

The Trotter

Number 30

December 2011



Doing the Druid

The 'Druid Challenge' Ridgeway Multistage Ultra follows a 5,000-year-old trail from Ivinghoe Beacon near Tring to Barbury Castle in Wiltshire. **Roger Hayes** and two companions took on this 84-mile, three-day odyssey – and survived!

Wurzel (Mark Wotton) had mentioned to me, while out on a summer training run, that he and Marsha were considering taking part in the 'Druid Challenge' Ridgeway Multistage Ultra, a three-day event. The more he spoke of it the more I fancied giving it a go — 84 miles over three days. The next day I found myself entering online (that was the easy bit!) I knew my old mate Smokes (Roger Hales) had always fancied

trying a multi-day event and when I put it to him, he jumped at the chance. Marsha and Wurzel soon signed up. It was then I think the reality of the task hit home. Eighty-four miles, nearly all off road, in the depths of winter — insane or what?

After a couple of weeks' training, Wurzel realised he had probably bitten off more than he could chew and decided to

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News Desk

Holiday Training

Coombeshead College will be closed on the following dates. Meet in the car park, which will be open.
Boxing Day: No training

28 Dec: Jan's Christmas Run; two groups both doing a social run from CC
2 Jan: one social group from CC
4 Jan: CC open, normal training resumes

Welcome to the Christmas edition of *The Trotter*. As previously reported, the Mince Pie Marathon will be taking place on Monday 19 December, writes *Roger Hayes*. We will be leaving 17 Fourth Avenue in Teignmouth (satnav lovers, it's TQ14 9DS) at 7pm and heading over the water for a loop around Shaldon calling in at Noel Fowler's and then Susie Ashleigh Thomas's houses. Then it's back across the bridge and onto Sarah Seymour's house before starting the climb up to Tarquin's and back down to Rachel Ludlam's before calling into Vicky Ratcliffe's and finally ending up at Fourth Avenue and Bar Mario! Very many thanks to all those aforementioned for agreeing to take part. It promises to be a great night, see you there!

I'm pleased to report that thanks to *The Trotter*, we now have a club camp organiser. Dennis Milstead has come forward, having read about the vacant position in the last edition. Dennis sent me an email stating 'Club camp is my favourite Trotter event and it cannot be allowed to perish'. He went on to say he would be happy to become the new organiser. He will hopefully have news on where we're going next June, sometime in the New Year. You'll hear about it first in *The Trotter*.

Also, having answered my plea for a new cross country captain, John Crocker has stepped forward and offered his services — thanks Crocks. John will be at the forthcoming Westward League fixtures, where I'm sure he will be looking forward to seeing you.

Please see above for the opening times of Coombeshead College over the festive period and the training on offer. The Chairman's Christmas run will take place on Wednesday, 28 December, starting at 10.30am, from 32 Furze Cap, Kingsteignton, TQ12 3TE. There will be two options available, a 6- to 7-miler and a 10- to 11-miler. Jan and Adam Caunter have very kindly offered to take out the groups, and there will be a bite to eat and a wee drink afterwards at Jan's for all those who would like it. Many thanks, Jan.

The date for the Trotters' AGM has been set for Wednesday 29 February. The meeting will take place in one of the school classrooms behind Newton Abbot Leisure Centre. It will start at 8pm and training that night will start at 6.30pm. Please make every effort to attend as there are likely to be a few proposals that could alter the constitution!

All positions on the committee are available for any member wishing to stand. There will be a sheet of paper with a list of those positions available for viewing on a Monday and Wednesday night before training, from 23 January. You will have until two weeks before the meeting to add your name. Anyone wishing to stand for a position will need a proposer and seconder. Any resolutions will need to be sent to the club secretary, Mark Becker, two weeks before the AGM. Please remember that any resolutions will need a seconder.

Some exciting news on the Olympic flame front: Trotter Siobhan Besford has been chosen to carry the torch. She was picked as a shining example of a young person. Congratulations, Siobhan. The club's official nominee, Dave Dunn, has yet to hear if he's been lucky enough to be chosen. I've found out that the torch will pass my house!

Calling all Trotters who think they are 'hard enough'. Shaldon's annual three-legged race takes place on Boxing Day, starting at midday from the Shipwright's pub. We have taken the race to our hearts. Some take it very seriously, in the hope of winning the trophy and others take their time and therefore enjoy their free beer! This year, I shall be in the latter category. It's always great fun, with everyone in fancy dress. The atmosphere in the pubs afterwards, in my opinion, is better than New Year's Eve. But don't take my word for it, see for yourself!

Every now and then, your committee hears about somebody doing something a bit special. It was brought to our attention that a man called Barry Light, from Bournemouth club the Littledown Harriers, has set himself a challenge to complete 60 marathons in 60 weeks at the age of 60 — and, while doing so, he hopes to raise £60,000. He has chosen five local Dorset charities as beneficiaries. We have agreed to sponsor him £5 for every one he completes. Here is the link to his own website where you can follow his challenge: <http://60in60at60.com/>

Finally, I would like to take this opportunity of thanking John Ludlam, who has done a great job in providing us with so many entertaining and informative reads throughout the year. We are very lucky to have such a talented man as editor of our magazine — thanks, SQ.

Have a wonderful Christmas, everyone. Look out for a naughty school boy on the 26th!

Most Popular Races in 2011 (figures show ladies, men and total number of Trotters entering)

Otter Valley 10K (club trip) 17 29 46	Dartmoor Vale Half 6 20 26	Taunton Half Marathon 8 12 20	Braunton 10 4 10 14
Torbay 10K 18 25 43	Drogo 10 5 20 25	Haldon Heartbeat 7 12 19	Dalwood 3 Hills 5 9 14
Bicton Blister 11 26 37	Ivybridge 10K 7 17 24	Easter Bunny 10K 6 12 18	Bovey Tracey XC 6 7 13
Bideford Half Marathon 14 20 34	Dawlish Dash 8 15 23	Salisbury 54321 10K 0 17 17	Totnes 10K 6 7 13
Chudleigh Carnival 6 12 20 32	Forest Flyer 8 15 23	Oh My Obelisk! 4 13 17	Edinburgh Marathon 7 5 12
Ladies' 10K 31 n/a 31	Teign Valley Toddle 5 17 22	Plymouth Hoe 10 7 9 16	Wellington 10 5 7 12
Torbay Half Marathon 7 20 27	Run Exe 5K series 8 13 21	Eden Project Half Marathon 5 9 14	Deviock Bounder 5 7 12
	Lustleigh 10K 7 13 20	Exeter Track 10K 4 10 14	Exeter XC 6 6 12

Membership Report

Dave Dunn reports on the steadily expanding band of Trotters.

As we approach the end of the calendar year, our membership total currently stands at 226, and there's still the best part of four months left in our membership year. Your committee is closely monitoring numbers at training as it is highly likely that every new member is going to be, at least to start with, a regular attendee, either on Mondays or Wednesdays, or possibly both nights. There is the very real possibility that we may have to soon close the door to further new members or the strain on our coaching resources will prove too much. The safety of all our members while training with us is our paramount priority.

However, for now at least, it's business as usual, so let me introduce you to the seven new members that have joined our ranks since the last edition of *The Trotter*.

Steven Taylor, 50, from Newton Abbot, has been a regular face at Coombeshead these past few weeks, slipping into Trotter life quite seamlessly, and no doubt improving his running as a result. I've no doubt that we'll soon be seeing Steve sporting the royal blue in races as we go into 2012. Jo White, 39, from Newton Abbot, has also been seen on a regular basis, having sampled the recovery runs on offer on Mondays and has dipped her toes into the world of speedwork and intervals through some of the Wednesday evening sessions. Tim Hassell, 41, from Widecombe, owns the Ilsington Country House Hotel with his wife, Maura. Tim is one of the group of runners that have been training with Sue Brown in Ashburton, having got a place in next April's London Marathon to raise funds for Whizz-Kidz.

Tim Hartley, 58, from Widecombe, is another of the South Dartmoor School runners, who, now that the nights have drawn in, cannot find enough safe routes in and around Ashburton to continue their marathon training after school. It is to be hoped that we can make Tim and his friends feel welcome enough that they continue to want to be part of the Trotter family long after their marathon fund-raising challenge has been completed. Mark Hutchins, 46, from Widecombe up until now has been best known to a small band of Trotters as the bloke who comes out to erect the scaffold on the finish line at most of our races. Now Mark, together with wife, Sharon (39), have followed the lead of the two Tims in making the jump from a marathon-specific training group of inexperienced runners to joining a thriving and successful running club – that's us by the way! Calum Becker from Woodland becomes our youngest member having just joined us on his 16th birthday. Calum joins older brother Ross as well as Dad Mark, our Club Secretary, and Mum Jo in wearing the royal blue vest.

There are just two members who will be celebrating a milestone birthday in January, so let's wish Sue Brown (50) and past President and life member Reg Tole (75) many happy returns. While Sue will probably use this landmark to fuel her running ambitions, Reg will probably be content to reflect upon almost 30 years service to our glorious running club. Congratulations to you both! All that remains is for me to wish you all, and your nearest and dearest, a very Merry Christmas and a healthy and injury-free New Year!

Record breakers

November was a very productive month for super veteran Lucy Payne. As if our engraver didn't have enough work on his plate with all our end-of-year trophies and prizes, Lucy (pictured, by Nigel Penwarden) made sure that he earned plenty of overtime by smashing two of our records in the FV60 category.

First up, in the devilishly difficult Deviock Bounder, Lucy destroyed Marion Luker's 10 miles club record, knocking more than six minutes off the old mark to set a new standard of 1:37:41.

In the space of just a few weeks, Marion has seen her two club records obliterated, after Steff Ross had wiped Marion's FV50 marathon time from the record books in Ljubljana. Just a week later, Lucy travelled along the south coast to Gosport to tackle the local half marathon and chopped a whopping 17 minutes off the record previously held by

Pauline Newsholme when the clock stopped at 1:56:05.



I'm sure that Lucy can quite readily better Pauline's FV60 marathon record of 5:15:44, but to complete the grand slam of records in this age group, Lucy would have to go some to eclipse the mark of 53:55 set by Susie Ashleigh-Thomas for 10K in last year's Dartmoor Vale race. Looking ahead to the first month of 2012, Lucy may get her chance to aim at Susie's 10K record sooner rather than later, as there is the choice of the First Chance 10K in Exeter and the January Jaunt at Plympton, both on the 8th of the month.

Wherever your racing may take you next year, I hope you run some great times. Don't forget to let our roving reporters Sharon 'Fizz' Bowman and Rod Payne have all the juicy gossip!

We had decided to walk any of the hills that were more than just slopes



Sleeping like a baby: Smokes gets some much-needed shut-eye.

pull out, thankfully getting a full refund on his £130 entry. That left just the three of us.

My training had gone well. I'd managed to get in 10 weeks at 40 miles and over, with four of those being over 50 miles. Despite this I was feeling very apprehensive as I met Smokes and Marsha at Teignmouth train station. We arrived at Tring station having lugged our bags across London during rush hour (why would anyone choose to live there?). We caught a taxi to our hotel, Pendley Manor. I'd managed to do a deal and secured a family room (including breakfast) for £100. What a bargain it proved, a beautiful building set in wonderful grounds. That night I slept in a four poster bed! A full English fry up the next morning, silver service, where there were more staff than guests. It was amusing watching Smokes drinking his tea out of a bone china cup! We caught a taxi back to Tring station where we waited for the race organisers' mini-buses to pick us up and whisk us off to the start. It was about now that the nerves really kicked in. This was it, the real start to our journey into the unknown.

The weather was not good — thick fog, drizzle, a howling wind and freezing cold. I'm not sure it could have got any worse. We arrived in the middle of nowhere and found ourselves in a large barn. It soon became apparent that this was race HQ. They had staggered the start times, which depended on your predicted finishing time. Marsha was due off at 11am, Smokes and myself an hour later. Even with six layers on and endless cups of hot coffee I couldn't stop shaking, God it was cold. I looked at my watch. It was 9am! There was no way I was going to hang around in there for another three hours. I spoke to the organisers and got our start time brought forward to 11am. It still meant two very long hours! Finally, after a short race briefing, we were mini-bussed up to the start. We had to walk the final 400 yards to the top of the beacon and the official start. The fog was so thick I wasn't even sure we were heading in the right direction. The wind was ferocious, my hands were numb and my body was shaking uncontrollably. What the hell had I let myself in for?

Smokes and I had decided to run together on the first day. I had read so many stories about runners getting lost last year that I thought two sets of eyes looking for the Ridgeway signs would be better than one. We had also decided to walk any of the hills that were more than just slopes. Eight miles in and our confidence was growing. We were still running in our jackets and gloves, but we had settled into a good steady pace and were enjoying chatting about what lay ahead. The first batch of runners/walkers had set off at 10am. We had caught a few up already and when we passed a couple of young girls we exchanged pleasantries (like you do!) and carried on ahead. It was only when we got to the end of the path and we couldn't see a Ridgeway sign that we realised all was not as it should be. After a lot of searching we decided to retrace our tracks, a mile later and we were back on the right route. It was then that we saw Marsha, she was now in front of us. I have to say she did very well to contain her grin! At least it gave us the chance to have a quick natter before heading off. The next few miles were spent seeing the same runners that we had done previously. It was a good lesson, though: no more talking to young ladies! It proved to be the only time we got lost during the whole weekend.

It was a great shame that the fog spoilt what I'm sure would have been some spectacular views during that first day. The other advantage of starting an hour earlier than we should have was that we finished the race in daylight, albeit fading daylight. The organisers wouldn't let anyone continue past the last of the three check points if they didn't have a head torch. Most of the field that day finished in darkness. Many of them got lost and there were some very late arrivals back at Wallington College which was to be our base for the night. After a long hot shower, a massage and a big bowl of pasta, the 30.5 miles we had covered seemed a distant memory.

The rest of the evening was spent chatting to fellow runners and watching Marsha peel off all the dead skin from her feet! Poor old Marsha, her feet were suffering already, serious



Great achievement: Marsha completed the challenge in fine style.

At 19 miles I felt so good, I wanted to see what was left in the tank

blisters and dodgy toe nails, and the best part of 55 miles lay ahead. It was a bit of a worry! We all camped down in the two sports halls. The organisers came around distributing ear plugs, this wasn't a good sign! Lights went out at 10pm and were on again at 6am. I'm not sure how much sleep I got but it wasn't a lot. There were three start times, 7am, 8am and 9am, depending on your time the previous day. Marsha was off at 8am and Smokes and myself at 9am. The weather was better than the day before, but it still warranted jackets and gloves. As the first day had gone so well, Smokes and I decided to stick to the same game plan. The terrain was very similar to day one. We ran through woods, across fields full of cabbages, across golf courses and every now and then a tiny section of road. For a couple of miles, we ran along a very muddy footpath next to the Thames, this was pretty tough going as we were slipping all over the place. However, the miles passed quickly, largely due to the really interesting and diverse course. The assortment of different coloured leaves through the wooded sections were absolutely beautiful. We saw huge birds of prey circling above our heads. We later found out that they were red kites — an amazing sight.

The three checkpoints were the only opportunity to refuel. We therefore filled our boots, taking on loads of food and plenty of water. We both felt surprisingly good. I think our policy of walking the hills was starting to pay off. We caught Marsha up at 18 miles. We had a chance to have a natter as it happened to be on a long uphill section. She was also feeling good and enjoying the course. As we pushed on, we both commented on how strong she was looking. She was really starting to impress us. The finish (27 miles) was in the middle of nowhere and we had to catch the minibus back to Wantage Leisure Centre, civilisation and our base for the night. The same routine followed. We found our bags, showered, made our beds and collapsed! England were playing Spain that evening, so I walked into town to watch the match. I had intended on watching the whole match, but after having a pint of Guinness, I felt absolutely ravenous. It was no good, I needed food, so I headed back to the leisure centre. After a plate of shepherd's pie and a slab of chocolate cake, I felt somewhat better.

That evening, the organisers had arranged for a guest speaker, a guy called Rory Coleman. He had run day two, and it happened to have been his 700th marathon! (178 of those were ultras). He gave a very inspiring and informative talk on running. Anyone with that many marathons under his belt gets my respect and attention.

Once again, I didn't sleep well, unlike Smokes who snored throughout the night! People were up and about by 5am, packing their bags and preparing for the final 28-mile push to the finish. We set off at 9am. My legs took a couple of miles to settle, the few aches and pains soon disappeared and we were into a good rhythm again. The sunshine even came out, the fog had lifted and it really was a beautiful day for running. The route was very different to the previous days. We were now running on wide open chalk tracks, gone were the woods and mud. At 19 miles I felt so good, I wanted to see what was left in the tank, and push myself that bit harder. Smokes could tell I was ready to go. I didn't like leaving him, having spent the previous 75 miles running together. Once I made my decision, though, I was off, cranking the pace up to 7-minute miling. It wasn't until 24 miles that I caught up with Marsha (she had set off an hour earlier). Her feet were giving her grief but the end was in sight and nothing was going to stop her crossing that finish line. The last section of the course was pretty much all uphill. I was

determined not to walk any of it. It took some digging in but I managed it. At the end of the Ridgeway we had to descend a steep hill (now that really hurt), before running a further mile on the road to the finish at a rather nice hotel. The feeling as I crossed the line was one of huge relief. I had actually done it!

I didn't have to wait long before Marsha was in sight. As she approached the line I don't mind admitting I had a tear in my eye, she had done fantastically well. I felt so proud of her. To think that she

had only run a couple of marathons before taking on this monster of an event. I gave her a big hug when she finished, she looked great, not at all like you would think someone should look like after running 84 miles. Smokes soon followed, his grin visible from 200 yards! Most of us know what the first thing is that he does when he crosses the line, but all those present at the finish looked on in utter amazement as he lit up a fag! There is only one Smokes and I for one love him to bits.

After a shower, a cup of coffee, a bite to eat and the presentations, the organisers gave us a lift back to Swindon station, where we caught the train back to Newton. And that was it, our weekend was over. What we had thought about doing back in the summer was now done and dusted. It was an experience that all of us will never forget. We shared so many amazing moments, and I would certainly recommend it to anyone. I've already booked my place for next year!



Rough and ready leisure centre 'camping': earplugs optional!

The Champions!



Time check: Lance at this year's Lustleigh 10K.

After a late entry and a pretty incredible string of events in which he battered his body by racing every weekend, Lance Mason took it to the wire and snatched the championship in the final race with a tie-break finish. For the Ladies, Tracy Elphick had her own battles with injuries to become the clear winner.

For most of the season, Tarquin led the Men's championship and it looked like he had it in the bag, but Lance came from nowhere and undertook a near-legendary charge, which required him to race nearly every week for the last three months of the season. Battling with ever increasing niggles, he managed to dodge a full-blown injury and at the same time improved dramatically with every race. In the end it came down to a tie-breaker, as both finished equal on points. But Lance's higher average age-graded performances in races decided the winner.

Last year's winner, Dave Tomlin, came home in 3rd position, with John Crocker in a gritty 4th and Graeme Baker in 5th. An honourable mention should also go to the following men for completing the championship: Stephen 'Ronnie' Barker, Gary Clark, Andrew 'Monkey' Ludlam, Nathan 'Lovely' Elphick and Stuart Moulson.

In the Ladies' championship, Tracy Elphick was the clear winner. However, Sharon 'Fizz' Bowman again led for most of the year, but this time has had to settle for 4th, as female vets Lucy Payne and Tina

Our new Club Champions are
Lance Mason and Tracy Elphick.
This year's championship proved
an exciting battleground for some
great late-season action, as
Tarquin reports.

Caunter took on a titanic battle for 2nd place. Tracy, despite being dogged with more injuries again this year, picked her races carefully and did exactly what she needed to secure the top spot. However, even Tracy didn't have it all her own way and, in the final analysis, Lucy wasn't all that far behind on points.

It's testament to the competitive battle for the top of the Ladies' table that Lucy had to shadow Tina, by racing both the Exeter Cross Country and the John Scott Trophy, on the same day, to ensure that she attained the second spot.

However, following on from last year's gutsy performance, Fizz again dug deep and held off a strong charge from Sally Ingledew. Finding time in her relentless marathon schedule, Sally just managed to complete the required 12 races. This was no easy feat for a lady who runs a marathon most weekends (sometimes two or three over a weekend!) Sally has finished in a very impressive 5th place.

In her first full year as a Trotter, Caroline Clark really embraced the club championship, improving as the season went on, finishing in 6th position. In 7th position is Julie Crocker, who only decided to complete the championship in September, so this is another Trotter who put on a late season effort.

A record 11 ladies have completed the club championship this year

For a second year running, El Taylor had an impressive late charge and despite going away to Australia for two months, still pulled out all the stops to complete the championship. Even though she couldn't commit to giving the championship her full attention this year, she has still finished in a very credible 8th position. Congratulations should also go to Sarah Schutte, Mary Goulden and Marsha Garrard for running the necessary races to complete the championship.

A record 11 ladies have completed the club championship this year and I am confident that quite a few more Trotter ladies will give it a go next year, too. This really puts the men to shame, as we only had a rather disappointing 10 men complete the championship this year, with four men missing completion by only one race. It seems to me to be such a shame to race so hard all year, but then miss out on a championship place by not completing the one more race needed. This is the first time that more ladies have completed the championship than men and this is both testament to the hard effort put in by the 11 ladies and also a sad indictment on the men

who did not go in for the championship this year. Come on, men, surely you could have done better? Maybe this year's format wasn't to everyone's liking? Well, if some men did have an issue with the club championship, none have come forward to discuss this with me! I'm always available to listen to any concerns or suggestions.

So, what of next year's championship? As always we've included many of the old favourites, but we've added some new and different races to add interest. Due to the low amount of interest from, we have dropped the Cross Country section and replaced it with a new Short Off-Road category (see overleaf). This new category contains two of the local cross country races, but also three of the shorter off-road local favourites. Due to a predicted higher interest in marathons next year, we've added the Duchy 20 into the Long Miscellaneous category. This will enable those training for a spring marathon to be able to pick up a championship race as part of their training build up.

The new championship season kicks off with the First Chance 10K on Sunday 8 January (get your entries in ASAP, as it fills up quickly!) and the weekend after that is the Oh



Tracy digging in during the 2010 DD.

My Obelisk. So we've only got December off, before it all kicks off again! However, if I had my way, I'd make the Shaldon Boxing Day three-legged race a championship event, but that's another story!

Club Championship Final Placings

Men, name	Age graded total	Total points	Position	Scoring races completed	Average age-grade % per scoring race	Average points per scoring race
MASON, Lance	927.34	599	1	12	77.28	49.92
MILFORD, Daryl	866.56	599	2	12	72.21	49.92
TOMLIN, Dave	874.42	589	3	12	72.87	49.08
CROCKER, John	781.5	569	4	12	65.13	47.42
BAKER, Graeme	852.19	566	5	12	71.02	47.17
BARKER, Stephen	765.41	558	6	12	63.78	46.5
CLARK, GARY	759.49	544	7	12	63.29	45.33
LUDLAM, Andrew	793.4	522	8	12	66.12	43.5
ELPHICK, Nathan	680.33	492	9	12	56.69	41
MOULSON, Stuart	709.51	441	10	12	59.13	36.75

Ladies, name	Age-graded % Total	Total points	Position	Scoring races completed	Average age-grade % per scoring race	Average points per scoring race
ELPHICK, Tracy	797.43	599	1	12	66.45	49.92
PAYNE, Lucy	766.63	594	2	12	63.89	49.5
CAUNTER, Tina	751.53	587	3	12	62.63	48.92
BOWMAN, Sharon	714.18	584	4	12	59.52	48.67
INGLEDEW, Sally	742.42	581	5	12	61.87	48.42
CLARK, Caroline	696.07	563	6	12	58.01	46.92
CROCKER, Julie	667.1	556	7	12	55.59	46.33
TAYLOR, Eleanor	719.25	553	8	12	59.94	46.08
SCHUTTE, Sarah	700.02	549	9	12	58.34	45.75
GOULDEN, Mary	666.76	511	10	12	55.56	42.58
GARRARD, Marsha	664.18	495	11	12	55.35	41.25

CLUB CHAMPIONSHIP RACES - 2012

<u>SECTION 1 - HALF MARATHONS</u>	<u>DATE</u>	<u>SECTION 2 - 10Ks</u>	<u>DATE</u>	<u>SECTION 3 - SHORT OFF-ROAD</u>	<u>DATE</u>
Exeter Half	12/02/12	First Chance 10k	08/01/12	Bovey Tracey Cross Country	12/02/12
Bideford Half	March	Ivybridge 10K	May	Plymouth Cross Country	18/03/12
Saltash Half	May	Torbay 10K	Mid Aug	Duckponds	July
Torbay Half	June	Exeter 10K (aka Second Chance)	August	Forest Flyer 5	24/08/12
Dartmoor Vale Half	Oct	Taunton 10K Ladies 10k	Late Sept 23/09/12	Lustleigh 10k	27/08/12

<u>SECTION 4 - SHORT MISC.</u>	<u>DATE</u>	<u>SECTION 5 - LONG MISC.</u>	<u>DATE</u>	<u>SECTION 6 - LONG OFF ROAD</u>	<u>DATE</u>
Exeter Track (3K) - (FMON) best 1 time to count	1st Mon in winter months	Plymouth Hoe 10	Feb	Oh My Obelisk	15/01/12
Sandygate Loop (4 miles) - any from April - September, best 1 time to count	last Friday of month, Apr - Sept	Duchy 20	04/03/12	Dalwood 3 Hills Challenge	Feb
Erme Valley Relays (individual lap time to count)	Early July	Wellington 10	Mid July	The Haldon Heartbeat (8.5 miles)	Sat 28 th April
Run Exe 5k series - best 1 time to count	1 st Tues in July/Aug/Sep	Teign Valley Toddle (10.25 miles)	Early Oct	Yarcombe Yomp	NOV
John Scott Trophy	Late Nov	Deviock Bounder	Mid Oct	Drogo 10	NOV

<u>SECTION 7 - MIXED</u>	<u>DATE</u>
Dawlish Dash (4 miles)	Early June
Chudleigh Carnival 6	Mid July
Dalwood Fayre 10K (Weds Eve)	Mid August
CLUB TRIP – Battle of Sedgemoor 10k	26/08/12
Churston Flyer	Early Oct

* TWELVE RACES MINIMUM MUST BE COMPLETED

* RUNNERS MUST COMPLETE A MINIMUM OF ONE RACE FROM EACH OF THE SEVEN SECTIONS

* IF MORE THAN TWELVE RACES ARE COMPLETED, THE RUNNER'S BEST TWELVE WILL COUNT

* IN THE EVENT OF A TIE, THE AVERAGE AGE-GRADED PERCENTAGE OVER THE TWELVE BEST RACES WILL COUNT

Speak to Tarquin (Daryl Milford) if you need to discuss any issues – 07513 544938

Trophy cabinet



Milos Erben

Men's fastest 10K: Daryl Tarquin Milford (pictured above)
— Exeter track 10K — 34:49

Men's fastest half marathon: Dave Tomlin — Bideford —
1:17:24

Men's fastest marathon: Dave Tomlin — Taunton —
2:44:42

Ladies' fastest 10K: Tracy Elphick — Taunton 10K —
43:54

Ladies' fastest half marathon — Tracy Elphick —
Bideford — 1:36:25

Ladies' fastest marathon — Emma Sidebotham —
Edinburgh — 3:35:45

John Scott Trophy winner: Sharon Hutchins

Second place: Mark Hutchins

Third place: Stewart Dunn

Dave Dunn Trophy (first cohabiting couple): Sharon and
Mark Hutchins

Ross Cup (first tattooed Trotter): Stewart Dunn

Most Improved male: Daryl 'Tarquin' Milford

Most improved female: Lucy Payne

Most promising female newcomer: Caroline Clark

Most promising male newcomer: Lance Mason

Committee Cup: Roger Hayes

Horse's Arse winner: Mark 'Wurzel' Wotton

Captain's Corner

Sharon welcomes the arrival of
winter off-road mud!



Some wonderful Trotter ladies pictured at the Bicton Blister last month. Left to right: (back) Julie Crocker, Vicky Hales, Lucy Payne, Caroline Clark, Sharon Bowman, Sally Ingledew, Katrina Duignan; (front) Jacki Woon, Marsha Garrard, Helen Anthony.

So, as the nights draw in, the races have become off-road and mud will be the name of the game! The Trotettes have been out to show the royal blue vest in a variety of different races, and with a few new names on the results sheets and some old records broken. My congratulations must go to Lucy Payne who not only beat the FV60 10-mile record held within the club at The Deviack Bounder but also the following week smashed the half marathon record at the Gosport Half. Not to be outdone Stephanie Ross obliterated the FV50 record in the Ljubljana Marathon. I can see more records being broken by these agile women. Sally Ingledew has now clocked up 65 marathons while Marsha Garrard, who only did her first marathon this year in London, took on the Druids Challenge of three marathons in three days with each stage being over 26 miles and multi-terrain. What a fantastic achievement for both of them. Well done to all the ladies that have raced this year whether it was a 3K, 5K, 10K, 10M, half marathon or marathon. Let's hope next year is full of personal bests for you all and have a very happy Christmas.

New Forest Marathon 25 September: Sally Ingledew 4.27.04, Marsha Garrard in 4.29.40.

Taunton 10K: Tracy Elphick 43.54, Katrina Duignan 52.47, Marion Witham 1.06.03, Angela Weekes 1.07.42.

Truro Half Marathon: Helen Anthony 1.47.59.

Teign Valley Toddle 2 October: Tracy Elphick 79.25, Sharon Bowman 94.52, Julie Crocker 101.28, Eleanor Taylor 101.45, Vicky Hales 112.16.

Churston Flyer: Tina Caunter 43.13, 1st FV50, Sarah Seymour 48.48.

Brooks Winter 3K series 3 October: Tina Caunter 14.32 Eleanor Taylor 15.32.

The Eden Project Half Marathon and Marathon 9 October: Sally Ingledew: 4:49:04 (Marathon). Helen Anthony 1.50.21, Jacki Woon 1:57:34, Lorna Martin 1:58:14, Becky George 1:58:46, Caroline Clark 1:58:58 (Half Marathon).

Brooks Westward League Cross Country: Julie Crocker 61st, Marsha Garrard 64th, Eleanor Taylor 65th, Lucy Payne 66th.

Chester Marathon: Michelle Willocks-Watts 4.13.

Dartmoor Vale 10K, Half Marathon and Marathon 16 October: Sally Ingledew 4.36.10 (Marathon). Anna Caunter 1.47.30, Jacqui Woon 1.51.11, Caroline Clark 1.52.38, Jo Haynes 1.56.14, Rebecca Weare 2.04.42, Sharon Bowman 2.08.19 (Half Marathon), Katy George 48.13,



Graham Penn

Anna Caunter flying along at this year's Templer Ten.

Becky George 48.26, Sue Brown 48.59, Caroline Hayes 50.08, Jess Parkes 50.12, Sarah Schutte 50.22, Katrina Duignan 50.33, Mary Goulden 52.05, Angela Gregory 52.33, Lucy Payne 56.52, Sarah Ross 58.03, Vicky Ratcliffe 59.52, Sarah Seymour 61.09, Sam Gee 64.17, Vicky Hales 64.52, Rachel Pallant 66.50, Janelle Penfold 82.07 and Anne Bayley 88.20 (10K).

Cardiff Half Marathon: Lorna Martin 1.53.43.

Ljubljana Marathon and Half Marathon 23 October: Stephanie Ross 3.48.50, Sally Ingledew 4.29.19, Sharon 'Fizz' Bowman 4.38.13, Selina De Silva (second claim) 4.44.27 (Marathon). Becky George 1.46.25, Sue Brown 1.52.27, Vicky Hales 2.13.12 (Half Marathon).

Peter Driver Memorial Fleet 10K: Tina Caunter 52.09.

Templer Ten 6 November: Anna Caunter 1.15.16, Katrina Duignan 1.21.52, Kirsty Chrysanthou 1.24.40, Sarah Ross 1.34.04.

Brooks Westwood League Cross Country, Newquay: Caroline Clark 30.57, Julie Crocker 34.58.

Ironbridge Runner Winter 3K Series 7 November: Julie Crocker 14.48.

The 'Druid Challenge' Ridgeway Multistage Ultra 11 November (84 miles over 3 days): Marsha Garrard – 1st stage 6.09.12, 2nd stage 5.41.55 and 3rd stage 5.32.16.

Poppy Day Marathon: Sally Ingledew 4.28.

Deviack Bounder 10 13 November: Tracy Elphick 1.16.46, Caroline Clark 1.29.58, Sally Ingledew 1.32.25, Sharon 'Fizz' Bowman 1.33.00, Lucy Payne 1.37.41.

Drogo 10 20 November: Sarah Schutte 1.47.22, Mary Goulden 1.49.19, Sharon 'Fizz' Bowman 1.49.24, Julie Crocker 1.53.42, Caroline Clark 1.54.17.

Cornish Marathon: Sally Ingledew 4.31.21.

Gosport Half Marathon: Lucy Payne 1.56.05.

Bicton Blister 27 November: Emma Sidebothman 1.25.39, Jacki Woon 1.34.41, Caroline Hayes 1.41.59, Sharon 'Fizz' Bowman 1.42.27, Katrina Duignan 1.43.05, Caroline Clark 1.43.39, Julie Crocker 1.44.12, Sally Ingledew 1.46.41, Lucy Payne 1.46.57 (1st FV60), Marsha Garrard 1.50.41.

Trotter DD warriors

Good luck to all these Trotters who are entering the 2012 DD. Happy training!

Roger Hales 11	Emma Sidebotham 0
Ewan Walton 8	Simon Boobyer 0
Dave Tomlin 7	Alan Boone 0
Stuart Moulson 5	Garry Smart 0
Chris Wride 5	Sarah Schutte 0
Sally Ingledew 3	Richard Keatley 0
John Tweedie 2	Lance Mason 0
Mark Wotton 2	Phil Perry 0
Tracy Elphick 1	Allen Taylor 0
Nick Stevens (pictured, right) 1	Wavell Vigers 0
Sharon Bowman 0	Ben Deeble 0
	Travis Wood 0



Milos Erben

Coaching update

Coach Coordinator **Rod Payne** reckons it might be about time to put your feet up before facing the challenges of 2012...

With Christmas fast approaching, the Club Championship put to bed and most of the serious racing over, it is time to think about taking things a bit easier or even enjoying a well-earned break.

Most of you have been 'hard at it' all year and it is evident that there are a lot of our members carrying niggling injuries. We all like to train hard but even machines need to be looked after and serviced from time to time. So why not use the time between Christmas and New Year to give the body a chance to recover and come back after the break with a renewed vigour?

There will be no club on Boxing Day but hopefully some of you will take part in the Shaldon Three-Legged Race. This involves drinking, so we usually do well as a club. On Wednesday 28th there are two social runs going out in the morning from Jan Caunter's house, so why not take advantage of an organised run in the daylight? For those of you who cannot make the morning runs we have two social runs going out in the evening from Coombeshead College. We will meet in the car park, so come changed and ready to run. On Monday 2 January, again we do not have an organised training session but a social run will go out from Coombeshead College at the usual time. Again, come changed and ready to go as the college will not be open.

On Wednesday 4 January, it is back to business as usual. Hopefully, you will have kept the body ticking over and will come back to us fully rested, injury-free and ready to tackle some serious training with a view to achieving your goals in 2012.

I am really pleased with the way our training is going at the moment. The groups have all developed an identity and you all

seem to be finding something to satisfy your needs. The feedback we are getting is positive so we hope we are doing right by you.

I would like to personally thank all of the dedicated and hard working coaches, leaders and the general committee for their support throughout the year. It has not always been easy and there have been some times when we have had serious disagreements on what is right and what is wrong for the club. At the end of the day we all have the best interests of you the members at heart and when I see you all working hard at training it makes all the effort worthwhile.

We are constantly looking at ways to make training fun and interesting and you will have noticed that many of the sessions now involve working in pairs or threes and we try to incorporate fun elements. Some of these sessions work well and others are not so successful, so it is important that we know how you feel about them. Sometimes you vote with your feet and sessions are not well supported but we are trying to filter these sessions out.

Going into the New Year, we expect that our membership will swell and the emphasis for a lot of you will switch to training for a spring marathon. It is important to combine your long runs with some quality training and that is what we will give you. So don't look for the easy session, don't be afraid of the hill sessions as these will all help to improve your strength and stamina.

All of that said, getting back to my first message, go away and enjoy Christmas, relax and recover and come back to us in the New Year fit and ready to go.

I wish you all a Merry Christmas and a Happy and Prosperous New Year.



Minutes of the Annual General Meeting, held at Newton Abbot Leisure Centre, Wednesday 16 February 2011, at 8pm

PRESENT

Roger Hayes, John Caunter, Mark Becker, Graham 'Buzz' Terrill, John Skinner, Becky George, Ian Langer, Anna Langer, Dave Dunn, Alan Boone, Daryl 'Tarquin' Milford, Graeme Baker, Syd Willocks, Gary Watson, Ewan Walton, Rod Payne, Tina Caunter, Pete Aston, Garry Smart, Eleanor Taylor, Dave Tomlin, Sharon Bowman, Janice Caunter, Glenn Jarvis, Stuart Moulson, John Tweedie, Roger Hales, Debbie Clarke, Lucy Payne, Ben Epps, Dave Taylor, Michelle Willocks-Watts and Stewart Dunn.

APOLOGIES

Nathan Elphick, Noel Fowler, Bruce Campbell, Caroline Hayes, Clare Youngman, Adrian Youngman, Andrew Ludlam, Stephanie Ross, Jo Becker and Wilf Taylor.

MINUTES OF THE 2010 AGM

The minutes were accepted as a true record and signed by Roger Hayes (Chairman).

CHAIRMAN'S REPORT

Read out at the time.

SECRETARY'S REPORT

Read out at the time.

TREASURER'S REPORT AND APPROVAL OF 2010/2011 ACCOUNTS

The Treasurer's report was read out at the time. The approval of the accounts and recommendation that subscription fees for next year remain the same were seconded by Dave Dunn and carried unanimously.

ELECTION OF OFFICERS/COMMITTEE

The proposed officers were as follows:

CHAIRMAN – Roger Hayes

VICE CHAIRMAN – Tina Caunter

SECRETARY – Mark Becker

TREASURER – John Caunter

MEMBERSHIP SECRETARY – Dave Dunn

CLUB CHAMPIONSHIP – Daryl Milford

In his capacity as Club President, Graham 'Buzz' Terrill thanked members for attending the AGM and thanked the committee and coaches for the work that they do for the club.

As there was no opposition to the above nominations it was agreed that they were elected *en bloc*. This was carried unanimously.

The proposed (7) general committee members were as follows:

Anna Langer

Becky George

Noel Fowler

Stewart Dunn

Adrian Youngman

Nathan Elphick

Rod Payne

As there was no opposition to the above nominations it was agreed that they were elected *en bloc*. This was carried unanimously.

PRESIDENT – Graham 'Buzz' Terrill

The following nominations had no opposition to their positions and it was agreed that they were elected *en bloc*. This was carried unanimously.

CHILD PROTECTION OFFICER – Tina Caunter

LADIES' CAPTAIN - Sharon Bowman

MEN'S CAPTAIN – Daryl 'Tarquin' Milford

PRESS/PUBLICITY OFFICER – Sharon Bowman

WELFARE OFFICER – Jan Caunter

The position of Cross Country Officer was offered to all present but remains unfilled at this time.

The meeting closed at 8.21pm.

John Scott Trophy

Our annual handicap event was once again a great success, with victory this year going to Sharon Hutchins. Husband Mark bagged second place, earning the couple the coveted Dave Dunn Trophy. Meanwhile, an industrious Stewart Dunn picked up the Ross Cup for first tattooed Trotter.

	Finish Time	Handicap	Actual time
Sharon Hutchins	48:25	13:00	35:25
Mark Hutchins	48:35	20:15	28:20
Stuart Dunn	48:39	21:00	27:39
Ewan Walton	49:06	24:45	24:21
Mark Wotton	49:20	18:00	31:20
Jo Becker	49:22	16:00	33:22
Lucy Payne	49:28	15:00	34:28
Keith George	49:35	19:31	30:04
Tina Caunter	49:42	16:00	33:42
Ian Langer	49:45	24:00	25:45
Gary Watson	49:46	21:30	28:16
Nathan Elphick	49:47	21:00	28:47
Craig Churchill	49:49	20:30	29:19
Jan Caunter	49:51	14:00	35:51
Kevin Besford	49:59	18:01	31:58
Caroline Clark	50:09	18:30	31:39
John Caunter	50:13	20:15	29:58

	Finish Time	Handicap	Actual time
Caroline Hayes	50:21	18:00	32:21
Phil Perry	50:22	21:00	29:22
Eleanor Taylor	50:22	15:00	35:22
Becky George	50:31	19:30	31:01
Mark Becker	50:42	23:00	27:42
Gary Clark	50:46	23:30	27:16
John Skinner	50:46	21:00	29:46
Jimmy Donovan	51:08	16:00	35:08
Peter Royle	51:13	21:30	29:43
Wilf Taylor	51:16	22:30	28:46
Marsha Garrard	51:22	18:00	33:22
Dave Dunn	51:47	19:30	32:17
Derek Blackford	52:14	18:00	34:14
Rod Payne	52:22	00:00	52:22
Roger Hayes	52:40	20:15	32:25
Sally Ingledew	55:19	18:00	37:19
Roger Hales	55:48	22:00	33:48



Allen Taylor strides out during this year's Temple Ten.

Torrid Templer!

It was the Templer Ten but not as we know it! Race Director John Caunter reflects on another successful running of this much-loved event, transformed this year by the unseasonably mild weather.

What a few days for a multi-terrain run! Wet just before, leaving the course soft and wet in places, but glorious on race day, it couldn't have been better. In fact, it was so good that despite being November those who went to The Sloop for lunch were dining al fresco. Next year has a lot to live up to.

In common with most years, the race was full and, equally in common with most Trotter races, it passed without incident and with good reports from the finishers. Post-race, we have received several congratulatory emails. Thank you to all those who helped in some way to make the day a success.

No event can ever achieve perfection, things can always be improved, and this year there were difficulties behind the

scenes (not experienced by the runners). These were caused mainly due to the withdrawal this year of police support. I must express my special thanks to those who were marshalling at road crossings or roundabouts and who were subject to abuse from a limited number of drivers.

I hope it wasn't too bad and won't put you off next year. We are working to resolve the behind-the-scenes difficulties we had with police support and parking for 2012.

There's nothing much else to say, thanks again for making it a success and for helping to swell our funds to the tune of about £1,300. These funds, as you know, help to keep our fees for membership and training lower than any other club we know.

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: Important new proposals affecting the club constitution. And Jools is back!

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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