

The Trotter

Number 3

February 2009

Super Sixties!



Most of us would say that we intend to carry on running as long as we are able. But what does this mean in practice? M65 stalwarts **Syd Willocks**, **Graeme Baker** and **Bryan Hayes** give us their insights into what the Super Sixties are really all about...

When you have done something for so long it becomes an addiction and, like all addicts, you have to feed that addiction. As with runners of all ages, when you cannot run you feel guilty. You quickly become moody, you feel flat and empty and, generally, you're pretty impossible to live with — at least according to family members.

But, if you're an older runner there's an additional problem: you start to feel your age!

It makes sense to keep running. As you get older, structured exercise is essential to keep your body mass in check, to slow the deterioration of your muscles and to avoid the stiffening-up of your joints. Running provides these benefits,

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News Desk

Just a short News Desk this month: the AGM report on page 6 carries February's main news.

First, an item that may be of interest to bargain-hunters among you. John Caunter has some old club kit that he would like to clear.

2 x size 38 vests and 1 x size 40 vest - £3 each.

2 x XL shorts - £2 each.

2 x XL sweatshirts - £4 each.

Any good to you? Contact John if you're interested. He also has horse brasses available from all of the last five Templer Ten races. If you would like one to complete your collection, please let John know ASAP. Tel: 01803 613771; Mob: 07773 223037.

Don't forget that the Teignbridge Ten is on Sunday, March 29. If you can help out on the day, please let Race Director John Caunter or Chief Marshal Gary Caunter know.

All aboard!

Roger Hayes has taken over the task of finding a corking destination for the annual Club trip. What has he got in store for us?

A real Trotter favourite in the social calendar is the club trip. We've had some memorable trips over the years. Gary Caunter organised the first two, before Dave Dunn took over and organised the following nine. His are hard shoes to fill, but I think I've found a great package for 2009. Before I reveal all (not again, Chair, I hear you cry), let me take you back to our very first club trip – The New Forest Half & Full Marathon, in 1998.

Now all those on that trip will probably have a lasting memory of our very own Dave Tomlin winning the marathon. I can recall running in with Dave over the last mile (I'd done the half). He was on such a high, singing at the top of his voice: "Oh, I do like to live beside the sea side".

It was a long day, as you can imagine. The poor marathon runners among us barely had time to change before we were heading for home. A mile into the journey and someone realised that Rob Tinn was missing. We went back, found him and sung him an appropriate song, created by a certain John Skinner, and still sung with great vigour today. A hugely successful day and the rest, as they say, is history.

For the record the following trips took place:

1999 Pewsey Half Marathon & 5

2000 Ash Excellent 8

2001 Deviock Boulder

2002 Seaton Half Marathon

2003 Musbury Castle Challenge

2004 Ash Excellent 8

2005 Wellington 10

2006 Black Death Run

2007 Kit Hill Run

2008 Cowpat Canter

Back to 2009. As I mentioned, I reckon I've found a little better. The race is called the Treggy 7. It starts and finishes in Launceston. A challenging 7-mile road race, taking in some quaint little villages, starting at 11am. There is also a 1-mile fun run for the kids, which starts at 10.15am. So make sure you keep Sunday, September 6, free in your diaries.

We will be laying on a coach (two if we need them!) with pick-up points from Teignmouth, Bishopsteignton, Kingsteignton and Newton Abbot Leisure Centre (Dyrons). It is very much a family day out, so bring the kids. The pub I have found, once we've finished the race, has a wonderful children's play area. There is a huge beer garden with a field running parallel to it — ideal for a rounders or football match.

The entry forms are not available yet. As soon as they are, I will send you a link. I will produce a list nearer the time, where you can sign up for the trip. Remember, the club are paying for the coach. Wouldn't it be great to fill two? (Got to spend our club funds somehow.)

When the gun goes off, age goes out of the window

as well as exercising the heart and lungs.

Training and racing provide both physical and mental challenges, which are advantageous in old age. Although on occasions we might be running PWs (personal worsts) instead of PBs (personal bests), the age-grading system used, for example, in the Club Championship, provides the more senior club members a level playing field with runners half their age.

So, how do we continue to enjoy the benefits of running without succumbing to injury?

Setting sensible training targets in terms of distance, pace and times are important. Aim for achievable targets. Try maintaining a previous year's time or aiming for a MEPB (modern era personal best) rather than a PB. If you're looking for a challenge, seek out a new race in a different part of the country.

Make every other day a rest day from running, to give your legs a chance to recover. It's no good having legs that can run for four hours if you can't stay upright or move your arms for more than half an hour.

Use rest days for workouts at a gym, to improve core strength. Add some cross-

training to vary your regime. Always warm up and stretch before any exercise to avoid injury.

Keep running the occasional race, to let other older runners know that you are still around and show younger runners that we are indeed very competitive and have more doggedness with age!

Run your own race, at your pace.

However, as older runners, we do need luck. We need luck to still be healthy enough to run. We need luck to belong to a supportive club which encourages runners of all ages and abilities and provides the opportunity for older runners to enter races. And we need luck to have partners and family who accept our disappearances for long periods!

It's important not to forget just how much fun taking part in a race is. We can't deny the buzz we get as we line up for yet another event. It's a very personal thing which we all share at whatever age. The mere pulling on of a pair of trainers gets the heart beating faster. And, when the gun goes off, suddenly age goes right out of the window. It may only last for a mile or so but, for a little while at least, we are young again! We really are born to run.



“Dave Foster is a real inspiration for me to keep going. He set standards that we all struggle to approach. When things start to get hard in races, I often think of Dave storming along and decide that, if he could do it, so can I. Even we oldies need good role models and Dave is the best!”

Graeme Baker



Membership Report

Membership Secretary **Dave Dunn** introduces some new faces

There are 5 new members to report this month, bringing the total of fully paid-up members up to 198. Will we make the 200 before the end of our membership year on March 31?

Our newest recruits are Derek Blackford, 37, from Newton Abbot; Alan Boone, 51, from Ipplepen; Tom Burman, 19, from Newton Abbot; Gareth Goodwin, 35, from Newton Abbot; Natasha Reed, 25, from Paignton.

Derek must take the prize for the member who lives the closest to Dyrons. No excuse there, Derek, for ever missing training! Derek becomes yet another member with health service connections. We should all be well looked after if we start feeling a bit under the weather during training.

Alan also has health service connections and will further bolster MV50 section, which already has great strength in depth. I understand

that Alan is also quite a keen cyclist.

Tom has wasted no time in making his mark as a Trotter, smashing the Junior 10 miles club record the other Sunday at Plymouth Hoe, following an impressive debut in the Fulfords 5 in Exmouth. Tom probably thought that he could lay claim to living the closest to Dyrons until Derek came along.

It has been remarked that Gareth bears an uncanny resemblance to our Adrian Bailey. If he proves that he can run as fast as Adrian can, then he'll be a force to be reckoned with. And from what I've seen in training, Gareth could well go on to match some of Adrian's best efforts.

Natasha is the only female to join our ranks since the last edition of The Trotter. However, her work colleague, Claire, who has been seen at training with Natasha, could also be about to commit her running future to the Trotter cause.

Membership renewals

It will soon be time for all of us to renew our membership of the Trotters. This year, the drill will be slightly different in that you will get an invitation to renew your membership as an attachment with the next edition of The Trotter. Now, as we can't yet accept credit or debit card payments (only cheques or cash), you still have to fill out the renewal form in full and return it to me with your payment.

Our AGM will have set the membership fees for the year 2009-2010. These will be confirmed on the renewal form.

Those of you that don't have an email account and have received this edition by post will be sent a renewal form with your next edition of The Trotter.

We won't be sending out any stamped addressed envelopes this year, as it is hoped that the majority of you will bring your completed renewal form and correct payment to training at Dyrons. If you just can't get along to Dyrons on a Monday or a Wednesday, my address will be on the bottom of the renewal form. It would make a good training run for some if you want to save yourself the cost of a stamp!

Remember that you'll only have until April 30 to make your renewal if you want to take advantage of all the benefits of being a member.



Record breakers

Dave Dunn blows the dust off the club's ancient ledgers, dips his quill in a bottle of Quink and scratches some rather impressive new entries.



The almost perfect cool, still conditions at the recent Plymouth Hoe 10 helped contribute towards some impressive Trotter performances, none more so than by two Trotters who smashed the club records in their particular categories.

New member Tom Burman obliterated Matt Dunn's Junior Male 10 miles record with a new mark of 1.07.01. Tom has promised me that he can go even quicker in our very own Teignbridge Ten next month.

In the form of her life, Gia D'Aprano (left) added another FV50 record to her collection, clipping almost six minutes off the record previously held by Tina Caunter, stopping the watch at 1.15.51.

None of our ladies in the FV55 category ran at Plymouth, nor at Branton towards the end of last month, but they get a third chance to enter their name on to the roll of honour, and pocket a nice little memento into the bargain, if they can finish our Teignbridge Ten on March 29.

Looking ahead to other upcoming races, the Bideford Half on March 1 will give Gia a chance to erase another Tina Caunter FV50 record, and I wouldn't bet against her completing a grand slam of club records at the Duchy Marathon the following Sunday, where her target would be one of the oldest records on our books – Marion Luker's 3.55.14, which has stood since the London Marathon of 1992. I know 'cos I was there!

The men's records in all age groups at both the half and full marathon distances look tough nuts to crack, but I'm sure that won't deter someone giving it a go.

A full list of all our club records can be found on our web site at www.teignbridgetrotters.co.uk

Show of hands

A great turnout at this year's AGM augers well for the Trotters.



New Press & Publicity man Graham Penn going for it. You need to get to know this fellow if you want your name in lights. Yes you do.

This year's Teignbridge Trotters Annual General Meeting was the best attended in memory, with at least 45 members making the effort to stay behind after training on Wednesday, February 25.

"It was great to see so many members there," said Club Chairman Roger Hayes. "It's a sure sign that the club is doing well when so many members put themselves out to demonstrate that they care about the Trotters."

There were no controversial decisions to make concerning affiliation this year. Our affiliation to both England Athletics (EA) and the Association of Running Clubs (ARC) has been written into the constitution. So our default position is that we are pursuing a "wait-and-see policy", maintaining links with both bodies for the foreseeable future.

Roger opened the meeting by reading out his Chairman's report. You can read the report, in full, in next month's edition of *The Trotter*, along with Secretary Mark Becker's report and Treasurer John Caunter's report.

John reported that the club coffers currently stand at a healthy £16,798.81. Gary Watson suggested from the floor that some of that money could be used to sponsor members to take part in races. Caroline Hayes suggested that membership could entitle you to a free club vest. It was felt that these suggestions would be worth considering at committee level.

The main business of the meeting was the task of electing officers and other club posts. The principal officers remain unchanged but we do have new General Committee line-up and there have been changes to some of the non-committee posts, too. Eleven members stood for the seven General Committee posts, once again reflecting a healthy interest in the club's governance.

"I believe we have an excellent committee in place to continue to serve this great club," said Roger. "I believe that the new members, Becky George, Rodney Payne and Ronnie Jones, will be real assets and I look forward to working with them."

Jan Caunter is the new Cross Country Officer and Clare Youngman is the new Ladies' Captain. We also have a new Press and Publicity Officer — Graham Penn. If you want your name in lights in the local paper, tell Graham what you've been up to, especially if you have taken part in a lesser-known race. Let him know if you've been lucky enough to earn a category placing or turn in a PB, too.

Many thanks to everyone who made the effort to attend this year's AGM. The club needs your support and input to make sure that it's providing the services you want.

Look out for profiles of the committee in March's edition of *The Trotter*.

Reasons to be cheerful...

The new Committee line-up

CHAIRMAN	Roger Hayes
VICE CHAIRMAN	Tina Caunter
SECRETARY	Mark Becker
TREASURER	John Caunter
MEMBERSHIP SECRETARY	Dave Dunn
CLUB CHAMPIONSHIP SECRETARY	Mark Hamling
GENERAL COMMITTEE	Becky George
	Ronnie Jones
	Nikki Kennard
	Stuart Moulson
	Rod Payne
	Ewan Walton
	Syd Willocks

Non-Committee posts

PRESIDENT	Reg Tole
CHILD PROTECTION OFFICER	Tina Caunter
CROSS COUNTRY OFFICER	Jan Caunter
LADIES' CAPTAIN	Clare Youngman
MEN'S CAPTAIN	Stewart Dunn
PRESS & PUBLICITY OFFICER	Graham Penn
WELFARE OFFICER	Becky George

Under Canvas

“Is that a roof-box I see before me?” asks Dave Dunn.

The snow may have only just melted away and, like me, you’re probably still keeping your gloves and leggings handy for those frosty evening training runs, but pretty soon it will be time to dig that tent out from the back of the garage where it’s been stowed away since last summer and start getting excited about the highlight of the Trotters’ social calendar – our annual training weekend.

This year’s destination is the north Cornwall coast just beyond Newquay at Trebellan Park, a family-owned touring park just two miles from the glorious golden sands of Holywell Bay, where we have reserved a number of pitches for the weekend of June 19-21.

The well laid-out site boasts up-to-date amenities, including a modern shower block with free showers. The heated outdoor swimming pool, play areas, open spaces and abundance of wildlife make this a child-friendly site. So that you can look your best while dining and relaxing with a pint or two at the neighbouring Smugglers Den Inn, there’s even a launderette with drying and ironing facilities.

The site is also home to three established coarse fishing lakes, well stocked with large carp, tench and silver rudd, all looked after by the water bailiff who will be on hand to advise and teach the novice angler.

There will be ample opportunity for safe and enjoyable running, with access from the site to the coastal footpath, as well as



numerous bridle paths criss-crossing the local countryside. I’m sure our coaches will enjoy plotting some great afternoon sessions whilst we can take in the fantastic scenery during our morning wake-up jogs.

Trebellan Park is handy for excursions into towns such as Newquay or Truro and the Eden Project is within easy striking distance. If that’s not enough, this part of Cornwall is packed with other visitor attractions catering for all the family.

I will be visiting the camp site during March to negotiate a special discount on our pitches. In the meantime, I can tell you that standard charges per night for tents, caravans and motorhomes are based on £7 per adult and £3 per child aged 3-15. Children under 3 go free. No charges are made for cars, but dogs are charged at £2 per night. Electric-serviced pitches will cost £4 extra per night.

From the beginning of April, I will be distributing brochures and booking forms, together with a full tariff of charges, every Wednesday at Newton Abbot Leisure Centre (Dyrons) to any member who is interested. I would be pleased to answer any queries anyone may have, but, if you’ve joined us on one of our previous club camps, you will know that you’re in for a cracking weekend.

Further details will appear in the next edition of The Trotter.

Captain's Corner

Ladies' Captain Jan Caunter reckons the girls are off to a great start.

The New Year is here and so is the new racing season. It's great to see so many girls making the effort to turn out at these early races and get some early Championship points. On that note, don't forget that, if you do a race that's not listed in the Championship, you may be able to use it in one of the sections as a Wild Card. This could help you complete the Championship. It would be great to see a lot more girls complete.

It's lovely to see some newer ladies out there racing. The First Chance saw Tracy Elphick, lead home Elizabeth Steeves, Cathy Burgess, Jo Becker, Amanda Milverton, Julie Crocker, Marion Witham, Sarah Ross and Julie Crump.

The Fulfords Five saw Michelle Willocks-Watts have her own battle with her Dad, Syd, just pipping him by about 20 seconds. Never mind, Syd: age-graded, you whopped her. Tracy, Michelle and I also managed to pick up 2nd Vet Women's team. And we were backed by Susie Ashleigh-Thomas and Cindy Brookes on a brisk, icy cold day.

The Bovey Tracey Cross Country fixture saw the biggest

ladies' turnout for Cross Country in a while, with Eyvoll Aston leading the girls in, through the mud and cold rain, in 21st place. She was followed by Tracy (24th), Ella Bowles (35th), Tina Caunter (39th), Sharon "Fizz" Bowman (42nd), Eleanor Taylor (45th), myself (46th) and Sarah Ross (51st). Really well done to the two first-timers, Sharon and Sarah.

Two other ladies who have been working hard and running well in those early races are Tina and Gia D'Aprano. Keep up the good work, girls.

I also know there are several ladies whacking out those cold, wet miles, in preparation for marathons, I hope all your hard work pays off and your race goes to plan, wherever you are racing.

This is my last Captain's Corner. I have decided not to stand this year due to other club commitments and I feel this post could do with some new enthusiasm. Clare Youngman has been appointed as the new Ladies' Captain. I am sure she will bring the enthusiasm that's needed but don't forget that she'll need lots of support from you all.



From cracks of grey

Ewan Walton knows what's coming next. And he likes it.

Yet with snowfall not a lunar cycle past and the mercury making precious little progress towards double figures on the thermometer, one could be forgiven for questioning the credibility of anyone audacious enough to even mention the word, let alone declare its arrival. Indeed, such a declaration made at a quarter-past seven on a dark Wednesday evening in the soporific glow of a streetlight, or perhaps beneath the foreboding solidity of Tuckers Maltings, would most likely be dismissed with lashings of moderate scorn. It is at this time of year that the tilt of the rotating Earth and its relationship with our nearest star tease us with glimpses of what will be, but what is yet not... and while I puzzle over whether spring has indeed sprung, Stravinsky wanders the lonely plains of the next world wondering whether or not it is too early to tune his violin...

I don't recall tripping over any daffodils sprouting from the cracks in the tarmac last time I was down at Brunel. What I do remember is that it was pitch black and there was hard work to do. Not that there isn't hard work to do in Bakers Park in June, but the blue skies and lush green surroundings do tend to smooth off the hard edges somewhat. In Newton Abbot's industrial nervous centre there is no spring and it'll be some time yet before my yellow vest gets to spend the summer months hibernating in the turgid depths of the wash bag again. With one quick turn of the celestial dimmer switch there is a vast difference between half-five and half-six. Our feathered friends make the return journey to their hedgerows, eaves and lofty branches to get some well-earned kip away from keen snouts and sharp teeth. Time for Trotters to forget the daily grind and run. In the dark.



John Ludlam

And what of the rewards? There's a lot to be gained from chewing on the concrete in a post-festive bout of uncompromising self-abuse. When galloping with relative ease through the soft sun-drenched grass of an April evening, think back to the brutal training and savage weather and you'll realise (as if you didn't know already), that it was without a doubt the correct and sensible thing to do. Real pain. Not the pretend pain we create for ourselves in our day-to-day fiddlings, but the true pain of self-improvement, the type of pain that cleanses the very essence of your being by ridding your mind of any impurities that may have been festering within...

Isn't it great when the evenings get longer and you're already fit? A prosperous summer of racing well-deserved. So when you're nursing one at the bar this Wednesday, peering forlornly out of the window into the gloom; be happy in the knowledge that you've manoeuvred yourself into a good position from which to strike. Go on, have a little smile to yourself.

But wait. Was that a lamb I saw over there, prancing through that field with gay abandon? And, unless I am very much mistaken, I do believe I caught a glimpse of a pair of fluffy rabbit's ears poking out from behind a thicket and, unless my eyes deceive me; a primrose! The change of seasons gathers apace. If you look carefully into the cracks in the grey, you will start to see the beginnings of a verdant uprising besprinkled with flashes of colour. Even the odd bunny. Soon pavement will give way to footpath and car park to field as the light allows us to break free from the confines of the town. So make sure you're strapped in for the final leg of the journey; the winter express terminates at Dyrons in a few weeks' time.

My Favourite Run

We all have a favourite run. It might be a much-loved training jog, a big city half or a country stumble in the middle of nowhere. This month our new Press and Publicity Officer, [Graham Penn](#), gives us the lowdown on the Tywardreath Trotter.



Take a short detour off the A3082, near St Blazey in Cornwall and you will find the village of Tywardreath. In the village centre (as it should be), is the New Inn. It was built in 1775 and is currently owned by the St Austell Brewery. For the last three years it has hosted the Tywardreath Trotter, a 6.88-mile, multi-terrain race.

There was a real village atmosphere on Saturday July 26, 2008, when it appeared that most of the population (3,161 in 2001) turned out to cheer us on at the early evening start. Most runners soon forgot the race logo "Please run quickly through our village!" amid humid conditions and quite punishing gradients. I for one was not going to run past the pub as I finished! The New Inn is, incidentally, at the top of a short hill.

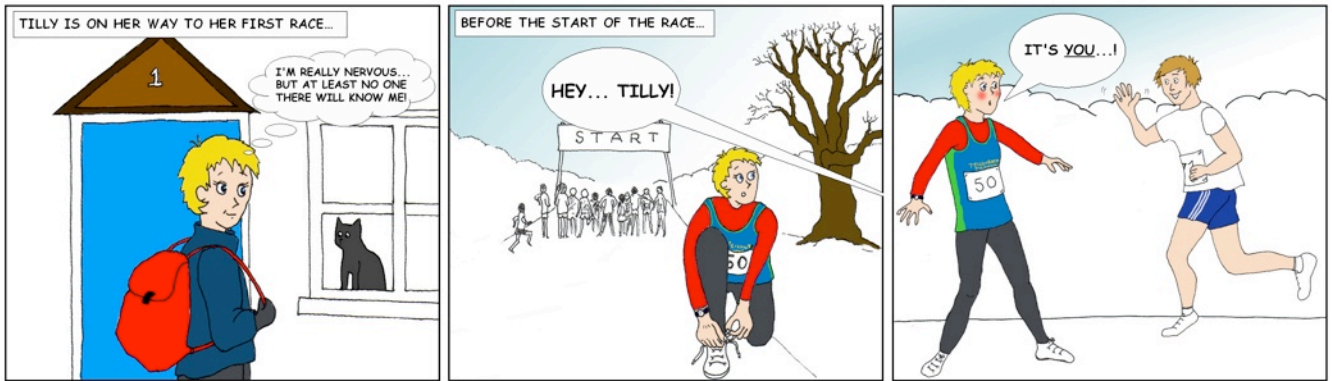
Among the supporters lining the route, was TV personality and local resident Dick Strawbridge, from the BBC 2 show, *It's Not Easy Being Green*. He was easily spotted with his huge moustache.

Entry for runners who are EA-affiliated is just £6.00 (£2.00 extra on the day). This includes a good quality t-shirt. The 2009 race is on Saturday, July 25, at 1830 and it is open for entries now. You collect your number on the day and anyone who arrives by train can claim a £1.00 refund. Par station is a 10-minute walk away.

So, come on, let's have a large splash of royal blue in attendance! I felt a bit lonely last year...

Tilly

By Jay Bee and SQ



Who is he?



Here's another glimpse through the worm-hole, into the past life of a Trotter. Can you guess who it is?

A bottle of good Rioja goes to the first person to identify correctly the individual in this image. No correspondence will be entered into, the judge's decision is final, etc., etc.

No one has managed to guess last month's subject yet, despite some very interesting attempts. So we've decided to hold the competition open for one more month. Just think, if you play your cards right, you could win two bottles of Rioja. That's practically a party!

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month, we introduce you to your new committee.

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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