

The Trotter

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It's all in a name

Who do they think they are? **Roger Hayes** reports from the lads' weekend in Salisbury, where a long-awaited nickname finally emerged...

Poor old Nathan, he has been desperate for the Trotters to come up with a nickname for him for ages. Such was his desperation that at every social gathering he would plead for someone to come up with something.

I'm a great believer in that, given time, something will happen that will give cause for a nickname to evolve. These things shouldn't be rushed. Of course, this is little comfort to Nathan, who wants that true feeling of being one of the boys, which he's convinced can only occur once you have been given 'the nickname'.

The lads' weekend away to Salisbury was a colourful affair. Seventeen of us turned up at Newton Abbot Leisure Centre to board the minibus. I had seen a big group of guys at Taunton (watching Somerset playing cricket) dressed up as the Village People. I thought they looked great and decided it was about time we dressed up again. The only previous time had been a trip to Tenby dressed as old ladies. The call went out and was well received (apart from Psycho, who was having none of it!), and I wasn't disappointed when I arrived with the bus to be met with a fine assortment of sailors, builders, cowboys, indians, cops and bikers.

News Desk

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

11/9	Force 10K, Powderham Castle
14/9	Exeter Track 10K
18/9	Trickey Warren Trek
18/9	Ladies' 10K, Dornafield
25/9	Taunton 10K
1/10	Churston Flyer
2/10	Teign Valley Toddle

That was it folks, our summer! I think we managed to get on the beach more during April than we did for the whole of the kids' summer holidays, writes *Roger Hayes*. August has been such a disappointment — as it was last year and the year before that. The nights are now drawing in and I guess it won't be long before the heating has to go on. Such joys! Talking of nights drawing in, I'm afraid it's time to dig out those reflective bibs, as we will all have to start wearing them from 12 September. Those doing the longer 10-mile runs need to be wearing them now!

A lot has happened since the well-earned summer break of *The Trotter*. We've had the Haytor Heller and Totnes 10K for starters, not to mention the boat trip, club trip and lads' weekend away. All five events were huge successes. The Heller set a new record entry. It could have had even more, I must have turned away over 15 once the race limit had been reached. Buzz is currently in negotiations with Dartmoor National Park to see whether we can accept 300 runners for next year.

The Totnes 10K attracted a very healthy 544 runners and 109 for the fun run. Everyone seemed to enjoy themselves and the race passed off without any major incidents, even the weather was better than predicted! I would like to thank my chief marshals, John Skinner and Tarquin, and also Nathan for his role as chief marshal for the fun run. The catering team did a sterling job, as did all those connected with producing the results. I'm pleased to report that the new timing device worked really well and I'm confident it will continue to do so. It's certainly a far cheaper alternative to the chip timing package. Of course it goes without saying that staging the race is a massive team effort: thank you to all those that helped in some way.

Thanks to Tarq for organising the boat trip. All those on board seem to have a great time. It's hoped that we will be able to do something similar next year, possibly starting off from Torquay and taking in that bit of coastline back to Teignmouth. The club trip was an excellent affair with 46 Trotters finishing the race, a new club record! That was my last year in charge (having done the previous two) and having advertised the position of organiser in the June Trotter, I'm thrilled to report that Kevin Besford has stepped forward to take on the role (see page seven).

Please note that this year's final Sandygate Loop will take place on 30 September. It will start at 6.30pm to allow for the darker evenings.

Endurancelife have contacted us offering our members a 15 per cent discount off their set of races (10K, half marathon, marathon and ultra) that take place on 18 February, 2012. When entering online you will need to enter the following promotional code: SDR087. They have also given us one complimentary place which can be used in any of the races. The marathon costs £49, so it's worth having! We will be holding a draw and the lucky winner can choose the race they wish to

enter. If you want to be in the draw, please let me know (via email preferably) by Wednesday, 21 September.

The next Trotter race up is the Ladies' 10K which takes place on 18 September. It's the last year for Michelle as RD and Nikki Kennard as chief marshal, so let's help make it a good one. You can do that in two ways: guys, please offer your services to help with marshaling, etc., and girls, all you have to do is run the race! There are over 15 Trotettes already entered. There should be no reason why you can't double that. In fact, if you really got your act together you could push that club record close! Please contact Nikki on 01626 353495 or email kennard@tpjkdevon.freemove.co.uk. Having advertised both positions in the last edition of *The Trotter*, I'm pleased to report (proves you're reading it!) that Marsha Garrard has put herself forward for the role of chief marshal and we also have someone else very interested in the job of RD. Hopefully, we will be able to confirm who it is in the next edition of *The Trotter*.

Finally, I would like to congratulate Hannah and Ben Epps who are expecting a baby in February next year.



Congratulations to Stella Imong and Kevin Thompson, who were recently married amid the delightful setting of Belvedere Towers. Also pictured are Stella's children, Jonathan and Katie, both of whom are former Trotters. Jonathan still holds the club record for the junior marathon, set at Snowdonia in 2001 with a time of 3:45:28. The happy couple will live in Teignmouth. Stella is hoping to make a long overdue return to Wednesday night training soon.

Something will happen that will give cause for a nickname to evolve



At long last Nathan Elphick has a Trotters nickname...

It wasn't long into the journey before Nathan raised the subject of his elusive nickname, and once again he was told to wait for it to happen. 'But it's been over five bloody years,' was his reply, clearly getting more and more exasperated. At some stage during the trip to Salisbury, new boy, Steve Barker, was given the nickname of 'Ronnie'. If you know Steve, you'll know he wears some very fetching glasses, similar in style to the great Ronnie Barker, who incidentally shared the same surname.

I think at this point Nathan was close to tears. 'Why him and not me?' I'm sure must have been going through his mind. But to his credit, he smiled, raised his bottle of beer and joined us all in toasting Ronnie. The following 16 hours is another story, one I hope may be told by someone else on the trip. I'm focusing on Nathan and the missing nickname.

I went to bed that night still pondering a suitable name. Yet again nothing had become obvious during those 16 hours, something needed to come out of the weekend or I feared Nathan would implode with disappointment. And then it struck me (whilst lying in my bed being kept awake by, ironically, Nathan snoring) like a flash of lightning out of the sky. I lay there with a big grin on my face, the more I repeated the name the more it grew on me. However I knew I had to get it passed the guvnor on nicknames. Therefore one of my first conversations in the

morning was to run it by Skins (John Skinner). You know the one, tall, thin guy, likes the odd drink, always banging on about his ribs.

So how did I arrive at what I hoped would be the nickname that would finally make Nathan 'one of the boys'? Well it's simple really, ask anyone in the club (apart from my wife!) what they think about Nathan, what would be a word to best describe him? I bet you one word would keep cropping up — LOVELY. So, ladies and gentlemen, there we have it, Nathan's nickname. Over time the word lovely won't mean lovely at all, it will mean Nathan. Just as 'Psycho' means Chris Cleave, 'Well Hard' means Adrian Youngman and 'Smiler' means Chris Wride.

Thankfully, the guvnor liked the idea. It was already growing on him as I told the others. I could see the rest of them were not too sure. But like most nicknames they take a little while to get used to. As for Nathan, difficult one to call. Maybe he would have preferred something more manly, more macho. However I think he would have probably been happy with anything in the end, five years is a long time! And, when you stop and think about it, it's not a bad nickname, is it?



Tarquin leads the way along the path of true knowledge...

Captain's Corner

What a fine body of men you
all are, Tarquin declares.

Our Trotter men have again been out and about, competing in a variety of events this summer. We now have a solid stable of racers, who regularly compete at all the main local and club championship races. Although it has been a relatively quiet summer, as I look back over the past three months, I can report on a number of notable performances.

Chief amongst these has to be Dave 'Tommo' Tomlin's fine effort at the Dartmoor Discovery. Plenty has already been written about this, but I know that this means more to Dave than any other race and he has attempted to win this event for many years. His head-to-head battle with arch DD rival, Dave Stone, over the hot and unforgiving roads of Dartmoor is now legendary and he really did himself and the club proud. It was all the more special, given that this was the first year that the Teignbridge Trotter took over the running of this event and it certainly was an "icing on the cake" moment for the club.

The only slight disappointment to the Trotter success that day was that we weren't able to complement Tommo's fantastic achievement with a first team award. However, we did achieve the second male team award, with myself and Nick Stevens completing the team trio with Tommo. However, this Trotter success has whetted the appetites of a number of other Trotters, so we should see quite a Royal Blue turn out next year – I can't wait!

More team action and success was had this summer at our annual club trip. This year our Chairman, Roger Hayes, organised a cracking trip to the Otter Rail & River 10K, in Otterton, East Devon.

The Trotters pretty much cleared up here, coming away with numerous individual awards. Tommo and I completed an excellent Trotter 1-2 and we also picked up the first male team award with Wavell our third team member, bringing back memories of last autumn's racing.

Wavell also scooped the first MV40 award with his time of 40:56 for the challenging mixed terrain course. The ever strong Wilf

Taylor picked up the MV60 award and Syd Willocks, making a welcome return to mainstream racing, picked up the MV65 award. Graeme Baker then completed a fine Trotter showing, picking up the MV70 award.

Graeme Baker has been quite rapidly painting his name over the Trotter Club Records page and now holds three of the four MV70 club record distances, following his 1:23:46 time at the Wellington Ten. His other two club records were also achieved this year, with the 10K time achieved at Ivybridge and the half-marathon time at Edinburgh. Graeme is now contemplating



Lance Mason storms home at the Totnes 10K.

another challenge at the marathon time, although he might need to convince his wife first on that first!

Graeme has also been grabbing a number of MV65 awards this year, due to a number of events not having a MV70 award. This shows how strong a runner he is, that he is still able to give the younger boys a run for their money!

The latest of these awards was achieved at the Torbay Half Marathon, where his time of 1:48:05 gained him the third MV65 award. I

again find myself having to criticise Torbay AC, as surely an event of this size should have a MV70 award. To me this is all the more galling given the high cost of the entry fee for this race. But I can also say the same about the other race they organise, the Torbay Regatta 10K, in which there are no team prizes awarded. Why?

The Torbay Half also saw a number of other Trotter successes, with Wilf Taylor winning the second MV60 award, in a fine time of 1:34:08, and Dave Taylor winning the first MV65 award with his time of 1:46:28. Another personal achievement was gained by Phil Perry, who clocked a massive PB and just got inside the 1:40 mark with a great time of 1:39:59. Phil is another runner who has benefitted from the "Ben Ten" ten mile group and is one of Ben's regulars out with him on a Monday and (now Wednesday) evening.

More team action was had at the Erme Valley Relays, where we managed to field three teams (2 SM and 1 MV50). Our A team managed to achieve a very commendable eighth place, with team members Adam Caunter (13:37), Ian Langler (14:41), Simon Boobyer (14:37) and myself (13:45) achieving a team time of 56:40. We also fielded a SM B team consisted of three of our newer members and one of the 'old-firm'. Steve Barker (15:26) led the team off and handed on to Nick Stevens (14:39), whose time shows that he is getting faster at the shorter distances, despite his liking for the longer distance events. Next was Gary Clark (15:41) and finally the battle hardened warrior Rog 'Smokes' Hales (16:53) giving them a 21st place finish in 62:39.

Mike Eveleigh (15:12), Kevin Besford (20:31), Wilf Taylor (17:11) and Gary Watson (17:02) made up a MV50 team and with a combined finishing time of 62:39, they were awarded the first MV50 prize on the night. However, due to a recount after the event, they were relegated to second position. This is such a shame – however, they will be keeping the wine that they were awarded on the night!

The Trotter men have always been in the mix this summer and at the Salisbury Trail 10K

I look forward to a few more of the club junior records falling to Adam



Hot prospect: Adam Caunter at the Totnes 10K.

this was no exception. This was part of our annual lads' weekend away and, after a rather late night out in Salisbury, we all crawled on to the start line the next morning. It was a rather strange sight to see the Trotter men pack out the start line, with each of us sporting half a moustache (don't ask!)

However, once the start hooter sounded the hangovers were forgotten and a mass Royal Blue sprint start charged away. This developed into a strong race for the Trotters with Tommo, Ian "Lighthouse" Langler and myself bringing home the first ever Trotter 1-2-3 at the finish! We also won a spot prize of four bottles of wine for our fine half-tashes!

The following weekend the Trotter men were mixing it again at the Torbay Regatta 10K, where Tommo and myself ran together for the most of the race to "sweat it out" for a top 15 finish, out of a field of over 600. Tommo surged ahead to claim 12th and I managed a 14th place finish – both of us bettering our times and positions of last year.

However, so many of us put in fine performances and it was great to see so many Trotters in that race, with 43 finishing the race, including quite a few newbies. Outside of the club trip, this must be a record for the Trotters! It was great to see both Mike Eveleigh and Wilf Taylor running so strongly and this bodes well for the autumn season of racing.

A few days previous to Torbay, Adam Caunter grabbed his first of what I'm sure will be many club records, when he competed in the inaugural Exeter 10K. Dubbed by some

as the "second chance 10K", this runs over the same route as the First Chance 10K, which is held annually in January. Adam finished with a sprightly time of 36:09, which has now given him the club's Junior Male 10K record. I look forward to a few more of the club junior records falling to Adam in the near future!

A local series of races has been attracting Trotter support this summer. Held on the first Tuesday of each summer month, the Run Exe 5K is a series of three races held on a flat course near the Mill on the Exe, in Exeter.

It is fair to say that most of us Trotters are generally used to racing over longer distances, so racing hard over just five kilometres is a different kind of racing to what we are used to. It requires a harder and faster pace and it is certainly no less tough than the longer stuff because of that.

Graeme Baker again claimed the MV70 award with his time of 24:03 in the August event, but all of the Trotters have done the club proud and represented the club well, with some fine achievements by all.

The final round is on Tuesday 6 September, at 7.30pm. I recommend this to everyone in the club who attends races, as all abilities are represented. And afterwards, why not join me for a meal and a drink at the Mill on the Exe?

Before I sign off, can I please remind you all that the final Sandygate Loop of the year, the September (proper) round will take place on Friday 30 September. However, this last round will take place half an hour earlier, at 6.30pm, due to the darker evenings.

Points update

Here is an update on marshalling points accrued by members following the completion of four of our races. Please note that running the Ladies' 10K no longer entitles you to a point. Following the Ladies' 10K, the last race of the year in which members can gain a point is the Templer Ten which takes place on 6 November.

Four points

Janice Caunter, Dave Dunn, Nathan Elphick, Chairman Rog, Tarquin, Sarah Schutte, John Skinner, Buzz Terrill, John Tweedie, Mark Wotton.

Three points

Catherine Barnes, Jo Becker, Mark Becker, Kevin Besford, Sharon Bowman, John Caunter, Tina Caunter, Jimmy Donovan, Stewart Dunn, Dave Foster, Mary Goulden, Roger Hales, Vicky Hales, Caroline Hayes,

Julian Head, Ian Langler, Lucy Payne, Rod Payne, Graham Penn, Nigle Penwarden, Phil Perry, Sarah Ross, Vicky Seaman, Emma Sidebotham, Eleanor Taylor, Wilf Taylor, Wavell Vigers, Gary Watson, Marian Witham.

Please contact me in the event of any dispute over points.

Here is what you get for your points:

Four points entitles you to entry into the draw for any 2012 London Marathon places the club may receive.

Five points entitles you to the above, plus a free 2012 club trip race entry.

Six points entitles you to all of the above, plus a free 2011 club dinner and dance ticket.

Jogging with Jools



Julian Head

This month, Julian Head takes us on a journey along a network of paths offering a picturesque run right on our doorsteps.

My latest small run should really be entitled 'Jogging with Jan and Dave', as I've stolen one of the prettiest social runs I have encountered in my brief time back with the Trotters. To my undying shame, I didn't know that this attractive, complex pattern of pathways existed, despite having lived in the area for 44 of my 46 years — and 18 of those in Newton Abbot itself.

Dropping Shachar off at Steve's Gym, I headed out through Bradley Barton and the Bradley Valley estate to the area commonly known as Mile End. From the car sales showroom my route took me left as I climbed away from Newton

Abbot towards Denbury and West Ogwell. A right fork into Littlejoy Road and another small climb, took me to a meander downhill past a couple of farmsteads, to a small hamlet at the foot of a valley. Just before reaching the small group of houses, I turned right again and followed a track through a small copse. Twigs and roots crackled under my feet as the path undulated slightly.

Eventually, this route led me to the Holbeam Dam, which was built in 1982 as a part of a flood alleviation scheme, following several notable floods in Newton Abbot as a result of the River

Lemon bursting its banks. The dam is built just down from the confluence of the River Lemon with the Kestor Brook. And there was me thinking that it was constructed to keep out Ashburtonions, Moorland Dwellers and various other assorted ne'er do wells. As of today, the river has caused no further floods in the town.

Looking at the face of the dam, it was easy to see why it is able to hold back 900 million gallons of water up to 20 feet deep in a 34-acre storage area.

The track then carries on along the River Lemon and finishes at a five-bar

The gurgling of the river below gave the climb a refreshing feel

gate leading on to the main Newton Abbot to Ashburton Road. close to Seale Hayne, a former agricultural college now taken over by the Dame Hannah Rogers Trust which provides care for young people with physical and learning disabilities.

After Seale Hayne, I followed the Ashburton Road left to South Knighton and left at the next crossroads. Just off the A383 was a small gateway onto a path/bridleway. This path, known as Holbeam Lane, starts at the back of a travellers' camp, from which a vicious and large-sounding dog warns me to enter the camp at my peril. Content in the knowledge that he is well tethered and I am not remotely interested in entering his space, I hurriedly turn for home.

The bridleway took me on a small climb through the forest. This is the same forest I had been gazing up at ten minutes earlier thinking 'I'm never going to climb up there'. Luckily the climb was gradual and not as tiring as I had at first imagined. The smell of sap from the evergreens and the gurgling of the river below gave the climb a refreshing feel. Holbeam Lane finished and a short

down hill section on Littlejoy Road saw me rejoin the network of paths.

This time, the paths took me through farmers' fields, which once formed the route of the Ogwell Fun Run. I was now on familiar territory. The paths



Julian Head

eventually led to Chercombe Bridge. Crossing the road, the path enters someone's garden, leading me to wonder what came first, the path or the house? And how would Mrs Head react at the sight of runners, dog walkers and assorted ramblers ambling past our house while she's trying to watch Casualty?

From Chercombe Bridge, the route followed a flat track past an old lime kiln

and on through the woods which bestride the River Lemon. At one point, we enter an open field where you sometimes have to take your chances with assorted dairy and beef stock. One particularly mean looking bull stood

unflinching at the sight of this strange individual red of cheek, glowing from an endorphin rush. A trout leapt but, before I could grab for the camera, five rings on the water was the only evidence that the fish was there.

The path then moves seamlessly into the grounds of Bradley Manor, a National Trust property and still a family home, past a glade where a number of Trotters speedwork sessions have been enjoyed in the past. Next, we cross a small footbridge and leet

and then on to Bakers Park, another location enjoyed by runners, tennis players and the footballing fraternity alike. Over the small footbridge I headed into Bradley Lane and back to the gym to pick up my daughter. While enjoying a refreshing Powerade I reflected that I wouldn't have enjoyed the run half as much if I have been in my usual hurry up mode.



Milos Erben

Club trip latest

Hi everyone, as you all may or may not know, me and the gang have taken over the organising of the club trip, writes Kevin Besford (pictured). It'll be tough to follow in Roger's footsteps but we will do our best.

The bus company we normally use has gone into administration, but fingers crossed that a suitable buyer will buy them out soon so we can use them again.

We were wondering whether any of you had any ideas about a race that we might use or any other ideas at all to make the trip an awesome day out for everyone. Then it's a team effort and everyone gets their say.

If you have any ideas, then please email me on kbesford@uwclub.net or call on 01626 351892, or you could give me a shout at running, but knowing me I'm very likely to forget anything said while out on the run!

Membership Report

Dave Dunn heralds some new faces and welcomes back a few old hands.

Our membership total currently stands at 205, but I expect that to climb in the coming weeks as we have been seeing some new faces coming through the doors of Coombeshead College over the past couple of weeks. Since my last report in the June edition, there have been five completely new additions to our ranks, plus the return of some old friends. First, let me introduce you to our brand new members.

Melanie Dunn, 23, from Kingsteignton, is in no way related to this correspondent, but I would be very pleased to count Melanie among my family, following her highly respectable debut run as a Trotter in the Torbay 10K, where she recorded 48:10. Melanie had previously been a member of the Womens Running Network, completing a sub-two hours half marathon in her time with them.

Lance Mason, 51, from Teignmouth has already made himself very much at home, catching the eye in the July round of our Sandygate Loop time trail, before having a storming run at the Dalwood Fayre 10K. Lance was once a member of my former club, Maidstone Harriers, though long after I left there to live here in Devon. Lance has come by way of Ashbourne in the Peak District and can be seen each day on his postman's round on the streets of Teignmouth.

Rachel Pallant, 41, from Newton Abbot, is married to club member Neil. Rachel is currently finding her feet in our beginners' group but, should she make progress in much the same vein as Neil, she won't be there long. Sarah Seymour, 29, from Teignmouth, only started running last year and we are Sarah's first ever club. We like to think that after the Trotters there is no other club, so let's show Sarah our passion for having a good time while running for a good time! Jenny Wheeler, 47, has her home in Barnstaple, but while she is working at Channings

Wood and lodging locally, Jenny has nailed her colours to our mast so that she can benefit from our training sessions, and expand her social life as well.

Now, I'll tell you about some returning faces. Ann Bayley, 47, from Lpplepen and winner of the most promising female new member in 2005, is now on her third stint as a Trotter. Maybe this time Ann will make it stick. But, whatever the future holds, you're always welcome, Ann. Michelle Spillar, 32, from Exeter, is in her second spell as a Trotter, having initially been introduced to us by Wilf and Eleanor Taylor, colleagues of Michelle at the Met Office. So, if it rains on your parade, you know who to blame!

Alastair Lee, 40, from Exeter, Big Al to everyone who knows him, needs little introduction. One of the few Trotters to have run the Dartmoor Discovery, Big Al suffered with his hip, requiring a serious operation that put him out of action for three years. Irrepressible Al could not resist the lure of the 10K race that the rest of us were doing as part of our recent lads' weekend away in Salisbury — maybe it was the beer talking. Anyway, he got round the challenging course having done just one three-mile run, three weeks prior after three years off!

There were a number of momentous birthdays during August. Selina Da Silva celebrated her 55th birthday, Mike Eveleigh was 60, Martyn Tonkin turned 50 and Michelle Willocks-Watts reached 40. I hope you all had fantastic birthdays and will enjoy running in your new veteran category. Members who will reach an important milestone during September are Penny Aitchison, who will be 50, Sally Ingledew who will also be 50, and Lucy Payne who will celebrate being 60. Happy birthday, ladies, and may you prosper in your new veteran status.

Record breakers

I am pleased to report that, as predicted in the May edition of *The Trotter*, Graeme Baker (pictured) found a 10-mile race to his liking and successfully posted a time to fill the vacancy in our record books for the MV70 category. The race in question was the Wellington 10 in July, and Graeme's time was 1:23:46. I know that Graeme is now looking for an opportunity to run a faster 10-mile race so that he can truly claim to have broken the record!

However, pride of place this month must go to Adam Caunter who smashed Richard Jellyman's 7-year-old junior male 10K club record of 37:49. Adam reset the mark to a very impressive 36:09 at the Exeter 10K in August. Other junior male records are surely within Adam's grasp once he extends his range of distance.

It is the 10K distance that offers the best opportunities for record breaking during September. As well as our very own 10K for the ladies on the 18th, there is the Force 10K at Powderham on the 11th, the 10K on the track at Exeter Arena on the 14th, as well as Taunton's 10K on the 25th. A full list of upcoming races can be found on the race diary page of our website.

Wherever you're racing in the coming weeks, have a good time, and don't forget to tell one of our two roving reporters, Sharon 'Fizz' Bowman and Rod 'Rodders' Payne, all about it.



Milos Erben

Coaching update



They're off: a total of 544 runners scamper away from the start at this year's Totnes 10K. Structured training will bring your 10K time down - fact.

Coach Coordinator **Rod Payne** reports on some changes to our training sessions and the introduction of a new code of conduct.

We are already into our third training quarter of the year that will take us from summer into winter. The new look schedule is posted on the website and we hope that you find something there to keep you interested and improve your running.

Dark nights

First things first, those dreaded bibs. It is club policy that during the darker evenings all members training at the club will wear appropriate reflective bibs. So please make a note in your diary that, from Monday 12 September, the wearing of bibs will be mandatory. These can be purchased on club nights from me in exchange for a crisp £5 note. Please be prepared to wear your bibs beforehand if conditions are poor or if you are with one of the longer groups. Your safety is paramount.

You will find attached to this report the training numbers for July showing consistency in the numbers from previous months. Moving into the holiday we expect numbers to tail off.

Codes of conduct

We also feel that there is a need for a code of conduct for members and coaches. We are fortunate that incidents are very few and far between and it would be wonderful if we never have to make reference to them. However they are there to assist and not hinder, so have a look at the attached codes

overleaf and have a think about how what you do affects others in the group.

New schedules

There are some notable changes to our schedules, the most significant of which is the moving of the 10-mile training group from a Monday to a Wednesday. This switch has been a little bit controversial as it has become an established part of the Monday scene. The thinking behind the change was that our members often have their long run on a Sunday so the 10-mile group on a Monday was running fatigued. It was thought that the run on a Wednesday fits better into a marathon or half marathon schedule. This does, however, deny those going out with the 10-mile group the opportunity to take part in the structured sessions.

The 10-mile Monday group has now been replaced with a seven to nine mile training run for those who wish to do a proper training run on a Monday. Another innovation is that we are taking advantage of ARC guidelines that say that groups may be led by approved members who have been with the club for a minimum of two years. Thanks to Dennis Milstead, Alan Boone, Bruce Campbell, Wilf Taylor and Mark Hamling, who have all agreed to lead a Monday group. There are still a couple of vacancies so if you feel you meet the criteria and want to

Codes of conduct

Here are our new codes of conduct governing training sessions.

Coaches and leaders



1. Ensure that you arrive at the club in good time to take your group out.
2. Carry with you as a minimum a mobile phone and space blanket. If you are not happy taking out your personal phone then let the coach coordinator know and arrangements will be made for you. The carrying of first aid kits is encouraged but not mandatory.
3. Before you set out on the session briefly explain to the group where you are going and what you are doing in the session.
4. Ask the group whether there is injury or illness to be considered. If you feel that any person should not be training then politely advise them not to take part.
5. Ensure that all members are wearing suitable attire, including high-visibility bibs during the darker evenings.
6. Make sure that the group is properly warmed up before commencing the main part of the session.
7. If you are unhappy with the size of the group then seek help. This can be by enlisting the help of another coach that may be available or else request the help of a responsible club member who must work under your supervision.
8. Issue clear and concise instruction and try to treat all members of your group equally. Motivate and give encouragement at all times.
9. The welfare and safety of your group is of paramount importance. This is to be placed before the performance of the group always.
10. Be careful not to trespass on private property and avoid running on dangerous roads.
11. If the group is likely to be out for much more than one hour then say so before the group leaves headquarters.
12. Be aware of the experience and ability of all of those taking part in your session.
13. Pay particular attention to slower runners or new runners to the group but at the same time be mindful of item 7 above (treating everyone equally).
14. Ensure that there is always a responsible person at the front and rear of the group at all times when on the public highway.
15. Try to make the sessions fun. Introduce some competition wherever possible and try to get all members to encourage and motivate their peers. Give praise where appropriate.

Members

1. Ensure that you arrive at the club in enough time to hear any announcements, as these may relate to your chosen session.
2. Choose a session appropriate to your ability and training requirement. If in doubt, speak to a coach or leader.
3. Ensure that you are medically fit to take part in the session. If a member has an illness or injury then this is to be brought to the attention of the coach/leader. Your coach/leader may at his or her discretion advise a member not to train or in exceptional circumstances refuse to allow a member to train.
4. Wear clothing appropriate to the prevailing weather conditions. This applies equally to hot and cold conditions.
5. No audio equipment is allowed at training sessions.
6. Wear suitable footwear at all times.
7. Wear high-visibility bibs when deemed compulsory by the club. At other times, bibs are to be worn if considered to be appropriate due to weather conditions.
8. Your coach or leader may, at his/her discretion, refuse to allow you to train if your attire is considered to be unsafe or unsuitable.
9. Listen carefully at all times to the instructions of your coach/leader and comply with all instructions given. Pay particular attention to safety instructions.
10. Due to large numbers wishing to partake in a session it may, for safety reasons, be necessary to split the group and/or either amend or adapt the session. Please be patient if this affects your group as this action is being taken for your own welfare.
11. Conversely, there may be times when a session will need to be cancelled due to a lack of interest. This will be rare but again please try to understand why this needs to be done.
12. All members are to be responsible for their own safety at all times. Pay particular attention when on the public highway and when crossing roads. Be increasingly vigilant when you are out with a large group. Your safety and welfare is not the coach's responsibility.
13. Always remain with your group. If you wish to leave the group before the session is completed, or make your own way home, ensure that you notify the coach/leader that you are leaving the group.
14. Enjoy the session but do not engage in horseplay, as this may impact on your own safety and that of the rest of the group and could damage the reputation of the Club.
15. Any failure to follow the instructions of the coach/leader may result in the immediate cancellation of the session. The coach or leader's decision will be final.
16. A member causing disruption to the group or acting in a manner likely to cause an accident or injury will be asked to leave the group and that person will be reported to the general committee for any further action against him/her that may be deemed appropriate and in accordance with the Club's constitution.

ENJOY YOUR TRAINING SESSIONS. YOUR ADHERANCE TO THIS CODE OF CONDUCT WILL ENSURE MAXIMUM ENJOYMENT FOR YOU AND OTHERS.

TEIGNBRIDGE TROTTERS – TRAINING NUMBERS JULY 2011

MONDAY GROUPS		Coch	Nos	WEDNESDAY GROUPS		Session	Venue	Coch/Leader	Nos
4.7.11	Coombe Cellars	Noel	5	6.7.11	Endurance	2x15 min 5 min recovery	Blindwell Cl	Tommo	8
4.7.11	10 mile	Ben	6	6.7.11	Speed	300m relays in 3s	Coach Road	Tarquin	10
4.7.11	TemplerW & Sansom	Clare	17	6.7.11	Intermediate	1k loops x 3	Decoy Lake	Clare	26
4.7.11	Beginners	Rod	8	6.7.11	Improvers	3 – 5 Miles	Up to Coach	Rod	10
			36						54
11.7.11	10 mile	Ben	7	13.7.11	6.30 group	Haytor Heller Reccie	-	Graeme B	14
11.7.11	R Teign & Decoy Park	Eleanor	32	13.7.11	7.00 group	Haytor Heller Reccie	-	Roger Hayes	29
11.7.11	Beginners	Ewan	8	13.7.11	Intermediate	3 – 5 Miles	Up to Coach	Becky	11
			47	13.7.11	Improvers	3 – 5 Miles	Up to Coach	Jan	6
									60
18.7.11	10 mile	Tarqs	8	20.7.11	Combined	10k relays	Forches X	Ian L + helpers	5
18.7.11	T'grace, Seal Hayne	Ewan	32	20.7.11	Combined	10k relays	Forches X	Ian L	33
18.7.11	Beginners	Rod	6	20.7.11	Intermediate	Combine With Improv	Up to Coach	Rod	0
			46	20.7.11	Improvers	3 – 5 Miles	Up to Coach	Rod	21
25.7.11	Away Run	Stu M / Lou B	24	27.7.11	Endurance	The burn 3x10mins	Powderham	Fizz	21
25.7.11	10 mile	Ben	6	27.7.11	Speed	10x70 secs	Bakers Park	Ewan	15
25.7.11	TemplerW / T'grace	Tarquin	15	27.7.11	Intermediate	2x400m, 3x200m, 5x	Forde Park	Ian L	8
25.7.11	Beginners	Rod	6	27.7.11	Improvers	3 – 5 Miles	Up to Coach	Rod / Buzz	13
			51						57
				Total	410 members	Total of 30 sessions	Averages		
						Total of 8 nights	13.67 members per session		
							51.25 members per night		

nominate yourselves then please speak to one of the coaches. Come on the ladies, it would be great to have you lead us out. If you want the old style recovery run then the five to 7 seven mile intermediate/recovery group is for you. We are carrying on with the beginners' group that has been instrumental in bringing through several members who now enjoy training with the 'big' boys and girls and are having notable successes in races.

You will also note that we have dropped references to speed, endurance and intermediate. We are trying to describe the sessions better and leave members to decide for themselves how the sessions best fit into their training programme. If you need to understand better how the shorter, sharper sessions can benefit your training progress then please do not be afraid to ask for some guidance. You have some really experienced coaches who have been there and done it: some of them are still winning the T shirts, so take advantage of us. The club invests heavily both financially and in resources so please use this investment to your maximum benefit.

I will round up this report by once more asking for your feedback on the sessions we provide you with. Enjoy your running and I look forward to hearing from you.

Three legs good!

Monkey and Tarquin triumphed in this year's Teignmouth three-legged race, maintaining a clean sweep for Trotter teams in recent years. The duo fought off stiff competition from Snow White and a cop in a tutu to bring home the trophy. The annual event is loads of fun, so how about getting a few more Trotter teams along next year?



The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: Catch up with the latest in the Club Championship.

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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