

The Trotter

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Pocket Rocket takes Cross Country helm



We have a new Cross Country Captain. Debbie Clarke has stepped forward to take up the challenge. *The Trotter* finds out what makes our newest club official tick.

TT: So, tell us a bit about yourself.

D: I'm Debbie Clarke, nearly 40 and work as a Receptionist at a Special Needs College. I live in Teignmouth — where a lot of Trotters seem to live!

TT: What is your running background?

D: I didn't really get into running until I was 13 due to problems with my asthma. I did well on a school run and was talked into joining the local athletic club in

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News Desk

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

| | |
|------|---------------------|
| 10/4 | Tavy 13 |
| 23/4 | Haldon Heartbeat |
| 25/4 | Easter Bunny 10K |
| 1/5 | Bere Pen 10K |
| 1/5 | Great West Run |
| 7/5 | The Exterminator |
| 8/5 | The Black Death Run |

It only seems like yesterday that I was composing the last news page for *The Trotter* and yet here I am again, merrily banging away at my keypad, writes *Roger Hayes*. By the time you read this, the clocks will have gone back and we'll suddenly have another hour of daylight in the evening. However, you can't stop wearing those reflective bibs quite yet! Wednesday 15 April is the last official night for wearing them. Thanks to Rod for overseeing the selling of them during those winter months and for bailing out all those members with dreadful memories. If you've still got one of the club's bibs, Rod would like it back please!

I was hoping I would be able to give you some positive news on our relocation to Coombes Head School, but unfortunately we have been unable to establish whether we can have exclusive use of the changing rooms, something that we need to be able to guarantee. I will, of course, keep you updated as soon as I hear anything concrete.

Thank you to all those that responded to the survey on the future of the club's Dinner and Dance and presentation evening. A comprehensive view of the results will be published in next month's edition of *The Trotter*.

My inbox has been bursting at the seams with members wanting a place on the double decker bus that we've hired to take us to Tipton St John, the destination of this year's club trip. There are now seven people on the reserve list. It looks like we could beat that club record of 42 Trotters finishing a race. The trip to Salisbury for the lads' weekend away is also full. In light of both of these trips filling fast, my advice to you if you're planning on coming on the club summer boat trip, is to book early. Tarquin is selling tickets for what promises to be a fantastic evening. Of course, before that we have Dennis's BBQ to look forward to, full details of which can be found on page 12.

With less than ten weeks to go before the Trotters stage the biggest race in their history, the Dartmoor Discovery, I'm pleased to report preparations are progressing very nicely. The reserve list that we are operating is working well, with nine runners having successfully swapped numbers. Bookings for the Friday evening Pasta Party are coming in thick and fast. If you haven't booked your spot yet, you need to do ASAP. The unique finishers medals have been ordered, as have the

technical t-shirts. The designs for both items are by Nathan Elphick, who won the competition we ran last year. There are ten hardy Trotters who have signed up to run the race (see box, below). Chief Marshal Ian Langler is still seeking more helpers and marshals. Please contact him if you are able to help: ilangler@hotmail.com or 01626 337501.

I finish my report with some very sad news, the deaths of two family members of Trotters. Our heartfelt condolences go to Cindy Brooks, whose son tragically died in an accident while on a school skiing trip. And we offer our sincere condolences to Pauline Newsholme, whose husband Eric, has died from a heart attack. I knew Eric very well. A neighbour of mine, he was a charming, intelligent man who will be sadly missed.

Trotters running the Dartmoor Discovery

Tarquin Milford

Dave Tomlin

Clare Youngman

Ewan Walton

Roger Hales

Sally Ingledew

Tracy Elphick

Adrian Bailey

James Henderson

Stuart Moulson

When I first did cross-country I knew this was my favourite event.



Debbie's first club was in Sutton Coldfield.



Getting ahead: Debbie leads from the front...



All dressed up: Debs at Shaldon's 3-legged Race

Cover: Debbie at the Oh my Obelisk! Pics by
Brian O'Hare and Tarquin.

Sutton Coldfield (where I grew up). Although I spent many a Sunday doing various athletic events my favourite seemed to be the longer distance races and when I first did cross-country I knew this was my favourite event, so I concentrated on that. I gave up running for a few years when I had my two boys and had no time to go out running but now they are older, I decided it was about time I put my trainers back on and started doing something I can be proud of for me, and hopefully my boys can be proud of me too.

TT: Is it true your Dad is a level 4 coach with the Exeter Harriers?

D: Who makes up these things? Yes, my Dad is a Level 4 coach and Head of Endurance at Exeter Harriers — though he is actually very reserved about the fact. I'm very proud of him for that, as I've seen the dedication he has put in over the years to his athletes. He is passionate about his coaching and is always on hand to give me advice when I need it, training or race wise — very handy.

TT: What made you go for the job of Cross Country Captain?

D: Er, can I pass on that? Seriously? I was kind of talked into it by Chair and Tarqs! OK, no-one put themselves forward and I felt over the past few months since joining people have put so much into making me feel welcome and being part of the club it didn't hurt for me to do my bit. Cross-country is the one thing I've always loved running since early school days and I'm hoping I can pass on my passion and enthusiasm for it to other club members.

TT: What do you think of the current format of the Westward League?

D: I'll be totally honest and admit that, as I've only raced two of the races this season there isn't much I can see changing, but I think once I get to grips with what goes on behind the scenes I'll probably find I'll want things different. I'll have to wait and see on that one.

TT: How have you found life as a Trotter since joining?

D: Hectic! Every weekend seems to be filled with either racing or supporting other Trotters in their races. I love the camaraderie, the enthusiasm, the whole support and mutual respect every Trotter seems to have for every other fellow Trotter. It's great being part of that. I never thought I would feel that atmosphere in a club again since leaving Sutton, but here it's alive and kicking!

TT: Finally, I have to ask, how did you get the nickname of Pocket Rocket?

D: Haha, that's down to Rod! The first race I did was in November at Bovey Tracey and he put an article in the newspaper reporting it and called me 'The diminutive Pocket Rocket' — the name has now stuck, or is shortened to 'Pocket'.

Membership Report

Membership records keep tumbling, reports Dave Dunn.

We finish this membership year with three new members, taking our membership total to a new record number of 221.

The first of these new members to introduce to you is Katrina Duignan (45) from Newton Abbot. Katrina started running a couple of years ago and entered a few 10K races and then ran a half marathon before smashing her knee while ice skating almost a year ago (Philip Schofield has got a lot to answer for!). The accident forced Katrina to miss out on running for the rest of 2010. Now fully mended, Katrina has been showing great promise in training and has been enjoying it into the bargain.

The second 'new' member is Helen Anthony (32) from Kingsteignton, who has rejoined us, for now at least, as a second claim member. This is Helen's second stint as second

claim. But, with the recent demise of the Women's Running Network, Helen will probably be joining husband Ryan as a fully fledged first claim Trotter from next month.

Finally, we welcome Mark Keenan (28) from Newton Abbot. Mark has been a regular face at training these past few weeks, both on Mondays and Wednesdays, as he prepares himself for his first marathon.

There are three notable birthdays among our members in April. Super Vet Graeme Baker will be 70, our cross country event race director Howard Cotton reaches 55, and Siobhan Besford celebrates her 21st birthday. May I wish all three of you a very Happy Birthday and may Graeme and Howard both enjoy running with their new veteran status.

Membership renewal

We've reached that time of year when you have to dig into your pocket and sign on for another fun-filled year in the Trotter family. An invitation to renew your membership of Teignbridge Trotters is on page 11.

Please print it out and, starting at the top of the form, work your way down, filling in all the sections that are relevant to you and perhaps other members of your family. When you get to the bottom don't forget to sign it and date it, and get it back to me with your payment as soon as you can.

It is entirely up to you whether you opt to be registered with England Athletics as a competing member — it will cost you £5 per person. Financially, it is worth it if you intend to enter a minimum of 3 races held under EA rules during the next 12 months.

Obviously there are other issues bound up in the whole EA debate, but this is not the time or place for that!

Your committee has decided that it would be very useful to have a

database of who does what for a living, so that when we are casting around for some volunteers to help



Nice cold drink: Stella Imong takes on some much-needed refreshment at the recent Dalwood 3 Hills Challenge.

with a specific task, we know who to call on first. This information will not be used outside our club and, as with

all your personal information held on file, we are bound by the Data Protection Act. The giving of this information is entirely voluntary, whereas all the other boxes have to be completed in full.

This renewal process is just about the only way we have of keeping tabs on your contact details, so please fill in the form fully and legibly, before returning it to me, preferably on a Wednesday training night — I normally run into Newton Abbot Leisure Centre on a Monday.

I don't want your money without a fully completed renewal form, and I won't accept a renewal form without the money!

Feel free to contact me if you should have any query about filling in the renewal form, or if you're not sure how much you need to pay.

Remember, only use the form attached to renew your membership and no other form!

DD marshal appeal



We still need volunteers to help out at this year's Dartmoor Discovery. Why not give it a go? As Eleanor Taylor reports, you'll have a blast...

There are many Trotters who look on the marathon as the ultimate running challenge. They are 20 or so Trotters, who have not been content to stop there. They are the Discoverers! (Well, that's the polite term.) The Dartmoor Discovery is a 32.2-mile ultramarathon, starting and finishing in Princetown.

Have you ever done a race and thought 'they could have done with an extra marshal or two'? A few years ago, Chairman 'shouted' that the Discovery organiser was short of course marshals. Wilf, Judy Smallshire and I were among the Trotters who volunteered to help.

We stocked up on jelly babies. NO! I mean we arrived at our marshalling positions with lots of jelly babies to offer the Discoverers. Phil Hampton — the founder and organiser — had sent an email with estimates of when we should see the first and last runners. We were allocated spots a few miles short of the marathon distance. Judy was at a drinks station, Wilf and I were at junctions, a mile apart further down the road, ensuring the runners kept to the correct route.

Judy dropped us off in plenty time. I didn't mind being early. I had time to get out the crossword, put on sunscreen and don a sunhat. Then I had to put away the crossword and rename 'sunhat' to 'rainhat', recalling that Wilf had mentioned the potential for a spot of rain! Well, it was the UK, in the first week on June, so there was lots of potential for 'interesting' weather. Did I mention the thunder? Lightning? Soon, the jelly babies were swimming for their lives in an increasingly sugary pool.

The runners arrived, like drowned rats swimming from the Russian front. But, in the main, they were happy and responsive. I suppose the inherent madness which drives them to enter immures them from the natural consequences. Actually

it was quite fun for the next hour or so. It was a great atmosphere. The last runner struggled by, grittily committed to the final eight miles, and we strolled the mile up to Judy's drink station and our lift back to Chudleigh. Yes, we'd marshal again.

Next year, we are back in the same marshalling points. It is so cold! Is this really June? Wilf has given a flight briefing to a pilot flying into Cornwall with team of Orienteers to compete in night relay championships: 'Clag. Nil vis. Stay at home in nice warm Yorkshire'. Another year of drowning jelly babies, this time freezing them as well. There isn't a NSPCJB is there? Another great hour of camaraderie, cheering on the nutters, the nicest sort of nutter, mind. And we will come back again to help!

Next year. What is wrong with this weather? It is almost a nice day! It is a good day out directing the Discoverers in their annual odyssey across the moor. Trotters are in force and spectators notice the continual reappearance of yet another local vest. I think we win all the team prizes. The ladies team are fantastic. Tracy is not injured?! Sally is the happiest Discoverer as she tries to high five a plate of dry Jelly Babies. Julia is magnificent, only entering the week before just to complete the team, and clearly going to actually enjoy it this year. And we will come back again next year.

Actually it is this year now. And Trotters need marshals, as we have gone more bonkers than the nutters who run it and our club is organising it! This is clearly certifiable. There will probably be another tattoo coming soon. These people need your help, Oh do they so! It is a great atmosphere, a really nice experience. Sign on to Ian's list. You will not regret it. We'll all contribute to another great Trotter event — that now includes a packed lunch! Wilf says: 'Can I have a big slice of Victoria sponge, please?'

Steely-eyed egotists forever!

The row over running on the streets of Torquay rumbles on. Here, **Steve Wallace** offers his take on the subject. Opposite, we print extracts of the exchange of letters between arch-curmudgeon **Henry Fletcher** and Trotter correspondents **Julian Head** and **Dennis Milstead**.

I really enjoyed Julian Head's response to the letter in *The Herald Express* from Henry Fletcher. I could not, however, decide if Mr Fletcher had written a lovely tongue-in-cheek piece or if he was really serious. To be termed a steely-eyed egotist and a wretched show-off sounded like something from a Jeffrey Archer novel.

Then I got to thinking, was it not Robbie Burns who said in his poem *To a Louse*, 'O wad some Power the giftie gie us to see ourselves as others see us'. So, maybe Mr Fletcher has a point. We have a Club Championship so why not a Club Guide To Sartorial Elegance?

As Mr Fletcher says, we all dress in 'the same style of ghastly lurid running gear'. Does he not realise how long it takes to choose our gear — ages spent gazing in the mirror, wondering if fluorescent yellow is a good match for vibrant orange, agonising on how many sweat bands to wear and where to place them! As for over-priced plimsolls and gaudy tracksuits, I always thought this was compulsory wear for the smart runner.

Perhaps there is a case for a mass run past Mr Fletcher's home, with all of us suitably kitted-out in our lurid tracksuits, clutching water bottles, listening to loud pop



Steve resplendent in Lycra: come on, Henry, what's not to like?

music (what a quaint, old-fashioned term) showing off our superiority complexes, elbows jutting and over-priced plimsolls slapping on the street.

Finally, having started slightly up-market with Robbie Burns, maybe Mr Fletcher might enjoy a slightly more comical song, *Hand Me Down My Jogging Shoes*, by the American folk singer Tom Paxton:

Come on Harry, Come on Sue

We're gonna do what the magazines tell us to

Get ourselves in shape the fashionable way.

25 Laps around the pond

Will make us tall and slim and blonde.

Hand me down my joggin shoes today.

Tom Paxton, from the CD, *Heroes*.

Well, I must go now as I'm off for a jog. I'm not sure whether to go with the pea green tracksuit and red headband or the violet tee-shirt and my best pair of yellow shorts.

"HENRY, don't take any notice of those jogging blighters, have another gin and French and try my Habana Golds," my chum said — referring to one of Felipe Gregario's sublime brand of cigars, not a pair of flashy plimsols most of my many fitness fanatic detractors seem to waste their money on nowadays.

My, my, make a few simple observations in this esteemed organ which merely question the rights and attitudes of the kind people who cannot, or will not, find a piece of grass to run around on but would rather hog our pavements, and one is targeted for abuse by the rapid response holier-than-thou brigade (sundry correspondence passim).

I will add little more than what I originally wrote other than to further observe that, as confirmed by the contents of their letters, these joggers are a humourless lot, as a result, I suppose, of spending much of their spare time indulging in such a solitary pursuit, but I will leave it to others — better qualified than me — to analyse why certain individuals should be this way.

In stark contrast, when I finally laid aside my trusty cricket bat and hung up the old rugger jockstrap for the last time, I accepted that I'd probably put on a stone or two but contented myself with the knowledge that I would have legions of ex-team mates (and opponents) of both codes to eat, drink, smoke and reminisce with and share a camaraderie that pounding cold mean streets on one's own while slurping lukewarm waters and checking your watch every other minute just cannot hope to achieve.

Anyway, a quick check of members' opinions at my club (Motto: 'Better to be a good liver than have one') said it all, as everyone I talked to agreed with me and affirmed that they too would vote for the mayoral candidate who would ban jogging from our public thoroughfares.

HENRY FLETCHER

THIS will almost certainly be my last word on the jogging issue as I don't want the joggers' replies not only further boring readers but also clogging up the letters pages as they sometimes do to certain streets of Torquay when they are out running.

However, I would still remind Mr Julian Head, who has had rather a lot to say for himself lately, that as a resident of Torquay I have been referring to the public thoroughfares of that town and not Newton Abbot, where he lives, so I have been somewhat bemused as to why he has bothered to contribute as much as he has other than, one can only assume, to tout an instruction video he has apparently made about jogging.

Why on earth should anyone need to be advised on how to run, let alone watch a film on the rudimentary exercise of placing one foot in front of the other in quick succession?

Good grief, did Pheidippides, the original marathon runner, need a personal fitness trainer and sponsored sandals 2,500 years ago as he sped from Marathon to Athens to tell of the Greeks' victory over the Persians?

Of course he didn't and, I might add, he had to run over rough terrain.

But then the poor heroic Pheidippides promptly collapsed and died on the spot. As, sadly if ironically, did Jim Fixx, the American 'Guru of Jogging' who had a heart attack after returning home from his daily run. He was 52, Pheidippides about 40.

HENRY FLETCHER

I WAS initially confused about what Henry Fletcher was complaining about. Wearing lurid clothing, listening to music on 'modern devices', drinking water from a bottle and having a steely look in your eye are all fairly well established freedoms. The old curmudgeon has now refined his observations. You are allowed to run on 'a patch of grass' but not on the pavement and running is a solitary sport and therefore less enjoyable or worthwhile than a team sport.

Thank you Henry for allowing us the freedom to run on a patch of grass, I think you are secretly a bit more liberal than your crusty gentleman's club image is allowing us to see. It is of course possible to run alone or with a few friends. Large numbers of us belong to the many fantastic running clubs that operate in Devon. There are 215 of us in our club. On our regular training nights 80 or more of us will turn up. We split into smaller groups for the training to avoid clogging the pavements; when it is light in the evenings, we run off-road which I am sure you will approve of. The club allows us to chat to each other while we are running. Indeed we often meet at a pub after training for a drink, and we sit down together for something to eat around a long table.

The club also organises several races which raise money for charity. These races attract up to 650 solitary individuals at a time; they are superbly marshalled and organised by another large team of solitary individuals.

We occasionally travel to away races on a bus We find this more sociable than travelling in separate cars. We have a club BBQ coming up soon; once you have finished your Jog with Jools come along for a beer and a 'gasper' and give me an honest opinion about whether we are solitary people.

One final thought: If you are in a hole and have said something daft, stop digging.

DENNIS MILSTEAD

I AM glad that Henry Fletcher's letter (HE, Thursday March 10) on the jogging issue was his last, as his letters on the subject have been so full of incorrect assumptions that they are becoming quite tedious. However, there are a couple of Mr Fletcher's observations that I need to put straight.

While I live in Newton Abbot, I work five days in Torquay and use the thoroughfares for the occasional run. Banning joggers from Torquay streets would directly affect me and affords me the right to comment.

Please could your readers and Mr Fletcher also note that there is no DVD 'Jogging with Jools', this was just my attempt at having a joke, but I had forgotten that we runners do not possess a sense of humour of course. Anyone who knows me and my running pseudonym 'Porky' would find the idea of me producing a fitness DVD rather absurd.

While the founder of running Jim Fixx died after a run, a very small percentage of runners die after exercise, this is often linked to undiagnosed heart problems and the like. At least Mr Fixx died with feel good endorphins pulsing in his veins, unlike the original Marlboro Man, who was used to advertise gaspers (thanks for the addition to my vocabulary Henry), he died a painful, protracted death from lung cancer.

I haven't noticed any mayoral candidates standing on the 'get the joggers off the street' slogan, maybe Mr Fletcher should stand with such a promise and see how many votes he garners. When I saw the title of the letter 'who needs instruction to put one foot in front of the other' I honestly thought that Mr Fletcher was commenting on the many invitations he had received to go for a jog. He hasn't explicitly said he would not be coming, so I look forward to seeing him at a forthcoming Teignbridge Trotters training session, 7pm at Newton Abbot Leisure Centre any Monday or Wednesday.

JULIAN HEAD

Captain's Corner

Tarquin salutes the efforts of our Trotter chaps...

With three months of the year already gone, the season is well and truly on us and now we are entering the main part of the season. With it brings the ever warming weather as we thankfully head back through spring into summer. It's been a busy first part of the year, racing-wise, with one or more of our Trotter men racing somewhere every weekend. Our Trotter chaps have put in number of excellent performances and many PBs too. All in all it's been a really encouraging and exciting start to the year and as I outlined in my January Captain's report, it's been the new Trotter members who have been quickly making their mark with ever improving performances.

After mentioning wanting to target the first male team prize at Oh My Obelisk in my January update, we did just that! On Sunday 20 February, Tommo and Yours Truly were joined by new Trotter Stephen Barker to snaffle the male team award after three strong performances at this event. This was an excellent result, especially given that this is a local race in our own back yard.

Two weeks later we packed out the start line at the Bideford Half-Marathon. Six PBs were achieved by the men and, on top of that, a total of six Trotters finished with a sub-1:30 time, which is a very exciting display, especially as two of these performances were from new Trotters.

Bideford was also where Tommo really returned to form, after coming back from a lay-off due to a freak illness. Tommo was laid up in hospital for a week only four weeks previous to this with a rather nasty infection in his elbow. Thankfully he has made a full recovery and put in a scintillating 1:17 time at Bideford to show that he is back and hungrier than ever!

New Trotters Gary Clark (1:27:40) and Nick Stevens (1:27:45); Nathan Elphick (1:36:33); Craig Churchill (1:39:07); Peter Blakesley (1:40:13); and myself (1:20:35), all attained big PBs. Another new Trotter, Richard Varley also did really well for 1:45:48.

It is certainly very refreshing to see so many new faces at these races and shows that we are part of an ever-evolving club.

In the V45 category, Vaughan Lindsay and Garry Smart had a very impressive race too, with close times of 1:21 and 1:21:18 respectively. With Vaughan and Garry fronting up the racing scene, we have a very impressive male V45 team. However, due to work and other commitments they both cannot commit to racing all that often, so getting them both racing together at the same time is a rarity, which is a great shame.

A number of our Trotter chaps have been training hard and building up their training for the forthcoming spring marathons. A good number are either doing London, Taunton or the Shakespeare marathon to name three. However, a small number have completed a marathon already this year, this being the Duchy Marathon, in Redruth in early March.

Marathon stalwarts, Chairman, Smokes and Mark 'Wurzel' Wotton were joined by two new marathon virgins: James Henderson and Phil Perry. James finished in an excellent first marathon time of 3:36:28, with Phil Perry finishing in 4:05:59. Both were using the Duchy as training for the Dartmoor Discovery Ultramarathon, in June. This will be a great achievement for the pair of them to step straight up to ultramarathon distance in their first year of long distance running.

By the time you read this we would have already have tackled the Taunton half and full marathons, but looking ahead we have a mixed bag of races in the diary. Although a number of Trotters will be busy with marathon preparation, this will leave opportunities for others to step forward. We have two intriguing 10Ks coming up, with the Easter Bunny 10k on 25th April and the Ivybridge 10k on 14th May. It was at

Ivybridge, last year, that we won the 1st male team award, with Tommo, Ronnie Jones and Waves completing this fine effort. Can we defend this again this year? Well, on the strength of our performances already this year, I am very confident that we can. As I have said before, I will be chatting this through with you individually at our evening training sessions.

After Ivybridge the next team prize we are targeting will be at our very own Dartmoor Discovery. Dave Tomlin, Ewan Walton, James Henderson, Adrian Bailey, Stuart Moulson, Roger "Smokes" Hales and Yours Truly will all be representing the Trotters in this inaugural year of this renowned race being a Trotter event. With Chairman Rog, Ian Langler and Noel Fowler being part of the team organising the event, and Roy Brown taking a spell away from running, we will have four key players not running this event. So, while this will put a

certain amount of pressure on the rest of us to perform, it will also create an opportunities for one or more of us to rise to the challenge! Last year we won both the 1st and 2nd male team prizes and we really need to ensure that we can do the same again this year and defend these titles!

So, all in all there's a lot going on as we approach summer and we can now look forward to training on light spring and summer evenings. And don't forget the Sandygate Loop internal club races start again at the end of this month. These races are held on the last Friday in every month at 7pm and start at the Sandygate Inn, in Kingsteignton. This is a great way to test yourself over a challenging four-mile, almost traffic-free, course and you can also see your improvement race by race over the whole summer. Be sure to stay afterwards for a meal and a drink at the Sandygate Inn, where we all congregate to socialise and chat about how the race went. It's a lovely way to spend a summer evening.

Please don't forget to let me know what races you are planning over the next three months and your aspirations for these. Also, when you have raced, please drop me a text or an email letting me know how you got on.



Lucy Payne

Coming through! Roger Hales (left) and Nathan Elphick tussle during the final stages of the Dalwood 3 Hills Challenge, as Tracy Elphick looks on.

Coaching update



Quick slurp: Coaching Coordinator Rod Payne in action at February's Dalwood 3 Hills Challenge.

After a really busy January with some large individual groups going out, numbers settled down in February and the individual groups had more manageable numbers, *writes Coaching Coordinator Rod Payne.*

February's training numbers are shown in the spreadsheet accompanying this update. It is worth noting that during February we trained on Valentine's Day, had an early start for the AGM and had a school half-term week. So all things considered we had a good month.

It is great to see the enthusiasm and effort that you the members are putting into the sessions. I know that I am echoing the sentiments of all of your coaches and leaders when I say that it is a joy to take the groups out at the moment. There is currently a great spirit in the club and from my point of view it makes for a friendly and welcoming atmosphere. I believe this is why we have our membership and training numbers at record levels and have successfully integrated so many new members in to the Trotters' fold this year.

PBs too numerous to mention.

Well done to all of the members who have donned the royal blue vest and represented the club on the race scene over a

great array of distances and surfaces. It is particularly gratifying to see some of our beginners making the transition into the 'senior' groups and racing.

It is most pleasing to see the way newcomers are being welcomed by the established members. There are some great things being achieved at present, PBs too numerous to mention, Club Records being set and dramatic improvement by certain individuals. Hopefully our training programme is contributing to these achievements.

Training nights

Monday nights continue to flourish, with a total of 45 to 50 frequently lined up in the corridor and Ben's '10-mile' group is now a permanent fixture with numbers having consolidated at a hardcore of 12 to 15.

It is worth reflecting on the purpose of the main group on a Monday night. This is designed to be a recovery run and allows those that have raced over the weekend or indeed those who have had long training runs to enjoy a social evening at the club whilst having an unpressured run.

For this to work the group relies heavily upon frequently regrouping. At these points we allow all participants to recover fully before moving on.

The groups tend to be large and it is sometimes difficult for your leader to control the group. We therefore rely on you all being responsible for your own safety, for instance when crossing roads.

For the session to work well it is important that, as a group, we loop back at the designated points to pick up the back markers. The beginners' group is generally less than 10 but is still providing a valuable service to the club.

From my perspective, I feel that the training needs of the club does now seem to be swinging more and more towards endurance and this is being reflected in the relatively low numbers attending some of the speed sessions.

This may of course be due to spring marathons and the long off-road races that dominate the racing calendar at present.

Our speed sessions may become better patronized as we move into the summer 10k races and short miscellaneous. As a coaching committee we will keep this monitored.

Wednesday's Intermediate Session

It is interesting to note the mix and match of runners choosing to partake in Wednesday's Intermediate sessions. Following an approach from a couple of members for more social runs we decided, as a coaching committee, to try out a number of social style sessions with efforts interspersed. These are taking the form of lamp post runs, relays, fartlek, parluff and hills. The potential combinations are endless. This group was originally designed as a stepping stone for the 'Improvers' – a gentle transition into the main groups.

TEIGNBRIDGE TROTTERS – TRAINING NUMBERS FEBRUARY 2011

| MONDAY GROUPS | | Coach/Leade | Nos | WEDNESDAY GROUPS | | Session | Venue | Coach/Leade | Nos | |
|--|----------------------|-------------|-----|---|--------------|-----------------------------|---------------------------|-------------|-----|--|
| | | | | 2.2.11 | Endurance | Rolling Pyramids | Tuckers | Clare (1) | 22 | |
| | | | | 2.2.11 | Speed | Kenyan Hills x 30 | Churchills | Watsa (1) | 12 | |
| Numbers in brackets = Sessions by Coach in Month | | | | 2.2.11 | Intermediate | Social Run | Up to Coach | Ian (1) | 13 | |
| | | | | 2.2.11 | Improvers | 3-5 miles | Up to Coach | Jan (1) | 13 | |
| | | | | | | | | | 60 | |
| | | | | 9.2.11 | Endurance | The Mountain | Powderham | Ewan (1) | 9 | |
| 7.2.11 | 10 mile | Ben (1) | 20 | 9.2.11 | Speed | 10 x 70 seconds | Hospital Rd | Tarqs (1) | 22 | |
| 7.2.11 | Aller | Ewan (2) | 16 | 9.2.11 | Intermediate | Hills | Highweek | Clare (2) | 7 | |
| 7.2.11 | Beginners | Rod (1) | 9 | 9.2.11 | Improvers | 3-5 miles | Up to Coach | Rod (2) | 16 | |
| | | | 45 | | | | | | 54 | |
| | | | | 16.2.11 | Endurance | 1k, 800, 400 loops x 2 | Powderham | Watsa (2) | 17 | |
| 14.2.11 | 10 mile | Ben (2) | 12 | 16.2.11 | Speed | 2 x 10mins relays | Pottery Road | Eleanor (1) | 9 | |
| 14.2.11 | Ogwell C/W | Clare (3) | 18 | 16.2.11 | Intermediate | Parluff | Tuckers | Jan (2) | 9 | |
| 14.2.11 | Beginners | Jan (3) | 9 | 16.2.11 | Improvers | 3-5 miles (AGM early start) | Up to Coach | Rod (3) | 13 | |
| | | | 39 | | | | | | 48 | |
| | | | | 23.2.11 | Endurance | 30,40,50 Shuttles x 10 | Brunel | Rod (4) | 5 | |
| 21.2.11 | 10 mile | Ben (3) | 10 | 23.2.11 | Speed | Hill Sprints | Penshurst | Clare (4) | 16 | |
| 21.2.11 | Highweek/Bradly Bart | Tarqs (2) | 22 | 23.2.11 | Intermediate | Fartlek | Highweek | Eleanor (2) | 26 | |
| 21.2.11 | Beginners | Eleanor (3) | 9 | 23.2.11 | Improvers | 3-5 miles | Up to Coach | Ewan (3) | 11 | |
| | | | 41 | | | | | | 58 | |
| | | | | | | | | | | |
| 28.2.11 | 10 mile | Ben (4) | 14 | | | | | | | |
| 28.2.11 | Powderham A/C | Rod (5) | 24 | | | | | | | |
| 28.2.11 | Beginners | Jan (4) | 7 | | | | | | | |
| | | | 45 | | | | | | | |
| | | | | Total | 390 members | Total of 28 sessions | Averages | | | |
| | | | | | | Total of 8 nights | 13.93 members per session | | | |
| | | | | | | | 48.75 members per night | | | |
| | | | | | | | | | | |
| | | | | Note 1: Training night on Valentines Day – numbers slightly down | | | | | | |
| | | | | Note 2: Early training start on 16 February due to AGM – numbers affected | | | | | | |
| | | | | Note 3: Half Term Week 21 & 23 Feb | | | | | | |

However the session is proving to be increasingly popular and it is proving impossible to predict which members will be going out with the group on any given week.

Lighter nights

At last we can see an end to winter and with the clocks having now gone forward we can look forward to discarding the hi-viz jackets (not yet though) and taking to the off road routes and the country lanes.

We have our training programme set up until the end of April. These are predominantly designed around the 'winter' venues. We will, however, take advantage of the lighter starts to the sessions and venture off-road wherever possible.

Away Runs

For those of you who have been around for a while you will know that we like to factor in a series of away runs during the summer months.

If you have a favourite run that you want to share with us on a Monday night then please get in touch so that we can programme them into our schedule.

We have some old and trusted runs that we can do but this is your chance to show us parts of the Devon countryside that are special to you.

Ideally the route needs to be 5 to 7 miles long and please bear in mind that it has to be suitable for running as a group. We look forward to receiving your ideas.

Meet the Coaches

Starting next month we will be starting a series of articles about your coaches. All of our coaches and leaders have a story to tell and hopefully you will find their individual stories of interest. Former Coach Coordinator Jan Caunter has agreed to be our first 'victim'. Her Trotter journey has been an interesting one, so watch this space next month.

If you have any observations or comments on coaching, or you want to become a leader then please contact me, rod.payne@cowlin.co.uk

TEIGNBRIDGE TROTTERS

MEMBERSHIP RENEWAL 2011



The time has come to renew your subscription as it is due on 1 April 2011. Please complete this renewal form and return it to Dave Dunn at the address below or in person at Dyrons on a training night.

MEMBERSHIP 2011-12

I/We wish to renew my/our membership of Teignbridge Trotters for the period 1 April 2011 to 31 March 2012

YES/NO.....

**FORENAME
ADDRESS**

SURNAME

POST CODE

TELEPHONE NUMBER

E-MAIL ADDRESS

I wish to be registered with England Athletics (EA) as a Competing MemberYES/NO
I give my permission for my personal details to be forwarded to England Athletics.....YES/NO
Applicable to 1st claim members only – fee is £5.00 per member in addition to the subs detailed below.

Family membership is available to two or more members of the same family living at one address.
Please enter information about other members of your household to be included.

| FORENAME | SURNAME | DATE OF BIRTH | EA COMPETING MEMBER | PERMISSION FOR PERSONAL DETAILS TO BE GIVEN TO EA |
|----------|---------|---------------|---------------------|---|
| | | | YES/NO | YES/NO |
| | | | YES/NO | YES/NO |
| | | | YES/NO | YES/NO |
| | | | YES/NO | YES/NO |

If you are a second claim member of this club, please indicate the name of your first claim club

.....

Please detail any medical or other condition which you feel the Club should know about in order to ensure your safety when training with the Club

.....

Trade or profession.....

Signed..... Date.....

£12.00 1st claim individual /£20.00 1st claim family membership
£8.00 2nd claim individual/£12.00 2nd claim family membership
£5.00 per individual for registration with England Athletics if required (1st claim members only) – see above

Total amount enclosed £.....

Please make cheques payable to Teignbridge Trotters and send with the completed form to Dave Dunn,
6 Hamilton Drive, Newton Abbot, TQ12 2TL, or hand to me at training on any Monday or Wednesday evening.

Please return this form with your payment before 30th April to ensure your entitlement to all the benefits of belonging to the greatest running club in the world.....most definitely!

Even if you do not wish to renew your membership, please let us know so that we do not continue to pester you!



To BBQ or not to BBQ?

Dennis Milstead extends an invitation

This year the club summer barbeque is to be held in Blagdon, near Paignton, on Sunday 29 May, which is a bank holiday weekend. All Trotters and their families will be made welcome.

The event is due to start at 3pm, but there will be a social run starting at 2pm which will head up West Lane, (there is a nice view from the top out towards Berry Head) and then on to Hangman's Cross.

The run may then be extended down to the ruined Berry Pomeroy Castle if people have not worked up a thirst.

For the children (and the adults) there will be relay races, swimming, trampolining, table tennis and football in no particular order.

As always, BBQs are at the mercy of our weather.

I will speak to Wilf and Eleanor to see if they can arrange some good weather for that bank holiday weekend; though I fear that their skills are limited to forecasting rather than actually producing anything.

If you could all bring along something to drink then that would be a great help.

I have not decided about the food for the BBQ yet. My wife Jacquie has a large pig which could resolve the situation. I was going to organise a text vote but she has vetoed the idea. She thinks that the beast is a true Trotter and should be given life membership of the club. (OK, that means now until 29 May, I thought. But I said nothing.) I may have to draft in Gerry and Carol from the Newton Abbot Cultural Centre: they always put on a fantastic spread.

The address of the house is:

Lower Blagdon Manor, Blagdon,
Paignton TQ3 3YB

Directions:

From the Torquay ring road starting at the bottom of Hamlin Way, take the third exit at the second roundabout, signposted Compton/Berry Pomeroy/Marldon. Go uphill for a short distance and then straight across a mini-roundabout. Follow this road for about 1.5 miles until you reach a downhill crossroads. There is a fingerpost here pointing left to Blagdon (very tight turn). Follow Blagdon Road past Barton Pines and down the valley until you reach Lower Blagdon Lane (which will be

marked by blue and yellow TT signs). Turn left here and the house is 200 yds further on.

If you are coming from Paignton on the road to Totnes the house is not on the Paignton to Totnes road by the Blagdon Inn. If you end up there you have gone too far. When you pass the BMW garage on your left, take the next right turn. Go past Collaton St Mary School and drive up Blagdon Road. Lower Blagdon Lane is the first turning on the right.

Public Transport: Paignton Railway station is a £5 cab ride away and Totnes is a £9 cab ride. We could try to send a car out if there are a few of you. Paignton is walkable in 35 mins or runnable 15 mins (remember to turn right after the BMW garage at Collaton St Mary School). I understand that Chair is organising a minibus from Teignmouth.

If all else fails my contact details: Mobile 07838 131951, Home: 01803 666202, dennismilstead@talktalk.net or Facebook.

Hope to see as many of you as possible at the end of May. On On!

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: Jogging with Jools 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.

Tel: 01626 773811 Or email: mag@teignbridgetrotters.co.uk