

The Trotter

Number 26

June 2011



You were great!

Quite simply, staging the Dartmoor Discovery was the biggest challenge this club has ever faced. And the Trotters met that challenge in fine style, reports DD Race Director Roger Hayes.

News Desk

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

1/7	Erme Valley Relays
2/7	Down Thomas Challenge Run
2/7	Otter Rail and River Run (Club Trip)
2/7	Charmouth Challenge
3/7	Launceston Tough 10 Miler
3/7	Bovey Tracey Half Marathon
5/7	Run Exe 5K

What a month that was! You can't say it's dull being an active member of the Trotters. There is plenty to tell you about so I'll crack on, *writes Roger Hayes*. Firstly, the Bovey Half Marathon on 3 July has not got a permit or a current course accuracy certificate. Apparently this was the case last year but very few runners were aware of it. Paul Ross (EA's permit secretary for our region) informed us, otherwise I guess we would have been none the wiser. It's a little bit naughty and certainly misleading to put 'EA permit applied for' on the entry form. I have always been a strong believer that entry forms should display the permit number, it's something that all our race directors do. If you get yourself organised then there is no need not to have a permit long before the race takes place. I will have mine for the 2012 DD in August! Because the Bovey Half was in the club championship, we have had to replace it with the Eden Half Marathon, which by the way, if you've not run it, it's a cracking race, superbly organised and very friendly.

I hope you will be reading this before Monday 27 June. If so then please note that training on that night will take place from Newton Abbot Leisure Centre at the usual time of 7pm. This is because we are unable to use Coombeshead College.

A huge thank you to Dennis and Jacki Milstead for hosting a wonderful BBQ. If you missed it then you missed a real treat. A beautiful house with amazing grounds, the perfect venue for loads of Trotters games, even including water polo!

The Trotters club camp has been and gone and I would like to take this opportunity to thank Anna and Ian Langler for finding a gem of a campsite. It really was ideal, ticking all the boxes required for a Trotter gathering. The only disappointing thing was the weather, which was sadly out of our control. Nevertheless a good time was had by all. The Hayes family are already looking forward to next year!

The next social event is the Trotters boat trip (Saturday 23 July), see page 16 for more details. Tickets are going slowly, so if you haven't bought yours yet please see Tarquin ASAP. We have always had a reputation of being a club who like to party, we don't want to have to cancel the boat trip as we did last year's summer ball. Come on Trotters don't let the side down.

This will be the last year Michelle (race director) and Nikki (chief marshal) will be in charge of our Ladies' 10K race. They have done a sterling job in keeping the race as popular as ever, but work commitments and consequent lack of free time has meant that 2011 will be their last year. If you would like to know what's involved in filling either one of those roles, then Michelle and Nikki (or myself if you don't see them on a Wednesday night) will be happy to talk you through it. It would be an ideal time to come forward as you could then shadow either one of them during this year's race.

Calling all Trotters. Marshals are needed for our next two races, the Haytor Heller (16 July) and Totnes 10K (7 August). If you are able to help then please offer your services to Rod Payne, who is chief marshal for the Heller and John Skinner or Tarquin who are chief marshals for the Totnes. If you have never marshalled before, please do your bit for the club. Remember, without the profit from our races we wouldn't be able to operate as a club as we do now.

On Wednesday 20 July we are holding the 10K relay training session (a real favourite with the Trotters) at Forches Cross. If you are able to help with the timekeeping, as we could do with a couple more, then please let Ian Langler know.

I have eight Dartmoor Discovery technical t-shirts (1 sm and 7 med) left over, which I'm selling at £5 each on a first-come, first-served basis. They are really good quality and a steal at a fiver apiece. I will have them with me at training on a Wednesday for the next couple of weeks.

A great way to improve your overall level of fitness and help with your flexibility (runners are notoriously unsupple) is to partake in circuit training. Both Caroline and myself are regular attendees at a class in Dawlish. However, a session closer to you could be in the one at Seale Hayne — see page 11 for more details. Those at club camp who witnessed Oodey and her amazing arm-wrestling skills will know exactly what it can do for you!

Finally, a reminder about the Wednesday night after training get together at the White Hart Pub (East Street). Carol and Jerry, the landlords, lay on a wonderful spread for us, all free of charge. So why not come down, enjoy a drink and a chat with fellow Trotters. What better way to finish off an evening?

Upcoming Trotter trial runs

Haytor Heller: Wed 13 July, 7pm, lower car park, Haytor

Totnes 10K: Wed 3 August, 7pm, Totnes Leisure Centre

Ladies' 10K: Wed 14 September, 7pm, Dornafeld Caravan Park

I THINK a great way to start my review of our first Dartmoor Discovery (DD) is to let you read the following email I received from Dave Ross, a member of the 100 Marathon Club.

'Mel and I took to the hills of Dartmoor to do the legendary DD 32-miler. What a beast of a race it was, too, but the beauty of the course was in most places breathtaking, but then so were the hills which seemed never ending, especially for me with all the Comrades miles in my legs.

There were lots of memorable moments in the race for me, including nearly being stampeded by two wild horses that appeared on a bend of a pretty deserted country road in the middle of the moors, I ran around a bend and low and behold nearly collided with two wild horses, as though this wasn't enough to put the fear of God into me, on another section of the course a farmer went screaming down the road in his John Deere tractor, and those roads aren't exactly that wide so I nearly ended up in the bushes whilst getting out of his way ! This I might hasten to say all adds to the entertainment value of this great race.

In all seriousness, it was very well organised by Roger Hayes, I would go as far as to say it was probably the most well organised race I have run in. The atmosphere was electric at the start, the race kicked off by having a rocket fired into the air (what a novelty) and we were

informed that we could only start running when we heard the firework exploding in the air — this was fantastic!

Pre-race organisation was super efficient and post-race even better, as there was a great little marquee over the finishing line, we were given lovely medals to accompany the super technical t-shirt (on registration). Then the food was dispensed, this included, tuna sandwiches, cheese, egg, jam or about six different varieties of cake (carrot, lemon, chocolate, etc.) What a gastronomic delight and smorgasbord of delectable food it was.

In short the race was great, it was a tough ultra in my view about 8/10 on the Richter scale of ultras for that distance but if you want a challenge (which is why we do what we do) then you'd love this race and I highly recommend it!'

When you consider this guy has run over 200 marathons all over the world, you can appreciate the scale of our achievement. That was just one of over 30 similar emails I received after the race. To all those that helped marshal, manned drinks stations, time kept, etc., you did the Teignbridge Trotters proud. I said in an earlier email that I sent out, that I thought the Trotters had moved on to a new level. We are now known and respected nationally. I hope you all feel as proud as I do. Thank you.



Milos Erben

The joys of the open road: Adam Holland (100 Marathon Club), Dave Tomlin and Dave Stone (Exmouth Harriers) enjoy the beauties of Dartmoor.



Is anyone feeling peckish? Tina Caunter and her fabulous royal blue catering team kept hungry race staff and runners well-supplied with grub.

Plans are already afoot for next year. Ian Langer, my chief marshal, is the only member of the race team that won't be continuing in his role for 2012. He's going to be otherwise engaged! (Anna's expecting twins) We have moved the date of the race on a week for next year, as we don't want it to clash with the Queens Diamond Jubilee celebrations, and consequent four day extended holiday. Therefore, a date for your diaries next year is Saturday 9 June. Entry forms will be available in August and I'm confident the race will be full before Christmas.

Many thanks to all those that took the trouble to let Ian know your thoughts on the race (good or bad). We were able to discuss them at our recent de-brief meeting. One of the many things I love about this club is that we don't rest on our laurels, we always strive to do better, and the DD is no exception. There are areas that we can improve on, many of which will hopefully make our life easier. For, make no mistake, the race is a massive undertaking.

The weekend got off to a great start with 99 people taking advantage of the pasta party. The atmosphere was wonderful, with runners getting to know each other, swapping stories and the 'newbies' picking up useful tips from the old timers. A total of 80 runners registered on the Friday evening and a further 82 on the Saturday morning before we closed registration at 8.45am. Thankfully Brenda Dunn stayed in the school (Race HQ) whilst the rest of us went over to the start, because at 9.15 a guy came rushing in, desperate to register. He had driven all the way down from Manchester that morning — as if running 32 miles wasn't hard enough! Thankfully, Bren sorted him with his race number and he managed to join the other 162 on the start line.

Those that have run the Totnes 10K or have marshalled close enough to the start will have witnessed me start the race with a rocket. I wanted to carry on my tradition at the DD. However the centre of Princetown is not blessed with a large open field like Totnes, just lots of tarmac! Dennis Milstead agreed to carry out the task of lighting the firework. I'd asked two others but they didn't fancy it, or perhaps they knew what was in store! Anyway, after my pre-race safety briefing and in full view of the fire brigade (who were stopping the traffic) the firework was lit. I had placed it in a bollard and taped the top up so creating a small hole for the stick of the rocket to rest into. Up it went, the runners all eagerly waiting for the bang (they were instructed not to go on the wizz!) What happened next left my heart in my mouth. The flame burnt a hole in the tape, the rocket tipped slightly sideways as it soared into the air. It hit the side of the art centre, triple somersaulted above the runners' heads and started to descend. I had an image of the firework coming down in the middle of all the runners, exploding a foot off the ground, scattering them all ways. Thankfully it finally went BANG and off they went to great cheers, lots of laughter and a very relieved race director!

The first real problem was when we found out two marshals had not turned up at Ashburton. Thankfully Rod Payne (sector marshal for that section) got someone to cover the spot before the majority of the runners had passed through. The first of the 17 runners that retired from the race, either because they had missed one of the cut-off times or had decided enough was enough, was at about 18 miles. Any of those runners who wanted a lift back to the finish got one. We didn't receive a single complaint from anyone that we asked to retire from the

race, something I was very pleased about. I'm sure they knew and appreciated the rules we had put in place.

A recurring problem that many of the marshals experienced was the lack of a signal on their mobile phones. We did have the Dartmoor Radio Club in attendance and they did a marvellous job communicating with our race officials. However, apart from giving everyone walkie talkies there isn't much we can do about the notoriously poor reception on Dartmoor. We were blessed with perfect weather which made all our tasks that much easier. Of course this wasn't the case for the runners, and the drinks stations were kept very busy. Tommo ran the race of his life and finally realised an ambition that he had held for a number of years and that was winning the DD. I'm not sure we could have written the script any better. What a truly magical way of putting the icing on the cake.

There were many wonderful moments that I witnessed as runners made it to the finish line. Two in particular will stay with me for many a year. The first was the sight of third-placed runner Roman Pavlu being given a Czech Republic flag as he approached the finish, and proudly holding it aloft as he ran the last 100 yards to the finish line. The huge smile on his face couldn't have got any bigger! The other was of a husband and wife who had run the race together and were met by their two young children as they turned the corner with the finish line in sight. They all held hands and ran the last bit together. I don't mind admitting, I wiped a tear from my eye.

The atmosphere at the finish is hard to explain. It was like a carnival. It was electric, emotional, heart-warming, certainly like nothing I have ever witnessed before in my running career. Runners were in no rush to leave once they had finished, happy to sit down, chat, eat cake and drink tea. Fantastic stuff. I only

wish more of you could have been present to witness it. Writing this now makes me want to do it all again next weekend.

The prize presentations got under way at 5pm. Because of the fine weather we were able to hold this outside the Plume of Feathers, in their large courtyard. It was packed with runners and supporters and there was standing room only. Buzz did a terrific job in his role as club president in presenting the prizes. We then moved on to the disco. These ultra runners are a tough bunch, you would never have believed they had run 32 miles as they strutted their stuff on the dance floor. Towards the end of the evening I bought a special Chairman's drink for Tommo and Diane Roy, the winner of the ladies race, and toasted two very worthy winners. I also introduced the Trotters song to all our new friends. It was a great moment when we all linked arms and sang Andy Williams' 'I love you baby' at the top of our voices and what made it all the more special was that Big Al was there too (he made it our theme song whilst 40 of us were in Venice).

I climbed into bed at midnight, totally exhausted, but I swear as I zipped up my sleeping bag I had a smile bigger than Roman Pavlu's!

Before I finish I would like to take this opportunity to thank someone who I have yet to thank publicly and that is my wife, Caroline. She has supported me from day one when I decided to become the race director. At times, the DD has had to come first, often getting in the way of family life. Despite this, she has remained fully supportive and totally understanding. Without such a wonderful wife I wouldn't have been able to do the job I did. Thanks Ca.

Roll on next June. On on the Trotters!



Stuart Moulson's DD

The Dartmoor Discovery is a race like no other. I say 'race', the only thing on my mind when I crossed the start line was that I had to get over the finishing line. I knew it would be tough as I hadn't done enough training, but the determination was there and I was sure I could do it. The first 13 miles were OK but as soon as I hit the hill out of Ashburton I was already struggling.

Getting to Widecombe was a relief, but from there to marathon point was horrible. Only six to go I said, but my legs were tightening up... time to dig in! With a mile left, I had a mixture of pain and excitement. I was going to finish my 5th DD! Up the last hill I started to pick up the legs, the last corner was in sight. This is why I love this race, the feeling inside at this point is amazing.

Will I be back for more next year? Try and stop me!

Jogging with Jools

This month, Julian Head relives his youth with a challenging eight-miler that starts and finishes in Ashburton.



Midsummer approaches and for the goode folke of Ye Olde Stannary town of Ashburton (or Aysheburton) it means carnival week which, when I was growing up, meant lots of locals wondering around bleary eyed as they celebrated rather too much. My father was the local bobby and I can always remember him being particularly busy at the end of June/early July.

My interest in carnival week was only pricked when, in the early eighties, they brought in an annual eightish-mile road race, the now defunct Portreeves Challenge. This was certainly an event worth sobering up for. As an Aysheburton boy, I wanted to describe some of the more picturesque spots of my home town through this gem of a run. And also pay tribute to the town which saw raised such luminaries of the South Devon trotting scene as Sue Brown and John Tweedie.

The run starts at Cleder Place in the heart of the town. This is named after Ashburton's twin town in Northern France and provides an ideal start and finish area, handily right opposite the Bay Horse. After a short run down North Street to the Bull Ring, the runners bear left and into a short climb up East Street and past the Roman Catholic Church which has stood at its Eastern Road site since the 1930s, and the town's War Memorial, dedicated to the fallen of the First World War.

I generally sped up here because I could always expect a volley of abuse from my parents who live nearby! After about a mile we pass South Dartmoor Community College, Ashburton Comp to those old enough to remember. In the fields nearby, I can almost hear Mr Lee shouting 'Come on, Head lad' as I struggled over the line in the grim annual ritual which was Cross Country.

The school has grown considerably since I was there, but the listed 'old building' still stands proudly in the middle of the new complex, a bastion of Ashburton's educational establishment over several decades.

Next, up a small climb past Balland Park and then a refreshing downhill recovery run to Diver, a small bridge which crosses the River Ashburn babbling gently below. You are now well and truly in the country and a run through a small hamlet of buildings at Rew Cross, on to Headborough Road and the first challenging climb. Rather cruelly at this point, straight on takes you back to the start,



but the Portreeves Challenge takes the runner right, across another small bridge and heads uphill for about three-quarters of a mile, between a couple of farms and on to the Water Turn. In fact this forms a very small part of the Dartmoor Discovery, so many of us will be familiar with this climb.

Unlike the DD which heads off to 'God knows where' the Portreeves Challenge takes you almost back on yourself at the Water Turn and cascades downhill along country lanes and past the Lavendar House Hotel, Queen of the Dart, Summerhill Cross, to the Ashburton to Buckfastleigh road at Gages Mill. You follow this road to a small

junction and head for Pridhamsleigh, a couple of Grade II listed farmhouses and a cavern renowned as a cavers' paradise and one of the Caving Fraternity's most important local sites.

At Pridhamsleigh, a small climb takes you back toward Ashburton and a teasing glimpse of the old town and you think the end is in sight. However, the organisers put a bit of a sting in the tail and sent you on one last steep climb up Cabbage Hill. It's not as long as the Headborough to Water Turn climb but it was one I used to gauge my fitness on (i.e. if I ran all the way up it I was pretty fit — fat chance of that these days!)

If the runner gets this far, he or she is then rewarded with a longish stretch down Chuley Hill past the local football club, levelling out next to the disused railway line which used to be a continuation of the current Bluebell Line to Dart Valley line between Buckfastleigh and Totnes. Here the route flattens out for the last quarter of a mile to the finish.

On the run in, the locals could tick off the landmarks as they neared the finish at Cleder Place. The Silent Whistle Pub, St Lawrence Chapel, where a new Portreeve is invested every November, past the Town Hall and onto the finish and a warm welcome from the locals and the possibility of a pint of the black stuff in the Bay Horse.

The Portreeves Challenge is sadly no more and has been replaced by a shorter 3 mile fun run. However, if the Trotters want to use this as a Monday Night "run away" some time during the summer, then I would be more than happy to lead and show off some of the pearls of this picturesque market and stannary town.

Membership Report

Dave Dunn keeps us up to date with our burgeoning roll.

I have a very brief report for you this month. I can hear you now all sighing with relief knowing that there'll be more room in the mag for far more interesting stuff! We currently have 195 members, well ahead of where we were this time last year. The issue of whether we should impose a cap on our membership at some point this year is still exercising the minds of your management committee.

It would be useful to hear the views of our rank and file members on this issue, both from long-established, dyed-in-the-wool Trotters and from those of you who have been part of the recent explosion in our membership. Feel free to email me or one of our other committee members with your thoughts.

Having said that, I only have one new member to introduce this month and he is Peter Royle, 25, from Dawlish. Peter has come to us not without experience of racing, having recorded a couple of 1:45 halves and a very respectable 4:09 marathon in the past year. However, Peter is not one to rest on his laurels and is keen to get those times down still further.

There are no notable birthdays in July to report, although several members will be celebrating their birthday during the next 31 days or so.

Happy Birthday to all of you — you know who you are!



Clare Youngman crosses the line at the DD.

The 2011 Club Trip: a chance to make Trotter history

I'm still hoping that this year's club trip, the Otter Valley River and Rail Run (Saturday 2 July), will create a new club record. We need 43 finishers to achieve this. At the time of writing it looks like we will have 47 Trotters who have entered. I have 7 spaces left on the bus, so it's not too late if anyone fancies joining us and being part of a bit of club history.

The day is pitched as a Trotters family day. There will be lots of kids on board many of whom will hopefully take part in the 1.5 mile fun run that takes place 5 minutes after the 10K which starts at 10:30am.

Once the prize presentation is over we will make our way to the Bowd Inn, which is a couple of miles up the road, where they are laying on a carvery for

us. It's a big pub with plenty of tables outside and just as many inside if the weather is inclement.



We will be having a team photo 15 minutes before the start of the race. Please make sure you're by the start line and not stuck on the loo or warming up miles away, as we want all of you to be in the photo. It will replace the existing one on our website. This will be my last year of organising the club trip, having taken it over from

Dave Dunn 3 years ago. Being race director for the DD and Totnes 10K, something had to go! If you fancy taking over from where I left off then please let me know.

Details of the pick up points are listed below, please don't be late, we won't hang around!

Teignmouth: 08:00am (bus stop before Shaldon Bridge)

Kingsteignton: 08:10am (bus stop just off the end of Longford Lane, opposite where they sell Christmas trees!)

Newton Abbot Leisure Centre: 08:15am

Drumbridges Roundabout: 08:25am (the Bovey side)

The heart of the matter

When Steve Rawlinson was diagnosed with a heart problem and obliged to undergo rehab, he began a personal exploration of the urges that drive us to run. In the second part of his thought-provoking essay, he asks: 'Is running an addiction?'

In running, the metaphors of addiction abound: 'pushing' too hard, having worshipped long enough at the altar of 'speed'; growing dependence and having a habit; building up tolerance, always wanting more; the runner's high and the ecstasy of release from pain; the denial, and the characteristic signs of withdrawal. Further, having to substitute running with a less demanding activity, in rehab. The latter I was certainly 'in', although it was called cardiac rehab. I thought at the time that it gave respectability to my cover of being an addict, albeit a running one. 'Being in rehab' — you couldn't think of anyone else but Amy Winehouse. Others in the group probably thought the same but we didn't share the joke.

In passing, the key measures of the severity of drug dependence and identifying dysfunctional drug use are: how much it occupies your thoughts, the degree of control, and how long you can go without it. There is also a lack of will to effectively change or abstain (food for thought, eh?)

Whereas I had succeeded in my goal of running a marathon, it had come at a cost to my health. I had this inexplicable feeling of having failed, having broken down and needing repair. They say that having experienced success, failure is just around the corner, the two experiences seemingly interconnected, two sides of the same coin — the positive (yang) and the negative (yin). As with addiction, so too with running, with its ups and downs, highs and lows — the comparison is not too out of place. Except, of course, running is viewed as a cleaner, more socially acceptable activity, which may or may not be habitual.



But if we think running doesn't have its dark side then, so to speak, we begin papering over the cracks.

In our society there is a strong reliance on what keeps us going as individuals (thus the widespread use of anti-depressants). For me, this is exemplified by the political undercurrents in sport (notably England Athletics) and the portrayal of running as emanating health and happiness, promising a kind of transcendence and eternal youthfulness, bestowing the elixir of life. Those ubiquitous images of youth on the covers of running mags underscore this fact (in contrast to older or disabled/wheelchair athletes/runners, who presumably are deemed inadequate media representations of health).

When this overly positive image of running becomes tarnished by, say, drug scandals and cheats, things get fractured, and we seem incapable of placing such incidents in the context of collective pressures to succeed, to win at all costs. Instead we project blame onto individuals who then carry the can. Dwain Chambers, Linford Christie, Justin Gatlin, Marion Jones et al are named and shamed, becoming losers overnight, perceived and treated as lepers despite their undoubted talent. It's a disgrace, a disaster for the sport, which then, with high-handed morality, and paranoid about losing its impeccable reputation, rapidly attempts to clean up its act, only to find a new batch of offenders who have messed up. It seems endless.

I digress, shortly needing to conclude this humble offering (which has somehow got out of hand). So are there any firm answers to what is at the heart of running and why we need it?

Perhaps within the tension of opposites lies the drama and dreaming of possibility

(It seems so subjective!) Perhaps we run because we no longer lead instinctive lives, running as sublimation (making it feel sublime at times). Perhaps belonging to a club is a surrogate form of tribalism, with all its tribal colours, invisibly embedded in the collective psyche. Or, perhaps, at root it's a mystery, not to be solved.

However, in the spirit of running, it is constantly evolving to keep up with the times, and, therefore, difficult to pin down or keep pace with. The competitive pressures and striving for perfection (eating superfoods, becoming superfit, aiming toward a sub-two-hour marathon, for example), combined with our love of technology and gadgets, alludes to treating our bodies as pseudo-machines: the human body as ultimate machine, wired with sleeker, smarter GPS devices and efficient programme design; chest sensors, implants, prosthetic running limbs, and running shoes with micro-processors. A slippery slope, indeed. Beware! For the cyborgian runner cometh.

Running can be complex, ambivalent, with many shades of experience. Being our particular passion, it sometimes feels larger than life and there is, therefore, a tendency to inflate its importance, but what visions this conjures up, stirring our imaginations and strengthening our uniqueness and resolve as runners.

But don't we get caught up so easily in a world of either/or, in bipolar thinking on the subject of running? Success vs failure; winners vs losers; health vs sickness — confining our rich and varied experiences into black and white discrete boxes, developing a running fixation that privileges the positive attributes only, neglecting the disparaged, 'negative' downside of running that also has its place; a place where we might give some meaning and value to limitation, loss and failure (including injury and sickness). Once in this place, we're also reminded that running isn't everything, though it can feel all-consuming. But where to draw the line between these two poles of experience? We may only peer into the dark, where the foundation for one pole is laid by the other; the seeds of

winning can later magnify the sense of loss, when we lose our winning ways (despite the memory of winning). Conversely, success is much sweeter after successive losses. When running is our drug of choice, then we might draw on addiction psychology to understand its compelling (for us) and repelling (for others) nature, while recognising also that addiction is 'only' one aspect of running to which we attach either a positive or negative connotation.

Perhaps within the tension of opposites lies the drama and dreaming of possibility, what draws us 'in' and keeps us in shape, in the action, entertained (we all like stories!) It is said that in extremes, the opposites touch (typified by the 'no pain, no gain' mantra).

A few lines from Kipling's poem. *ff.* seem relevant:

If you can meet with Triumph and Disaster
And treat those two impostors just the same . . .

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss . . .

And -which is more- you'll be a Man, my son!

Finally, sitting here the day after completing the arduous Haldon Trail Run, it strikes me that such off-road races capture the soul of running; possessing those archetypal qualities of nature; nothing concrete, but full of impressions, speaking a language of metaphor, not lucid in the normal sense. It meanders, like a labyrinth, moving indirectly in circular paths, feeling like it will never end. The race reminded me, yet again, of the closeness and depth of running, where we best engage and struggle with ourselves, confronted with our inner selves and resources; having to dig deep, guts it out, grimacing and fighting for breath, going through the pain barrier with every step. Then finding hidden reserves and the courage to push on to that blissful sight, the finishing line.



Milos Erben

Running can be complex, ambivalent, with many shades of experience...

Championship update



Sally Ingledew could upset the apple cart...

Tarquin brings us
the latest from the
sharp end...

Here we are halfway through the year and over halfway through this year's Club Championship season. So, where are we now? Well, 30 Ladies and 53 men have now completed at least one championship race, with 8 Ladies and 20 Men having completed at least four. Of these 8 Ladies and 20 Men, only 5 and 7, respectively, have completed one of the cross country (XC) races. With only two more of these races left (St.Austell and Plymouth), everyone else must factor at least one of these two races into their plans if they are to complete the championship.

There has always been an ongoing debate in our club as to whether the XC races should be in the championship at all, given that they do not seem appeal to the majority of runners in our club. The distances needed to be travelled for these races (Bideford; Redruth; St.Austell; Plymouth) are also a factor that does not appeal. They are tough little races too, with young club runners, fresh from a summer season on the athletics track, making up the majority of the competition. However, they form the Westward League, which all local clubs have a duty to support and every club even has their own XC secretary. To have the club championship without the XC races would show our club's diminished support for them. It's a debate that still needs to be had however.

So what's happened since my last update? Well, there has been quite a bit of movement for the ladies and the men. Whilst the top spot has not changed for the men, the ladies now have a new leader. Sharon 'Fizz' Bowman now leads the championship after completing more races

than any other lady this year so far. Fizz has managed to stay injury-free and this has enabled her to be able to consistently attend races throughout the season. She is now well placed to step up a gear to defend her position and her recent gutsy performance at the Dawlish Coastal Dash showed that she is doing just that. This year she has also moved up an age category, so this too is in her favour. Her two immediate rivals for the top spot are Tracy Elphick and Tina Caunter. Tracy has unfortunately been battling with an injury which has forced her to scale back her racing ambitions this year. We wish her well and look forward to seeing her back on the racing circuit. Tina is another gutsy racer and has a carefully laid out strategy for this year's championship. Currently lying in 3rd position, we will probably not know until the final few races, in November, to see if that strategy pays off.

Two ladies that could upset the top contenders are Julie Crocker and Caroline Clark. Currently lying in 9th and 10th places, they have shown what they can do, with an average points-per-race of 47.67 and 46.67 respectively. They have only so far completed 3 races each, but if they carry on their form for the other 9 races needed they will provide with an interesting prospect and more than likely finish in the top 5.

However, our own marathon-queen, Sally Ingledew, could jump over everyone's heads. Sally has quietly clocked up 6 championship races, and with an average of 48.40 points per race, she could easily end up in the top 3. However, as with last year, Sally's marathon quest could well get in the way and may prevent her from completing the required

There has been quite a bit of movement for the ladies and the men

number of races and sections. That would definitely be a shame, as Sally is a great all-round runner and it would be good to see this reflected in her championship standing.

But it is our ten mile club record holder Lucy Payne that provides the most interesting prospect for this year's championship. Lucy has only completed 4 championship races, but at an average of 49.67 points-per-race she could easily grab the top spot, if she is able to complete the required races and sections. Lucy has still to complete a race in the XC, Long Misc. and Mixed categories, but she is down to run in the Wellington Ten, so she has this in hand. Will Lucy venture down to either St.Austell or Plymouth to complete a XC race? As these races are later in the season, I think she will keep everyone guessing until the last minute!

Daryl and Nathan are still 1st and 2nd, with 11 and 10 races completed respectively. They have both adopted the same strategy of racing in just about every championship race they can, so have built up an early lead. But from here on in, the other contenders will be catching up. Plenty of new players are now coming into the fold, and with age-graded percentages always favouring our veterans, it will be harder to find those races to attain more certain 50 and 49 points.

Gary Clark has now been pushed back to 5th place by strong and consistent performances by John Crocker (3rd) and Stephen Barker (4th). With average-points-per-race of 47.29 & 46.29, John and Stephen are serious contenders for top 3 placing.

However, the man playing his cards very close to his chest this year is our very own Dartmoor Discovery champion Dave Tommo Tomlin. Tommo has only completed 6 races this year, but with an average points-per-race of 49.33, he again is the man holding all the aces for this year's championship. He is by far the fastest man in the club, over all distances, but it is all a question of whether he can grab enough 50 points from the races left. Our veterans, such as Mike Eveleigh, Wilf Taylor and Vaughan Lindsay are now returning to form and will be there

to snaffle a lot of the 49 and 50 points in the remaining races this season. The battle for the top spot will be a very interesting one indeed...

Finally, I have to mention a few forced changes to championship races. We have had to remove the Festival 4 and Bovey Tracey Half races from the championship. The Festival 4 has been cancelled this year, so I have replaced that races in section 4 with the Run Exe 5K series of three races, which are run by the same organisation (Ironbridge Runner Events). This will actually give everyone more options, as there are three races to choose from. Whether you do one, or are able to do all of them, your best time will count for the championship. A link for more information on these races can be found via the race diary tab on our website.

We have had no choice but to remove the Bovey Tracey Half from the championship. This race simply cannot be in our championship as it does not have any sort of official race permit (from either the EA or ARC) nor does it have a valid course measurement certificate. Despite a number of personal assurances from the race director that a permit had been applied for, the EA have confirmed that none has in fact been applied for (the race entry form even states one has been applied for). If any members have already entered this race, on the basis of it being a championship race, then they should request a refund from the race organisers (I have done just that for my own entry!) If anyone encounters any problems with this, please come and see me and I will take up your case. If you are still planning on running in this race, can I remind you that you should not wear club kit, as it is not a permitted race and that you will enter it entirely at your own risk!

The Eden Project Half Marathon has now been added to section 1 to fill the void. The Eden Project race is a very well organised event and is well worth the journey down to St.Austell (let's organise car sharing!) However, due to this it will fill up early, so if you fancy running it, get your entry in early!



Circuit Training at Seal Hayne

I thought I'd let you know about a new Circuit Training class at Seale Hayne Sports Centre, on Thursday evenings, from 7pm to 8pm. Every session focuses on developing strength, flexibility and cardiovascular fitness. Each week the circuit and the music are different. I trained as a physical education teacher and have attended Dawlish Leisure Centre's circuit class for approximately 10 years. I have picked up several tips from this as well as adding some of my own experience. The sports hall is a great facility and the circuit always features a large amount of running, which is great for improving overall fitness.

The class is well attended by a mixture of men and women and is a really fun, friendly way to keep fit with like-minded people. Whatever your current level of fitness and whatever your age you'll be made very welcome and I'll encourage you to do your best. I love helping people get fit and making the best of themselves, but I also make sure you can have a laugh at the same time.

I'd love to see you at my next Circuits class. If you have any questions, please contact Norma on 01626 859585.

Captain's Corner

Sharon salutes the DD Queens.

Time seems to go by so quickly these days and once again a feast of Trotter ladies have been racing around the country in a number of events from 10K to marathons. It's always good to see new names on the results. Unfortunately Eyvol is still having ongoing knee problems and Tracy isn't running much due to injury. Hopefully they will be back soon but the Vet ladies are having a good battle namely myself, Tina and Sally, in the championship leader board but it's still wide open so come on ladies keep up all the good training and get racing! A special well done to our two Dartmoor Discovery queens who ran so strong, Clare and Sally. Unfortunately we didn't have a ladies' team this year but I am sure that with the interest shown in this ultra event we will have!

Don't forget Erme Valley Relays on Friday 1 July. I should have contacted all of you but if you want more information then please email me, on sharonbowman65@aol.com and I will let you know more. For those who have put your names forward, I will contact you next week.

THE HALDON HEART BEAT(17th April)- Mary Goulden 1.12.26, Sharon Bowman 1.12.30, Stella Imong 1.21.00, Julie Crocker 1.24.23, Julie Crump 1.32.35, Amanda Milverton 1.34.37, Marion Witham 1.40.09.

EASTER BUNNY 10KM(19th April)- Sharon Bowman 49.27(3rd vet 45), Caroline Clarke 50.05, Marsha Garrard 53.05, Lucy Payne 57.55, Vicky Hales 64.11.

BERE PEN 10KM(1st May)-Stella Imong 63.41

THE IVYBRIDGE 10KM-(14th May)- Sarah Schutte 49.15, Mary Goulden 50.06, Joanne Haynes 50.31, Sharon Bowman 50.39, Caroline Hayes 52.25, Katrina Duignan 54.28, Kirsty Chrysanthon 55.14.

EDINBURGH MARATHON (23rd May)- Emma Sidebotham 3.35.45, Jacki Woon

3.42.20, Tracy Elphick 3.47, Sarah Schutte 3.58.08(1st marathon), Michelle Willocks-Watts 4.05.51, Eleanor Taylor 4.09.53, Mary Goulden 4.21.43(1st Marathon)

ST AUSTELL HALF MARATHON (23rd May)- Stella Imong 2.15.09

DARTMOOR DISCOVERY (4th June)- Clare Youngman(discovery virgin) 5.18.56(2nd Vet 40 lady) Sally Ingledew 6.30.00



Edinburgh Trotter: Emma Sidebotham, pictured at the 2011 Braunton 10.

NORTH DEVON MARATHON-Clare Youngman 3.48.38

THE EXTERMINATOR (7th May)- Sarah Whalley 52.24, Katrina Duignan 59.14, Rebecca Weare 1.00.38

SHAKESPEARE MARATHON (8th May)- Caroline Clarke 4.13.50(1st Marathon)

THE BLACK DEATH-(8th May)-Lucy Payne 2.07.06, Sharon Bowman 2.10.14, Julie Crocker 2.11.32, Marion Witham 2.35.15

DAWLISH DASH (9th June)- Sarah Schutte 28.39, Sharon

Bowman 29.10, Joanne Haynes 29.52, Caroline Clarke 30.06, Mary Goulden 30.36, Marsha Garrard 30.50, Sally Ingledew 31.17, Tina Caunter 31.46.

CLENCH 8(12th June)- Michelle Willocks-Watts 1.18 (1st vet 35)

TORBAY HALF MARATHON (19th June)-Kirsty Chrynanthon 1.55.50, Sally Ingledew 1.57.54, Jeanette Howard 1.59.00(2nd vet 55), Lucy Payne 2.01.39, Eleanor Taylor 2.01.57, Julie Crocker 2.13.44

Help the Heller!

This year's Haytor Heller looks set to be the best yet. But Race Director **Buzz Terrill** needs your help to pull it off...

If you haven't already got a note in your diary for 16 July 2011, insert an entry for the Haytor Heller. The race promises to be even better than last year, so be a part of it.

Race Director Buzz Terrill and wife Jean have been working their socks off putting in place all of the building blocks required to make race day a success. There are hundreds of jobs to be done including consultation and liaison with the National Park, obtaining permission and notifying land owners and tenants, sorting out prizes, mementos and catering, ensuring we have enough race kit, publicity and distribution of entry forms and a myriad of jobs too numerous to mention.

Now it's over to Chief Marshal, Rod Payne and you to get behind the race to ensure that Buzz and Jean's hard work comes to fruition. We particularly need people to help out the catering team as we will be manning three barbeques this year, to cut down on the queues that were experienced last year. If you wish to marshal or help then please send an email to Rod rod.payne@cowlin.co.uk or for catering, Jean Terrill JnGapplegarth@aol.com

We are looking for marshals and helpers to get the runners to the start, safely around the course and look after them post-race. Teignbridge Trotters have deservedly earned a fantastic reputation for staging races – our marshalling is legendary. This year's Dartmoor Discovery led by Chairman Rog and supported by his fantastic team is a hard act to follow. Follow it we will but we can only do it with your support.

Post-race we have a great evening in prospect for you with Pendulum 5, an excellent 5-piece band, providing live entertainment. There is also a barbeque and beer to help proceedings along.



Helping hands: the Heller team particularly needs BBQ-ers this year.

This year we are offering camping and accommodation on site from Friday evening. There are still pitches and bunk house places available so, if you want to make a weekend of it, see the website for how to book your place through Buzz. We are even offering a breakfast service at very reasonable rates.

We look forward to seeing you all for the weekend.

Haytor Heller Timetable 2011

Wednesday 13 July

Reccie Run for Slower Runners set out at 6.30 and main group at 7pm. Pub and grub afterwards

Saturday 16 July

Final Reccie Run at 11am - come and join us

Approx 4pm Marshalls meet – specific instructions will be given

6.30pm Race Starts – first runners expected back before 7.10pm

7.30 until approx 10.30pm Evening entertainment including band, BBQ and beer

8.30pm Prize presentation and awards

Sunday 17 July

8 to 9.30am Breakfast for campers. If you are not staying but want to join us then please book with Buzz and Jean

After breakfast campers depart and tidying up begins. Any help here will be welcomed

Coaching update

Coach Coordinator **Rod**
Payne reviews our recent
training schedule and salutes
a club record-breaker.

Another month in the life of Teignbridge Trotters has passed us by and the club is going from strength to strength.

I was really proud to be a very small part of the Dartmoor Discovery. My role just got me close enough to appreciate the vast amount of work put in by Race Director Rog Hayes and his dedicated sub-committee. It was a fantastic effort by them and with the support of you it made for a memorable day.

Well done to all the Trotters running in the race and bravo Tommo. He chose to wait until we hosted the race before lifting the trophy and our men's team finished second.

As a club we seem to be enjoying the training sessions on offer on a Monday and Wednesday. On the back of this we are converting the hard effort into race successes



Inspirational: Graeme Baker toughing it out at the Branton 10.

with numerous members partaking in debut races, loads of personal bests and some lovely silverware to show for your efforts.

Graeme Baker is an inspiration to all of us with the effort he puts in to every training session. Graeme has just reached a milestone birthday and has kicked off his new status with a club record at the Edinburgh Half Marathon and the times he is achieving are enviable at any age.

Thanks to Noel for hosting the away run at Teignmouth at the beginning of the month. Noel found us a fantastic route and 12 members went along and enjoyed the evening. Look out for details of the next away run on 4 July from Coombe Cellars again hosted by Noel.

I can report that training numbers for May remained at a consistent level, as you will see from the schedule

TEIGNBRIDGE TROTTERS - TRAINING NUMBERS MAY 2011

[illegible]

accompanying this article. In a previous report I expressed my concerns that the speed sessions on a Wednesday were not attracting our members. I am happy to report that numbers have now evened out and this has had the effect of easing the pressure of numbers on the other groups.

Our membership is now fast approaching the 200 mark and we will surely exceed last year's record number by the end of the year. I expect training numbers to tail off through the summer and then significantly pick up again as we go into winter. This will no doubt put a strain on our coaching and we will be planning how we deal with it before it hits us.

As this is a busy month for *The Trotter*, I have been asked to keep this report short (thank goodness, I hear you all say).

So, just to say thank you for the hard effort you are putting into training and thank you also for the kind and positive feedback the coaching team are getting about the sessions.

If you want to join our team then please contact me — you will be most welcome.

Full steam ahead!

Tarquin reminds us that the summer boat trip is not far off, so get your tickets soon...



The Summer Boat Trip is on Saturday, 23 July. The plan is for everyone to make their way to Exmouth by train and ferry. The train leaves Paignton at 1613hrs, Torquay 1618hrs, Newton Abbot 1630hrs, Teignmouth 1639 and Dawlish at 1643hrs. We will get off the train at Starcross, where we will cross over the footbridge to the ferry pier to then catch the 1710hrs 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 1930hrs, 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 2000hrs 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 licenced 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 2230hrs, 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 hostelryes along the back beach. Tarquin is 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: teignbridgetrottertarkin@btinternet.com

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: *The Trotter* is taking a holiday in July. We're back in August with all the latest news.

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