

The Trotter

Number 28

October 2011



Tight calculations: Lance Mason tots up the numbers at the 2011 Totnes 10K.

Will he make it?

As the climax to this year's Club Championship approaches, a new contender has entered the ring. And he really means business, Tarquin reports.

There's almost two months still to go until the end of this year's Club Championship and, just when everyone thought they knew where they were and who their competitors were, a new name steps forward, determined to complete the championship. Lance Mason is a recent addition to the Trotters. With only three months left of the championship season, he's announced his intention to complete the championship. This is a big ask, as it requires Lance to race just about every week, right up until the very end. But he has worked out that he can do it, and with a race to spare! This certainly shows us all that if the championship can be stormed in this way in only three months, then it certainly isn't too much of a big deal to complete the 12 races over the ten or so months of the championship season.

Another Trotter making a late dash for the line is Julie Crocker. After dipping her toe in the water this year, she now has the bit between her teeth. If Julie does complete, we will have a record number completing this year, with a total of 11 ladies and a possible 16 men completing the required 12 races, over the seven mandatory categories. That certainly will be a record for the number of ladies completing. So, how is it looking so far?

Ladies

Three ladies have already completed the required number of races: Tracy Elphick, Tina Caunter and Sharon Bowman. They are currently lying in first to third places, respectively. See the table on page three for the present lineup.

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News Desk

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

16/10 Dartmoor Vale Marathon
16/10 Dartmoor Vale Half Marathon
16/10 Dartmoor Vale 10K
23/10 Ljubljana Marathon
29/10 Sourton Scramble
10/10 The Little 'Eller
10/10 The 'Eller

Let me start this month's roundup of news by saying a massive thank you to Michelle and Nikki for all their hard work over the past three years with our Ladies' 10K, writes *Roger Hayes*. This year's race was another huge success. Numbers were even up on last year, bucking the trend at many other races, which have struggled for entrants. On behalf of them both, thank you to all those who helped out — your assistance really was appreciated. Our ladies did us proud, with 32 finishing the tough course. This was a new record and one that could stand for some time.

There are major changes afoot in the world of race organisation. EA are introducing 'event adjudicators' who will act rather like troubleshooters. They will work alongside the race referee and both will report to EA with their findings. In addition, all EA-permitted races will now apply for licences online and licensing will be decided by a national body rather than someone from Devon, which is what previously happened.

Thankfully, apart from the Templer Ten, all our races take place with an ARC permit, so these over-the-top changes (I won't bore you with all of them) won't affect us too much.

I had hoped that EA were getting their act together, but it would seem that they are now on a mission to create yet more red tape, making the life of race directors even more difficult. That, combined with a national police policy that now no longer supports races, and in fact advises against races taking place on public roads, makes for worrying times ahead. Without the presence of the police at certain major road junctions, an accident is waiting to happen and I dread the consequences for road running when it does.

I'm pleased to report that the winner of the free place for any of the Endurancelife races, which are taking place on 18 February, was Nick Stevens. Nick has entered the marathon and in doing so has saved himself £49. If you are intending to enter any of the races, remember to tap in promotional code SDR87 to receive a 15 per cent discount.

Something you might like to enter is a draw for an opportunity to run through the Olympic Village. The National Lottery are offering 5,000 places. The lucky winners will be able to run past world-class venues like the Velodrome and Aquatics Centre. The route finishes with the first public access to the Olympic Stadium. The five-mile course is open to all abilities and takes place at 2pm on Saturday 31 March, 2012. Follow the link for more details <http://www.nationallotteryrun.com/TheEvent/AboutTheEvent.aspx>

Could I remind you all that the wearing of reflective bibs is compulsory on Trotter training nights. Treat your bib like your running shoes: without either you won't be able to train with us. You're simply not insured if you're not wearing one.

Rod Payne will be selling them for £5, if you do forget yours, then you can hire one for £5, which will be refundable when you return it. While on the subject of Trotter training nights, could I remind all those taking part in the Ben Ten session on a Wednesday night to please bring a head torch with them. To make the routes more interesting this winter, Ben is including small sections of off-road and country lanes. Hence the need for a head torch!

The last Trotter race of the year is the Templer Ten, which takes place on 6 November. This will be your last chance to gain a marshal point. Anyone with four or more points are entitled to be entered into the draw for any London marathon places that the club may receive. You will need to let me know before the draw takes place at our dinner and dance if you want to be included. Hopefully we will get our usual allocation of four places. If you are able to offer your services, Chief Marshal Gary Caunter would love to hear from you: garycaunter@hotmail.com or phone 01626 361166. For anyone who would like to run the route, we will be having a recce run the day before the race. We will be meeting in the upper car park of the Passage House Inn on Saturday 5 November, starting at 9.30am.

With Christmas just round the corner and grandparents asking what the kids would like, how about suggesting a Trotters hoodie? My two have lived in theirs since we bought them one each last Christmas. John Caunter, our club kit man, needs to order 20 to make it worthwhile. They are very reasonably priced at approximately £15 each. They come in sizes of small (4-6yrs) medium (6-8yrs) large (8-10yrs). If you've got older kids then you're best getting an adult size. My daughter is 11 and she wears an extra small adult. Please let John know ASAP if you would like to order any: esmond.caunter@sky.com

If you fancy the job of finding a suitable campsite for the Trotters 2012 club camp, we would love to hear from you. The position of camp organiser is vacant and we are desperate for someone to take on the role. If you would like to know what is involved please speak to Dave Dunn or myself. It's a great weekend away and is a firm favourite in the Trotter social calendar, so it would be a tragedy to lose it.

A date for your diaries is Monday 19 December. That's when we will be staging the Mince Pie Marathon. For those of you new to the scene, it's a Trotter training run with a difference! It's a five- to six-mile route, calling in at numerous Trotter members' houses for a mince pie and glass of mulled wine. The route has yet to be decided but will be announced in the next edition of *The Trotter*.

Finally, as I did in my last news report, I would like to offer my congratulations to another happy couple, Vicky Seaman and Stewart Dunn, who are expecting a baby in April. Must be something in the water. Either that or there are too many repeats on the telly!

However, this table only shows the present situation. The ladies in positions 4-11 have not yet completed the required number of races, so therefore their points are still lower than they should be. Once these ladies have completed the required races, the table will look somewhat different. It's a lot more difficult to give an accurate prediction as to how the positions are going to end up this year, compared to last year, as points are awarded on a race-by-race basis and it all depends on who actually turns up at a race on the day. It certainly is more of a game of chess this year, which makes for a more intriguing championship, I believe! Anyway, I'll give a prediction a go.

Using 'average points per race', see the table at the bottom of this page for what the championship table should look like, if these ladies continue their current form to the end of the season. This is based on the average points that each of these ladies have been picking up at each of their races so far this year. However, to get a more rounded picture, we must also consider each of their 'average age-graded percentage points per race', so see how they compare. However, this does not give the complete picture, as some of these runners could have raced in more slower races (like a cross country or long off-road), where the age-graded percentage is always going to be less. I have also tweaked it slightly, bearing in mind what points are still likely to be able to be picked up and what races I predict the ladies will race in.

This table is an indication of how the ladies should finish, if they all do complete the required number of races and continue in the form that reflects the average points per race that they have been picking up throughout this season.

However, as I have already said, it's all about picking up those 50 points – so it's by no means certain that Tracy will win. It's up to her to race as much as possible, in order attempt to prevent her competitors from snatching valuable 50 points.

Men

Four men have completed the required number of races so far: Daryl Milford, John Crocker, Stephen Barker and Gary Clark. See the table on page four for the present lineup.

Again, this table only shows the present situation. All but four of these men have not yet completed the required number of races, so therefore their points are still lower than they should be. Once these men have completed the required races the table will look somewhat different. See the bottom table on page four for what the championship table should look like, if these men continue their current form to the end of the season. I am using an educated guess, based on their previous form and their average points per race over this year, plus my inside knowledge of what final races these men are likely to compete in.

Again, this table is an indication of how the men should finish, if they do complete the required number of races and continue in the form that reflects the average points per race that they have been picking up for each type of race. There are a couple of other runners, like Julian Head and Kevin Besford, who may yet complete the required races, but with only 7 races completed each, I'm not sure whether they have left themselves enough time. However, Lance is definitely an example to them, if they do so wish to complete!

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	Position	Points	Scoring races completed	Average age-graded percentage per race	Average points per scoring race
ELPHICK, Tracy	1	598	12	66.47	49.83
CAUNTER, Tina	2	581	12	62.23	48.42
BOWMAN, Sharon	3	578	12	61.26	48.17
PAYNE, Lucy	4	539	11	63.16	49.00
INGLEDEW, Sally	5	533	11	62.00	48.45
SCHUTTE, Sarah	6	501	11	59.63	45.55
GOULDEN, Mary	7	464	11	56.66	42.18
CLARK, Caroline	8	463	10	59.84	46.30
TAYLOR, Eleanor	9	459	10	59.26	45.90
GARRARD, Marsha	10	414	10	55.80	41.40
CROCKER, Julie	11	351	8	54.55	43.88

Cover pic:
Graham Penn

	Predicted finishing position	Predicted finishing points
ELPHICK, Tracy	1	598
PAYNE, Lucy	2	589
CAUNTER, Tina	3	585
INGLEDEW, Sally	4	583
BOWMAN, Sharon	5	580
CLARK, Caroline	6	565
TAYLOR, Eleanor	7	558
SCHUTTE, Sarah	8	546
CROCKER, Julie	9	542
GOULDEN, Mary	10	510
GARRARD, Marsha	11	506

There are now only seven remaining possible championship races!
They are:

Sunday 16 October, Dart Vale Half, Section 1

Sunday 6 November, Newquay XC, Section 3

Monday 7 November, Brooks Winter 3K, Section 4

Sunday 13 November, Deviock Bounder, Section 5

Sunday 20 November, Drogo 10, Section 6

Sunday 27 November, Bicton Blister, Section 6

Sunday 4 November, Exeter XC, Section 3

Sunday 4 November, John Scott Trophy, Section 4

So, the season is almost at a close, with just the final push to the line!

Will my estimated calculations of the final positions be proved correct,

or will our Trotter championship contenders find that extra 10 per cent to overturn the statistics?

The races for next year's championship are currently being finalised and will appear in the December edition of *The Trotter*. However, two early season championship races that are likely to fill up rapidly are the First Chance 10K (Sunday 8 January) and the Exeter Half Marathon (Sunday 12 February). Both will be in next year's championship, so you will need to get your entries in early.

Can I remind you that it is your responsibility to ensure that you are listed as running as a Teignbridge Trotter when you enter a race. If you do not appear on the results as a Teignbridge Trotter, it makes my job harder to find your result for the championship. Please help me out here and ensure that you always put on the entry form that you are a Teignbridge Trotter and then check your entry, if possible. Thanks!

	Position	Points	Scoring races completed	Average age-graded percentage per race	Average points per scoring race
MILFORD, Daryl	1	599	12	72.21	49.92
CROCKER, John	2	560	12	65.46	46.67
BARKER, Stephen	3	552	12	63.53	46.00
CLARK, GARY	4	539	12	64.06	44.92
BAKER, Graeme	5	521	11	71.14	47.36
ELPHICK, Nathan	6	488	12	57.50	40.67
LANGLER, Ian	7	449	10	67.72	44.90
STEVENS, Nick	8	448	10	65.56	44.80
TOMLIN, Dave	9	444	9	72.53	49.33
CAUNTER, John	10	427	10	64.36	42.70
HALES, Roger	11	420	10	64.21	42.00
RAWLINSON, Steve	12	415	11	53.75	37.73
LUDLAM, Andrew	13	391	9	67.01	43.44
MOULSON, Stuart	14	358	10	58.91	35.80
CHURCHILL Craig	15	342	10	56.44	34.20
EPPS, Ben	16	342	9	59.88	38.00
MASON, Lance	20	297	6	77.41	49.50

	Predicted finishing position	Predicted finishing points
MILFORD, Daryl	1	599
MASON, Lance	2	597
TOMLIN, Dave	3	592
BAKER, Graeme	4	569
CROCKER, John	5	563
BARKER, Stephen	6	552
STEVENS, Nick	7	545
CLARK, GARY	8	540
LANGLER, Ian	9	535
LUDLAM, Andrew	10	530
HALES, Roger	11	512
ELPHICK, Nathan	12	491
EPPS, Ben	13	466
RAWLINSON, Steve	14	459
MOULSON, Stuart	15	448
CHURCHILL Craig	16	423

Membership Report

Dave Dunn gives us the lowdown on the latest crop of new members.

Our membership total has now risen to 213, and still new faces keep coming through the doors of Coombeshead College just about every week. Since my last report at the end of August, we have recruited seven completely new members, who I'll attempt to introduce to you as best as I can.

Hattie Mann, 37, from Kingsteignton, has joined us having already completed two half marathons with a PB of 1:52 and a full marathon in 4:06 prior to moving to South Devon. Hattie has no specific goals at this moment in time but, when she does decide upon her target, I'm sure that she'll benefit from training in a group, rather than ploughing a lone furrow.

Hannah Walsh, 21, from Abbotskerswell, is the daughter of former club stalwart and record-holder, Vanessa New. Many long-standing members will remember Hannah accompanying her mother to races. But now Hannah is a Trotter in her own right, and would appear to have inherited her mother's racing prowess.

Carrie Baker, 28, from Heathfield, has been attending our Monday evening beginners' sessions, having moved to our area from Weston-super-Mare earlier in the year. Carrie had been going out for solo two-to four-mile runs when living in north Somerset, but that had ceased last September, so now Carrie is building again from the bottom.

Sharon Fear, 40, from Kingsteignton, used to be a member of another running club, but took a break from running and considered herself to

be back at beginner level when first coming along to our sessions. Having been a fairly regular attendee of our beginners' group over the past few weeks, we can expect to see Sharon making progress up into our other training groups.

We are the first club for Travis Wood, 29, from Newton Abbot. Travis ran as an unattached runner in last year's Templer Ten, recording a very respectable 1:07, and then ran the Taunton Marathon in 3:48. Having seen Travis at close hand in the Ben Ten group, I'm confident that he'll leave even that impressive form way behind.

I'm sure that Guy Roberts, 27, from Chudleigh, won't mind me saying that he's a little fella with a big heart. Within days of signing up to be a Trotter, and even before he'd had the chance to buy a club vest, Guy took on the Teign Valley Toddle and finished it in a very creditable 65th place. That's some race in which to make your debut!

Allen Taylor, 38, from Newton Abbot is at the opposite end of the experience spectrum from Guy. Just prior to joining us, Allen ran the New Forest Marathon in 3:52. The Trotters have been recommended to Allen by his friend Marsha Garrard.

I am pleased to announce that Helen Anthony has successfully completed her transfer of first claim membership from the Womens Running Network to the Trotters and can now race in our royal blue vest. Helen will prove to be a more than useful addition to our ladies' teams.

The 'Wintergate Loop'

Roger Hayes has news of something to warm the cockles of your heart during the winter months...

The 'Wintergate Loop' is the winter alternative to the popular Sandygate Loop. It's a series of four races over a distance of 3.8K (or, if you prefer, 2.38 miles).

They will take place on the last Fridays of October, November, January and February. The start will be next to the lighthouse on Teignmouth sea front.

There is plenty of free parking in the Point car park, which is right next to the start. The course is

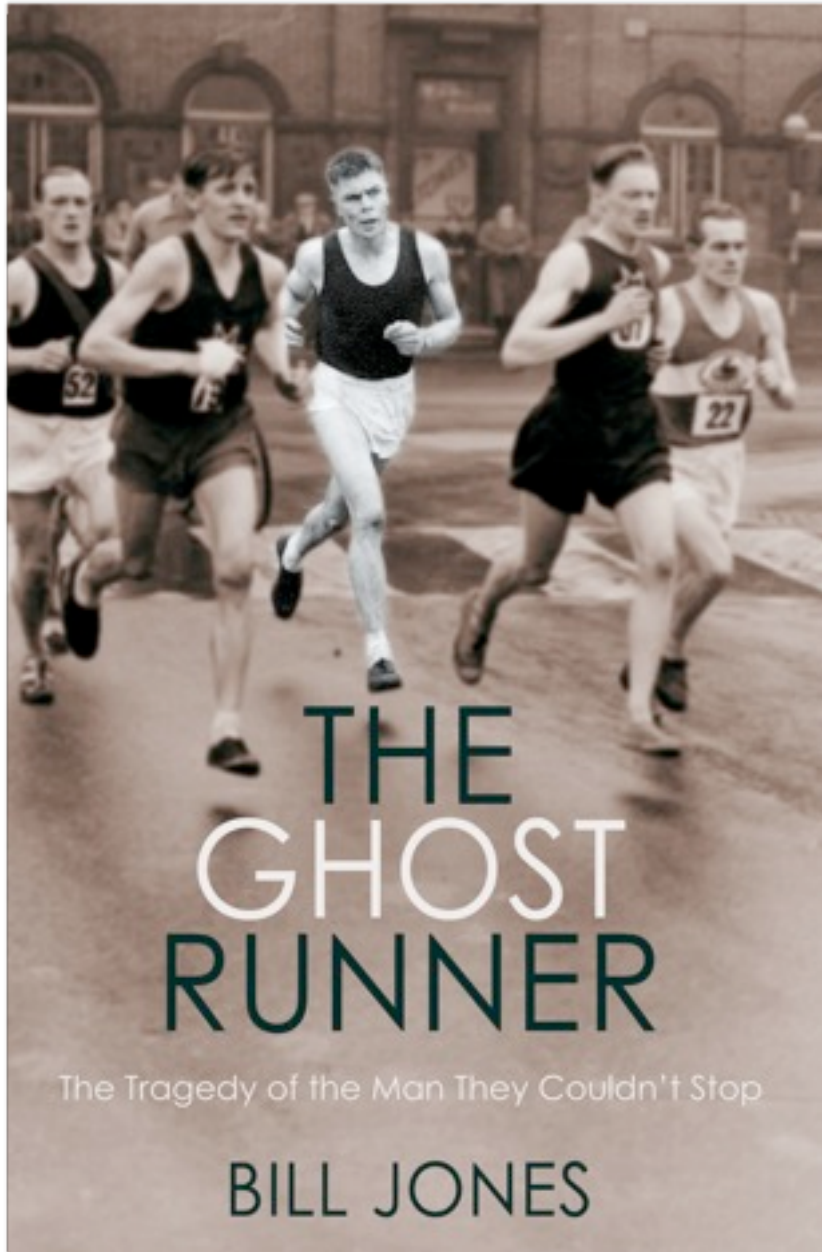


traffic-free, well-lit and, apart from one short hill, totally flat. For those of you familiar with Teignmouth, It takes in two laps of the Den and one lap of the sea front, with a short climb up to The Rowdens before descending back down across the bridge that crosses the railway line.

We will have timekeepers to record your times, which will be posted on our website. The races will start at 7pm.

I'm sure we will be able to find a suitable pub to have a drink and bite to eat in afterwards. I might even be able to strike a deal with the landlord! See you on 28 October!

I am not a number



Julian Head delves into the life of John Tarrant, a man who took on the running establishment and earned the respect of fellows runners at home and abroad.

There have been many books written on the subject of running, such as *The Loneliness of the Long Distance Runner*, the Jane Tomlinson trilogy and the Harold Abrahams biography, *Running with Fire*. To these, we can now add *The Ghost Runner*, by Bill Jones, a warts-and-all biography of John Tarrant, a long distance runner from Buxton and latterly Hereford, who was banned from competing for having earned £17 as a youth from boxing and thus labelled a professional in the age of strict amateurism in sport.

The book follows Tarrant's brutal early life. When their father joined the army and their mother was judged too weak to look after them, John and his brother, Victor, were sent to a children's home in 1940s London. Here, the youngsters endured harsh conditions and John first found that he had a natural ability to run. In 1947, their father returned for the two siblings and they moved to Buxton, Derbyshire, where John started on a ill-fated boxing career, during which he was paid a total of £17 for a number of bouts fought in the local town hall.

He would lurk at the start of a race in a long overcoat and cap

When you consider that this sum would not have even covered his expenses for travelling by train to Stockport, there was no way he could have made any money from boxing. He had wanted to fight professionally and, in being rejected, Tarrant was told by his trainer that 'if fitness was all that mattered in boxing John Tarrant would be world champion'.

Tarrant's honesty when completing his application to the Amateur Athletic Association (he admitted to having received the £17) meant that he would be banned from competing in road races under the strict rules that existed at the time.

Frustrated by the authorities' refusal to allow him to run, Tarrant was forced to turn up at races without a number. As his notoriety increased through papers such as the *Daily Express*, so did the authorities' determination to stop him.

Quite often, he would lurk at the start of a race in a long overcoat and cap and, just as the whistle blew to start the race, so he would emerge from the crowd and do what he was born to do — run.

He was eventually allowed to race domestically, following an intervention by Harold Abrahams, but the international ban was not lifted and Tarrant was never able to don the coveted British vest.

Despite winning the London to Brighton race twice, he was never allowed to take his rightful place at the Comrades 55-mile run between Pietermaritzburg and Durban, South Africa. However, a generous benefactor, Ned Waring, paid for a ticket to South Africa and he had to work to save enough for a flight home.

While in South Africa, the Ghost Runner reappeared and came an unofficial fourth place in the Comrades, winning no medal and no prizes, but earning lots of respect from fellow runners.

In Durban, while working to pay for his flight home, he was also the only white runner to enter a multi-racial event. Other white runners were either persuaded not to enter or were disinclined to compete. It prompted one of his fellow competitors, Rajendra Chetty to remark that John Tarrant was 'made in the mettle of great men'. He won the mixed race event in 1970 and 1971.

Apart from the backs-to-the-wall efforts and tales of anti-officialdom that permeate these pages, what I really like most about the book is that, just when things are looking at their most grim, redemption springs from a variety of sources. Race organisers unofficially invite him to their events, his wife and brother once again extend their unswerving love and support, generous benefactors such as Ned Waring pop up and training partners in South Africa lend a hand.

Until I read the book there were a couple of things I never realised about running in the 1960s. The first is the low numbers attending marathons. At his first appearance as the Ghost Runner, in the Liverpool Marathon, there were only 60 runners. The race returns later this year with an expected field of tens of thousands.

The second thing was that there used to be an Exeter to Plymouth 44-mile road race that Tarrant won five times. Interestingly, one of the runners who remembers John Tarrant in this biography is Phil Hampton, the previous organiser of the Dartmoor Discovery.

John Tarrant had a hard life and had a number of hard, unhealthy jobs, which may or may not have contributed to his early death, from stomach cancer at the age of 42.

If you only ever get to read one book on running, make it *The Ghost Runner*. It's a fascinating insight into a remarkable character. There is hope that, one day, the book will be made into a film, containing equal measures of tragedy, bittersweet comedy — and hope.

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Captain's Corner

Sharon Bowman spots Trotettes aplenty on the racing scene

It has been a really good summer of races for the ladies of the Trotters. There are lots of new faces and some good PBs are happening, showing that all the hard work you're putting in is paying off. Once again, our own Ladies' 10K was a great success. A record 32 Trotettes took part, which is fantastic news for the club. Of course, we need to say a big well done to Michelle (Race Director) and Nikki (Chief Marshal) and all the Trotter lads for a great race. So, see below how all the ladies did from 5K and 10K to half and full marathon races. We certainly get around! Happy running — keep the information and pictures coming.

KILLERTON KANTER, 25 June
Rebecca Weare 1.03.39 101th, Stella Imong 1.06.03 107th, Amanda Milverton 1.06.37 109th, Catherine Barnes 1.13.52.

ERME VALLEY RELAYS, 1 July
Louise Bailey (16.39 and our fastest lady on the night), Sarah Schutte (18.18), Caroline Clark (19.16), Emma Sidebotham (16.50) recorded 44th place in 71.03. The first of our two FV35: Marsha Garrard (19.46), Katrina Duigan (20.24), Sharon 'Fizz' Bowman (19.12), Jackie Woon (17.57) recorded 53rd place in 77.19. Second FV35: Mary Goulden (19.44), Jo Billyard (22.09), Eleanor Taylor (20.50), Lucy Payne (20.58) to bring the team home 60th in 83.41.

OTTER RAIL AND RIVER RUN 10K, 2 July (club trip)
Clare Youngman (on her first race since the tough Dartmoor Discovery), 47.34, first FV40 36th, Becky George 55th 51.29, Sarah Schutte 58th 52.17, Sarah, Becky and Clare were second ladies team home. Gia D'Aprano 52.19 59th, Mary Goulden first FV35 55.05 77th, Marsha Garrard 55.17 79th, Caroline Clark 85th 55.54, Katy George 86th 56.00, Tina Caunter 57.07 92nd, Sharon Bowman 99th 57.52, Caroline Hayes 58.24 100th, Eleanor Taylor 102nd 58.46, Lucy Payne 59.30 first FV55 105th, Janice Caunter

1.01.28 113th, Ellie George 1.02.18 115th, Deborah Clarke 1.02.26 117th.

BOVEY TRACEY HALF MARATHON, 3 July
Louise Bailey 1.44.02, first FV40, Jackie Woon 1.45.10 first FV45, Joanna Haynes 1.59.58 first FV35, Angela Blakesley 2.10.27, Stella Imong 2.16.27.

RUN EXE SUMMER 5K SERIES, RACE 1
Emma Sidebotham 42nd in 21.07, Sharon Bowman 61st in 23.49, Caroline Clark 63rd in 24.07.

WELLINGTON 10, 10 July
Caroline Clark 1.30.39 124th, Sally Ingledew 1.30.42 125th, Tina Caunter 131st 1.32.01,



Sarah Schutte and Mary Goulden, before a Sandygate Loop.

Lucy Payne 141st 1.35.12, Marsha Garrard 150th 1.38.51.

CHUDLEIGH CARNIVAL 6, 15 July
Tracy Elphick 41.23 65th, Anna Caunter (first local lady) 43.35 84th, Sarah Schutte 45.02 99th, Sharon Bowman 45.43 105th, Joanne Haynes 46.34, Sally Ingledew 46.52 118th, Marsha Garrard 46.54 119th, Caroline Clark 46.56 120th, Jessica Parkes 50.13 133rd, Julie Crocker 51.31 140th, Katrina Duigan and Sarah Ross 56.57 168th and 169th respectively.

RUN EXE SUMMER 5KM SERIES, RACE 2

Sharon Bowman 23.50 73rd, first FV45, Jessica Parkes 24.47 79th, Lucy Payne 27.06 90th second FV55.

TOTNES 10K, 7 August
Joanne Haynes 56.14 235th, Michelle Spillar 56.52 245th, Stephanie Ross 271st 58.14, Jeanette Howard 59.46 299th, Rebecca Weare 316th 1.00.50, Vicky Hales 1.12.56 453rd.

DALWOOD FAYRE 10K, 17 August
Caroline Clark 45th 60.54, Sally Ingledew 51st 62.32, Lucy Payne 55th 62.51.

TORBAY REGETTA 10K, 21 August
Tracy Elphick 96th 44.25, Melanie Dunn 48.10 174th, Sharon Bowman 205th 49.28, Caroline Clark 220th 49.57, Sarah Schutte 222nd 50.01, Jess Parkes 246th 51.04, Joanne Haynes 257th 51.39, Mary Goulden 289th 53.25, Katrina Duigan 304th 54.03, Eleanor Taylor 317th 54.34, Rebecca Weare 322nd 54.52, Julie Crocker 342nd 55.51, Tina Caunter 352nd 56.32, Lucy Payne 369th 57.34, Lorna Martin 374th 57.56, Jess Whitehouse (in her first 10K) 408th 59.49, Catherine Barnes (in her 1st 10K) 411th 60.06, Sarah Seymour 448th 62.25.

FOREST FLYER 5, 26 August
Tracy Elphick 37.02 39th, Anna Caunter 40.34 60th, Sarah Schutte 41.35 64th, Sharon Bowman 42.01 65th, Sally Ingledew 42.34 71st, Mary Goulden 45.04 85th, Eleanor Taylor 46.17 92nd, Lucy Payne 46.20 95th

PEWSEY HALF MARATHON, 28 August
Caroline Clark 1.52.06

LUSTLEIGH SHOW 10K, 29 September
Sharon Bowman 53.54 88th, Sue Hewings 56.37 109th, Lucy Payne 57.42 115th, Julie Crocker 57.47 118th, Jess Whitehouse 1.00.54 135th, Stella Imong 1.03.03 144th, Vicky Hales 1.07.32 159th.

DARTMOOR DASH, 4 September

Katrina Duignan 47th 51.08, Eleanor Taylor 54th 53.18.

SEA SWIM SOUTH DEVON, 4 September
Penny Aitchinson 54.12 25th, Nikki Kennard 1.04 47th.

RUN EXE SUMMER 5KM SERIES, RACE 3
(and final standings)

Tracy Elphick 49th 21.05, Sarah Schutte 60th 22.58, Sharon Bowman 23.23 PB 63rd second FV45, Caroline Clark 64th 23.42 PB second FV40, Tina Caunter 25.14 72nd, Lucy Payne 75th 26.28 PB.

ROBIN HOOD MARATHON, 11 September

Sally Ingledew 4.26.44 881st, Sharon Bowman 4.56.59 1172nd.

BRISTOL HALF MARATHON, 11 September

Jess Parkes 3480th 1.54.44, Stella Imong 2.05.59 5445th.

IVYBRIDGE BEACON CHALLENGE, 11 September

Vicky Hales 64th 1.44.13.

FORCE 10K, 11 September

Rebecca Weare 134th 55.03.

DEVON COUNTY AA 10,000m TRACK CHAMPIONSHIP, 14 September

Sarah Schutte 16th 48.11 third SF, Sally Ingledew 17th 49.41 second FV50, Mary Goulden 50.47 19th, Tina Caunter third FV50 51.42 20th.

LADIES' 10K, 18 September

First team prize: Tracy Elphick 46.37 16th, Carrie-Anne Hewings 47.01 18th, Clare

51.51, Sharon Bowman 46th 52.17, Caroline Hayes 49th 52.36. Sixth team prize: Lorna Martin 50th 52.47, Marsha Garrard 53rd 53.24, Mary Goulden 57th 53.41 Stephanie Ross 63rd 53.57. Seventh team prize: Joanne Becker 64th 54.01, Tina Caunter 67th 54.20, Katrina Duignan 68th 54.34, Rebecca Weare 70th 54.38. Eleanor Taylor

82nd 55.56, Tamsin Cook 89th 56.30, Jess Whitehouse 90th 56.30, Kirsty Chrysanthou 93rd 56.45, Lorna Martin 100th 57.15, Julie Crocker 57.17, Catherine Barnes 133rd 1.00.33, Victoria Ratcliffe 136th 1.01.16, Vicky Hales 148th 1.02.07, Sarah Seymour 156th 1.02.42, Sarah Ross 167th 1.03.30, Janelle Penfold 223rd 1.17.12.

NEW FOREST MARATHON, 25 September

Sally Ingledew 4.27.04, Marsha Garrard in 4.29.40.

TAUNTON 10K, 25 September

Tracy Elphick 43.54 10th lady, Katrina Duignan 52.47 PB 58th lady, Marion

Witham 1.06.03 185th Angela Weekes 198th 1.07.42.

TRURO HALF MARATHON, 25 September

Helen Anthony (first race as a Trotter) 1.47.59 217th.



Tired but happy: Trotterettes after September's Ladies' 10K.

Youngman 20th 47.39 second FV40, Melanie Dunn 24th 48.24. Third team prize: Sarah Schutte 28th 49.15, Caroline Clark 34th 50.31, Joanne Haynes 35th 51.06, Katy George 37th 51.14. Fifth team prize: Jessica Parkes 40th 51.30, Helen Parsons 43rd

Trotters Dinner and Dance

Disco &
yummy
cold buffet!

Tickets just
£10!

Kingsteignton Royal British Legion, Friday 16 December, 7pm
to midnight, with presentations at 7.30pm
Tickets on sale from 19 October, from John and Tina Caunter

Great raffle prizes - see Dave Dunn for tickets!

Coaching update

Coach Coordinator **Rod Payne** has the latest on our training arrangements and says thank you for your support.



John Skinner

Admiring the view during a quiet moment on the Heller trial run.

Before I begin my roundup for the month please allow me to write few words of personal thanks to you all. As many of you know I have over the past 18 months been increasingly stooped over with a back problem that transpired in diagnosis, would never get better without surgery and now I have had that surgery. I am in the early stages of a very long road to recovery. I would like to take this opportunity to thank all of you for your very kind get well wishes delivered to me in various ways following the operation. My wife Lucy has been wonderful throughout and I would not have been able to get through the ordeal so well without her. Also thanks to my fellow coaches for proving that they really don't need me but I send a special thanks to Tarqs who kept a weather eye on things for me to ensure that things ran smoothly. Thank you for the card signed by so many of you and the comments contained within are proof to me that Teignbridge Trotters is more than a club, we are a large family. I will soon be back to urge you on for the Wednesday sessions but for the foreseeable future I will be unable to join you on the Monday night runs.

Bibs

The year is flying by and October is upon us already. With it we are back to the dark nights and those dreaded bibs. So I will start with an appeal to you all. Please remember to bring along your bibs for the training nights. Fluorescent jackets are not adequate protection if they do not have reflective strips. Our supply of spare bibs is running low as we continue to loan out bibs that are not returned after the session. When our supply of bibs is gone, unless I am instructed to do so by the club, I will not be replacing them. So if you turn up without a bib you either buy one for £5 or you cannot train. If you know you have

borrowed a bib and not returned it, please bring it to club and let me have it or if you feel too embarrassed to give it to me then put it in the key box when no one is looking.

Training numbers

I have as usual attached to this report a schedule of the training numbers for September. After three quieter months, in September we have recorded numbers last seen back in May. We are over half way through the training quarter and I am pleased to report that the initiative of advertising the groups as options seems to have removed the discrimination against speed-type sessions. We are generally seeing a much more even split between the training groups.

Despite this, we are still getting the occasional group that attracts really large numbers. As coaches, we are concerned that these large groups can compromise safety. It depends what the session is and where it is being held. So it may be that when this happens we may seek to reduce the numbers in the group. If a spare coach is available and willing we may split the group in two or alternatively we may ask for volunteers to go with an alternative group. Please bear with us if this occurs as we only have your wellbeing at heart. Also if you find yourself in a large group please act responsibly on the road and pay attention to what you are being told by your leader.

Farewell to coach Tommo

After many years of coaching service to the club I am sad to report that I have received notice from Dave Tomlin of his intention to quit coaching with immediate effect. I would like to thank Tommo for the support he has given me in my role of Coach Coordinator and I am sure



John Skinner

Through the ferns: Trotters soaking up the glories of Dartmoor.

TEIGNBRIDGE TROTTERS – TRAINING NUMBERS SEPTEMBER 2011

MONDAY GROUPS		Coach/Leader	Nos	WEDNESDAY GROUPS		Session	Venue	Coach/Leader	Nos
				7.9.11	Group Option	30,60,90 secs x 3	Tuckers Malt's	Watsa	7
5.9.11	Training Group			7.9.11	Group Option	6x hilly loops / jog recov	Highweek	Tarqs	13
5.9.11	Intermediate/Recovery	Mark H / Ewan	11	7.9.11	Group Option	4 x 5 minutes	Brunel	Ewan	24
5.9.11	Beginners	Clare	23	7.9.11	Improvers	3 – 5 Miles	Up to Coach	Fizz	10
		Rod	5	7.9.11	Long Run	9 – 11 miles	Up to Coach	Ben	7
			39						61
				14.9.11	Group Option	Ladies 10k Reccie Run	Dornafeld	Michelle	0
				14.9.11	Group Option	Ladies 10k Reccie Run	Dornafeld	Michelle	36
12.9.11	Training Group	Ewan	14	14.9.11	Group Option	Social run Combined	Up to Coach	Eleanor	0
12.9.11	Intermediate/Recovery	Sarah Ross	19	14.9.11	Improvers	Social run Combined	Up to Coach	Eleanor	14
12.9.11	Beginners	Jan	2	14.9.11	Long Run	9 – 11 miles	Up to Coach	Ben	5
			35						55
				21.9.11	Group Option	45 seconds x 12no	Forde Park	Fizz	34
				21.9.11	Group Option	Long Fartlek	Up to Coach	Watsa	7
19.9.11	Training Group	Dennis	14	21.9.11	Group Option	2 x 10 minutes	Coach Road	Tommo	9
19.9.11	Intermediate/Recovery	Eleanor	24	21.9.11	Improvers	3 – 5 Miles	Up to Coach	Jan / Buzz	12
19.9.11	Beginners	Ian	7	21.9.11	Long Run	9 – 11 miles	Up to Coach	Ben	12
			45						74
				28.9.11	Group Option	12 x 70 seconds	Hosp Road	Tarqs	14
				28.9.11	Group Option	6 x 600m (200 jog)	Jetty Marsh	Eleanor	25
26.9.11	Training Group	Bruce	15	28.9.11	Group Option	Parluffs	Bakers Park	Fizz	12
26.9.11	Intermediate/Recovery	Wilf	25	28.9.11	Improvers	3 – 5 Miles	Up to Coach	Ian/ Buzz	8
26.9.11	Beginners	Rod	7	28.9.11	Long Run	9 – 11 miles	Up to Coach	Ben	8
			47						67
				Total	423 members	Total of 30 sessions	Averages	14.1 members per session	
						Total of 8 nights		52.88 members per night	

you, as members, would echo this vote of thanks. We will miss his coaching experience but wish Tommo well with his running and hope that he can continue to benefit from the training structure within Teignbridge Trotters.

Member leaders

It is fantastic the way that our member leader initiative on a Monday has worked out so well. For those of you who don't know what this is I can explain that under ARC guidelines we are, with the agreement of the Club Committee, able to nominate responsible members with two years experience within the club to lead a group of runners. We have so far appointed Dennis Milstead, Wilf Taylor, Sarah Ross, Mark Hamlin, Bruce Campbell and Alan Boone and we will be adding to these in the next quarter so watch this space. If you qualify and would like to lead out a group then please let me know.

And finally

To round up this report I would once again invite any comments, ideas or even criticism of the coaching we are giving to you. Here's an example: from feedback we now realise that the Monday groups, because they are being led by different people, sometimes repeat routes and some of you find yourselves running the same routes time and again. This has been brought to our attention by Vicky Hales, so we are taking steps to ensure that this does not happen. Thanks for this feedback, Vicky. We are already working on the next quarter's training schedule. This will commence in November and take us through to January so enjoy what is left of this quarter and I hope your running just gets better and better.

Absolutely fabulous!



Michelle Willocks-Watts (far left), pictured with some of the 32 Trotter ladies who finished this year's Ladies' 10K, creating a new record for the event.

The 2011 Ladies' 10K attracted 260 entries and a total of 232 finishers, writes outgoing Race Director Michelle Willocks-Watts. Forty-five runners chose to enter on the day this year, which is a record for the past five years.

A cheque for £520 was presented to Mr Dewhirst, the owner of our race venue, Dornafeld Caravan Park, for his nominated charity Bowel Cancer UK. This year's race date, 18 September,

marked 14 years since his wife passed away from bowel cancer.

I would like to add a personal note to thank everyone in the club who has helped enormously during my time as race director. I know outgoing Chief Marshal Nikki Kennard will join me in wishing Lucy Payne and Marsha Garrard all the best in their new roles as Race Director and Chief Marshal and continued success with this wonderful race.

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: The Exeter Track 10K puts a spring in Monkey's step.

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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