

The Trotter

Number 29

November 2011



Loop to Ljubljana

Andrew, 'Monkey' Ludlam enlisted the help of Isaac Newton, Lady Macbeth and a terracotta punishment oval as he prepared for a crunch half marathon in Slovenia.

Unusually for Monkey, I had decided to have a pop at the Trotter Championship this year. Some races done. A summer hiatus. Time to get busy. End of season would require off-road and hills so, with Chairman's advice, I began to integrate steepness into my shabby schedule. Nice. I ticked off a few more champ duties in shorter race sections of the list.

Tarquin reminds me that I need the September Exeter 10K Track to start filling my categories. For three weeks, I tackle the dirty truth of 3-min fast reps with 2-min full recoveries. However, on my mind was

the Ljubljana Half Marathon. It would have a massive field, sharing human real estate with the full 26-milers gunning off simultaneously. Course essentially flat. I would need speed and that meant the elusive thing they call form.

Rare for Monkey: I had a light-bulb-in-the-head moment. I would continue to deliver snappy torture reps but, from now on, with total mindfulness of my body shape and centre of balance. No longer would I concern myself with where my feet landed. I was going to fall forward from my ankles and remove my feet from the ground

News Desk

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

20/11 Cornish Marathon
20/11 Drogo 10
27/11 Bicton Blister
04/12 John Scott Memorial
04/12 Exeter Cross Country
05/12 Brooks Winter 3K
11/12 Santa's Xmas Pud Run

Not long to go now before the social event of the year — the Trotters Dinner & Dance, *writes Roger Hayes*. Tickets can be purchased from John or Tina Caunter for a modest £10. The evening starts at 7pm, with award presentations at 7.30pm. Dave Dunn has kindly agreed to do the draw again this year and is currently selling raffle tickets. Could all members holding a perpetual trophy return it to me ASAP, please. The next time I will be at training will be Wednesday, 23 November. I will be making the draw for the Virgin London Marathon places during the Dinner & Dance. If you have four points or more and want your name to go into the hat, please let me know. See page nine to see if you've got four or more points. I have booked the 'love bus' for all those living in Teignmouth, Shaldon and Bishop, if you want a seat then you know what to do!

Talking of the London Marathon, if you've already got a place and need to sort out your accommodation, you might like to consider Mike McElheron's trip. Included in the price is transport (coach) up there, departing from Newton Abbot on the Friday morning. Two nights' accommodation staying at the Clarendon Hotel on Blackheath, the closest hotel there is to the blue start! Breakfast on the Saturday and Sunday morning and an evening meal on the Friday and Saturday. The coach returns home late on the Sunday afternoon, stopping en route, enabling everyone to have an evening meal which is also included in the price of approximately £250. Mike can be contacted on 01803 409968.

Unfortunately we have a clash of events coming up — the John Scott Trophy and the Exeter XC, with both due to take place on Sunday, 4 December. The Exeter Westward League fixture also doubles up as the Devon Cross Country Championships. If you wish to register for these you must let John Caunter know before 28 November. The John Scott Trophy is a four-mile handicap race, open to all first-claim Trotters. It starts at 3pm from Abbots Social Club in Kingsteignton. If you would like to take part, please email Stephanie Ross stephanieross17@tiscali.co.uk and let her know. She can then work out your handicap. There are plenty of prizes up for grabs and we all meet in the White Hart (East Street, Newton Abbot) afterwards for a carvery and well-earned pint. Please bring a suitably wrapped gift to the value of £5.

On behalf of John and Gary Caunter could I say a huge thank you to all those who kindly gave up their Sunday morning to help out at the recent Templer Ten. The event was a great success, with many positive comments, before, during and after the race. It was our first year without police support, leaving us with a couple of rather busy road sections to deal with. I'm pleased to say that we coped extremely well

and there were no incidents to report. I have compiled some stats from four of our races (see page six) which I hope you will find interesting.

The first Wintergate Loop was a success. Thanks to all those who helped out. The next one will take place on Friday 25 November, starting at 7pm from the lighthouse on Teignmouth sea front. The 3.5K course is traffic-free. Why not come along and give it a go. There is the option of a bite to eat and a beer afterwards in the Endeavour Pub. It would be great to see some of our newer members there.

Sadly, we haven't had anyone come forward to fill the position of club camp organiser. It's been going for 11 years and would be tragic to see it come to an end. There must be someone out there willing to step up to the plate to save this gem of a Trotter social event. Please contact me if you are interested.

I'm pleased to tell you that Ian and Anna Langer have had twins, a little girl called Cloe and her brother Toby. They are both doing well and are now home, having spent a few weeks in hospital. Anna has, understandably, decided to step down from the committee. I would like to take this opportunity to thank her for all her efforts during her time spent serving the club. This now means there is a vacant general member position on the committee. If you would like to be considered for the position, please let me know via email chairmanrog@sky.com

That's me done for another month. Off now to run the Druids' Challenge with Smokes and Marsha — 84 miles in the pouring rain. Who said runners were mad?

The Trotters need you!

*The following positions are currently vacant.
Can you help the club out by filling them?*

Cross Country Captain
General Committee Member
Club Camp Organiser

Nothing beats the track for studying and informing your own running action.



vertically up under my hips. At least that was the sense I wanted. I would then apply this with a relaxed and steady torso at the Exeter 10K. Yeah, in your dreams, Monkboy!

A couple of years ago, I went to the Exeter track on a Wednesday evening for some 3K action. It was dark and the floods were on. I thought: 'Ooh, this looks just like on the telly.' I puffed and blew my way round in a kind of aimless frenzy. This time, I was going to apply myself. Straining for speed was simply not permitted in my manifesto. The track is spongy, so shoes as flat as possible, please. Even my remedial understanding of Newton's Laws of Motion told me that I didn't want two shock absorbers. That would be gratuitous. But *three* (leg system, shoe, track surface) — self-delusional.

The order of the day was: Run Fast Nicely.

At the desk, the man checks my age category and elicits a projected time. I say that I would be delighted to go under 43. He gives me an ambivalent look that may equally mean 'You'll be lucky, son,' or 'Can't you do better than that?' Well, after all, this is the home of the Exeter Harriers, with a clubhouse, spectator stand, a posh camera and that big, oval, terracotta punishment loop.

There are around 45 runners and two races. The cut-off time puts me in the second group. After a short warm-up, I await the gun for our top Trotters. Time to eyeball the shapes of all the runners, including Langs and the mighty Evo. But obvious respect for the master class front man Shaun Antell. Note: if you need a crisp, smooth, balanced template, look no further than our very own Garry Smart. Nothing beats the track for studying and informing your own running action.

We are encouraged by the management to pin six-inch square numbers on the right-hand side of our shorts. This is for photo finish purposes. Now I am getting twitchy.

Blistering runs from our Trotter cream. Warm-up. This is one soft track underfoot. I have a fleeting Zola Budd moment but it passes as I splash through a puddle off-piste.

'Twenty-five laps. We only show the countdown to the lead runner, so add on one more circuit each time you are lapped.' Nice.

Bang!

You know what? It really did go quiet, like in the movies. Focus and follow the rules. Fall forward from ankles. Remove supporting foot from ground using mainly the sense of the hamstring muscle. Foot has feeling of moving vertically up under hip only as far as is required. My centre of gravity is my hips. Do not allow feet to trail behind and outside my centre of mass. Ignore any propaganda about feet landing. However, the sense of weight is only ever on the ball of the foot. When (God forbid) an overtaking manoeuvre is expedient, do not be bullied or duped into high-knee clawing forward heel-striking, forcing outside your centre of mass resulting in momentary deceleration nonsense. Have the courage to initiate falling sooner (since you cannot fall faster, because that rate is an accelerating force of 9.8 metres per second squared and is fixed by the mass of the planet and is called by that bloke Newton, er, gravity.)

My initial tests in the hallowed killing fields of bleak Brunel revealed that falling in any shape or form is problematic and usually associated with the mis-management of alcohol. However, once you have put in place the beginnings of a technique (think proper swimming or tennis), then there is a get-out clause. When you initiate falling sooner you are obliged to remove your feet from the ground with greater regularity. This translates into higher cadence (respect Watsa) and a slightly longer stride. This is a big ask for the hamstrings in that they will be contracting with a greater force. It is therefore essential to practice nicely. Outcome — you will move faster across the ground and complete your overtaking move without having to apply brute force in some kind of energy-sapping quasi-sprint display.

Concentrate and embrace the system, Monkey, and remember this 10K is your property to experiment with. Also I want to record my findings mentally when I ramp up the tempo for the final two laps. I want a quiet torso, vertically aligned with a sense of forward angle from ankles and a steady head without tension. Arms moving as pendulums only enough to balance — so no forcing or synthetic pumping. I am following the rules for the last two loops. Velocity is increased and sustained to the line.



Turn to page twelve

Membership Report

Dave Dunn brings us up to date with the latest crop of new members.

Our membership total now stands at 219, but I expect that to climb still further over the coming weeks as we have seen several new faces at Coombeshead recently who have been part of Sue Brown's group at South Dartmoor Community College in Ashburton, training towards their participation in next year's London Marathon. Over the past month we have recruited six new members, who I'll introduce to you now.

Mike Jones (41) has recently moved to Highweek from Cheltenham where he was a member of CLC Striders. Prior to moving, Mike had suffered a hip injury but is now sufficiently recovered to attend training on both Mondays and Wednesdays. Mike is aiming to do another half marathon next year, maybe Bideford?

Don't expect to see Bryan Robinson (56) from Teignmouth at any of our training sessions soon, but you never know! Bryan is sharing a house with Andrew 'Monkey' Ludlam and has also decided to share his membership of our wonderful running club, so we may be seeing Bryan at one of our upcoming social events.

Chris Dodwell (61) from Dawlish has twice in recent years run the London Marathon raising money for Asthma UK, a charity very close to his heart. I'm unsure as to whether Chris has decided to go for the hat-trick, but whatever his future targets may be, we wish him well in his pursuit of them.

Ben Deeble (39) from Combefishacre did enter to run in this year's Bovey Tracey half marathon, but whether it was due to an injury, or maybe because of the lack of a permit for the race, or for some other reason, Ben decided not to start. Now that Ben has joined our ranks, it

won't be for lack of fitness that Ben misses out on other opportunities to race.

Tegan Faulkner (28) from Heathfield took up running only this summer, initially following a plan called C25K, which stands for 'Couch to 5K'. It starts with you running for one minute and walking for three, building up over nine weeks until you are running for 30 minutes. Tegan then progressed on to the Bridge to 10K plan, with the ultimate aim of being able to run 10K at the end of a further six weeks. After coming along to a few of our Beginners' and Improvers' training sessions, Tegan decided that we were all so nice that she wanted to join us!

Steve Larkins (32) from Chudleigh had only just started attempting to get himself fit, joining a gym and losing a little weight, when he decided to follow the lead of his work colleagues and enter next year's Great West Run, despite not having run in years. So Steve has started attending our Monday evening Beginners' group, surprising himself by running four miles on his first night. Steve has felt welcomed and has found enough motivation to be already looking forward to progressing into our Wednesday evening Improvers' group.

A few of our members will be celebrating a landmark birthday between now and the end of the year. Steve Barker and Derek Blackford actually share the same date of birth, and consequently both will turn 40 just after Christmas. Becky George won't thank me for pointing out that she reaches 45 in early December, while Adrian Mawson can start targetting some age category prizes from the beginning of the month. Happy birthday to all of you!

Record breakers

One of longest-standing club records was finally broken in October when Stephanie Ross crossed the finish line in the Ljubljana Marathon, stopping the watch at 3:48:50. Stef's time eclipsed the FV50 record belonging to Marion Luker, which had stood since the London Marathon of 1992.

Stef (pictured in Ljubljana, with Vicky Hales) has apparently decided that she'll now rest on her laurels for a further five years and then attempt to better the FV55 currently credited to Pauline Newsholme.

Interestingly, it took the pacing efforts of our Chairman to assist Stef in breaking the record held by the wife of his predecessor. Is that cricket?



Stef may have broken one of our oldest records in the book, but Graeme Baker wasted no time in bettering his own MV70 10 miles club record. Graeme knocked almost six minutes off his time for the distance previously set at Wellington, when recording 1:18:00 in the Cabbage Patch 10 on the River Thames towpaths around Twickenham.

Opportunities for record-breaking between now and Christmas are rather limited locally, unless you fancy the Cornish Marathon and have been

hiding your light under a bushel! However, wherever you are racing during the next few weeks, have a good time, and don't forget to let our roving reporters, Sharon 'Fizz' Bowman and Rod 'Rodders' Payne have all the gory details.

Dartmoor Discovery update

DD Race Director **Roger Hayes** fills us in on the latest developments as we get to grips with a second year of the greatest logistical challenge the club has yet to face.



DD Sector Marshals: Rod Payne, Jan Caunter and Mark Becker.

I know most of you will think next year's Dartmoor Discovery is some way off, after all it's not until next June. However, planning for the 2012 race started almost as soon as this year's race finished. One of our first decisions concerned the date. The Queen's Diamond Jubilee celebrations just happen to fall on the usual weekend of the DD. I did have a word with Her Majesty about possibly altering the date but she sadly was having none of it: quite a temper she's got! We therefore had no alternative but to move the race back a week. It will now take place on Saturday, 9 June.

The entry form went live on 1 September. The response was incredible, I had over 50 entries within the first week! We currently stand at 177 — well on target to fill up before Christmas, and that's despite the fact we increased the entry limit by 25, taking it up to 225. I'm sure we could attract even more than that if we wanted. However, part of the DD's charm is its intimate atmosphere and we were very conscious of not spoiling that. I don't envisage the entry limit to alter again.

John Ludlam and myself have been working feverishly on the race magazine. We're nicely on schedule for it to go to press in early January. And, yes, we will be having a small army of proof readers! I've been staggered by the amount of runners I meet who have heard about the DD. I don't think there are many on the marathon circuit who have yet to come across it. My thanks to Sally and my wife, Caroline, for handing out entry forms up and down the country. Why shouldn't our race become a national classic, similar to the London to Brighton ultra? I want it to become a race that all marathon runners want to have on their CV. This year we already have 82 first-timers, yet more evidence that we're 'getting it out there'.

I'm sure you're all aware by now that Ian and Anna Langler have had their twins (see Newsdesk, page two). Tarquin has replaced Ian as Chief Marshal. That is the only major change in my race committee. The four sector marshals have all very kindly agreed to continue in their roles. They are Jan Caunter, Rod Payne, Michelle Willocks-Watts and Mark Becker.

The number of Trotters entering the race has steadily increased. It now stands at 19. I know many of you marshalled this year and were so inspired by the race that you had to do it. There are, of course, the DD diehards from the Trotters who do it most years. I for one salute you all. This obviously means we won't be able to call upon 10 per cent of our membership to help stage the race. It does mean, though, that, with 90 per cent not running, there should be no need for Tarq or myself to panic! Our membership currently stands at 219, making us one of the largest running clubs in Devon without a junior section.

The real reason for this report is to make a personal plea to all those who are not running the race. Please make a note of the date (Saturday, 9 June) and do your bit for the club by offering to marshal. This year, we had to rely on outside help from other clubs and organisations, something I don't want to have to do next year. We offer some of the best training available on our club nights and we have probably the lowest club membership fee in the West Country. So, please, now is the time to give a little bit back! You can contact Tarquin at teignbridgetrottertarquin@btinternet.com or phone him on 07513 544938. If any of you hold a current licence to drive a minibus we would particularly like to hear from you.

Calling all DD 2012 Trotters

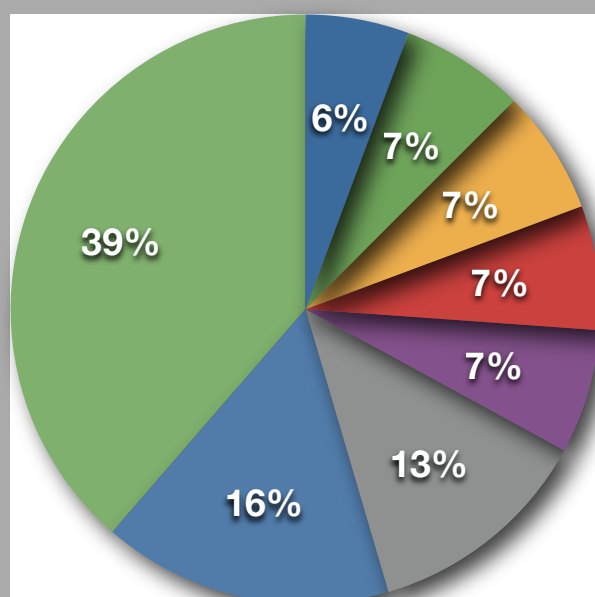
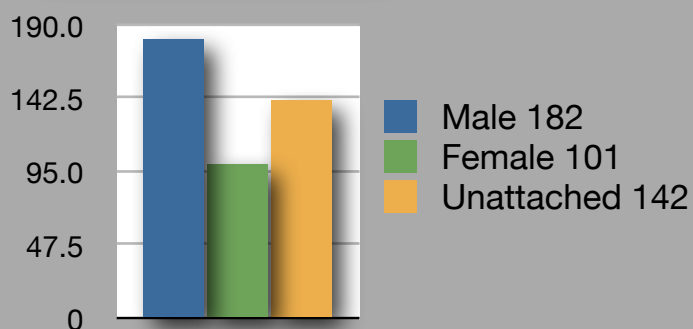
A large group of us have already entered the North Dorset Marathon which takes place on Sunday, 6 May. It will be great training for all those running the DD or if you're like Dave Dunn or myself, just a nice day out! I hope to hire a minibus and drive everyone up to Sturminster Newton, which is where the race starts and finishes. According to Sally, who rates it as one of her favourite races on the marathon circuit, it's very well organised and has a great scenic route.

Places are limited to 400 and the race always fills up early, so if you are interested you better enter sooner rather than later (that means you, Smokes, Wurzel, Smiler and Tweeds!) Please let me know how many seats you would like on the bus.

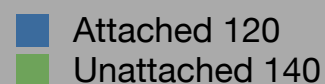
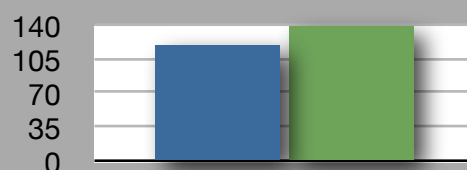
Race Statistics

Roger Hayes has compiled some facts and figures from four of our 2011 races.

HAYTOR HELLER: 283 ENTRANTS



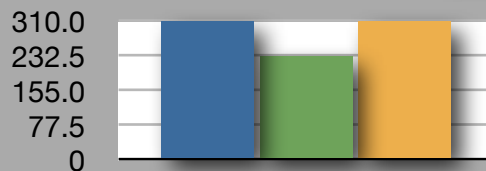
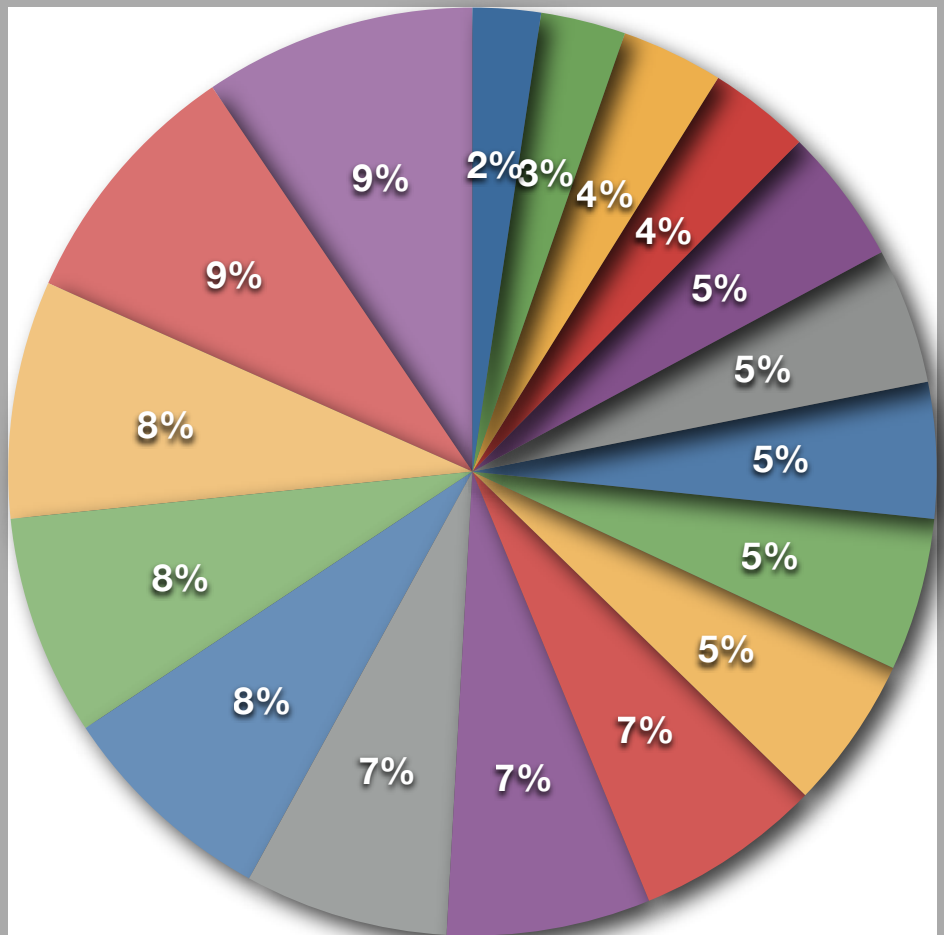
LADIES' 10K: 260 ENTRANTS



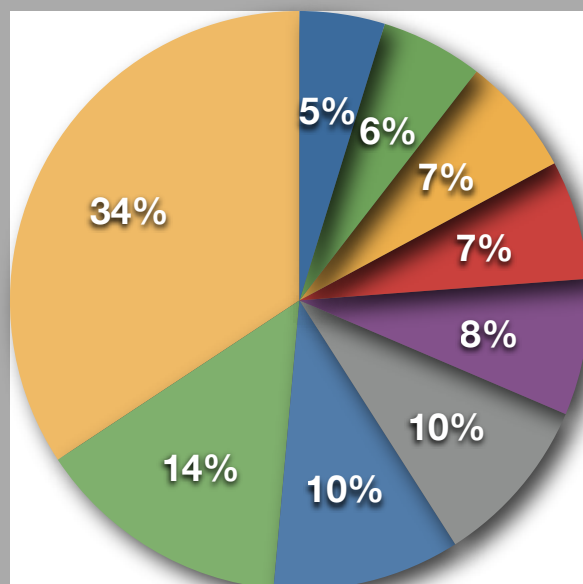
TOTNES 10K:

544 ENTRANTS

- Fit 2Run 4
- Dawlish Coasters 5
- Brixham 6
- Plymouth Harriers 6
- Erme Valley 8
- Plymouth Coasters 8
- Tavistock 8
- Plymouth Musketeers 9
- Running Forever 9
- Axe Valley 11
- Tamar Trotters 12
- Plymstock 12
- Exmouth 13
- South Devon 13
- Teignbridge 14
- SWRR 15
- Torbay 26



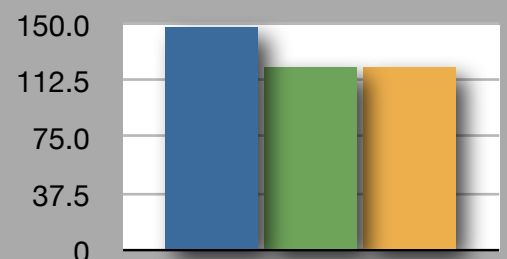
Male 310
Female 234
Unattached 310



- Clevedon 5
- Women on the Run 7
- Tamar Trotters 8
- SWRR 11
- Torbay 36
- Sidmouth 6
- Tiverton 7
- Teignbridge 10
- South Devon 15

TEMPLER TEN:

270 ENTRANTS



Male 148
Female 122
Unattached 122

Captain's Corner

Tarquin notes the breadth of achievement in recent weeks.

We are well and truly into the closing stages of this year's race season, but we still have some big races to contend! So, what have our Trotter men been up to over the past couple of months? I think the answer to that is 'a bit of everything'! From marathons around the country and Europe to a run/bike/kayak event across Devon, the Trotters have been well represented.

Mark Wotton has been one of a handful of Trotters who have been competing in a number of marathons, but this didn't stop him from winning the 1st MV50 award at the South Moulton Struggle at the beginning of October.

A man who seems to be winning a MV50 award at every race he competes in is Lance Mason. Lance has only been with the club since the summer, but has taken no time in showing us his potential. Lance has won the 1st MV50 award at the Ivybridge Beacon Challenge (11 Sept); Devon County AA 10,000m Track Championship (14 Sept); Taunton 10K (25 September); Teign Valley Toddle (2 Oct); Dart Vale Half (16 Oct). Lance has committed to racing every weekend, so if he doesn't get any more injuries, I'm sure we'll see further success from him.

Pete Aston and Adrian Youngman represented the club in a more unusual event in September. The 'Coast to Coast' event involves runners having to get from the North Devon coast to the South Devon coast over two days. With running, cycling and even kayaking over various stages undertaken — and

overnight camping — this was truly an endurance event. Well done to them!

Recent Trotter team success has come at the Eden Project Half Marathon last month. Quite a number of Trotters ventured down to the Eden Project, in deepest Cornwall, to take part in both the half and full marathons there. The

A week later, we had another fine turnout at the Dartmoor Vale races. Dave Dunn (pictured, far right) achieved the 1st MV55 award, with his fine 3:58:24 in the full marathon, running alongside Chairman Rog, Roger 'Smokes' Hales, Alan Boone, Bruce Campbell and Phil 'Latte' Perry. As you are reading this, Chair and Smokes

(along with Marsha Garrard) will be tackling the tough 'Druids' three marathons in three days event. Chair and Smokes have been running marathons most weekends for the last few months and this event will be the culmination of their efforts. Smokes has seen his marathon times improving each time and achieved a fine 3:15 in the Ljubljana marathon in Slovenia.

In the Dartmoor Vale Half there were some good personal achievements. Neil Pallant ran a PB with a time of 1:44:05, while Travis Wood (1:38:21), Rex Barnes (1:48:24), Peter Royle (2:02:20) and Guy Roberts (2:06:27) all ran their first half marathon. Guy is a relatively new member, but had been consistently putting in the effort at training and this is paying off for him in the races he has entered. Last weekend he achieved a fine 1:24:41 at our own Templer Ten race.

During the same weekend as the Dartmoor Vale races, our own super V70 Vet, Graeme Baker, was smashing his own 10-mile record again. Graeme ran a superb 1:18:00 at the Cabbage Patch 10M race in Twickenham and, in doing so, picked up the 2nd MV70



He's running in royal blue now: Guy Roberts puts in the work.

tough course provided some gritty performances, but we came away with the 1st Male Team award for the half, with Nick Stevens, Ian Langler, Steve Barker and myself being the first four club runners home.

award for that event, out of a large field of 2,000 runners.

This weekend, we have the 'Deviack Bounder', a tough, hilly ten mile road race in South East Cornwall, followed by the two off-road races, the Drogo 10 and Bicton Blister on the two weekends after that. All three are ten-mile races and all have their own idea of tough. After that, we have the Exeter Cross Country and our own John Scott Trophy, both on the first weekend in December, which will bring a close to this year's race season (certainly as far as the club championship is concerned anyway).

Next year's championship season kicks off with the 'First Chance 10K', on Exeter Quay, on Sunday, 8 January, so that hardly gives any time to relax and there are other races throughout December, so there really is no let-up! Before I sign off, don't forget that our new 'Wintergate Loop' runs have started. Held on the last Friday in the winter months (except for December), this is run over a traffic-free, 3.5K course on Teignmouth sea front, starting at 7pm. Why not give it a try?



Points mean prizes!

As Chairman of the Trotters I would like to say a massive thank you to all those who have helped out at one or more of our races this year, *writes Roger Hayes*. In particular, I would like to thank the 37 Trotters listed below, who have helped out at four or more of them.

John Tweedie (pictured) is the only Trotter to have gained the maximum six points for the past two years. You're a star, Tweeds!

I would also like to thank Syd for overseeing the collation of the points throughout the year. Believe me, it's not an easy task! Syd is currently in America, hence me filling in for him.

Any perceived discrepancies on the points tally, please contact Syd, who will be only too pleased to investigate.

4 Points

Graeme Baker, Catherine Barnes, Mark Becker, Bruce Campbell, Jimmy Donovan, Vicky Hales, Ian Langler, Stuart Moulson, Graham Penn, Phil Perry, Vicky Seaman, Wilf Taylor, Dave Tomlin

5 Points

Kevin Besford, Sharon Bowman, Jan Caunter, John Caunter, Tina Caunter, Gary Clark, Stewart Dunn, Dave Foster, Mary Goulden, Roger Hales, Julian Head, Nigel Penwarden, Maurice Piper, Sarah Schutte, Gary Watson



6 Points

Dave Dunn, Nathan Elphick, Roger Hayes, Tarquin Milford, John Skinner, Buzz Terrill, John Tweedie, Wavell Vigers, Mark Wotton

If you have got four or more points and would like to be entered into the draw for one of the Virgin London Marathon club places, please let me know ASAP. Please note that you must have every intention of taking part in the 2012 race and under no circumstances can you give your place to anyone else. If you have five points, you are entitled to a free club trip entry for

2012. And six points entitles you to a free

2011 Dinner & Dance ticket as well as the club trip entry. Our first race of 2012 will be the Bovey Tracey Westward League Cross Country on 12 February. See you there!

Coaching update

Coach Coordinator Rod Payne reviews recent training and announces a new coaching course experiment.

Another month of Trotter life has flown by and we are now into our autumn training programme.

Monday nights

Monday nights are now really well attended and you all seem to be finding the group for you. I am trying to establish some clear identity between the 7- to 9-mile training group and the 5- to 7-mile recovery/intermediate group. It is important that the training group keeps moving but it should not exclude anybody who is able to cover the distance. The skill of getting the best from the group is for the faster runners to loop back. If done consistently this can add about 10 per cent on the overall distance covered and means that nobody should stand waiting for the group to reform. That said it is not imperative that you loop back. I know that I used to use sections to run hard and use the time at the regrouping point as recovery. There are no right or wrong ways to use the group.

The recovery/intermediate group, apart from not covering the same distance will by its nature be less intensive and give the less experienced or fatigued runner the opportunity to take short rests and recover before setting off again. Once again the quicker runner can use the loop backs in order to get a better workout.

The Monday format is still relatively new and our 'invited' leaders are still finding their feet. I am delighted with what they are contributing to Monday training while at the same time taking pressure off the still-depleted coaching team. We are delivering nine groups a week to you and could not do it without our 'invited' leaders.

Wednesday nights

I am delighted that Wednesdays are also going really well at present. All of the groups are well attended. I was concerned that some groups were becoming too large so we have been

experimenting with assembling the groups outside to check on numbers before setting out. This is working well but in reality means that the groups have been a few minutes later in setting off. Please be patient with us as I am sure that we will become more efficient over the coming weeks.

Please have a look at the training schedule and try to plan ahead to ensure that the group with which you train is the best group to meet your needs. Again, I would emphasise that your coaches have been there, done it and got the T shirt. We also have a number of highly experienced members who would be more than pleased to give you advice. The club invests heavily in coaching so don't be afraid to use us.



Coach in running fitness

There is a new coaching course now available that is aimed at distance and road running. In order to take the course it requires real commitment as the course is held over four separate days, involves background research and reading and taking a final exam and assessment. The cost to the club is not insignificant as each candidate costs £625. Men's Captain Tarquin is going to be our guinea pig and will be reporting back on whether he

feels the course will be of benefit to the club.

I will be in close touch with Tarquin and, as we are both on the main committee, we will be reporting back to them as the course proceeds. Hopefully this course will prove to be worthwhile.

And finally

If you have got this far and are still reading this, then thank you. Once again, I will round up this report by thanking you for the great effort you are all putting into your training and asking that you give us your feedback on the sessions. You can either speak to the coach immediately after the session or email me.

TEIGNBRIDGE TROTTERS – TRAINING NUMBERS OCTOBER 2011

MONDAY GROUPS		Coach/Lead	Nos	WEDNESDAY GROUPS		Session	Venue	Coach/Leader	Nos
				5.10.11	Group Option	15, 30, 45, 60 secs x 3	Jetty Marsh	Clare	14
				5.10.11	Group Option	1k, 800m, 400m x 2	Powderham	Ewan	16
3.10.11	Training Group	Alan Boone	16	5.10.11	Group Option	Social Run	Up to Coach	Tarquin	9
3.10.11	Intermediate/Recovery	Sarah Ross	17	5.10.11	Improvers	3 – 5 Miles	Up to Coach	Fizz	12
3.10.11	Beginners	Tarquin	10	5.10.11	Long Run	9 – 11 miles	Up to Coach	Ben	8
				12.10.11	Group Option	3 x 10 mins	Pottery Road	Watsa	12
				12.10.11	Group Option	Pyramid Hills	Churchills	Jan	16
10.10.11	Training Group	Ian L	17	12.10.11	Group Option	Fartlek	Brunel/B'land	Tarquin	11
10.10.11	Intermediate/Recovery	Clare	22	12.10.11	Improvers	3 – 5 Miles	Up to Coach	Fizz / Buzz	24
10.10.11	Beginners	Ewan	8	12.10.11	Long Run	9 – 11 miles	Up to Coach	Dennis	10
				19.10.11	Group Option	Kenyan Hills	Churchills	Ewan	11
				19.10.11	Group Option	6x Figure 8	Powderham	Fizz	11
17.10.11	Training Group	Clare	16	19.10.11	Group Option	Social Run	Up to Coach	Tarquin	26
17.10.11	Intermediate/Recovery	Dennis	18	19.10.11	Improvers	3 – 5 Miles	Up to Coach	Clare	9
17.10.11	Beginners	Jan	7	19.10.11	Long Run	9 – 11 miles	Up to Coach	Ben	9
				26.10.11	Group Option	Hill Sprints	Penshurst Hill	Clare	11
				26.10.11	Group Option	Social Run	Up to Coach	Watsa	21
24.10.11	Training Group	Mark H	11	26.10.11	Group Option	Lamp Post Shuttles	Jetty Marsh	Rod	17
24.10.11	Intermediate/Recovery	Noel	17	26.10.11	Improvers	3 – 5 Miles	Up to Coach	Buzz	3
24.10.11	Beginners	Jan	7	26.10.11	Long Run	9 – 11 miles	Up to Coach	Ben	7
									59
31.10.11	Training Group	Dennis	16						
31.10.11	Intermediate/Recovery	Sarah R	21	Total	465 members	Total of 35 sessions	Averages	13.28 members per session	
31.10.11	Beginners	Jan	5			Total of 9 nights		51.66 members per night	

I was proper strapped in by wall-to-wall runners of both full and half persuasions



...continued from page three

Conclusion — specified duties deployed. Time — 42:20. Overall feeling — that's nice.

Jump forward to Ljubljana and the Slovenia Massive. Monkey kept up his quest and did another championship race, the Teign Valley Toddle. All good. Then I continued preparing in the same vein for Former Yugoslavia. Serious Trotter social action in Ljubljana on Friday and Saturday. Come the half on Sunday, *Bang!* I was proper strapped in by wall-to-wall runners of both full and half persuasions. Overtaking was limited to sideways shimmying through gaps accompanied by the international language of '*Pardonnez-moi!*' for six miles. The field then began to thin and I knew I had some work to do.

Do not panic. Apply the system. After all, as Big Al would say: 'What's the worst that could happen?' And (thank you, Wavell) 'This is supposed to be a holiday.' So — fall forward from the ankles, etc. The last three miles, I swear I was actually in the boozier with Mister

Newton, drinking rocket fuel. I came in with a gentleman's 1:36:56. Now, that *is* nice.

I sat outside a bar on the home straight with the Divine Crew and watched the grown-up Trotters toughing the Full Monty. Some scorching times, some records, some big smiles, some partying. And a skeleton bar. But that is another story...

The Exeter 10K track loop is a valuable testbed for controlled pace running and personal form evaluation and I therefore highly recommend this event. The management are fantastic. The gig is suitably buzzy and you will always get some cracking Trotters wrapped round you. But, mostly, it is different to any other racing. If you are fairly new to running, be not afeared: 'Screw your courage to the sticking-place,' (Lady Macbeth, in *Macbeth*, Act I, Scene VII) and you can't go wrong with a cheeky virtual monkey on your back.

Peace and love in the ghetto.

Thanks to Skins and Chairman for the photographs

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: It's the Christmas bumper issue!

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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