

# The Trotter

Number 32

March 2012



## Mischief in Milton Keynes

**Roger Hayes** reports from the snowy wastes of an English new town, where sub-zero temperatures fail to deter plucky Quadzilla runners.

As I'm sure most of you are aware, there are three of us in the club chasing down that magical number of 100 marathons — Sally, Smokes and myself. When I sat down at the back end of last year to plan for this year's races, I noticed the Quadzilla. I knew Sal had done it that year and having spoken to her, she highly recommended it. I thought I'd give it a go. I went to sign up, only to find out it was full. This multi-day running malarkey is really taking off! I spoke to the organiser who put me on the reserve list. I was beginning to give up hope when out of the blue I got an email from the RD — You're in!

I quickly sorted myself out with accommodation. The hotel at Race HQ was rather expensive so I plumped for a cheaper one about 4 miles away. Thankfully I had been doing the mileage, so it wasn't a shock to the system when I increased it a tad more. I managed to bang out 247 miles in January. I felt strong and was feeling confident as I entered February and approached race day (the 9th). I eased right back during the beginning of race week, just a mile swim and an

hour of circuit training and no running! Having had a sports massage, I was as ready as I was ever going to be. I left for Milton Keynes on the Wednesday, which just happened to be my son's birthday. Sorry, Stan!

I arrived at the Furzton Lake Premier Inn in a little under four hours after leaving sunny Devon. The hotel had a restaurant, a sort of Beefeater-type place. I headed straight for it. They were doing an offer of two meals for a tenner. I ordered Lasagna and Spaghetti Bolognese. The waitress gave me a puzzled look at she brought both dishes to the table, expecting to see two people, rather than just me with knife and fork at the ready! An early night followed, during which I didn't sleep as well as I had hoped.

The hotel gave me a map of the area. It looked pretty much self-explanatory and I therefore didn't bother with the Satnav. I set off confident of reaching Race HQ. What I hadn't bargained for was the

# News Desk

That will teach me to bang on about how we were having such a mild winter, *writes Roger Hayes*. My four days in Milton Keynes were some of the coldest conditions I've ever run in. You can read all about my arctic experience at the Quadzilla on pages 1,3 and 4. This month's news is dominated by our recent AGM. Many thanks to all those who attended, although disappointingly, there was less than 10 per cent of our membership present! Those that were there had the opportunity to vote on a series of proposals and to elect your 2012-13 committee. There were many important changes to the constitution and I have listed them below. A full copy of our constitution can be found on our website.

- Any member who is more than 30 days late in paying their subs will no longer be deemed a member. They will have to rejoin the club.
- All first claim members will be eligible to enter the club's annual draw for London Marathon places, provided they have gained four or more points during that calendar year, with one point being awarded at the

discretion of the Race Director for helping out at any race organised by the club.

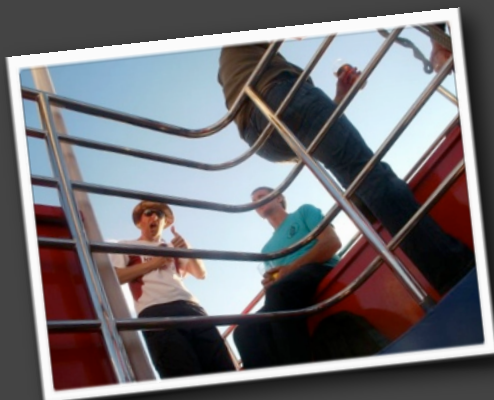
- All first claim members will receive a free club trip race entry, together with free coach travel to that race, and bring a maximum of three guests free of charge, provided they have gained a minimum of two points during the previous calendar year.
- A new non-committee post of social secretary was created.
- Each calendar year, all first claim members shall be allowed to participate in a maximum of 50 per cent of the races organised by the club, with one of those races being the Bovey Tracey Cross Country. (This basically means you can enter two races plus the Cross Country.)
- Postal votes will be allowed at the AGM under exceptional and unforeseen circumstances. This will be at the discretion of the officers of the committee.
- Membership fees remain the same. Second claim members, however, will now pay the same as first claim members.
- The joining fee for new members was increased to £5

What a great weekend's racing we've just had. The Royal Blues produced some fantastic times at Redruth and Bideford. However, on a damper note, as you know I booked two mini-buses for the Duchy. Unfortunately we had 12 people drop out, which meant the cost of the trip shot up for all those left on board. As a result of this I will now be asking for payment up front for any future trips — North Dorset and the lads' weekend away being two such trips. This will be non-refundable, unless someone takes your place via a reserve list (if there is one). I will be round this week to collect your money. So, if you're on the North Dorset bus it will be £10 and the lads' weekend away will cost you £17.

Thank you to all those who responded to Tarquin's call for marshals and helpers for the DD. We are still a long way short of reaching the number we need. He will be asking you directly over the next few weeks if you can help out. Please say yes! Do we have a member who owns or has access to a transit van than we can use for the DD? Ideally, that person would drive the van themselves and become part of Dave Dunn's team, who are in charge of the course signage and water stations. Please contact myself or Dave if you can oblige.

We are very close to going live with the details of this year's summer boat trip. It will coincide with the club's 30th anniversary, so it's something to celebrate! More details will appear in next month's edition of *The Trotter* and no doubt on Facebook, too! If you've yet to sign up to the Trotters' Facebook page, now is the time to do it. It's a closed group, open to Trotters only and it is a hive of information.

The daffs are out and Spring is in the air — he says with a wry smile. Catch you next month for all the latest news.



A couple of scenes from last year's boat trip - a lovely time was had by all. Pix: John Skinner.

# Membership Report

Half a dozen new members take Trotters to fresh heights, reports **Dave Dunn**.

We finish this membership year with six new members, taking our membership total to a new record number of 242.

The first of these new members to introduce to you is Marion Hughes (57) from Chudleigh. Marion is quite new to running and has been going out with our Monday evening beginners' group. Next up is Steve Dinnie (47) from Bickington. Steve is Director of Sport at South Dartmoor College and is one of the many members of staff and friends who is running in this year's London Marathon to raise funds for Whizz-Kidz. Steve has told me that he has really enjoyed his 'honeymoon' period with the Trotters, liking our club set-up and ethos, and singing the praises of our run leaders and coaches.

Then there's Steve Mariadas (37) from Newton Abbot, who has been a regular attendee on most training nights this year as well as taking advantage of the Saturday morning long runs from Sainsbury's car park as Steve prepares himself for his spring marathon – sorry Steve but I can't remember which one you said you were doing! Fourth on the list is Paul Evans (54) from Kingsbridge. I don't know if it's testament to how good our club is, or whether there is a dearth of decent running

clubs in the South Hams, but Paul has been keen to make the long round trip at least once a week to join in with our training.

The penultimate newbie is Ellie Sutcliffe (28) from Exmouth, who has joined on a second claim basis as she just loves the camaraderie she has seen from our runners at various races around the South West, and wants to be part of it. Ellie is a very accomplished runner who is keen to represent our ladies whenever the opportunity presents itself, and who one day may switch allegiances to become a fully-fledged first claim member. Finally, we welcome Alexandra Parker (47) from Bovey Tracey. Alex, as she prefers to be called, is our newest member, and therefore I haven't yet had the chance to get to know her very well, so she is currently something of a dark horse!

We don't seem to have too many members who celebrate their birthday during March, but there are three notable birthdays among our members this month. New mum Ruth Mundy reached the veteran ranks for ladies at the beginning of the month, Tamsin Cook will turn 45, while Jo White will be 40. May I wish all three of you a very Happy Birthday and may you all enjoy running with your new veteran status.

## Club Records



Last month's Plymouth Hoe 10 produced two new club records. Eighteen-year-old Adam Caunter (above) destroyed Tom Burman's Junior Male 10 miles record with a brilliant time of 1:01:51, which bettered the previous mark by about two and a half minutes. FV45 Jacki Woon got her name into the record books for the very first time when taking nearly a minute off Stephanie Ross's mark when stopping the timekeeper's watch at 1:15:20.

This coming month sees opportunities for more record-breaking feats in the half marathons at Bideford and Yeovil, the Duchy Marathon at Redruth and the Mad March Hare 10K at Plympton. Full details of these and other races can be found on the Race Diary page of our own web site. Good luck wherever you are racing, and don't forget to tell our hacks, Fizz and Rodders, all about your exploits and achievements.

## Membership Renewal

Once again, we have reached that time of year when you have to dig into your pocket and sign on for another action-packed year with the Trotters. An invitation to renew your membership of Teignbridge Trotters has been attached to this edition of The Trotter. Please print it out and, starting at the top of the form, work your way down, filling in all the sections that are relevant to you and perhaps other members of your family. When you get to the bottom, don't forget to sign it and date it, and get it back to me with your payment as soon as you can.

It is entirely up to you whether you opt to be registered with England Athletics as a competing member — it will cost you £5 per person. Financially, it is worth it if you intend to enter a minimum of 3 races holding an EA permit during the next 12 months. Obviously there are other issues bound up in the whole EA debate, but this is not the time or place for that!

This renewal process is just about the only way we have of keeping tabs on your contact details, so please fill in the form fully and legibly, before returning it to me, preferably on a Wednesday training night. I normally run into Newton Abbot Leisure Centre on a Monday. I don't want your money without a fully completed renewal form, and I won't accept a renewal form without the money. Please only use the form attached to renew your membership and no other form. The information you provide will not be used outside our club and, as with all your personal information held on file, we are bound by the Data Protection Act.

Feel free to contact me if you should have any query about filling in the renewal form, or if you're not sure how much you need to pay. You have to renew your membership by 30 April or else you will no longer be considered a member of Teignbridge Trotters and would have to pay the new member's joining fee of £5 should you wish to re-join, all as per our amended Constitution which was approved at last month's AGM. You have been warned!



# I'd never run a marathon in the snow before. It was quite exciting

amount of roundabouts in Milton Keynes. It wasn't long before I took the wrong exit off one of them and five or six roundabouts later I was lost! The race started at 10am. A quick look at the watch — it was 9.33am. I pulled over, scrambled around for the Satnav, plugged it in, it was telling me my ETA was 9.47am. This was not as I had planned! I eventually found HQ and ran into the hotel to find registration. I was the last one to register. I quickly stripped down to my running gear, vaselined up, gloves and bandana on and I was ready for the off. As we all walked to the start, I caught up with Sally, who was looking great in her winter running gear, complete with ear muffs! It was really only then did I realise how bloody cold it was.

After a short race briefing, we were off. There were quite a few patches of ice on the course which although not dangerous, had to be treated with care. As I made my way round the first lap of the lake (each marathon consisted of 7 laps and one smaller one), I wondered what the hell had I let myself in for. I had to run round here another 27 times during the course for the next four days! On my second lap I got chatting to a guy about marathons and what we had entered during the year. It transpired that he was the RD for the Manchester Gin Pit double Marathon that Smokes and myself had signed up for in March — small world! I ran with him for a further four laps. Time went by so fast that I honestly didn't even notice we had started our last lap. Malc wanted to slow down a bit and so sent me on my way, I felt as fresh as a daisy as I picked up the pace a bit and headed out for the final time. The course was full of twists and turns with the odd incline and decline, which helped break up the monotony of dead flat running, something I had been concerned about prior to the start.

I finished the race in 3:38:13, coming in 3rd out of the 60 that finished. I felt great and after a quick chat to a few of my fellow competitors I was in the car and heading for my hotel. Now anyone that knows me will know I don't really do the cold very well, therefore getting straight into a freezing cold bath for ten minutes was simply murderous. Sitting there shaking uncontrollably, with my feet and hands going white, was just something I was going to have to get used to. If Paula Radcliffe can do it then I sure as hell can. A protein drink was next up, followed by a hot meal. I then gave myself a massage (not that sort of one!) and settled back for a little afternoon kip. This was to be my routine for the next three days.

Day two arrived and when I pulled back the curtains I feared the worst. Yep, it was white everywhere: an inch of snow had fallen. I wondered if

they might call it off. I pressed on with my morning ritual of three Weetabix, a banana and an energy drink, just in case it went ahead. I set off early, this time with my Satnav. The roads had been cleared so, after a trouble-free journey, I arrived at HQ. I walked up to the start to see if anyone was already out there running. Foxy, the RD, allowed an 8.30am start for those who wanted it. Although most of us chose the 10am start each day, there were a few who opted for the early getaway. I was pleased to be greeted by Foxy, who, along with his team of helpers, were busy counting runners' laps and offering words of encouragement as they passed the checkpoint. You couldn't really see the path, it was lost under a blanket of snow. Still at least it was on, they're a hard bunch these multi-day runners!

I'd never run a marathon in the snow before. It was quite exciting. The sun did come out during the course of the race and how beautiful everything looked, the frozen lake with a layer of white, the trees, leafless, with their branches reaching out, laden with snow. The vibrant red coloured shrubs that lined parts of the course looked like someone had sprinkled icing sugar over them, they were glistening in the sunlight. It was absolutely stunning and a real joy to be out there, running in it. Unlike the previous day, I spent most of my time running on my own. I counted down the laps as I refuelled at the checkpoint each time. There were different nibbles on offer each day, it would have been rude to refuse! My legs were feeling pretty good and, with two laps to go, I picked up the pace. I was on a high and loving every minute of it. I finished day two in 2nd place out of 57 finishers in a time of 3:30:23.

Day three dawned and last night's weather forecast had predicted that this would be the coldest day of the week. I scraped the ice of the windscreen of the car, which was showing minus 8. I turned the key in the ignition and it made a feeble effort to start. I tried again, this time there was nothing. GREAT! It was facing the wrong way to try and bump start it. I went back inside the hotel and called a taxi. One would be here in 20 minutes, they're very busy, so many cars won't start, I was told by the lady on the other end of the phone. That was it, I was going to miss the start. Then, lo and behold, a lady dressed like a runner hurried past me in reception. It was my lucky day, for Rita (as I later found out) was running the Quadzilla. Hurrah for Rita!

If the other two days had been cold, it was nothing to today's temperature. As we walked to the start, I couldn't stop shaking. My hands, feet, ears and nose were all numb. Each day, Foxy had allowed



From left: Rog refuelling at a checkpoint; Rog with fellow Quadzilla Trotter Sally Ingledew; Rog running with marathon legend Steve Edwards.

# My quads felt like they were being punched with each stride I took

a certain amount of extra runners to take part, some just ran the one day, a few did a double. Today saw the largest number start the race, with 70 of us setting off. I was aware that the three guys that hit the front early on were just one-dayers, so I wisely decided to hang back a bit and let them go. I found myself running with Steve Edwards. If you've not heard of him, you need to Google him. As Sally rightly calls him, he is the Godfather of marathon running. He had already established quite a lead in the overall standings and, barring a disaster, was certain to win the event. What a smashing bloke he was. We chatted non-stop for three laps. What he's achieved is quite amazing. With world records to his name, you might think he would be conceited but, not at all, he's a real genuine guy.

The pace was a bit quick for me and I let Steve go. I had brought my MP3 player with me today. I very rarely listen to music while running, but I put it on and was whisked off into another world. The final three laps were hard going. Each lap, by the way is 3.5 miles. My legs were starting to ache and I had developed a blister on one of my toes. For the first time, I was having to dig deep. I was surprised to cross the line in 3:26:23, giving me 5th place. I'd felt like I was going backwards those last few laps, so to bang out that time cheered me up no end. Sally's partner, Ray, had driven up on the Friday night and was one of those that took part on just the Saturday. Poor old Ray, he had chosen the coldest day. I spoke to him afterwards, intrigued to find out if walking 26.2 miles generated enough heat to keep the body warm, his answer was a very definite NO. He had been freezing. It must have been some fight to see who was having the hot bath first as soon as they got back to their hotel room! (and yes, I did have a cold bath that day!)

I hadn't really set any goals before starting out on this challenge, other than to finish it and with as little pain as possible. However, as my times had got quicker with each day and I had moved up the leader board, I was now lying in third place, only 40 seconds behind the guy in second place. I was determined to try to improve my position and see if I could get quicker. I'd had a text from Monkey that morning, saying something along the lines of 'Chairman, if you have any puff in your sails left, go out there and create mischief.'

As I stood on the start line on what was yet another bitterly cold day, I decided I was going to give it a bit of a go. Mind you that's what my brain thought, my legs might have had another idea! Thankfully, once I got running, the blister that had been so painful yesterday seemed to be appreciating the tape I had wrapped around it and my legs didn't feel too bad, either. I quickly found myself in second place behind a guy who had been walking his dog the previous day. He'd seen all these runners and asked Foxy what was going on. Learning of our adventure, he asked if he could come back tomorrow and take part. Foxy said yes

and so here he was. I pulled up alongside him and we ran a lap together. He seemed to know what he was doing, the pace was pretty quick, so I let him go. The path around the lake throws up three horseshoes that allow you to see who is behind you, or indeed who is in front of you. Today, I was only interested in who was behind me. I could see Steve Edwards, who was about 30 metres behind, and Gary, (the guy who was in second place overall) was probably a further 20 metres behind him. That's how it was when I glanced over on my second lap. They were both obviously digging in, as I wasn't hanging around.

On lap three, Steve caught me up and we chatted for a while. I was determined to try and beat him today, although I wasn't quite sure how! I was feeling pretty good and making the most of Ray, who was kindly passing me drinks before each checkpoint, allowing me to continue running while refuelling. At the start of lap four I decided it was now or never. It was time to create mischief! I picked up the pace and put some distance between Steve and myself. When I got to the first horseshoe, Gary was nowhere to be seen. I'd made up the 40 seconds that I needed. That was my first tick of the day. On went the MP3 player and up went the volume. I was 'having it'. Lap five and I caught the guy who yesterday had been walking his dog and today was running a marathon — isn't that the beauty of our sport? I flew past him with one

thumb up in the air, no time to chat, I was on a mission.

Laps six and seven were my quickest of the four days. I won't lie to you, my legs by now were screaming, my quads felt like they were being punched with each stride I took. Oasis were doing their best to blot out the pain. I turned up the volume to maximum and dug deep — mischief was proving painful...

As I approached the finish, I somehow managed a sprint for the line. I'd done it, three more ticks! A massive

grin on my face, a huge sense of pride, a very happy Chairman. Oh, and I won the race, setting the fastest time of all four days (3:19:13) and came second overall.

I would have loved to have stayed and cheered Sally cross the line, but what little body heat I had soon disappeared once I'd stopped. Having said my goodbyes, I headed back to my hotel for the final time. I'd paid an extra £15 to get a late checkout. This allowed me to indulge in a cold bath (I won't miss those!) followed by a hot shower and a bite to eat in the restaurant.

The drive home that afternoon was almost as tough as the race. At first, I was on such a high but two hours into the journey and I was finding it hard to stay awake! Thankfully, I made back to Teignmouth in one piece. As I put my head on the pillow that night, I thought about all that I had been through. My grin returned as I drifted off to sleep.



Running buddies: Rog and 'Godfather' Steve Edwards, after day 4 of the Quadzilla.

# Club Championship



Tarquin pictured in full flow at the 2012 First Chance 10K.

Tarquin brings us the latest from the early action in this year's Club Championship and salutes those taking part in the competition for the first time.

Well, what a hectic start to the season it's been so far! With six weekends of championship races completed so far (eight CC races in total), the leader board for both the ladies and men is looking very interesting indeed.

I have been very impressed by the interest in the Club Championship this year and most of this interest has come from our newer members, who are looking forward to their first whole season of racing. At the very first race of the year, The First Chance 10K, I went around to everyone on the finish line and jokingly told them that they've only got eleven more to do. But instead of getting the groans and abuse I was expecting, everybody replied with a positive comment! Everyone really seems up for it this year.

None more so than Joanne Haynes, who thus far has completed the maximum possible six races. Jo has been on a relentless championship mission and her hard work has paid off by having her name right at the top of the ladies' leader board.

Jacki Woon, Eleanor Taylor and Katrina Duignan currently lie in 2nd, 3rd and 4th, respectively, with each of them having completed five races. With Jacki regularly picking up 50 points in the races she does, she has to be the one to watch this year.

Carrie-Anne Hewings, Helen 'Zippy' Anthony, Ladies' Captain Sharon 'Fizz' Bowman, Caroline Clark and Tamsin Cook have all completed four races so far and are currently well placed.

The ladies' championship spreadsheet is packed with new and newer Trotters and this is a very promising sign. Among them is Catherine Barnes, who ran her first ten-mile race at the Plymouth Hoe and her first half marathon at Bideford. She has set her heart on completing the championship to prove that she can do it. Good luck, Catherine, and well done to everyone attempting the championship for the first time this year. A total of 28 ladies have entered at least one CC race so far this year. It's a long season and we're only a quarter of the way through, but the harder races are probably out of the way now, leaving the fun summer races to come.

So, what of the men? Well, even though the ladies' leader board is packed with more newbies, the men's spreadsheet isn't looking any less interesting. A massive total of 47 men have completed at least one championship race so far, this year, although the men are lagging behind the ladies slightly with the amount of races completed per individual. Come on you Trotter men!

Wilf Taylor is leading the men's championship, with some rather impressive performances at the Duchy 20, Dalwood 3 Hills and the Bovey Tracy XC races. Despite his senior years, Wilf still knows how to turn it on and he will be a serious contender this year.

Gary Clark is up in 2nd position, with five gritty performances. Gary is now starting to put his recent bad form behind him and is now steadily improving. Lance 'Skippy' Mason is currently lying in 3rd position, after only being able to complete four races this season. Lance has been



## There is always a great sense of camaraderie in taking on a challenge with other Trotters

battling with injury and illness since Christmas, but is thankfully slowly on the mend. It just shows the talent of the guy that even though he's not firing on all cylinders, he still is able to grab the 50 points for every race he completes. Lance is definitely the guy to beat this year, after showing his mettle at the back end of last season.

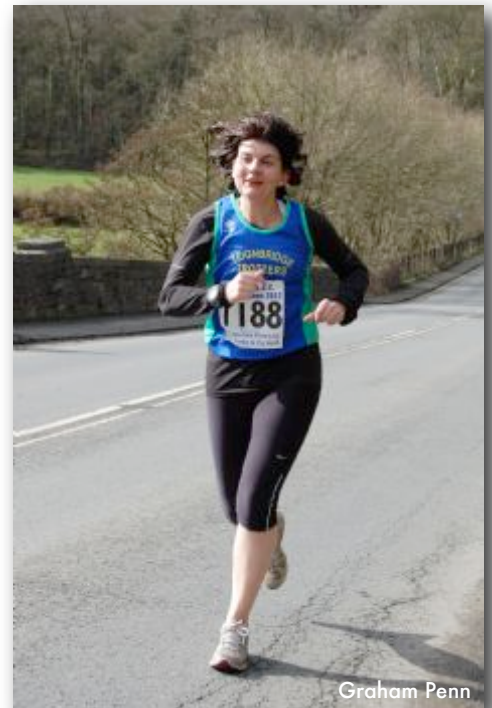
Tommo and some bloke called Tarquin are currently battling it out in 4th and 5th, but with marathon and DD preparations, we both cannot devote a serious amount of attention to the championship at the moment.

Our bright young thing Adam Caunter is not far behind us in 6th. Adam completed in his first road 10 mile race (Plymouth Hoe) and half marathon (Bideford) this year and all eyes are firmly on him, as he will start to improve and fulfil his vast potential as the season and years go on.

Neil Pallant and Peter Royle have also completed four races so far this season and are lying in 7th and 8th. I expect a good

placing for those two this year, as their consistency will pay off for them, but I can also see them battling each other all the way to the last race of the season! Eleven other men have completed 3 CC races this year and it will be interesting to see how they climb the leader board as the season progresses.

I know that completing the club championship is still a big undertaking and is especially daunting for those new to racing. Racing is hard, but the advantages outweigh the pain and uncomfortable feelings out on the course. On top of the amazing sense of personal achievement that you get, there is always a great sense of camaraderie in taking on a challenge with other Trotters, all of whom are in the same or similar boat. Going to races is great fun and can be a great experience and, as always with the Trotters, it normally turns into a great social outing too! So, what better way could there be to tie these races together, than by picking out the twelve or more, races that you fancy from the championship and tackling them together with other Trotters?



Off to a flyer: Catherine Barnes is a relative newcomer to racing but she's determined to get stuck into this year's Club Championship.

## Secretary's Report – Presented at the AGM

It has been a significant year in the development of our club, writes *Club Secretary Mark Becker*. Membership is as high now as this time last year but with a much greater proportion of members actively training on Monday and Wednesday evenings. The standard of coaching at the club goes from strength to strength thanks to Coach Coordinator Rod Payne, the coaches and the leaders.

Training options available on a Monday and Wednesday evening are varied and cater for all. Three coaches are currently in the process of taking their Coaching in Running Fitness qualification through England Athletics, an intensive course designed to bring coaches up to date with modern coaching standards. I personally see this as a major step forward and necessary to our club, not just for the kudos of well qualified coaches, nor just for appropriate staffing levels necessary in a club of our size, but because we train together to improve our running and should expect the resources within our club to acquire better running techniques.

It was a shame that no one stepped up to fill the vacant committee post last autumn at a time when our membership was so high. The club cannot function without official management. It is a rewarding experience being part of making the decisions that affect the day-to-day running of our club and such decisions, often difficult, need to be made. Committee meetings are always guaranteed to be enjoyable and I thoroughly recommend it.

All our races were a great success last year thanks to the race directors and their teams. After the recent success of the Bovey Cross Country, our attention must once again turn to the Dartmoor Discovery just over four months away. The club will once again depend on your support in marshalling and helping at the event.

I would hope that our active membership can be relied upon to offer their services, especially as so many members enjoy the training the club has to offer. Indeed, some members have sought to take up the

challenge of running the race themselves but this will inevitably leave gaps in the marshalling ranks.

The Club Championship is well under way and looks to be a great success this year with so many new members competing. The current format is well established and I'm sure you'll agree that Tarquin does an excellent job in organising it and updating it regularly.

The recently organised Gait Analysis by John Caunter with Ironbridge Runner was a great success with free professional advice on running footwear selection which many of our members took advantage of. This has been organised before and I'm sure will be repeated in the future.

It has been an honour to have been Club Secretary for the past five years and, as we enter our 30th year of the Teignbridge Trotters Running Club, I would like to thank the committee for all their hard work in managing the club and for all their support.

# Jogging with Jools



Starting this month, **Julian Head** explores some great runs now lost to the past – and picks the perfect day for an exploration of Torbay's beautiful beaches.

Last year, I ran the old Portreeves Challenge route in Ashburton, a tough little eight-miler with picturesque spots affording the odd chance for a breather and a spot of photography.

As I was thumbing the pages of my scrapbooks recently, it got me thinking how many more of these local runs no longer exist. These events were usually organised privately by carnival committees and the like. These well meaning, enthusiastic committees eventually found that the administration, marshalling and policing costs were prohibitive and the events either fell by the wayside or were handed over to running clubs with the expertise and resources to run them successfully.

This year, *Jogging with Jools* will be a sort of celebration of these events, long since consigned to the memory and the scrapbook. It will also be a reflection of the glorious scenery that these runs passed through. My ramblings and ploddings will take me to diverse areas such as Moretonhampstead, East Ogwell and Honiton.

My first run took me back to the old Torbay Beaches Run of the late 1990s. The undulating course from Tor Abbey Sands, Torquay to

Goodrington and back saw fields of 150 plus competing over seven beaches and five parks. The race was privately organised and hampered by having no fixed date in the running calendar. As it involved a lot of running on the beach, it had to be run at low tide, usually early afternoon and always took place sometime in April. There was also a one-mile event for children.

As I headed along Torre Abbey Sands, the sea was tranquil and an inviting turquoise, up the steps to the prom and past the ice cream vendor. I made a mental note of his location, as I may have been needing sustenance at the end, and to pile on that weight I was bound to lose on the run (they don't call me Porky for nothing!)

The tightly packed surface of Torre Abbey Sands was in stark contrast to neighbouring Corbyns Beach, which is loosely distributed and proved more of a challenge for this solitary runner.

A small climb up some steps and I was on to Corbyn Head, a small promontory with panoramic views of the bay from Berry Head to



# You probably won't have noticed a small gateway into Hollicombe Gardens



Thatcher Rock. This site is familiar to most Trotters as the location of the well organised finish area of the Torbay 10k.

From Corbyn Head, I passed the Livermead House and Livermead Cliff hotels and then tackled the infamous Gas Works Hill. Anyone who has competed in most of the Torbay AC events will know this climb, although for the first time I stopped at the summit and espied Paignton Sands, and Roundham Head, as the remainder of my route tantalisingly stretched out in front of me.

If you don't venture this way too often, you probably won't have noticed a small gateway into Hollicombe Gardens on the Paignton side of Gas Works Hill. The gardens were opened in 1981 and act as a gateway to Hollicombe Beach. This was originally the old gas works site, but today, in stark contrast, you will find landscaped gardens, a pond and, during the summer, manicured flowerbeds and tidy lawns to relax on. The small gateways at either end do not do the gardens justice.

A short climb out of the gardens brought me to a downhill section which led eventually to Preston Sands. Luckily, the tide was out and I was able to follow the exact route of the Torbay Beaches Run from Preston Sands around the Redcliff Hotel and on to Paignton Beach, running under its famous pier as playful dogs gambolled in the English Channel to my left.

I followed the beach to the sun-drenched harbour, which sheltered boats waiting for owners to use them when the kinder weather arrives. The headwind hampered my progress along Paignton Beach but I contented myself with the knowledge that it would be full scale behind me on my return to Torquay.

From the harbour, I climbed on to Roundham Head and through Roundham Park. In the park, I stood atop a lonely clump, part of the



now obsolete pitch and putt course, and took in the view of Torbay, which from high up and on a beautifully clear day was looking as attractive as ever I had witnessed. (Mental note to self, when Torbay's hot air balloon is flying again, pick a day with light winds and soar away.)

From Roundham Park, a cliffside path wends its way predominantly downhill to Goodrington Beach. At Goodrington, I was again thankful that I had selected low tide for my sojourn as I ran along the wide expanse of sand to the halfway point. I was somewhat forlorn here as I had enjoyed the first half of the run and I knew that every step I took from now would wing me nearer to the finish.

The prom at Goodrington is being spruced up for the summer season. Quay West water park and the handful of pubs and restaurants are being readied for the summer onslaught of holiday makers and foreign language students.

The return trip largely followed the course of the outward journey, although at Paignton the course took the road past Pirates' Bay, a Crazy Golf paradise of American Design, complete with pirate ship, canon fire, fountains and a discount promised to anyone who turns up



in nautical fancy dress. Gone is the old concrete monstrosity of yesterday.

The course also took me past the imposing Apollo Cinema and the play area currently under construction. It is hoped this new children's facility will make Paignton seafront and esplanade even more of a family friendly attraction.

It was then on to Preston Sands, past the famous beach huts, one more trip to Hollicombe Gardens and once more unto the breach of Gas Works Hill. I will run Gas Works again, and I will run it quicker. But I will never run it as enjoyably as I did when taking more interest in views than lactate threshold.

The finish took me back on to the flat-packed sand of Torre Abbey and a well earned 99 ice cream.

Torbay has its issues but, on this one beautiful morning in February, I witnessed the best that this corner of South Devon has to offer. Thank goodness I wasn't in my usual hurry-up mode, for I had time to take in the fresh sea air, the gentle waves lapping at my feet and the pleasant (sometimes sympathetic) greetings from hikers and dog walkers alike.

# Captain's Corner

Sharon is excited by some new names among the results.



Well the weather wasn't too bad over the winter compared to last year, so no races had to be cancelled, meaning that many Trotettes got out to race. We had a club record in the FV45 age category from Jacki Woon and a team prize in the Oh My Obelisk.

Some new names have appeared in the results, so well done to all of you who have started racing new distances. I hope to be writing more about you very soon. Good luck in all the races this year, girls!

Thanks for voting me in again as Ladies' Captain. I am always around to listen to any feedback or ideas you have. Please don't be shy. I would like to thank Caroline Clark for arranging the long social runs for everyone to enjoy and also Emma and Melaine. There is a real feeling of team spirit on these runs.

Also I would like to say congratulations to the new Trotter babies and proud parents: Chloe and Toby (Anna and Ian); Archie (Hannah and Ben); Daisy (Ruth and Ronnie) and the newest arrival Finley (Vicky and Stewart).

So, this is how we all did since the Bicton Blister in November 2011.

Ottertton Reindeer 10K run, 3 December: Sharon (Fizz) Bowman 1.02.38 Amanda Milverton 1.04.16 Marion Witham 1.08.25.

Brooks Westward Cross Country League, 4 December: Sharon (fizz) Bowman 23.48. Julie Crocker 24.45 Tina Caunter 24.50 Sally Ingledew 25.03. Lucy Payne 25.51 Eleanor Taylor 26.16.

John Scott Trophy, same day: Becky George, fastest lady 31.01, Caroline Clark 31.39, Caroline Hayes 18th 32.21, Jo Becker 33.22 Marsha Garrard 33.22, Tina Caunter 33.42, Lucy Payne 7th 34.28 Eleanor Taylor 35.22, winner Sharon Hutchins 35.25, Jan Caunter 35.51, Sally Ingledew 37.09.

Andover Marathon: Sally Ingledew 4.18.25.

The Portsmouth Marathon: Sally Ingledew 4.41.44.

Cockington Caper 2011, 22 December: Jess Whitehouse 1.23.47 Tamsin Cook 1.23.51. Rebecca Weare 1.28.29.

Wellington Monument race, 18 December: Tina Caunter 50.56 Michelle Spillar 55.28.

Stoke Stampede, 26 December: Caroline Clark 49.55 pb Katrina Duignan 53.21.



First Chance 10K, 8 January: Carrie-Anne Hewings 42.22. Helen Anthony PB 45.44 Sue Hewings 46.09 Becky George 47.15 Jacki Woon 47.05 Caroline Clark pb 49.12 Jo Haynes 50.20, Lorna Martin 50.46 Katrina Duignan 51.03 Sharon Bowman 51.34 Tamsin Cook, pb 51.35. Angela Gregory 51.46. Katy George 52.29 Eleanor Taylor 55.07, Sarah Seymour PB 58.42. Rachel Pallant 1.00.26 PB.

January Jaunt 10K: Tina Caunter 53.56.

Oh My Obelisk, 15 January: Helen Anthony 1.32.29 Carrie-Anne Hewings 1.35.33 Anna Caunter 1.45.02 and made up the third scoring member of the 1st ladies team along with Helen and Carrie-Anne. Joanne Haynes 1.47.04 Sue Fewings 1.48.26 Katrina Duignan 1.50.51 Caroline Clark 1.52.19 Joanne Becker 1.56.52 Eleanor Taylor 1.59.21.

Brooks Westward Cross Country League: Julie Crocker 43rd.

The Brown Willy: Tina Caunter.

Gloucester Marathon, 22 January: Sally Ingledew 4.41.43.

Alby's Memorial Braunton 10, 29 January: Sue Fewings 1.23.13.

Fulfords Five, 6 February: Carrie-Anne Hewings 34.10 Sue Hewings 36.21.

Blackmoor Vale Half Marathon, Michelle Willocks-Watts 1.57.32.

Winter 3K Series 2011-12: Katy George 12.51 Becky George 13.35 Julie Crocker 14.39.

Exeter Half Marathon: Emma Sidebotham pb 1.35.49 Jacki Woon 1.41.46 Becky George 1.46.23. Sharon Fizz Bowman 1.49.50 Katrina Duignan 2.05.33 Sharon Hutchins 2.06.11.

Brooks Westward Cross Country League: Jo Haynes 27.22 Jo Becker 27.31, Tamsin Cook 27.50 Jess Whitehead 29.35. Eleanor Taylor 30.05.

Quadzilla: Sally Ingledew -day 1 - 4.32.36 day 2 - 4.43.57, day 3 - 4.39.42 day 4 - 4.34.21.

Plymouth Hoe, 19 February: Carrie-Anne Hewings 1.09.28.Emma Sidebotham 1.13.51 pbHelen Anthony 1.15.04 Jackie Woon 2nd vet 45 female and broke the vet 45 record for the ladies in the club 1.15.20 Sharon Bowman 1.20.24 Joanne Haynes pb 1.23.44. Caroline Clark pb 1.24.30 Tamsin Cook 1.27.37 Tina Caunter 1.29.20 Jess Whitehouse 1.31.58. Katrina Duignan 1.33.21 Catherine Barnes 1.36.11 Jo Billyard 1.37.22 Sharon Hutchins 1.38.55.

Cotswolds Marathon: Sally Ingledew 4.46.34.

Dalwood Three Hills Challenge: Jacki Woon 1.38.37. Jo Haynes 1.45.46 Next was Michelle Spillar 1.48.07. Tina Caunter 1.54.42 Eleanor Taylor 1.58.16.

Cornwall Fire & Rescue Service Half Marathon, 26 February: Carrie-Anne Hewings 1.47.31 Anna Caunter 1.55.10.

The National Police Cross Country Championship 2012: Emma Sidebotham 33.15.

## Club Trip update



Time for an update for you all on the club trip, writes trip organiser Kevin Besford.

We know it is still very early days, with the race — the Battle of Sedgemoor 10K — being on Sunday 26 August this year, but we need to set a deadline for entry forms for those of you entitled to a free entry, so that John only has to write one cheque. If this is you then can you please give me your completed entry form by the end of April. There are plenty of entry forms in the key box and I will keep this stocked up as best I can.

We have a possible pub for after-race socialising and a few drinks. I am paying a visit there later this month. Have to check the beer and the menu, obviously.

The seats in the bus have started to be booked but we need names of all who are interested. Would be better to reserve a seat and then have to pull out than leave it to last minute when there are no seats left.

My email address is kbesford@uwclub.net

## Inaugural R.A.T.



Having just been elected as the club's social secretary, I would like to put forward the following event, writes Tarquin. The Roseland August Trail is a new race organised by a new club, the Mud Crew Running Club. It takes place on Saturday, 18 August. You have the choice of 11, 20 or 32 miles of stunning trails along the South West Coast Path. It's a point-to-point race, with transport to the start included in your race entry. A race village will be installed at Porthpean (near St Austell) where all the races will finish.

There will be a licenced bar, live music and food. Camping is available on site on the Friday and Saturday at the bargain price of £5 per tent or camper van per night. There are changing, shower and toilet facilities available. Places are filling fast and all three races will sell out soon. So, if you fancy joining myself, Otter, Smokes and Chair, who have already signed up, then get your entry off ASAP. You can download an entry form from the excellent race diary page on our website.

It's got the makings of a great Trotter weekend away!



# Fabulous flapjacks



Caroline Clark

Caroline Clark has been persuaded to spill the beans on what has up until now been a closely guarded secret – the recipe for her most restorative and delicious flapjacks, beloved of those Trotters lucky enough to have tried them.

I have been asked by a few people to share my flapjack recipe. I must say I feel a little guilty taking the credit for the recipe as, having tried several energy and breakfast bar ideas, I eventually stole the best bits from two recipes — one from a lovely lady in my previous running group and the other from one of my Hugh Fearnley-Whittingstall cookbooks. I put them together and the result wasn't bad: these flapjacks are a great pick-me-up after a long run. The recipe is really simple and all the ingredients can easily be found in the supermarket, ready prepared and chopped where necessary, so it can be chucked together really quickly. Here is the recipe I use but you can add or take away to suit your own taste:

## Ingredients

75g Butter  
100g Honey (Golden Syrup will do as a cheaper option)  
125g Peanut Butter  
100g Rolled Oats  
85g Rice Crispies  
50g Demerara or light muscovado sugar  
25g Desiccated Coconut

3 tbs Seeds (Pumpkin, Sunflower or Sesame, or a combination)  
3 tbs Chopped mixed nuts  
Approx 200g mixed fruit (I tend to use cranberries and chopped apricots but you can use whatever you like)  
1 tsp of cinnamon

## Method

1. Pre-heat the oven to 170C/Gas 4.
2. Place butter, peanut butter and honey in a large saucepan and warm over a low heat until easy to stir together. Be careful not to boil.
3. Turn off heat and stir in oats, Rice Crispies, sugar, coconut, seeds, nuts, fruit and cinnamon and mix well until dry ingredients are well coated.
4. Grease a baking tin, (the one I use is about 10 inches or 25cm square).
5. Press the mixture firmly into the tin, as you would for flapjack.
6. Bake for around 20 minutes or until golden brown
7. Leave to cool completely in the tin before attempting to cut into squares. This recipe will make around 16-20 flapjacks.



# Jeddah Jaunt

Globetrotting Trotter **Milos Erben** chalks up a desert half in style.

In recent months, Trotter legend Milos Erben has been flying the Trotter flag abroad, teaching English in Jeddah, Saudi Arabia. He has managed to keep up his running, even if that has meant some early starts to avoid the punishing heat.

Milos recently took part in the Dentalia Half Marathon and Marathon, which is described in the local English language newspaper, the *Arab News*, as the longest event in the Jeddah Road Runners calendar.

Our doughty Trotter entered the half, which necessitated turning up on the starting line at 6am. Marathon competitors were obliged to start at 4.15am, so Milos was counting himself lucky in that department.

According to the *Arab News* despatch, wired to *The Trotter* direct from Jeddah, the event was certainly not one for slouches. The winning time

in the half was 1:23:30 — and remember this was achieved in high temperatures and humidity of 90 per cent. The first lady — an *Arab News* correspondent, the paper noted — crossed the line in 1:38:32.

Of particular note to readers from South Devon, however, is the following line from the *Arab News*: 'Visitor Erben deservedly took the seniors category in just over two hours.' Milos posted an excellent 2:00:45, romping home more than 25 minutes ahead of his nearest category adversary.

Well done Milos! It's always great to hear from Trotters and their adventures in far-flung locations. Do drop us a line if you have recently completed a foreign event and we'll share it with the rest of the club via the pages of *The Trotter*.



Read all about it: Milos's desert triumph was a top story in the *Arab News*.



# Coaching update



A moment of reflection during last year's Haytor Heller trial run.

Coach Coordinator **Rod Payne** reflects on some great recent results.

Can you believe it we are two months into the year already? Life as a Trotter is certainly a busy one and things are moving on at a real pace.

There are currently an unprecedented number of you taking part in marathons or training for marathons than ever before in the near 30-year history of the club. The club has gone marathon mad and along with this comes the twenty mile races and the half marathons that are used as marathon preparation.

Much of the training for these marathons are the long slow runs and with the advent of the Trotter Facebook page there are now lots of opportunities to carry out the long runs in training groups. This is a great innovation and is entirely due to the enterprise of a handful of members. The change in emphasis within the club will necessitate us as coaches and leaders re-assessing the training needs of the club. Mondays are working well in the new format with the re-establishment of the 10-mile group, the 8-mile training group and the 'stepping stone' group of 5-6 miles that operates as a recovery run for those who have done a race or a long run on the weekend while also offering a transition from the beginners' group.

The importance of Wednesday's formal training sessions should not be underestimated as they offer a real opportunity for you to take your training to another level. I am delighted by the way the club is really using these training sessions to supplement the long runs and I feel that it is no coincidence that the racing standard throughout the club continues to go from strength to strength.

When I first took over as Coach Coordinator there was a clamour for regular social runs on a Wednesday night. Now when they are on offer, as they have been over the past couple of weeks, they are the least well patronised sessions. As a result of this we will re-assess whether we will continue to offer a social run on a Wednesday.

I am writing this report having just returned from the Bideford Half Marathon, a race that saw over 30 Trotters perform magnificently with a significant number of PBs and these achieved in difficult conditions. We had nobody over 125 minutes. Among our runners were a large number

that have progressed through our beginners' group and it filled me with pride to see so many of you do so well. And do you know what made it all the better for me? We achieved it as a club.

The only negative comment I received was from one of our more experienced Trotterettes who had misjudged her race pace and gone off too quickly. On the other hand, I watched people who have been running a number of years slice huge chunks off their PBs and achieve a time not experienced for over 25 years.


The club is in a position to go from strength to strength and we will continue to support you through the coaching at the club. We need to know what you think is working for you and what is not, so please give me some feedback on what you enjoy doing and what you hate. Quite often I only get to find out about the negative thoughts on a session through a third party or by someone telling me about a comment on Facebook. Another indicator of a session not hitting the mark is by the number of you partaking in that particular session. Have a look at the training numbers for February and you will see that there have been some really well attended sessions and others that have flopped miserably.

Please talk to me or your coach about what you want in your training. We want to structure the sessions so that they are as evenly attended as possible. It is evident that the speed sessions do not get as well attended but we would be failing you as coaches if we didn't offer these, as they are a really important aspect of training for endurance races. If you are one of those who avoid these sessions like the plague, please give it a try sometimes. We really are not trying to train sprinters but are trying to help you to run the races you enter faster, sustain a faster pace for longer and having that extra gear at critical moments. By doing these sessions you will train the cardiovascular efficiency of your body and as a result you will hopefully see your times fall.

So enough from me, well done to all of you and continue to put in the hard work. It is really paying dividends and making the coaches look good. So keep up the good work and good luck for your forthcoming races, wherever they may be.




MONDAY GROUPS		Coach/Leader	Nos	WEDNESDAY GROUPS		Session	Venue	Coach/Leader	Nos
TOTALS FOR FEBRUARY						18x200m (30 sec rest)	Brunei	Rod	9
545 members in month						1/2/1/2/1 lap Pyramids	Tuckers Maltings	Clare	25
Total of 41 sessions		13.29 mem/session				Lamp Post Shuttles	Churchills	Lance	21
Total of 9 nights		60.55 mem/night				3 – 5 Miles	Up to Coach	Buzz	7
						9 – 11 miles	Up to Coach	Rog Hayes	12
						100 to 400m Pyramids	Tuckers Maltings		74
6.2.12	10 mile group			1.2.12	Group Option 1	6 x 1k, 1 min rests	Brunei	Ewan	17
6.2.12	Training Group	Tarquin	6	8.2.12	Group Option 2	2 x 10 mins (Lite)	Powderham	Rod	17
6.2.12	Intermediate/Recovery	Boonie	31	8.2.12	Group Option 3	3 – 5 Miles	Up to Coach	Fizz	11
6.2.12	Beginners	Jan	18	8.2.12	Improvers	9 – 11 miles	Up to Coach	Lance / Buzz	7
		Rod	3	8.2.12	Long Run	14 x 300m efforts	Up to Coach	Garry Smart	59
13.2.12	10 mile group			15.2.12	Group Option 1	The Mountain	Knowles Hill	Clare	8
13.2.12	Training Group	Simon	9	15.2.12	Group Option 2	2, 3.5, 5, 3.5, 2 Pyramid	Powderham	Ewan	19
13.2.12	Intermediate/Recovery	Mark H	11	15.2.12	Group Option 3	3 – 5 Miles	Tuckers Maltings	Rod	19
13.2.12	Beginners	Clare	25	15.2.12	Improvers	9 – 11 miles	Up to Coach	Gary / Buzz	12
		Jan	3	15.2.12	Long Run	Bleep Test	Up to Coach	Tarquin	68
20.2.12	10 mile group			22.2.12	Group Option 1	Social Run	Coombeshead	Watsa / Lance	11
20.2.12	Training Group	Dennis	12	22.2.12	Group Option 2	1,2,3 Lamp Post Relays	Up to Coach	Eleanor	11
20.2.12	Intermediate/Recovery	Fizz	26	22.2.12	Group Option 3	3 – 5 Miles	Jetty Marsh	Fizz	36
20.2.12	Beginners	Eleanor	19	22.2.12	Improvers	9 – 11 miles	Up to Coach	Mel / Buzz	9
		Rod	0	22.2.12	Long Run	Shuttle Runs	Up to Coach	Chairman	74
27.2.12	10 mile group			29.2.12	Group Option 1	Social Run	Coombeshead	Rod	13
27.2.12	Training Group	Tarquin	11	29.2.12	Group Option 2	5, 10, 15 min loops	Up to Coach	Lance	6
27.2.12	Intermediate/Recovery	Bruce	21	29.2.12	Group Option 3	3 – 5 Miles	Powderham	Fizz	19
27.2.12	Beginners	Sarah	19	29.2.12	Improvers	8 miles	Up to Coach	Clare / Buzz	5
		Ewan	7	29.2.12	Long Run		Up to Coach	Tarquin	49



## WHAT'S HOLDING YOU BACK?

- Neck Pain
- Low Back Pain
- Leg Pain
- Shoulder Pain
- Headaches
- Arm Pain
- Accidents
- Shin Splints
- Tennis Elbow
- Sports Injuries
- Sciatica



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 Dr Gareth Noble DC MCC, BSc (Hons) Chiropractic

Got a running injury? Feeling a few niggles? Why not come along to a free consultation? Gareth Noble, who is a runner and triathlete as well as a chiropractor, is running a session at Coombeshead Academy on Thursday 22 March from 6.30pm to 8.30pm. He will be offering 15-minute slots, to assess any little niggles you might have. Why not come along, for your free consultation? Call Tina Caunter on 01803 613771 or email [tiki.caunter@sky.com](mailto:tiki.caunter@sky.com) to book your session. Places are limited, so book early to make sure you're fighting fit for the upcoming season.

## The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: Barcelona update.

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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