off, finding 'better' things to do with my Monday and Wednesday evenings, I pulled into Newton Abbot Leisure Centre and happened upon a number of lycra-clad strangers. Pensive, I thought to myself 'I won't know anyone here' and decided that, if there were no parking space, I would just go the gym. Luckily, there was a space available. As I nervously approached the leisure centre, I needn't have been too worried. I soon bumped into several old mates, such as Smokes (Roger Hales), Dave Dunn (who is still doing a great job as Membership Secretary), Jimmy Donovan, Syd Willocks and Michelle Willocks-Watts. In addition, I met people I'd known from my formative years in Ashburton (John Tweedie and Sue Brown to name but two) but who weren't Trotters when I had left. Chair, during his 'shout', gave me a warm welcome back and I immediately felt at home.

One of the immediate things which has hit me about the 2011 version of the Trotters, compared to the late 90s, is the size of the club. During my time as Press Officer I remember writing an article lauding the fact that we had smashed through the 100-member mark. Now it stands at 215 or thereabouts. This burgeoning group has meant an increase in the number of tattooed Trotters, a group I can proudly say I belong to.

During the early noughties, Wednesday training consisted of Gary Watson's group and Reg's group. Dave Foster also took out a distance group. These days, there are four groups on a Wednesday, led by a number of coaches who share the load and provide exceptional sessions week in, week out. As if that weren't enough, there are regular time trials at Brunel.

An interesting addition is also the Monday night run. I joined a group running around Ogwell, little imagining that we would finish the hour with a climb up Powderham Road to the top of Wolborough Hill. The views from the top were great but the climb was tortuous. I believe that there is also a Teignmouth-based group which runs on a Friday. I haven't had the energy to join them yet!

The Trotters have also been renowned for organising great races showing superb teamwork in delivering first class competitions, with non-running helpers ensuring that Trotters can partake if they wish. This reputation for superb organisation has seen the number of races organised grow steadily. When I first joined, there were four races: the Teignbridge Ten, the Teignbridge Relays, the Haytor Heller and the Ladies' 10K. The relays and the Teignbridge Ten have gone by the wayside but the ever popular Totnes 10K, the Bovey Tracey Cross Country and the Dartmoor Discovery have been added to the roster. It comes as no surprise that, when Phil Hampton was looking for a team to take on the Discovery, it was the Trotters he approached.

It feels great to have rejoined the Trotters, to see that the club is in such good health — and to discover that I do still know a few of you. I hope to meet a few more of you over the coming weeks and months. And I'm looking forward to sharing a post-race Guinness or two with my fellow Trotters, once I am worthy to don the royal blue vest (if I can find one that will fit me!)

Jools hits back!

Trotter returnee gets stuck in

Jools Head may not have been back in the Trotters for long (see the report on his return, opposite page) but he has lost no time in flying the flag for South Devon's runners, who are under assault by an angry Torquay resident. Henry Fletcher wrote to the Herald Express to make the barmy declaration that the first mayoral candidate to champion a ban on joggers in central Torquay would get his vote.

Under the headline, 'Banning joggers is key for my mayoral vote,' Henry dubbed joggers 'wretched show-offs' and 'steely-eyed egotists'. We reprint his letter below.

Jools leapt to the defence of wretched show-offs everywhere, penning a magnificent rebuttal (see right), which went out under the headline, 'Better fit and healthy than ticking timebomb'.

Says, it all really, eh? Well done, Jools!



'HENRY FETCHER urges all mayoral candidates to ban runners from the streets of Torquay and calls runners steely-eyed egotists. As a local runner I take exception to his comments. Jogging and running has many benefits for the individual concerned and society as a whole.

There are many running groups around the country which give people the confidence to go out and get fit for the first time. These include women-only groups such as the Women's Running network which was started locally and now stretches UK-wide.

Millions are raised for charity through events such as the London Marathon, Great North Run and the ladies-only 5K Race For Life series. We were particularly proud of our daughter (not particularly a runner), when she finished the Race for Life in 35 minutes. The Clennon Valley event was well attended with many family members attending to cheer on the athletes, most of whom were taking on the three and a bit mile run for the first time.

Running groups and fitness centres are showing a major increase in membership over the last few years, with a number of running races and triathlons sold out well in advance, the London Marathon on line entry system reached its maximum number within days. A sure sign that many of the UK populous are waking up to the fact that this Island is a ticking health timebomb of bad diet and lethargy. I for one am glad to be a runner who does his bit for charity and keeps off the NHS waiting lists.

The UK has a major obesity and type 2 diabetes epidemic, a little cardio exercise, be it in the gym (another of Mr Fletcher's targets) or on the road, reduces those particular health risks manifold. You often find people losing weight and going on sponsored slims, you rarely find people raising money by seeing how many pounds they can slap on or how many ales they can slurp.

Mr Fletcher also suggests that I light up a gasper, not knowing what a gasper is I can only assume that he means cigarette. Thanks, Mr Fletcher, but I will leave you to your clogged-up lungs, high cholesterol, impotence, erectile dysfunction, and all of the other delights a smoker and drinker can look forward to as he grows old.

I would be glad to take Mr Fletcher for a jog on Babbacombe Downs. I think once he has enjoyed the feeling of fresh air on his lungs and the positive mental feeling of a raised pulse rate and endorphins flowing through his body he will be converted and we can set about shifting that beer belly.

Either that or I can send him my latest fitness video Jogging with Jools!

'THE first mayoral candidate who promises to ban joggers from Torquay's main thoroughfares will get my vote in May.

It would appear that more and more of these wretched show-offs are out in force nowadays; coming in all shapes and sizes but wearing the same style of ghastly lurid running gear, clasping water bottles and plugged into some modern device pulverising their eardrums with awful loud pop tunes, as they turn our town into their own personal training camp.

If only they'd realise how foolish and vain they all look, especially those steely-eyed egotists on a mission who power past one, fuelled on adrenaline and sustained by superiority complexes, all jutting elbows and absurd sweatbands, looking down on us mere mortals as if we are not fit to breathe the same air as them.

What these poor deluded souls do not get is that there are many other ways of achieving the state of physical and mental grace than the one promised by the purveyors of overpriced plimsolls and gaudy tracksuits and the owners of gymnasia, and that the old saw, 'Mens sana in corpore sano', as they would have it interpreted, is just a load of old tosh.

So, dear jogger, stop clogging up our pavements and light up a gasper and pour yourself a large one, and thank old Henry for saving you from yourself. Cheers.'

Membership Report

Membership hits another all-time high, says **Dave Dunn**.



Newbie Nick Stevens gets down to business at the Oh My Obelisk!

At our AGM last Wednesday, it was decided to hold our membership fees at their current level for another year. At £12 for an individual first claim member and £20 for family membership, and with no weekly attendance subscriptions, we surely offer incredible value for money. This wouldn't be possible without the income generated by our five Trotters-organised races, and that income wouldn't be there without the time and effort put in by you lot, whether it's as a race director, car park attendant or a race marshal — we can all play our part.

We are almost at the end of this membership year, and with next year's fees set, the process of renewing your membership of this great club can shortly begin. An invitation to renew your membership will be sent out with next month's edition of *The Trotter*. Please don't try to renew your membership until you receive the official renewal notice. Full details of what's required to enable you to continue to enjoy Trotter life will be published here next month.

Now, let me tell you about the six new members who have taken our membership total to a new record number of 218.

First up, it's Zoe Brodie (37) from Kingsteignton. Zoe, who works at Teign School, is running in the Virgin London Marathon to raise money for Get Kids Going and Newton Abbot Swimming Club.

Kirsty Chrysanthou (23) from Abbotskerswell is also doing London. She showed that her training is going the right way by putting in a solid performance in the Oh My Obelisk! last Sunday.

Caroline Clark (40) from Newton Abbot has joined us as second claim. With husband Gary already among the Trotter fold,

Caroline may one day swap the light blue of the Womens Running Network for our own royal blue, just as several other ladies have done before her.

Nick Stevens (27) from Newton Abbot, made his Trotters debut in the Obelisk just like Kirsty. However, Nick is no stranger to the South Devon racing scene. In last autumn's Dartmoor Vale Half Marathon, Nick finished just behind John Tweedie, Mark Hamling and Wilf Taylor, underlining his potential.

Jacki Woon (47) from Newton Abbot has the Edinburgh Marathon in her sights. Jacki is no novice, however, numbering finishing 1st FV45 at last year's Tavy 13 among her achievements as an unattached runner.

Keith Anderson (60) from Liverton completes this month's new recruits. Keith lists mountaineering among his leisure pursuits, so the hills of South Devon should not present too much of an obstacle!

Second claim member Angela Blakesley will be celebrating her 45th birthday during March. Let me wish you, Angela, a very Happy Birthday and may you enjoy running with your new veteran status.

Record breakers

At long last, the vacancy in our club records listing for 10 miles in the FV55 category was filled at last month's Braunton 10, where Stella Imong became the first lady to hold that record, setting a time of 1:40:00.

Having waited all these years to see a FV55 10miles record, we only had to wait a matter of a few weeks to see that record totally eclipsed when Lucy Payne travelled up to Reading to run the Bramley 10 in 1:32:56. I feel that there is a lot more to come from Lucy who was voted the most promising female newcomer of 2010 by your committee.

The Bideford Half represents the best opportunity for further record breaking performances during March, but there are 10Ks in Exeter and Plympton that might see new marks set at that distance. Wherever you're racing, please make sure that you let our Press & Publicity Officer Sharon Bowman know how you fare, so that we can mention you in despatches, both on our own website and in the local press.

Quadtastic!



Four marathons in four days, that's the Quadzilla challenge. Our Sally Ingledew was up for it...

I first heard of this event on Facebook from a running friend of mine who I have known and seen around the marathon circuit. His name is David Bayley. He's a recent recruit to the 100 Marathon Club and he was organising the event.

I decided that I would have a go at two of his marathons, as I had done a double before. Then I thought, what about trying to do a triple? Then I thought, oh sod it, why not go for all four?

Ray, my partner, told me that I should definitely go for it, so I filled out the form and quickly sent it off before I could change

my mind. I then put the challenge to the back of my mind and got on with my usual running routine.

January was my best month's total of running at 210 miles and I felt quite good, resulting in a PB at the Fulford Five. The following week's running totalled just 32 miles, then no running for the week of the Quadzilla.

Ray had to stay at home to look after the girls so it was with some trepidation that I set off for Milton Keynes on the Wednesday afternoon.

I had been worried about the third day, as I was entering unknown territory.

I had no idea if I could complete all four but hell, I'm a Trotlette and we can do anything, right?

The race headquarters was at the hotel where I was staying and, luckily, the race start was just a few minutes walk away...

Day 1 — Thursday, 10 February

There was a small field of 20 competitors attempting all four marathons. In addition, there were other people doing odd days, so there was always somebody new to chat to other than the main 20 Quadzillas. The route entailed going around a lake seven times and, while it was quite pretty and quiet, everywhere you looked or stepped there were blobs of goose poo. I thought to myself that if I completed all 28 laps of the four marathons, I would probably know each goose by its first name.

My legs felt really good at the start of the first marathon and I had to really slow myself down. I decided to take walk breaks at any incline just to conserve myself for the next three days. I did forget a few times, however, but finished in 4 hours 33 minutes.

Then I had to concentrate on my post-run recovery routine for each day — stretch, hydrate, shower and eat. Oh, and a pint of Guinness in the evening!

By the way, did you know that geese wake up at three in the morning and talk to each other for hours at the top of their voices? In future, I will bring ear plugs.

Day 2 — Friday, 11 February

Same time, same place. It was raining but my legs did not feel too bad. After about five miles, I got into the swing of things and walked the same inclines as the day before. I started to get really cold during the last two laps and just wanted to finish and get back into the warm.

I finished Day 2 in 4 hours and 29 minutes, quicker than Day 1, partly due to racing (and beating) one of the male competitors who thought he was going to beat me over the last lap. Competitive? Not this little Trotlette!

Then, as yesterday — stretch, hydrate, shower and eat.

Day 3 — Saturday, 12 February

I had been worried about the third day, as I was entering unknown territory. I had never attempted three consecutive marathons before. My legs were still a bit stiff at the start but I just started off really slowly and just hoped that my legs would eventually wake up.

I'm not sure they ever did but I thought that I should be getting used to this feeling by now so decided to just get on with it. The weather was a lot better than the day before and it was even sunny towards the end. I finished Day 3 in 4 hours and 40 minutes, then, as usual — stretch, hydrate, shower, and eat.

Day 4 — Sunday, 13 February

The worst was now over and I felt that, unless I got an injury, Day 4 was doable. As with the previous day, I started at 8 am rather than 10 am and I felt that this helped me mentally. My legs felt no worse than yesterday so I decided to dig in and just go for it. The weather forecast predicted rain and wind.

Fortunately the rain held off but on some parts of the course the wind made me work really hard. The last lap seemed to take forever but as I crossed the line, I allowed myself just a little smile. I finished Day 4 in 4 hours and 38 minutes. Then, guess what — stretch, hydrate, shower and eat.

All of the 20 Quadzillas finished all four of the marathons and I was pleased to be the 2nd lady overall. We got a special hoodie with 'I survived the Quadzilla 4' and a medal for each marathon.

As I staggered away from the finishing line, some fool said 'Do you fancy doing ten marathons in ten days?' I didn't reply.

Since last Sunday, I have had to have a little sleep each afternoon. After trying a little recovery run, Ray's laughter will guarantee him a trip to Intensive Care — as soon as I can catch the little bugger!



Woman on a mission: Sally toughs it out on Day 3 of the Quadzilla.

AGM Report

A quieter agenda than in recent years... But important all the same.



Adrian Youngman works against the clock during preparations for the 2008 Teignbridge Ten.

This year's Teignbridge Trotters AGM, on Wednesday 16 February, did not attract as much debate as previous years. Perhaps that means you're all happy Trotters! Let's hope so. Despite its lack of controversy, the meeting was an important event in the Trotter calendar that provided an opportunity for those present to vote on the club's officers and committee.

There were no changes to the lineup of officers, except that the Cross Country Officer, Jan Caunter, stood down. Many thanks, Jan, for all your hard work in this role. No replacement was voted into office on the night but we're hoping that a new Cross Country Captain can be appointed shortly. Look out for an announcement in the march edition of *The Trotter*.

We have two new committee members. Ewan Walton and Syd Willocks stood down, after serving the committee diligently and effectively for several years. In their place, we welcome two fresh faces — Stewart Dunn and Adrian Youngman. We wish them well in their new roles.

Take a look at the box for a full rundown of the club's officers and committee members. Their contacts details are available on our website. Please don't hesitate to get in touch if you have any queries about life as a Trotter, or if you have any ideas that you feel could make us a better club. Our officers and committee are proud to serve the Trotters but they need our support and input if they are to do their jobs effectively. Have a think and get in touch.

The AGM was also an opportunity for senior officers to present their reports. Check out the following pages for the Chairman's Report and the Secretary's Report. We'll publish the Treasurer's Report in the next edition of *The Trotter*.

Teignbridge Trotters officials

President: Graham Terrill

Chairman: Roger Hayes

Vice Chairman: Tina Caunter

Secretary: Mark Becker

Treasurer: John Caunter

Membership Secretary: Dave Dunn

Club Championship Secretary: Daryl Milford

General Committee: Nathan Elphick, Becky George, Noel Fowler, Rod Payne, Anna Langler, Adrian Youngman, Stewart Dunn

Men's Captain: Daryl Milford

Ladies' Captain: Sharon Bowman

Cross Country Secretary: TBA

Press & Publicity: Sharon Bowman

Webmaster: Pete Aston

Magazine Editor: John Ludlam

Club Kit Man: John Caunter

Welfare Officer: Stella Imong

Child Protection Officer: Tina Caunter

Coach Coordinator: Rod Payne

Chairman's Report

It has been a hugely successful year for the Teignbridge Trotters, Roger Hayes tells AGM

Good evening everyone and welcome to this year's AGM. Tonight's meeting looks like being a straightforward affair, with no resolutions to discuss and only one vacant position to try and fill, that of cross country captain.

Out of a committee of thirteen, it looks likely that we will only have three lady representatives, which when you consider our female membership total, it is rather a poor showing. Something to address for next year perhaps!

2010 was a hugely successful year for the Trotters. The Haytor Heller and Totnes 10K both had record entries. The Heller achieved this with a new man at the helm, Buzz Terrill. The race was held on a Saturday night, replacing its traditional Sunday morning start time. To say it was a massive hit is probably an understatement, the live band, BBQ, and real ale all added to a simply wonderful occasion. What makes it even more exciting is that this year's race promises to be even better.

As you know the Trotters have taken over the staging of the Dartmoor Discovery ultra marathon (DD), this is without doubt the biggest challenge our club has undertaken. As the new race director I can report that preparations are progressing nicely, the race is now full and we are operating a reserve list. I would like to take this opportunity to thank my race team for all their hard work thus far, and to thank those who have kindly offered to help during the course of the weekend. Ian Langer is chief marshal and needs 80+ marshals/helpers; we are however still somewhat short of that number. Our membership currently stands at 217, which means less than a quarter of you have offered to help, I don't want to have to rely on other clubs to bail us out, so please don't leave it to the same old few. It's time to step forward and do your bit for the club.

The marshal points system worked well last year and I can report we will be operating a similar system for this year. Those members gaining 4 points will be entitled to enter into the draw for any London marathon places that the club receive. Those gaining 5 points will have the choice of a free 2012 club trip entry or the equivalent cost deducted from a 2011 dinner & dance ticket. We have removed the point that the ladies used to receive for running in our Ladies 10K. Thanks must go to Syd Willocks for overseeing the collation of points throughout the year.

As our races continue to grow so does the amount of equipment we need, because of this we have rented out a couple of secure storage units on Brunel trading estate. This will enable us to store all our gear under one roof. Very many thanks to Jose Waller for allowing us to use her garage as our previous store, something we have done for more years than I can remember!

Last year's club trip was another great success, this year's trip to Tipton St John promises to be even better. There are only 3 places left on the double decker bus and I have sent off 26 entry forms from members who gained a free place. Another favourite with the Trotters is

the club camp, last year it was our 10th anniversary. Dave Dunn who has organised these fantastic weekends for us, decided last year would be his last in charge. I would like on behalf of the club to present Dave with a little something as a way of saying a big thank you for all his efforts over the years. *(Dave was presented with a selection of real ales.)*

Staying with social events; sadly the Summer Ball had to be cancelled due to a lack of support. This year, Tarquin is organising a summer boat trip, details of which can be found on our website. It should be a cracking evening, one which I hope many of you will be able to attend.

I must say a big thank you to Sharon Bowman and Rod Payne who between them filled the gap left when Graham Penn stood down as our Press & Publicity officer. They have done a great job in maintaining the high standard set by their predecessor. There was also a change at the top within our coaches. Rod Payne is now our new coach co-ordinator. Numbers on a Monday night have shown a steady increase throughout last year and are now averaging 40-plus. Wednesday's training continues to be as popular as ever. Our coaches now operate seven sessions a week, offering a wide and varied choice. They do a sterling job and deserve full credit for taking the Trotters training nights to a new level.

As I mentioned earlier, our membership stands at a record 217 members. Those that do train with us will have noticed how parking has become a major issue on a Monday and Wednesday night. In light of this we are currently in negotiations with the leisure centre about rehoming us, across the road in Coombes Head School. The facilities and set up would be considerably better than what we are experiencing now, I will of course keep you fully informed of any future development.

2010 saw Eyvoll Aston and Dave Tomlin crowned as club champions. Both of whom had an exceptional year on the racing front. This year's competition is already up and running and will hopefully produce an exciting year's racing. The format has been tinkered with for this year, in the hope that it will encourage more members to take part. Thanks to Tarquin, our Club Championship Secretary, for overseeing the smooth running of the event.

I would also like to say a big thank you to John Ludlam, who produces *The Trotter* magazine. It's a great read, but it is totally reliant on your input, please don't leave it to the usual contributors. Over 80 per cent of our membership have yet to submit anything to John since he became editor. There is plenty to tell I'm sure, so please try and make the effort.

Before I close, I would like to thank my fellow committee members for their support and dedication and wish you all a successful year on and off the road.

On On!

Secretary's Report

Continued EA membership brings challenges, says Mark Becker.

Over the past year there has been very good attendance at our monthly Committee meetings. Committee members have shown plenty of interest in all matters discussed with lively debate as in previous years. I would like to thank Syd Willocks and Ewan Walton for their active participation on the Committee who are standing down as General Committee members and look forward to welcoming our new members at the next meeting in March.

The number of proposed nominations for general Committee membership was somewhat disappointing this year for a club of our size. I can thoroughly recommend nomination to the Committee for what never fails to be an interesting evening.

On the subject of membership, we have experienced our highest club membership to date this year. There are obviously many reasons for this but I am sure that the restructuring of the Monday social run nights to include a Beginners' Group has encouraged this. Many of these runners have improved greatly and are now attending our Wednesday training sessions. These changes and improvements have come about due to the enthusiasm and commitment of our coaches, who not only give up their evenings to take the sessions but encourage us and pass on their knowledge whilst doing so. It must also be mentioned that they take time to have regular meetings and decide on the training sessions you all enjoy. I think you would all agree that the sessions are well organised, interesting and always draw the most out of us.

On that note, there is the possibility of an elite Kenyan runner coming along to our club on a Wednesday in the near future to take a training session, which would be a night not to miss.

We remain affiliated to both England Athletics and the Association of Running Clubs. Our affiliation to England Athletics has shown that we must always be prepared to challenge changes they propose in the governing of our sport. An attempt to revise the issuing of competing membership cards by putting the onus on clubs to print and issue them was met with complaints from many clubs, who forced England Athletics to back down on the proposal. This change alone would have put a much greater workload on the Membership Secretary as well as myself and would have undoubtedly resulted in further costs to the club. They are also currently undergoing an extensive restructuring of their coaching department and within the committee we are endeavouring to keep up with these changes.

The decision to take on the organisation of the Dartmoor Discovery this year has highlighted the fact that even the commitment of our members to marshal at club races cannot be expected to extend to a further race in our calendar. It was only with great reluctance that the Great West Teignbridge Ten was dropped in favour of support for this most prestigious of events.

That said, our other races continue to be well supported and thrive under the command of our excellent Race Directors.

This year looks set to be an exciting one with a new Championship format and a full social diary already.

As the club has continued to evolve and grow this year, I have been proud to have had the opportunity to report on its progress once more.

Have a great running year. Thank you.

Boat trip update



Tarquin is now selling tickets for the summer boat trip which will take place on Saturday, 23 July, 2011. Here's a reminder of the arrangements...

The plan is for everyone to make their way to Exmouth by train and ferry. The train leaves Paignton at 1613, Torquay 1618, Newton Abbot 1630, Teignmouth 1639 and Dawlish at 1643. We will get off the train at Starcross, where we will cross over the

footbridge to the ferry pier, then catch the 1710 ferry across the Exe to Exmouth.

We will all then proceed to Exmouth beach, where we will enjoy a lovely BBQ, laid on by our very own Chairman Rog. Then, at about 1930, we make our way to Exmouth harbour where we will join the *Pride of Exmouth*, which has been specially hired for the Trotters for the evening.

At 2000, the boat will set off and take us on a two-hour cruise along the River Exe and then around the bay to Teignmouth. On board there will be a disco, with a dance floor and two licensed bars, offering normal pub prices! There are two decks on this vessel, so anyone who wants a break from the disco can relax on the other deck.

The top deck offers a full 360-degree view, as it is completely open, with a folding canvas roof just in case it decides to rain!

Remove a few benches and you also have the perfect setting for an outside disco with dance floor. On the lower deck you can find the full bar and a heated lounge area with panoramic windows. So, the disco can be held on whichever floor suits the weather. And, yes, there are toilets on both decks!

The cruise will finish at around 2230, when we will be landed on the back beach in Teignmouth. The plan then is for us to take the opportunity for more drinks and socialising in the many fine hostelleries along the back beach.

Tarquin is now selling tickets at £14 each and you can buy them from him at any Monday or Wednesday training night. If you would like any further information, why not give him a call on 07513 544938, or drop him an email: teignbridgetrottertarquin@btinternet.com

Captain's Corner

Clare says a fond farewell as
Ladies' Captain, as Sharon
takes on a new challenge...

Sadly, this is my final write-up as Ladies' Captain. After two proud years, I am handing over the role to someone who will undoubtedly do a sterling job, as she herself is a fine, reliable. representative Trotlette! See the box below for a message from our new Ladies' Captain, Sharon 'Fizz' Bowman.

Anyway, what a start to the year — so far, there has been a good turnout of blue and green vests at races with a few laying down the gauntlet for attacking the Club Championship with gusto and strong, solid performances so early in the year. Already two or three runners have run in more than two races, which is fantastic to see so early on. I hope that others are inspired to join in and make this year's competition exciting and varied!

Also, it has been really great to see so many ladies turn up for training on Monday and Wednesday evenings. As a coach seeing the effort you put into the sessions, I'm convinced that you will reap the rewards in races and/or your level of fitness and well-being. Whatever your motivation is to run, I know that

working hard in a quality session pays dividends and you will feel stronger and be a more confident runner as a result. For those of you that haven't so far raced, maybe you will gain the confidence to take part in an event sometime this year. Having a goal can make huge difference to your ability to get out there and push yourself that little bit more!

Right, that's the lecture over! Personally, my main drive this year is our new race, the Dartmoor Discovery — which currently fills me with dread. But it has to be done — once! I shall then happily be a marshal and cheer leader!! So, for now, I have the lovely prospect of increasing my mileage and running a marathon before June!! At least with the clock change, I should be able to capitalise on the lighter mornings and warmer weather! Although in June on the moors you can get all weathers — in one day!!!

So, ladies, on that note, I sign off! Good luck to you all and I shall see you at training or maybe in a race!

Your new captain



Hi there all you ladies (and men that will read this), writes our new Ladies' Captain, Sharon 'Fizz' Bowman.

For this year I am the Ladies Captain for the club. I hope to be proactive in getting you to race and enjoy the experience. Please feel free to email or text me with any women-related issues to do with running and how you have done in races. Personal best times or prizes that you win are really important so I can report on them in The Trotter. If you know of any events that maybe of interest to the Trotlettes then pass the information on to me, so that I can let others know.

My contact details are: sharonbowman65@aol.com or I can be texted on 07860 762617.

I hope I can do a good job with all your support and get some teams together in different age categories. I am always around on Wednesday club nights and sometimes on a Monday, too.

Roll Call

First Chance 10K: Sarah Whalley (48:50), Sharon Bowman (49:14), Debbie Clark (55:04), Michelle Roberts (55:37), Stella Imong (57:09), Amanda Milverton (58:33)

January Jaunt: Tina Caunter (54:30), Stella Imong (59:5)

Brooks Western Cross Country League (Bideford): Tina Caunter (30:37)

Braunton 10: Tracy Elphick (1:18:05), Emma Sidebotham (1:19:47), Gia D'Aprano (1:24:30), Stella Imong (1:40:00)

Storm Force 10: Michelle Willocks-Watts (1:26:54), Marsha Garrard (1:26:06)

Fulfords GWR 5: Sarah Whalley (36:58), Sharon Bowman (38:25), Sally Ingledew (39:11), Michelle Willocks-Watts (40:02), Susie Ashleigh-Thomas (42:32), Lucy Payne (45:44)

Westward Cross Country League (Bovey Tracey): Tracy Elphick (24:13), Sarah Schutte (26:29), Mary Goulden (28:28), Sharon Bowman (28:32), Debbie Clark (28:33), Tina Caunter (29:00)

Yes, Coach!



Trotter teamwork: Rod, with wife Lucy, at the Alice Holt 10K.

For those of you who come to club regularly, you will have seen me in the corridors of Newton Abbot Leisure Centre and some will have already had to endure at least one of my training sessions. Hopefully you will have also read some of my race reports as I have recently been Joint Press & Publicity Officer with Sharon 'Fizz' Bowman and Dave 'Tommo' Tomlin, who are both also coaches.

I am 55 years old and took up running in 1984, aged 29. I have been married for five years to Lucy, a Trotterette, and we live in Paignton. I have a son, John, 19, at University in Kent and a 21-year-old daughter, Alex, who is getting married in December.

Those of you who know me will realise that I have a real ability to stack on the timber. I love my food and enjoy a beer or two and it was the social aspect of my former rugby activities that made me take up running to counteract the social side-effects and my burgeoning waistline.

Meet Rod Payne, your
new Coach Coordinator.
Feeling pooped after a
hard one at Brunel?
Blame Rod...

I am currently training for the Virgin London Marathon, as I have a place carried over from last year when I was plagued by a sequence of colds. This will be my seventh London Marathon: my PB is 3:18. Other PBs are: half marathon 1:23, 10K 38 minutes, 5M 30 minutes and 10M 63 minutes. These were all achieved when Columbus thought the earth was flat.

I was appointed Coach Coordinator for the Club in January and my role is to ensure that we have the coaches and leaders available to deliver to you, our members, the type of training you want and need to help you to improve your running and achieve your goals, whatever they may be. With so many of you having vastly differing aspirations, the job in reality is a significant challenge, so we need to make the sessions as testing and enjoyable for you as possible.

To develop the training and coaching we deliver to you we rely on your feedback, both positive and negative — but hopefully

We need to make the sessions as testing and enjoyable for you as possible.

always constructive. We have a vastly experienced selection of coaches and leaders who will always be pleased to help you. Most of us have been there and done it already over many years and others still compete at the sharp end of our local races.

If you want to speak to any of us about any aspect of your training then either talk to us on club nights. Otherwise our details can be found on our website. Between us, we should be able to offer help and advice. My email is rod.payne@cowlin.co.uk

2011 So Far

Despite cold and wet weather, the training year has got off to a cracking start, with the corridors of Newton Abbot Leisure Centre bursting at the seams with eager Trotters.

I am keeping a log of numbers attending and January's record is appended to this article. You will see that on 19 January we had 84 members out training. The numbers so far in February have slightly tailed off, so perhaps some New Year resolutions are waning!

The Beginners' Group that we started last year continues to be a real success, with a steady stream of new runners swelling our club to record numbers.

Ben Epps has started a regular Monday group of up to 10 miles. This was piloted in January and proved really popular. Our fear was that it would detract from the main group on a Monday but it has, in fact, increased the Monday night attendance. The session is intended to operate at around 8-minute per mile pace with minimum regrouping en-route. To decide whether this session is for you, as a guide you need to be able to comfortably run 10 miles and have an approximate 50-minute 10K time to your credit. If you want to discuss whether this group is for you, then please contact us.

All of our training sessions are published on our website, so go online and plan your spring training. These sessions can be incorporated into your overall training plan and we can help you to do this, too.

Health and Safety

As a result of the recent increase in numbers, we are sometimes taking out some large groups. So, please listen to the instructions of your leader or coach and pay particular attention to regrouping and crossing roads. And watch out for those dastardly bollards! We want to get you all back safe and sound.

Coaching Webpage

I have been tasked by the main committee to liaise with our web guru, 'Pistol' Pete Aston, to produce a bespoke coaching section for our website. This will be developed over the next two to three months. As well as setting out our training schedules I want to include mug-shots and details of our coaches and leaders. The entries will tell you a little bit about them and then, hopefully, you will be able to relate to their strengths. We can also post information and news relative to coaching matters.

And, finally — we desperately need more leaders. Your coaches and leaders all lead busy lives and from time to time we are prone to injury and illness, like everybody else. We are currently placing too much of a burden on our willing band of helpers and the committee has given me permission to source two new leaders. As you can tell by looking at me, you don't need to be a finely tuned racing snake to lead. Almost anybody can do it.

We really do need a couple of volunteers so if you can help us out please contact me and I will give you more details.

I hope you all achieve everything you aim for in 2011.

TEIGNBRIDGE TROTTERS - TRAINING NUMBERS JANUARY 2011

MONDAY GROUPS		Coach/Leader	Nos	WEDNESDAY GROUPS		Session	Venue	Coach/Leader	Nos
3.1.11	Ogwell	Ewan	24	5.1.11	Endurance	2x10 minutes	Brunel	Clare	17
3.1.11	Beginners	Jan	2	5.1.11	Speed	Short Kenyan Hills	Churchills	Gary W	23
			26	5.1.11	Intermediate	10x300 metres	Highweek	Ian	16
				5.1.11	Improvers	3-5 miles	Up to coach	Jan	12
									68
10.1.11	10 mile	Ben	9	12.1.11	Endurance	2 mile time trial	Brunel	Tarquin	11
10.1.11	Aller	Ian	15	12.1.11	Speed	3x10 min Parluff	Powderham	Fizz	16
10.1.11	Beginners	Eleanor	5	12.1.11	Intermediate	Fartlek	Ogwell	Clare	27
			29	12.1.11	Improvers	3-5 miles	Up to coach	Rod	12
									66
17.1.11	10 mile	Ben	12	19.1.11	Endurance	3x10 minutes at 10k pace	Brunel	Rod	23
17.1.11	Ogwell & Powderham	Eleanor	18	19.1.11	Speed	2x15 minute relays in 3's	Town Centre	Tarquin	16
17.1.11	Beginners	Rod	3	19.1.11	Intermediate	Social Run	Up to coach	Ewan	27
			33	19.1.11	Improvers	3-5 miles	Up to coach	Gary W	18
									84
24.1.11	10 mile	Ben	17	26.1.11	Endurance	8x800m undulating loops	Jetty Marsh	Ian	30
24.1.11	Highweek/Bradley	Ian	20	26.1.11	Speed	12x80 seconds even paced	Pottery Cotts	Jan	12
24.1.11	Beginners	Jan	7	26.1.11	Intermediate	Shuttle Runs - lamp posts	Churchills	Rod	13
			44	26.1.11	Improvers	3-5 miles	Up to coach	Fizz	14
									69
31.1.11	10 mile	Ben	12	Total		466 members	Averages		
31.1.11	Powder'm/Woolb'gh	Ewan	26						
31.1.11	Beginners	Becky	9						
			47			Total of 30 sessions	15.5 members per session		
						Total of 9 nights	51.75 members per night		

Heller update



Buzz Terrill has even more treats planned for this year's Haytor Heller. But he'll need your help...

The Haytor Heller's date of Saturday, 16 July may seem a long way ahead to you, but to Rod Payne, my excellent chief marshal, and I, it's closer than you think.

Since just before Christmas, we have been piecing together the Heller jigsaw. It's surprising how much there is to do. But, as every successful race director will tell you, it's the preparations that make or break an event.

As this is my second year, I am beginning to know the ropes. Rod and I intend to stay on top and sidestep any pitfalls.

As with every event, however, we cannot do it alone. We need help — your help. So, I'm sending out a call to all of you to get involved and enjoy the fun over the Heller weekend. So, how about it?

Tina and John Caunter are taking care of the inside catering as usual but we still need help in making up a catering crew to run the BBQs after the race. Rod's wife, Lucy, and my wife, Jean, are already onside but the more names we get to help, the lighter and easier the job becomes. The barbecues and the camp fire need to be started before the race finishes, to be ready to cook food when everyone returns to the Centre. Last year, Simon and Emma, with only a little help, did it on their own. It nearly killed them! So, please come and help this year, to give everyone a chance for a break and to be able to enjoy the music provided by the superb band we have booked. See the box for more details on this fab combo.

This year, for the first time, we have introduced in-house accommodation as well as camping facilities, from Friday, 15 July, through to Sunday, 17 July, at very reasonable prices. So, come and

make a weekend of it, with a camp fire on Friday and Saturday night. A booking form will be available on our website shortly.

I'd also like to make a special plea on behalf of Rod for more race marshals, as he can never have too many. If you think you can help in any way, please let Rod or myself know, at the club, by telephone or via email. Jean and I can be reached on JnGApplegarth@aol.com or 01803 528648. Contact Rod and Lucy on 01803 557994, or rod.payne@cowlin.co.uk and lucypyn@aol.com

Pendulum 5



Pendulum 5 is a five-piece band with a great female singer playing music for the 60s, 70s, 80s and 90s. Great music! And it's all free, for a great night. So, come on and help Rod and I put on a show on the moor.

Thanks, Buzz.



Nathan and Tracy Elphick dig in for the Royal Blues at the Plymouth Hoe 10.

Chocks away!

The new-look Club Championship has got off to a brisk start. Tarquin brings us up to date.

Here we are, only two months into the New Year and the new Championship season is well under way, with six championship races completed already. All the signs so far point to it being a very hotly contested season, as it looks like a record number of Trotters are up for the challenge this year!

So far, 13 ladies and 27 men have entered at least one championship race, with two ladies and three men having entered three of the races.

I'm slowly getting my head around how this new format works, but I can see that it is already throwing up some interesting results. Leading the ladies is Tracy Elphick, who has completed three races, with an average of 49.33 points per race and an average age-graded percentage, per race, of 64.57. Tina Caunter is second, after also completing three races (48.67 average points and 58.76 average age-graded percentage). But, ready to pounce in third position is Gia D'Aprano. Gia has made a welcome return to royal blue colours and has scored a maximum of 50 points in both of her two completed races. With an average age-graded percentage for her two races of 68.42, she will be a tough competitor to keep down. But it's a long season and it's all about consistency and picking your best races. Sharon Bowman, Debbie Clark, Sarah Schutte and Mary

Goulden have completed two races apiece, and are not far behind.

With the men, a number of key players in last year's championship have been unavailable, for one reason or another, so that has left the field open for a number of others to take advantage. Daryl Milford is currently leading, with an average of 49.67 from his three races. Gary Clark, in his first year as a Trotter, is second (three races — 46.33 average points) and Nathan Elphick is third (three races — 43.67 average points). The unassuming Chris Cleave is in fourth. Chris constantly under-sells himself, but has maximum points from both of his two races (Braunton 10 and Plymouth Hoe 10) and, with an average age-graded percentage of 73.38 for his races, he is definitely a real championship contender, if he can go the distance and complete the 12 required races. John Caunter, John Crocker, Stephen Barker, Phil Perry, Ben Epps, Pete Aston and Craig Churchill have also completed two races. It's early days, though. Dave Tomlin is slowly coming back to

racing, after his unfortunate early season lay-off. Garry Smart and seasoned championship campaigner Mike Eveleigh are waiting in the wings. The leader board won't stay the same for long.

With no wildcards this year, attendance at the nominated championship races is all the more important. There is still the flexibility of plenty of races on offer. Only 12 races must be completed, but you must complete at least one race from each of the seven sections. If you need further explanation, feel free to come and chat to me.

Bideford Race numbers available!

There are two places for the Bideford Half Marathon on 3 March up for grabs.

There's also a spare Great West Run number going.

Interested? Contact Chairman Rog.

Carry on camping

Anna Langler reveals this year's destination.

It's time to climb into your loft or dig around in your garage and dust off your tents, folks! This year, the Trotters have entered a new era, with Dave Dunn stepping down as the club camp organiser and myself stepping in. Before going any further I would like to thank Dave for all of his hard work over the years. I am only in the infancy of organising and already appreciate the effort Dave has had to put in to ensure we get the high standards we have all come to expect!

I have trawled the internet and been on multiple road trips around Devon and Cornwall trying to find somewhere we haven't left our mark already. After a lot of deliberation I have made the decision to take us to glorious Combe Martin in North Devon. Check out the box, right, for a breakdown of the essential information.

It is a large camp site with a designated rally field, which has been booked. So there is plenty of room for cricket, welly wanging and

other activities to go along with those already at the camp site, more on that to follow! New for this year it has been decided that we will be taking the club's gazebo. We will pitch it in a corner out of the way of other campers and use this area for our drinking and chatting during the day and the evenings. So, you have been warned, where the gazebo is, is where the chatting will be. If you're hoping for an early night, don't pitch next to it!

The campsite offers a range of activities including a sports field, which I'm sure will be used by us for a variety of challenges! There is an indoor heated swimming pool, which costs £1.30 for adults and children per session. Children under four go free. There's also a 'petorama', or covered mini zoo. This costs £1.75 for adults and children of all ages. In addition, there's a horse riding centre, an 18-hole fun golf and 9-hole crazy golf course, play areas, a shop for food and supplies, fully equipped laundry rooms, family bath and shower rooms, a take-away, a restaurant and bars.

If none of the activities take your fancy you can try one of the woodland walks. Three-and-a-half miles of woodland tracks are available for you to walk through and enjoy the woodland animals. These marked nature walks start and finish on-site. So, if you find that you have nothing to do during the weekend, I suggest you go for a wander around and find something!



The Information

Dates: 18-19 June (additional dates can be booked either side of the weekend).

Campsite: Stowford Farm Meadows.

Location: Combe Martin, near Ilfracombe.

Cost: £10 per unit per night (a unit consists of one tent and up to six people. All pitches have electric hook-up and dogs are included in the price.)

Payment: all money is to be paid to myself or Ian Langler. We will pay the campsite in full when we arrive. If Ian and I handle the admin we all get a discount!

Due date: payment must reach us by 1 June, 2011.

Website: www.stowford.co.uk

Within close proximity of the campsite there is the natural beauty of Exmoor National Park — wild, open moorland, deep river valleys, wooded gorges and the rugged appeal of Valley of the Rocks. Lynmouth, England's 'Little Switzerland', provides some of the most spectacular coastal scenery in the British Isles. Elsewhere along this coastal fringe, you will find magnificent cliff headlands, sheltered coves, picturesque harbors and stretches of golden, sandy surfing beaches.

Only eight miles away (15 minutes by car) is Woolacombe, a regular winner of both Blue Flag and Premier Awards for beach safety and cleanliness, and rated as one of the top 10 beaches in the world.

So, without further ado, sign your name on the list at Newton Abbot Leisure Centre, get your money to myself or Ian and dig out your camping gear!

Any queries, please feel free to contact Ian or me. My email is fishtankphotography@hotmail.com

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: the new Cross Country Secretary and the results of the Dinner & Dance Survey.

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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