

The Trotter

Number 24

April 2011

She's a record breaker!

Little did anyone know what an amazing talent Jose Waller had when she joined the Trotters back in 1992. Roger Hayes catches up with one of the club's true legends.



RH: Why did you choose to join the Trotters?

JW: I had moved down from London where I was a member of Watford Joggers, and whilst out running around the back lanes of Denbury one morning, I bumped into a group of ladies running in the opposite direction. We stopped and chatted and it transpired they were members of the Teignbridge Trotters. I think one of them was a lady called Vanessa New, some of the older members may remember her. They told me all about the club and it sounded just what I was looking for.

RH: It didn't take you long before you became our club secretary. How did you feel about that?

JW: I stood for secretary at the AGM and was thrilled to be voted in. I spent a very enjoyable five years filling that role.

RH: I remember serving on the same committee. We had some lively meetings!

JW: *(Laughs)* We certainly did. They were very productive, though.

RH: I know you have a soft spot for our Ladies' 10K race.

JW: Yes that's right. I remember helping out when it started in the town centre and headed out past the race course. The roads got too busy and dangerous and we decided to look for an alternative venue and course. As I did a lot of my running around Denbury, I stumbled across Dornafeld and thought I'd go in and ask the owner if we could use his campsite. To my delight, he said yes!

RH: You and Mr Dewhirst (campsite owner) go back a long way, then.

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News Desk

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

1/5	Bere Pen 10K
1/5	Great West Run
1/5	Saltash Half Marathon
7/5	The Exterminator
8/5	The Black Death Run
14/5	Ivybridge 10K
14/5	17K Endurance Commando Challenge

Wow, this has been one of the hottest Aprils on record. It's been a delight to be out there running in such lovely warm sunshine. Long may it continue, *writes Roger Hayes*.

There is only one place to start this month's news round-up and that is with our upcoming move from our spiritual home to Coombeshead College. We have been based at Newton Abbot Leisure Centre (formerly Dyrons) since our club was formed, back in 1982. We have met in various parts of the building over the years, including the reception area, the old cafe, a room upstairs and our current area in front of the dry changing rooms. We have outgrown each area and the same can now be said for where we currently meet.

As our numbers have increased on Monday (particularly) and Wednesday training nights, parking has become a major problem. In light of this, the Leisure Centre's manager has asked if we would consider moving across the road and using Coombeshead College. Myself, along with John and Tina Caunter, looked round the facilities and agreed that they were as good if not better than what was currently on offer.

So, as of Wednesday, 4 May, we will be meeting in the foyer of the entrance to the lower hall. For those of you who don't know where the college is, it is situated at the back of the leisure Centre, on the other side of the Ashburton Road. From there, turn right into Coombeshead Road and the college entrance is on your right. There is plenty of free parking in the higher playground. We will have someone in place to show you where to park and then where to go from there. There is also on-street parking available in Pitt Hill Road.

We will have use of both male and female changing rooms, toilets and showers. All bags (and the key box) will be locked in a separate room adjacent to the changing rooms while we are out training. There will be a member of staff from the Leisure Centre who will be in attendance at all times. If you need to come back early for whatever reason, then someone will be there to unlock the store room, so you can retrieve your bag or car keys and you will be able to use the facilities if needed.

Our noticeboard will be transferred to the new site and situated in the foyer, where we will meet. Buzz Terrill has kindly agreed to remain at the Leisure Centre and direct anyone who hasn't realised that we have moved. You can play your part by spreading the word!

I'm sure you'll agree that, once you've settled into the new system, the set-up will be much better than what we have now.

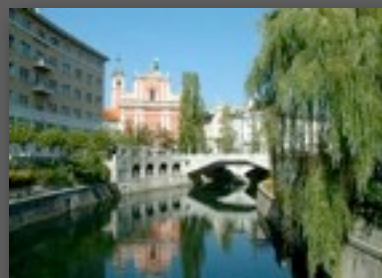
We are on the verge of enjoying another summer of monthly Sandygate Loops. They will continue until September. They take place on the last Friday of the month, starting at 7pm by the small bridge just down from the Sandygate Pub in Kingsteignton. The four-mile course can best be

described as undulating, and it is a great way to test yourself over a measured distance. And, of course, you can enjoy a pint afterwards if you so wish!

Buzz Terrill is still short of people to help with the BBQ after the Haytor Heller, which takes place on Saturday, 16 July, at 6.30pm. If you are willing and able to lend a hand then please contact Buzz on 01803 528648 or email jngapplegarth@aol.com.

I end my round-up with some wonderful news. Ian and Anna Langler are expecting twins. They are not due until sometime in November, but on behalf of all of us at the club — Congratulations!

Ljubljana Update



As you know, this year's chosen foreign marathon is Ljubljana, the capital of Slovenia. Flights are still available with Easyjet from Stansted airport. There is a choice of 7K, half marathon and the full marathon, so something for everyone! All races start on Sunday, 23 October. We are staying in the Alibi M14 youth hostel in Ljubljana, which is a rather upmarket establishment in a very nice part of the city (unlike the Athens hostel, which was next door to a brothel!)

If you would like to join us and want any more details, please contact myself or anyone from the list below of those signed up to go: Roger and Caroline Hayes, Stephanie Ross and John Skinner, Becky and Keith George, Wavell Vigers, Mark Wotton, Tarquin Milford and Sue Brown, Roger and Vicky Hales, Milos Erben and Gia D'Aprano, Monkey (not a real one!), Simon Boobyer and Emma Sidebotham, Sharon Bowman and Dave Tomlin, Gary and Sarah Watson.

I used to run all distances but my favourite was the 10-miler.



Jose digs in during the 1997 Plymouth Half.



Jose after the 1988 London Marathon.

Jose's Hall of Fame

Age 89

Club Secretary 1994-1999

Life Member 1999

Selection of world records:

3000m FV75 14:53

5K FV70 23:21

10K FV65 45:37, FV70 48:10

10M FV70 1:23:24

Half marathon FV70 1:47:27, FV75 2:02:54

Marathon FV65 3:35:49, FV75 4:21:40

Cover: Jose at the 1995 London Marathon.

JW: We do indeed. He's a lovely man and, when his wife died of bowel cancer it seemed only right that we should donate a percentage of our race profit to that charity. The race still does today; we must have given quite a few thousand pounds over the years.

RH: Then you became race director for the race.

JW: I took over from Buzz Terrill. My first year in charge coincided with our first year at Dornafield.

RH: I remember you instigated the race directors' meeting that we had back then.

JW: Every couple of months all our race directors would gather in my lounge for a meeting. We had lots to cover. It was just at the time when a mountain of red tape was being introduced. There were risk assessments to be created, and St John's, the police and many other organisations needed to be contacted.

RH: You have a distinguished running career. Tell us a bit about it. *(I had to coax it out of Jose, as she is not one to shout it from the rooftops.)*

JW: I was lucky enough to stay pretty much injury-free. I used to run all distances but my favourite was the 10-miler. I found I could maintain a good pace and not get too tired. I didn't really enjoy track running, I found it a little bit boring. I did used to do one 'mad' race a year. I think the maddest was the Luppitt Lollop (a very tough, 16-mile, multi-terrain course).

RH: I have to ask about all those world records.

JW: I think I set 36 in the end. They ranged from 1500m through to the marathon. They were all set in FV65 to FV75 categories.

RH: What do you rate as your greatest achievement?

JW: Strangely, it was being the overall age-graded winner of a race in Hyde Park, in which 60,000 took part. Also being the first FV70 woman in the world to run under four hours for a marathon. I managed to do 3:49:02 at London in 1993, aged 71.

RH: And you've represented Great Britain.

JW: Yes, I have. I've been lucky enough to travel all over the world competing for my country. It's given me some wonderful memories and I'm pleased to say that some of my British records are still standing today.

RH: With so much under your belt, what does the future hold?

JW: I still keep myself fit. I enjoy dancing, and hiking and I go to a keep-fit class twice a week. I also teach the piano and the recorder, both of which I love to play. I like to travel abroad and often go on walking holidays in France.

RH: No more running ambitions, then?

JW: I had a triple heart bypass in 2000, I was told I could continue running which I did (I ran my last marathon in 2004, at 82) but was advised not to do it competitively as the stress of competition was considered not good!

RH: Do you still keep in touch with the Trotters?

JW: Not a great deal, although I do with Dave Foster, and I still see those that come to the garage *(we use Jose's garage to store all our race equipment)*, so I can keep up with what's going on.

RH: It's been lovely catching up with you. I'm sure many of our newer members will find your story truly inspirational, as so many of us did — and still do.

Membership Report

It's time to renew your membership, urges Dave Dunn.

For those of you who have already renewed your membership — thank you! For those of you who have not yet done so, may I remind you that our constitution states that all membership subscriptions must be paid by 30 April. By the time that you are reading this, it probably means that you will not be eligible to enter the draw for any of the places in the 2012 London Marathon that our club may be granted, unless you have paid up.

It would also mean that any club championship points that you may have thought you'd won during April will be wiped from the scoreboard, and you would not be awarded any further points until such time as you do renew. This would also be the last edition of *The Trotter* that you would receive unless you pay your subscription. You have been warned!

I know that there were some of you who found that the link was broken within your notification email for the last edition of *The Trotter*. To access any edition of this erstwhile journal, you only

have to go to the home page on our web site and add '/mag' to the end of the URL address, so that it reads

www.teignbridgetrotters.co.uk/mag. Then you will find the membership renewal form on page 11 of the March edition — the one sporting Pocket Rocket on the front cover!

While current members have been sending me their renewal forms and cheques, we have still had a regular flow of prospective new members beating a path to the door of Newton Abbot Leisure Centre. Seven of these have signed on the dotted line and handed over their hard-earned cash.

The first of these new members to introduce to you is Tamsin Cook (44) from Kingsteignton. Tamsin was once a member of the Womens Running Network, but has not run with them for a few years, so is looking to get back into the swing of things. Second up is Paul Hewson (43) from Newton Abbot. Paul has been coming along to our Monday evening beginners' group for a few weeks and is enjoying getting fit in company with

others. Next is Camilla McHugh (42) from Ashburton. Camilla has been a more recent member of the WRN but has now decided to train with us, as we offer more variety and a better quality of sessions. Camilla is an experienced runner who has done the London Marathon as well as several shorter races.

Helen Parsons (36) from Bishopsteignton is our next new member. I have to admit that I can't really tell you anything yet about Helen. I 'Googled' Helen and found that there are several runners by that name belonging to other clubs, but as far as I know we are Helen's first running club, so welcome! Finally, we

have two 'new' members who are returning to the fold after absences of quite different proportions. Maggie Cowling (40) from Liverton was a member for a short time about 10 years ago, but has now rejoined us. Lucy Woolley (42) from Ipplepen, and married to first claim member Ian, has rejoined us on a second claim basis after only one year away.

With so many new members joining every month, your committee has been discussing the need to put a cap on our membership. Even at 220

members, our coaches simply couldn't cope if only half that number decided to turn up for training on the same night. For now, we have delayed any decision until it's clearer how many of our members from last year do actually renew. Therefore, it would help us greatly if you could notify us if you don't intend to renew your membership, and it would be even more beneficial if you could renew promptly if you still haven't got round to it, otherwise you may find yourself locked out!

There are three notable birthdays among our members in May. Pete Aston enters the veteran ranks at the ripe old age of 40, Matt Dunn celebrates his 21st birthday and Dave Taylor reaches 65. May I wish all three of you a very Happy Birthday and may Pete and Dave both enjoy running with their new veteran status. Finally, on behalf of all the club, can I indulge myself and wish my son, Matt, and his bride, Kiya, every happiness together when they tie the knot on 14 May.



Vet milestone: Pete Aston hits 40 soon, just in time to mine that seam of good form.

Awards evening survey

Noel Fowler analyses the results of the Dinner and Dance questionnaire.

Every year, the club invites all members to an awards evening, to celebrate the achievements of club members (and have a good time!) Last year, fewer than 50 members attended, so the Committee conducted a survey to see what members wanted in order to make sure we were planning the right sort of event. Sixty people, 27% of the club, responded to the survey and here are the results.

It is clear that Newton Abbot is the favourite place for the event and there is great support for the current venue.

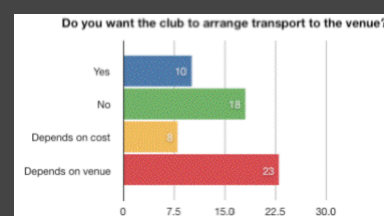
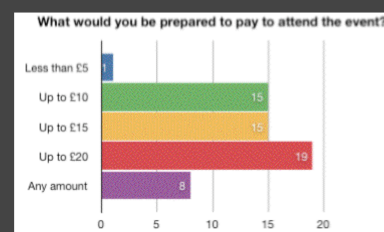
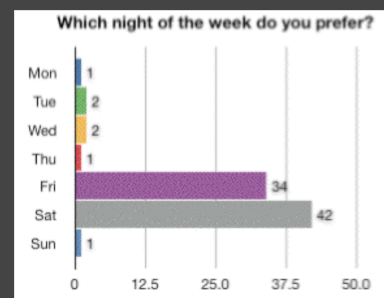
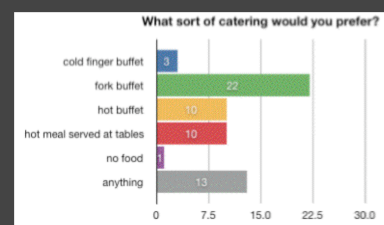
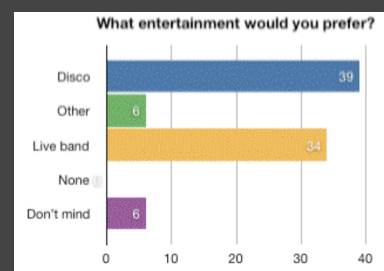
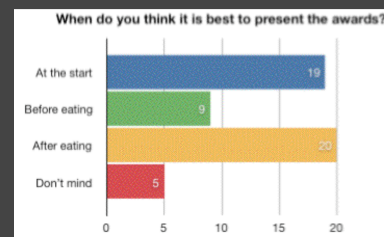
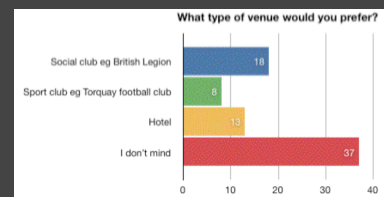
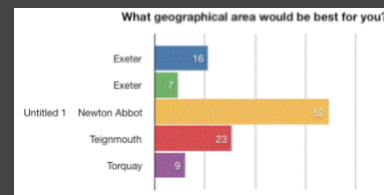
There were a lot of positive comments about the catering in previous years (provided by John and Tina Caunter): 'Catering is always excellent', 'It has been fantastic in the past'. This is reinforced by the survey, which shows that those who expressed a preference want it to stay as it has always been.

The main purpose of the event is to allow the club to recognise and celebrate the achievements of members during the previous year. The presentation of the awards usually takes about 20 minutes and the results from this question suggests that people would prefer it to take place before the food is served. (A total of 53% said either at the start or before eating).

There were a lot of comments about the disappointing disco at last year's event. Despite that experience, it seems that a disco is the favoured form of entertainment. If you know of a good disco that would satisfy the variety of tastes in the club, please let a member of the Committee know.

The Committee wants to make sure that the costs of the evening do not deter any member from attending, but the results from the survey are a little difficult to interpret. Almost half those that responded say that £20 would be affordable and there is not a clear picture about subsidising the cost. As far as transport goes, the Committee decided that the response was not strong enough to warrant the additional organisation involved. In the end, we decided to keep the price of a ticket the same as last year — £10.

As far as timing is concerned, there was a long debate within the Committee about moving to after Christmas. Twice as many respondents, however, preferred December over January, so a date has been booked. Put this in your diary now and look out for information about ticket sales: Trotters Awards Evening 2011, Friday, 16 December, Kingsteignton British Legion.





Dartmoor view: North Hessary and Princetown from South Hessary.

Tale of the Tors

In the first of a bi-monthly column, Jogging with Jools, **Julian Head** strikes out from Princetown to rediscover the glories of Dartmoor.

Since reaching the age of 45 I have decided that I am no longer a runner, in the competitive sense of the word, but have now joined the ranks of the enthusiastic jogger, who can be seen ambling about in a variety of garbs with a demented smile on his face, knowing that the little bit of exercise he's taking part in is doing him good. The best bit is, of course, when I do my longish Sunday run. I can now take in the sights, smells and sounds of my environment and am no longer a slave to the stopwatch.

This time spent ambling aimlessly is now going to be put to good use, as I venture further afield at the weekend and take in some of the old, unappreciated routes of my youth. In my teenage years, my dad would often take me on to Dartmoor armed with map and compass and, in my surly teenage way, I would pretend not to pay the slightest bit of attention. As I've grown older (and lived abroad for a while), I yearned to get out and explore Dartmoor's rolling hills and craggy outcrops and admit the old man was right. So if you'll let me indulge in a few short travelogues, over the next months, I would like to share some of Dartmoor's treasures with you.

Summer had appeared early on this particular April morning and I headed to Princetown, home of our own Dartmoor Discovery, and followed a track which I had not walked for about 28 years, since my Duke of Edinburgh Award days.

The bridlepath, clearly signed between the Plume of Feathers and Foxtor Cafe, heads almost directly southeast, with an initial climb to South Hessary Tor.

The bridleway is quite smooth at this point although a climb and a rather heavy camera did leave me thinking whether or not this was such a good idea and the Dartmoor ponies seemed to stare at me with incredulity as they gambolled across the open moor.

From South Hessary Tor, less famous of the Hessarys, the track headed downhill and became slightly more craggy, with some loose rocks, but was still relatively easy going, as the two miles to Nuns Cross were eaten up with relative ease.

It was between South Hessary Tor and Nuns Cross that I met the first of many Ten Tors groups, getting some practice in before their big test in May. All of the groups were very polite and offered this poor old man lumbering toward them some kind words. Why is it the papers only concentrate on the feral youth and troublemakers but largely disregard the many good kids countryside who are getting off their backsides and doing something constructive with their time?

Nuns Cross or Siwards Cross lies at a junction of country tracks very close to Nuns Cross Farm. It is believed that Siwards Cross was named after Siward Earl of Northumberland, who owned a manor in Mary Tavy just before the Norman Conquest.

At this junction, right would have taken me toward the fantastic Burrator Reservoir and surrounding forest, left toward the Abbots Way, but I headed straight on up a pathway, a climb of about half a mile, which would eventually lead to Ditsworthy Common and some fantastic views of the outer reaches of Burrator Reservoir's many plantations.

The climb took me to Eylesbarrow tin mine and the remains of some old tin miners huts. Eylesbarrow mine was a tin mine that was active during the first half of the 19th century. It rests on the southern shoulder of Eylesbarrow hill on top of which are two prominent bronze age barrows.

The final leg of my journey was a downhill scramble on some looser, rockier terrain, although I did gain refuge by taking to the ample grass banks beside the path which was altogether smoother, finishing up at the 'Scout Hut'. Taken over some time ago by the military and used as a billet during their Dartmoor exercises, the small building lies within a small thicket in the shade of Gutter Tor, which looms above.

The way back was easy to follow, as all I needed to do was keep the towering television mast at North Hessary in my sights with Princetown, Dartmoor's highest village, just below.

The run/orienteer/photography expedition has left me with a taste for more and I will return to run the triangle across Ditsworthy Warren to Ditsworthy Warren House in the not-too-distant future.

Running the Templer Way

Wavell Vigers follows an historic 18-mile route from Haytor to Teignmouth.



The Stover Canal, built to transport granite to Teignmouth's New Quay.

Many of you will have run parts of the Templer Way and some may even have run the whole route. Having recently run the entire route for the first time, I thought I'd write a few words about my experience of the 18-mile link between Haytor and Teignmouth.

Why bother running it at all, you may ask. Stupidity? Madness? Too much time on my hands? Partly I had become bored with my usual long routes around Bovey and fancied mixing it up with a new off-road route. The idea had also been in the back of my mind for some time, as the original tramway passes by my house and I wanted to explore my local area in more detail.

Described as a scenic and historic waymarked route linking Dartmoor and the south coast of Devon, the route starts at Haytor Quarry, which is just to the right of Haytor as you look at it from the lower car park. The route closely follows the original tramway and Stover Canal, which were used to transport granite from the quarry to the estuary, and beyond. Apparently the granite was used in the building of the British Museum, the National Gallery and the previous London Bridge, which is now in Arizona.

And so it came to pass that on a mild and sunny morning of my 41st birthday (sad I know), my long-suffering wife and kids dropped me off at Haytor with the promise of a reunion on Teignmouth beach approximately two-and-a-half hours later.

I set off at a slow but steady pace with the first four miles being downhill all the way to Bovey. The route closely follows the tramway, which is still visible in many parts and offers spectacular views across the lower valleys of Dartmoor. Seeing the coast on the distant, hazy horizon gave a real sense of purpose to the run. Today, I wasn't just doing the same old four-mile loops around my house to get miles under my belt. No, today, I had an end point, a destination I had to be at in few hours' time! I also found it refreshing having to pay attention to my surroundings, in particular looking out for the signposts to avoid a wrong-turn. Running those same old routes, I tend to switch off and sometimes forget what a beautiful area we live in. Incidentally, the entire route is very well signposted.

From Bovey, there is a small road section, then it's back off-road (95% of the route is off-road) through the Great Plantation, then on into Stover. At Locks Bridge, Teigngrace, the tramway ends and joins the Stover Canal, where the granite was loaded on to barges to be taken down to Teignmouth.

On to Newton Abbot Quay, by which time my legs were beginning to ache, perhaps unaccustomed to the off-road tracks. That's my excuse, anyway.

The final section follows the Teign estuary, so can only be run within two hours of low tide. I found this section to be the most difficult as I was running on a slope which was made up of loose slippery rocks. Boy, those last three miles seemed to go on forever!

Crossing the bridge from Shaldon, I descended into Teignmouth and was very relieved to reach the pier with my family waiting nearby. With no ice baths readily available to soothe my weary limbs, I made do with the next best thing, a dip in the sea! Admittedly, it was rather a short dip, with my chattering teeth signalling it was time for some hot soup and bread on the beach.

So, there you have it. Perhaps not everyone's preferred way to spend the morning of their birthday, but I'm glad I did it.

Would I do it again? Definitely! The highlight for me was the run off Haytor down to Bovey which was great fun, offered fantastic views and reminded me why I love running (plus it was downhill!). A couple of the later sections did get a bit monotonous, but overall I thoroughly enjoyed it. The only thing I would do differently would be to avoid the final estuary section, instead taking some of the back roads to Shaldon.

I would recommend this run to anyone who is looking to do a long run but is perhaps bored with their usual routes. With the approaching summer months, it would make an excellent late afternoon/early evening run and would help with those looking to prepare for an autumn marathon.

Captain's Corner

Sharon reviews the fine efforts of
our ladies.

The past two months have seen an array of different races and a few regular Trottettes taking part, along with a few new faces, which is always good to see. All the hard training is paying off in the good times. And, with a few ladies doing marathons in the next month or two, it makes the times even stronger. The club championship is being fought between a few names but it's too early to see a main leader yet. Keep up the good work, ladies, and enjoy your racing!



Mary Goulden runs in at the Plymouth Hoe 10.



Anna Caunter and Jenna Manion at Bideford.

Recent achievements

FEBUARY

The Hestercombe Humdinger: Michelle Willocks-Watts 1:26:16.

Oh My Obelisk: Clare Youngman (4th lady and 1st FV40) 1:33:52, Kirsty Chrysanthou 1:48:44, Deborah Clarke (Pocket Rocket) 1:50:04, Caroline Hayes 1:51:38.

Plymouth Hoe 10: Tracy Elphick 1:14:35, Gia D'Aprano 1:21:58, Sarah Schutte 1:22:43, Sally Ingledew 1:24:37, Mary Goulden 1:25:47, Sharon Bowman 1:26:18, Tina Caunter 1:28:06.

Bramley 20/10: Lucy Payne (new club record time for the Ladies 10M) 1:32:56.

Dalwood 3 Hills Challenge: Tracy Elphick 1:35:14, Sally Ingledew 1:54:50, Tina Caunter 2:01:33, Stella Imong 2:05:29, Eleanor Taylor 2:09:23.

MARCH

Bideford Half Marathon: Tracy Elphick 1:36:25, Emma Sidebotham 1:37:59, Sarah Schutte 1:47:33, Anna Caunter 1:46:59, Sally Ingledew 1:47:23, Marsha Garrard 1:49:50, Sharon Bowman 1:51:30, Jenna Manion 1:52:44, Caroline Hayes 1:52:59, Tina Caunter 1:54:31, Mary Goulden 1:55:17, Eleanor Taylor 1:59:03, Stella Imong 2:01:50, Rebecca Weare 2:14:24.

Mad March 20/10: Lucy Payne (new club record time for the Ladies 10M) 1:32:17.

Duchy Marathon: Sally Ingledew 4:17.

Duchy 20: Kirsty Chrysanthou 3 hours, Caroline Clarke tba, Marsha Garrard 3:02:54, Stella Imong 3:23:46.

Salisbury 10M: Michelle Willocks-Watts 1:22:33.

Brookes Western Cross Country League in Redruth: Julie Crocker, 34th in 27:44.

10K warm-up races: Sharon Bowman 50:26.

APRIL

Taunton Half Marathon: Jacki Woon (1st trotter race) 1:41:28, Tracy Elphick 1:42:53, Stephanie Ross 1:45:47 (3rd FV50), Sarah Schutte 1:45:54, Caroline Clark (1st trotter race) 1:49:50, Mary Goulden 1:51:59, Marsha Garrard 1:54:53, Sharon Bowman 1:57:57.

The Tavy 13 Half Marathon: Emma Sidebotham 1:43:27 (3rd Senior Lady), Sharon Bowman 1:57:41.

Frimley Park 10K: Lucy Payne 57:07.

Virgin London Marathon: Kirsty Chrysanthou 4:12:20, Marsha Garrard 4:37:23, Zoe Brodie 5:30:06 (all three were Virgin London Marathon virgins).

Championship latest

Tarquin fills us in on the race for the 2011 club champions. There's still all to play for!

'Now, this is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning.'

Winston Churchill

That quote, delivered by Churchill in 1942, after the Allied victory at El Alamein, sums up where we are with our championship. With four months of the season now completed, we are well and truly into the main part of the season.



Weighing his chances: John Crocker is now in fourth position.

Eleven championship races have now been completed, but there are still another 14 races left in the season. There are also the Sandygate Loop races, too (whether you do one or all six of these; your best time will count for the championship). So it is very much still all to play for and even Trotters that haven't started their championship charge yet can yet storm their way through to completion.

Twenty-two ladies and 36 men have now entered at least one championship race, with seven ladies and 12 men having entered at least three races.

The top two on the ladies' leader board hasn't changed since my last update, with Tracy Elphick and Tina Caunter still leading. However, Sharon Bowman has now climbed the leader board and is in 3rd position, after completing four races. Sarah Schutte and Mary Goulden are in 4th and 5th, after also completing four races. While all five ladies know that it is a long season, they have got some of the more tedious (in terms of distance travelled) and maybe the more disliked races/sections (by some) out of the way. They have each done at least one cross-country race and with only St. Austell, in September, and Plymouth, in October, left, they can relax in the knowledge that

these races are probably not required for them. As I said, it's still all to play for, but already we can see that the two final cross-country races will be key to who else finishes the championship.

The number one spot for the men has not changed, although the other places have chopped and changed a bit. Nathan Elphick has now nudged Gary Clark into third, after Nathan completed six races. Nathan is improving with every race, but it is his consistency that will stand him in good stead this season, with his willingness to travel to complete as many races as he can. Gary Clark has also been improving with each race and has been showing very good form in the recent half-marathons.

John Crocker has now climbed up into 4th position, after completing only four races and with an average of 48.5 points per race, he will be a constant challenger for the top of the table.

Stephen Barker, Ben Epps and Craig Churchill have also completed four races.

As we move into the shorter distance race season, with the 10K, Short Misc. and Mixed categories all about to come into play, we will see who else will join the championship battle. But the championship is not just about a handful of summer races, as the autumn cross country will still be needed for those just starting their campaign.



Determined assault: Tina Caunter is out in front in the ladies' race.

Coaching update

Well, folks, the light nights are here and we can discard the bibs, get out the knobbies and venture off road, *writes Rod Payne*. We can all look forward to a long hot summer ahead so here's to some good training.



With the advent of the light nights, we will once again be programming in a series of away runs. These have been a great success in the past, so look out for them on the next training schedule, soon to be published. We will also be doing a

reconnoiter of the Totnes 10K and Haytor Heller Courses. These will take place on a Wednesday this year so as to avoid clashing with our Committee meeting.

March numbers consolidated well but there is still concern over the size of some of the groups. We are monitoring the situation, particularly on Mondays. At the recent coaches' meeting, it was decided to maintain the format for the next three months and review it again in July. In the meantime, please help us to help you if you find yourself as part of a big group.

Coaching Personnel

I am sad to advise you that Becky George (pictured, second right, with teammates Emma Sidebotham, Clare Youngman and Eyvoll Aston) has tendered her resignation as a coach, due to work and family commitments. I know it is not a decision she has taken lightly and we will miss her bright and lively

Spotlight on... Jan Caunter

Jan works as a full time Health Co-ordinator with the NHS at Torbay Hospital. She lives in Newton Abbot with her son, Adam, who is himself a highly talented up and coming athlete with Newton Abbot AC.

Jan is the first of my 'victims' as I invite you to get to know our coaches just a little bit better. Look out for further editions of *The Trotter*, as I work my way through your hard-working and dedicated team of coaches.

Jan took up running about 12 years ago after going to London to watch the Marathon with then husband Gary after which they made a pact. Gary would give up smoking if Jan took up running. Her first steps were when she ventured out on a loop from home around the estate, taking about seven minutes to complete it. She did this on alternate days until she felt comfortable and then she built up from that base.

Her first race was the Ladies' 10K at Dornafeld. She completed the race in 64 minutes and after that she signed up with the Trotters.

Well over a decade later, Jan is very much a permanent fixture in the corridors at

Newton Abbot Leisure Centre on both a Monday and Wednesday, and she is a highly respected and valuable member of the coaching team. She has been a coach for about six years and has attained a Level 2 qualification.



Throughout her time with the club, Jan has fulfilled a number of important roles and she supports just about everything that Teignbridge Trotters is involved in. Notable positions that Jan has held are Ladies' Captain, Coach Coordinator and Cross Country Captain. She is currently the club's Welfare Officer.

Jan has two notable claims to fame that she wants mentioned. She says, 'I am the only Caunter not to have been on the Committee and I don't have a tattoo.'

She is a great asset to the Club in every respect and is always to be found helping out at races, no job too big or too small.

Jan did her first marathon in London in 2002 in a highly respectable 4:31 and she has done seven more since. She did her second one in 2005 and, in 2006, she went to Paris, where she broke four hours. In 2007, she returned to London to set her PB of 3:52.

Jan also proudly boasts (and rightly so) two Dartmoor Discoveries, where she has recorded times of 6:01 and a very tidy 5:38. She has also lifted second ladies' team prize with Trotterettes Julia Procter and Tina Caunter.

I asked Chairman Rog for an input into this piece and he came forward with this little known nugget about our Jan. Jan is an asthma sufferer and as a young girl she suffered so badly that she had to attend a special school. Rog writes, 'I think it makes her achievements even more remarkable — she is one tough cookie.'

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			20	9.2.11	Speed	10 x 70 seconds	Hospital Rd	Tarqs (1)		22	
7.2.11	Aller			16	9.2.11	Intermediate	Hills	Highweek	Clare (2)		7	
7.2.11	Beginners			9	9.2.11	Improvers	3-5 miles	Up to Coach	Rod (2)		16	
											54	
14.2.11	10 mile				16.2.11	Endurance	1k, 800, 400 loops x 2	Powderham	Watsa (2)		17	
14.2.11	Ogwell C/W			12	16.2.11	Speed	2 x 10mins relays	Pottery Road	Eleanor (1)		9	
14.2.11	Beginners			18	16.2.11	Intermediate	Parluff	Tuckers	Jan (2)		9	
				9	16.2.11	Improvers	3-5 miles (AGM early start)	Up to Coach	Rod (3)		13	
											48	
21.2.11	10 mile				23.2.11	Endurance	30,40,50 Shuttles x 10	Brunel	Rod (4)		5	
21.2.11	Highweek/Bradly Bart			10	23.2.11	Speed	Hill Sprints	Penshurst	Clare (4)		16	
21.2.11	Beginners			22	23.2.11	Intermediate	Fartlek	Highweek	Eleanor (2)		26	
				9	23.2.11	Improvers	3-5 miles	Up to Coach	Ewan (3)		11	
											58	
28.2.11	10 mile								Averages			
28.2.11	Powderham A/C			14	Total	390 members	Total of 28 sessions		13.93 members per session			
28.2.11	Beginners			7		45	Total of 8 nights		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							

leadership and encouragement. We will still see Becky at the club but it is for me to thank her on behalf of you the members for all of her hard work and support. Good luck, Becky, you will be welcome to rejoin us any time.

My appeal for new coaches has yielded some success. Bruce Campbell has put his name forward and Adrian Mawson has offered his assistance. Thanks to you both for offering your services. There is one other person I am targeting for my team, so watch this space.

Achievements

Well done to all of you who have worn the Royal Blue at the various races. Tommo was a winner at Taunton and we had a good showing at the London marathon.

A lot of hard preparation goes into your race build up and for some the hard work will continue as we approach the Dartmoor Discovery in June.

By the way this is my appeal for you to get behind the club. This is the first DD to be organised by your club so if your name is not down as a helper, then what's stopping you?

Be part of a great day and register your support with either Race Director Chairman Rog or Chief Marshal Ian Langler.

Training Numbers

As before I have been keeping a record of attendances at each training session and attached to this report is the March numbers.

As ever, a big thank you to all of the coaches and leaders.

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



Girls' night out: Friday Club guest runner Rachel Ludlam, with Steph Ross, Jan Caunter and Sharon Bowman.

Second Friday Club

Tarquin reveals the latest Teignmouth social experiment...

For some years now, the Teignmouth contingent of the Trotters have been hosting a regular Friday evening training run, around the quiet lanes of Ringmore and Shaldon. Meeting at 17 Fourth Avenue, Teignmouth (the home of Steph and Skins) at 5.45pm, they jog over to Shaldon (King George V Playing Fields), where they then commence the 'Friday Club' training run. This consists of 12 45-second efforts, with 12 45-second jogged recoveries in between, over an undulating route around Ringmore and Shaldon. This training run is for all abilities, as the faster runners will loop back to the back of the group after each effort. Therefore, all are welcome every

Friday evening. (Note: Friday Club does not operate on the last Friday in the month during the summer,



Pointy: John Skinner calls the Friday Club shots.

when priority is given to the Sandygate Loop).

However, in addition to this regular training run, we can now announce

a new regular social evening. On every second Friday in the month, we will now continue on to the Shipwrights Arms, in Shaldon, for a bite to eat and a few drinks in the company of fellow Trotters. We arrive at the Shipwrights by 6.30pm, so if you do not want to partake in the training run, you can join us then. If the weather is fine, we will make good use of their ample beer garden and decking area.

A change of clothing can be left at the Shipwrights before the run.

For further details contact Steph or Skins on 01626 776345, or Tarquin on 07513 544938.

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: The DD is nearly upon us!

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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