

The Trotter

Double Carpet!

April 2012



2010 Virgin London Marathon: Kenya's Abel Kirui takes an early lead, while, just behind the paceman, Morocco's Jaouad Gharib digs in.

London, my London

It's the marathon that everyone has heard of. It's the marathon that many of us aspire to. **Roger Hayes** assesses this supreme sporting event.

When you tell somebody for the first time that you're into running, you can almost guarantee that they will reply with 'Have you done the London Marathon?' That's because, to most people, running and the London Marathon go hand in hand. There is nothing else out there, apart from perhaps the New York Marathon and the Great North Run, which will, on occasion, if you still have the person's attention, be the next, and only, two other races that they are interested in knowing if you have completed. The London is such an iconic race, now watched in over 150 countries worldwide, that it's perhaps not surprising we should be asked such a question. It's a race that's dear to my heart and I thought I'd share with you some of my memories and also give you an insight into the greatest race in the world.

It was the brainwave of a couple of guys, John Disley and the late Chris Brasher. They were chatting over a pint one evening and thought how wonderful it would be to have a marathon in London – the seed was planted. They did their research which included entering the 1979 New York Marathon. They were impressed with the organisation and with how it united the city. On arriving back in the UK, they set about organising the first London Marathon. They were told the race would have to be self-funded, a huge undertaking and one they couldn't do without the support of a major sponsor. Thankfully, Gillette committed £75,000 a year over a period of three years which allowed their dream to become a reality. Others followed, including, of course, Flora, who were at the helm from 1996-2009.

News Desk

We've just had one of the hottest Marches on record. It has felt more like the middle of summer. When you get off-road, the footpaths and bridle paths are bone dry. Some are even showing signs of cracking, a sight you only normally see at the end of a long, hot, dry summer. If this hot spell continues, I'm sure it will catch a few out at the London marathon. Most runners prefer to run in cooler conditions. However, the streets of London could be an unforgiving place this year. It's a magical race and promises to be even better in this, our Olympic year. I hope you find my cover article about the race interesting.

Please remember to renew your membership, as subs are now due. If you compete on a regular basis the only way to save yourself £2 on entry fees is to pay England Athletics £5 for a competition licence.

Club Committee, 2012-13

Chairman: Roger Hayes

Vice Chairman: Tina Caunter

Secretary: Mark Becker

Treasurer: John Caunter

Membership Secretary: Dave Dunn

Club Championship Secretary: Tarquin Milford

General members:

Nathan Elphick

Rod Payne

Jacki Woon

Dennis Milstead

Stewart Dunn

Sharon Bowman

Noel Fowler

I have two spaces available on the North Dorset Marathon minibus. If you would like one or both of them, please let me know ASAP. The cost for the trip is £10 and the race takes place on 6 May. Likewise I have a place, possibly two, for the lads' weekend away, which takes place on 12-13 May. The cost for this trip is £17. Check out page seven for details about our club's 30th anniversary summer boat trip. It promises to be a fantastic evening and, at just a fiver, it's got to be the bargain of the year!

We've recently had our second DD committee meeting and I can report that things are progressing nicely. Tarquin has done a great job in recruiting marshals – a big thank you to all those who have volunteered. There is one specialist role that we need to fill. We are looking for a photographer to join our team covering the race. You do need to be an accomplished photographer with a camera capable of producing high resolution JPEGs to fulfil this role. You also have to be willing to tag and upload your photos to an online gallery. If you think you can help, please contact me. Meanwhile, Gary Clark and Mark Hutchins have joined the large contingent of Trotters who are taking on the 32-mile challenge. Good luck, guys!

The Haytor Heller is filling fast. Buzz has done a terrific job in getting the entry forms out there and I'm confident the race will fill up long before race day. He's even managed to get some free kegs of Jail Ale for the after-race party! As an added attraction (as if the Jail Ale wasn't enough), our very own Trevor Head will be playing a fine selection of tunes with his band, the Johnson's Blues Explosion. So make sure you keep Saturday, 21 July, free. The race starts at 6.30pm. Rod Payne is Chief Marshal and will be looking for helpers very shortly. See page 13 for more about the race and how you can help. All marshals and helpers will get a free glass of Jail Ale and a burger or, for the more healthy ones among us, a slice of flapjack and a cup of coffee.

I know the clocks have gone forward and we're leaving Coombeshead Academy in daylight, but could I please remind you that the wearing of reflective bibs is still required throughout the month of April. Wednesday, 1 May, is the first training night when you don't have to wear one.

The Trotters' Facebook group is a great place to find out all the very latest news. If you've yet to sign up to it, then please let either Tarquin, Emma, Dave Dunn or Sharon know, and they'll get you registered.

Membership Report

Renew your membership to ensure another year of Trotter fun, urges **Dave Dunn**.

You should have received an invitation to renew your membership with the email that was sent to notify you of the publication of the last edition of *The Trotter*. More than half of you have already returned your form with your payment to ensure that your membership will continue for another 12 months. If you haven't yet got round to it, then you only have a few weeks left before the deadline of 30 April, after which you will cease to be a member if you haven't paid up. You have been warned! At the same time as this process of membership renewal, we are still welcoming new members through the doors at Coombeshead. This past month has seen five new members sign up to join our fold.

Dean McCulloch (32) from Newton Abbot is a neighbour of Phil 'Latte' Perry. Not only are Phil and Dean next-door neighbours, but they also share the same birthday. Phil paid for Dean's membership as a surprise birthday present – now all Phil has to do is to get Dean to attend training!

Peter Kirby (62) from Teignmouth has thrown himself wholeheartedly into Trotter life since moving to South Devon from Launceston. Peter has been a regular face at Monday and Wednesday sessions, as well as at Friday Club in Teignmouth/

Shaldon, and now Peter has agreed to join my team for setting out the course at this year's Dartmoor Discovery.

Geoff Davey (37) from Manaton is another who has transferred from another club having moved into the area. Geoff, a former member of Bitton Road Runners, has come down from Bristol to open a bistro in Chagford. I feel a summer evening away run coming on! Geoff is no slouch on the roads, doing the Bath Half in 1:26:51, and then the recent 10K in Exeter in 38:46.

Matt Winter (41) from Newton Abbot also made his debut in that Exeter 10K, finishing in a commendable 56:39 and promising much more for the future. Trevor Head (44) from Ashburton is back for his second spell as a Trotter. Piglet as he is affectionately known (his brother Julian is called Porky), has been attending the Monday beginners' group and Wednesday improvers' group in company with Steve Brooking.

There are some notable Trotters among our members celebrating a landmark birthday in April. On your behalf, may I offer hearty congratulations to Rex Barnes (50), Bruce Campbell (45), Ben Deeble (40), Paul Johnson (45), Graham 'Buzz' Terrill (70) and Jose Waller (90). Have a great birthday and enjoy your new veteran status!

Club Records

It may have been April Fools' Day, but four Trotters were no fools as they set about almost completely rewriting the club's record book. Dave Tomlin led the way, breaking his own Senior Male Marathon record, gaining second place at Taunton with a time of 2:39:39.

Whereas Tommo trimmed just 16 seconds off his own record, Adam Caunter sliced a whopping three minutes off the club's previous best Junior Male half marathon time, held by Adrian Bailey since 1999. Adam's new mark of 1:20:43 will take some beating, won't it? Adam may have demolished a 13-year-old record, but Garry Smart (pictured, right) takes the honours for lowering a mark that had stood for 19 years. Garry's 1:19:21 at Taunton was exactly one minute faster than Mike Branson's MV45 half marathon time set at Bath in 1993.

Not all the records, though, were set at Taunton. Lance Mason took himself back



to his native Kent and found the Paddock Wood half marathon very much to his liking, stopping the watch on 1:22:00 to set a new MV50 record, thereby erasing Mike Eveleigh's Seaton 2005 time from

the slate. There has been one other new record since the last edition of *The Trotter* only a few short weeks ago. Young Katy George cut about two minutes off Siobhan Besford's Junior Female half marathon record with a time of 1:44:14 on the streets and towpaths of Bath.

A full list of our club records can be found on our website.

Attention now turns to the marathon – London, Milton Keynes and North Dorset to name but three. The Easter Bunny 10K on Easter Monday on the flat plains of Yeovilton also offers substantial opportunity for record-breaking.

Wherever you are racing during the coming weeks, have a good time, run a great time, and don't forget to notify our paparazzi (Rod and Fizz) of your exploits.

The race attracts well over 100,000 entries with about 35,000 finishers.



Sheer class: Paula Radcliffe stepping out in style to win the 2005 Flora London Marathon.

The first race took place on 29 March, 1981. A total of 20,000 people applied to run: 7,747 were accepted and 6,255 finished the race. The event was a massive success. It was covered by the BBC and from that day on it has never looked back. To give you some idea of its popularity, the following year, 90,000 entered and 18,059 were accepted. Nowadays, the race attracts well over 100,000 entries with about 35,000 finishers. The entries are usually sold out in a matter of days and those who have not been lucky enough to obtain a good for age place have to wait for the result of the ballot to know if they have been accepted. The date for the race varies, due largely to when Easter falls each year. However, it's always in April, a month of the year when the weather is notoriously unpredictable. Take for instance 2007, when temperatures reached 22 degrees, the hottest race day to date. Some 600 runners failed to finish that year and an incredible 5,000 were treated for the effects of dehydration. They even ran out of water on some of the stations! There have been 10 deaths during the race's 31-year history. Eight of those were cardiac-related. That is still a very small

percentage when you consider that 817,890 runners have completed the race during that time.

There are a group of runners who call themselves 'the ever presents'. Incredibly, they've finished every one of the 31 London Marathons. In 1995 there were 42 of them. After last year's race that was whittled down to just 18.

The race has had a few different finishes over the years. The first race finished on Constitution Hill between Green Park and Buckingham Palace. From 1982 until 1993, it finished on Westminster Bridge with the houses of Parliament in the background. In 1994, repair work to the bridge meant the race finish line was moved to The Mall, where it has been ever since.

Of course, one of the biggest things associated with the race is the millions of pounds that are raised for charity. In 1984, the London Marathon named its first official charity and granted it some entry places to help its fund raising. As charity involvement grew, the race decided to offer more places to a wider range of charities. In

VLM 2012 Trotters

Rog Hayes

Sharon Bowman

Dave Tomlin

Kevin Besford

Tarquin Milford

John Tweedie

Jacki Woon

Bruce Campbell

Steve Denney

Tim Hassell

Emma Sidebotham

Simon Boobyer

Carrie Ann Hewings

Wavell Vigers

Gary Smart

Graeme Baker

Mark Hutchins

Tim Hartley

Sue Brown

Tracy Elphick

Stuart Moulson

Graham Penn

London Marathon sponsors

1981-1983 Gillette

1984-1988 Mars

1989-1992 ADT

1993-1995 NutraSweet

1996-2009 Flora

2010-2014 Virgin



In 1990, the London Marathon sponsor was alarm manufacturer ADT.

Still my best claim to fame – I shared Jasper Carrot's bath water!

1993, they introduced the Golden Bond scheme. Charities paid a sum (thought to be £300) for guaranteed entries. They then offered these to runners on the understanding they raised a certain amount of money. That amount has risen over the years and many Golden Bond places now require you to raise four-figure totals. There are now over 750 charities who pay for these 15,000 guaranteed places each year. In 2008, £46.7 million was raised for good causes, making the London Marathon a Guinness world record breaker as the largest single annual fundraising event in the world. It's thought that over £500 million has been raised since the first race back in 1981. In 2006, the London Marathon formed part of the world marathon majors, along with Berlin, Boston, Chicago and New York.

I've been lucky enough to take part in 12 Londons. I've experienced the New York, Berlin, Paris and many other foreign big city marathons and I can honestly say that the London is still my favourite. The sheer scale of the race, the organisation, the hype, the crowds, the route itself and of course that fantastic finish on The Mall – unbeatable.

Some of the best memories are not necessarily to do with the race itself. They include the time when Tommo, Ewan and myself popped down to Soho for a pleasant Saturday afternoon pint, just the one! Eight pints later, and after some rather raucous behaviour, we fell into our beds rather worse for wear. And when Chris Wride (Smiler) and myself found ourselves clubbing (dancing, not fighting – honest!) in East London with a bunch of Millwall fans. Then trying hard to convince the night watchman at our hotel to let us in (it was 4am!) as we were running the London Marathon in the morning! Then there was the time that Dave Foster drank 12 pints of Guinness after the race in our hotel bar – a record that has never been beaten.

I always stayed in the Clarendon Hotel on Blackheath. They would allocate rooms for us to shower or bath in after the race. One year I was waiting patiently outside one of these rooms. After about 10

minutes the door opened and out walked Jasper Carrot. We shook hands, had a brief chat and off he went. Still my best claim to fame – I shared Jasper Carrot's bath water!

I'll always remember crossing the finish line, continuing running to collect my bag and heading for the tube to Wembley. Running up Wembley way, still in my Trotters kit, singing 'drink up ye cider' at the top of my voice. The endorphins had kicked in! I missed the first eight minutes of my beloved Bristol City playing against Stoke City in the Auto Windscreen Final. Brendan Foster had earlier read out my 10-foot square banner on air. It read: 'The perfect day – London Marathon AM – Bristol City at Wembley PM'. I managed to get quite a bit of coverage for the Trotters over the years with my banners. I remember one of them, a real monster in size, even made the front cover of the Times. Stuart Moulson has come to my rescue and offered to hold my other pole for this year's banner. Keep your eyes open for it!

I've had some great battles while running through the streets of London. Most have been me against the clock, but I remember well the time I spotted Tommo in front of me with about half a mile to go. I caught him up and the race was on! We sprinted neck and neck down The Mall to great cheers from the crowds – magical stuff.

For many years the race was really popular with the Trotters. We often had 25+ running the race. Sadly, more recently, as it has become harder and harder to get in, that figure has reduced. However, this year, with London staging the Olympics, there is a huge posse of Trotters signed up to run. My apologies if I've missed you from my list (left) but I did ask you to let me know if you were running it!

John Disley and Chris Brasher were both awarded the CBE. John is now the president of the London Marathon charitable trust. Chris must be looking down with a great sense of pride. Both of them made their dream come true: the London Marathon is a remarkable success story.



Right here, right now



Nigel Penwarden

You've come a long way, baby: Guy Roberts pictured during his early days with the club, at the Lustleigh Show 10K last year. Now, all Rome salutes you, Guy!

Going through the streets of Rome on a Sunday morning on your first marathon is one thing, but doing it with all the hype and crowd support is another thing altogether. What an amazing feeling, the vibe from the crowd cheering you on while the kids held out their hands to urge you on a bit further.

Rewind to Friday night as I put the finishing touches to my packing. Passport? Yes! Money? Yes! Was I in the right shape? Oh, most definitely, yes! On Saturday morning I woke up knowing that I had put in six months of hard work which had now boiled down to one morning of running in the Eternal City.

I arrived at Fiumicino airport a bag of nerves but in good spirits and quietly confident, my head full of the best advice from all

Guy Roberts has been a man with a mission. And that mission has been to conquer the Rome marathon. Here, he recalls his big day in the Eternal City, when all the training came together.

the senior Trotters and Trotettes who had done what I was about to do.

I arrived at where I was going to be staying after dodging mad crazy Italian drivers. I received my number and chip, a list of dos and don'ts for race day but all importantly meet my fellow runners.

We went to an amazing restaurant where pasta came out of the kitchen like a conveyer belt to feed Rome three times over. After fuelling up we all walked back wondering if we would be able to run or get up on Sunday!

At 7am on Sunday morning there was a tap on my door and a small voice saying 'time to get up, Guy, breakfast if you want

‘Bene, bene! Bravissimo, you are under the 5-hour mark! All Rome salutes your efforts!’



Photos courtesy Wikimedia Commons

it?’ I jumped up like a flash thinking ‘it’s show time!’ I was ready with bottles filled, kit on and two teas with enough sugar in to bounce you off the walls. A group photo and I was pumped up and ready to go.

We dropped our baggage off near the start and made our way to the line. I could feel the buzz and anticipation of all the runners and all the different coloured vests. I stood at the start line at the Coliseum, which has seen runners for the past 12 years or more pass it. For me, it was just an amazing sight with film crews, helicopters above and massive crowds. I was trying to take it all in!

We were off, I had a steady start, nothing too hard to get a good rhythm and I felt pretty confident apart from the cobbles underfoot. At 8km, I was able to stretch my legs a bit and knew I was ready for business and all signs of nerves had passed. A kid clapped my hand after the Circus Maximus, then I had fun as I got into a nice steady pace past Trevi Fountain, the Spanish Steps, up the Mall towards St Peter's Basilica and through the narrow streets where the pretty Italian ladies were urging us on.

Bands played at various points including one that had played at the Stadio Olimpico the day before, where Italy had played and defeated Scotland in the final round of the RBS Six Nations.

I plodded on with my pace, on to the halfway mark, out of Rome, into the suburbs and then back again to the joyous crowds of Rome, as I wondered whether we would get back to the Coliseum. Then I started to feel the pain at 20 miles, wondering if I could do that last 6.2 miles of pain but knowing I couldn't give up after all my hard work and training. Then, before I knew it, ‘El ultimo KM’ – which was the longest km I will ever do.

The Coliseum was in sight round two bends and a small incline felt as big as Mount Everest. A final push as the commentator announced over the loudspeaker: ‘Bene, bene! Bravissimo, you are under the 5-hour mark! All Rome salutes your efforts!’ At which point, I turned to a statue of an ancient Roman god and said, ‘Thanks for the memory!’

I then just died, knowing that I had achieved the near-impossible by running my first ever marathon. I can say I had a few tears rolling down my cheeks, as I had experienced nothing like it before. Sitting on a bank, with my medal round my neck and drinking water and eating, I was elated at what I had achieved, finishing in 4 hours, 46 minutes and 58 seconds.

The hard work of all the long runs, training sessions and the final two club races seemed a distant memory and had paid off to achieve my dream. All that came now was the pain that I had been expecting and I knew deep down it was worth it. They don't call it the Eternal City for nothing. I had run my race in this city so rich in history, the grandest city in the Roman Empire.

Around me, people were laid out, tired but happy. I soon followed them in the knowledge that I hadn't disappointed myself and I was rather elated, even though I didn't run in Trotter colours.

Committee man



Once a month, a small room at the Kingsteignton Royal British Legion is taken over by Tupperware-wielding Trotter committee members. What's going on? **Dennis Milstead** spills the beans.

During the 2012 AGM, I was elected on to the General Committee, along with Sharon 'Fizz' Bowman and Jacki Woon. I recently attended my first committee meeting, together with my fellow debutantes. What is the committee and what does its members do? Good question. They meet on the second Monday of each month (which is why we are not at training), and make decisions about how the club is run and financed.

I had been cycling on Dartmoor during the day and I had a short space of time to fill before the meeting. I briefly considered Katrina's warnings about the dangers of alcohol and then headed off to the Prince of Wales in Princetown. I have not been to this pub since I was sucked into a drinking bender there by Monkey and Skins the night before last year's Dartmoor Discovery. 'Dennis, call in and say hi on your way to the Plume of Feathers,' were their fatal words. Needless to say, I never arrived at the Plume of Feathers. The next thing I remember was being woken up at 6 am on the back seat of my car in a car park opposite the Prince of Wales by a man shouting through the window of my car. 'Where do you want me to set up this sound system, mate?' he bellowed. Where are

Chairman and Noel when you need them? I thought. He quickly got the idea that I could not see or speak properly and left me alone.

I left the Prince of Wales and headed for Kingsteignton. I arrived at the meeting, which takes place at the Royal British Legion, just in time.

The first thing I noticed was a picture of HMQ, in a bread bin on the floor. It was not the sort of iconoclastic gesture I was expecting at the Royal British Legion but, in a way, I was relieved: there seemed no chance of any prayers or national anthems before the start of the meeting.

The second thing that I noticed was that the table in the centre of the room was laden with several pints of beer. WTF! I need not have worried about having a pint in the Prince of Wales, after all. Chairman, well groomed and ascetic, was sipping water.

The room was cramped with barely enough seats, in the same way that the House of Commons does not have enough seats if

I wondered what issues of great importance were about to unfold.

all the MPs turn up for a debate. In the Commons, this is supposed to create an intense atmosphere, with MPs sitting in the aisles during a time of national crisis. I squeezed into the last available seat between Fizz and an insouciant John Caunter, the Treasurer. JC had the look of a man who had been attending these meetings for 30 years. I wondered what issues of great importance were about to unfold.

As the meeting got underway, our Men's Club Captain got his lunchbox out (a plastic tupperware box — not the Linford Christie version) and started munching his way through his rye bread sandwiches. I looked around the room to see whether anyone thought this was odd but nobody turned a hair. I was a new member and could not possibly comment... Actually, I could comment. 'Is this normal?' I asked, gesturing towards our speedy captain. 'Oh, yes,' they all chimed. 'He always does that.' Fizz and I made a note to bring some crisps and popcorn to the next meeting, possibly a Chicken Jalfrezi if we were feeling adventurous.

Fizz was ticking off each item on the agenda as it was discussed. I could not fathom why she was doing this, other than some mild OCD behaviour. I ended up joining in and ticking items off for her when she forgot.

There was some chat about Facebook and its place in the club. Coach Coordinator Rod Payne, who was partially concealed behind a computer, said that he sat in front of a computer all day at work and did not want to sit in front of one again in the

evening, surfing for press and publicity material. There was also some chat about club members not having a right of veto in relation to photos of themselves appearing on the club website. Some members felt that the photos did not make them look cool/slim/fast enough. It was agreed that all photos would be Photoshopped to make everyone look cool, fast and slim. (Er, sorry, I made that last bit up.)

Then there was some discussion about this year's club boat trip. Tarquin, who is a keen rail enthusiast, discovered that there was a bus service operating in Devon which could be used to transport revellers to and from the boat trip. Chairman announced that there would be real ale on the boat. Jacki Woon let out an impromptu snort of derision, which suggested that she was not a big real ale fan.

The meeting concluded after AOB (Any Other Business). If you would like me to raise any issues on your behalf, please email me: dennismilstead@talktalk.net or text 07838 131951.

As I left the room, I felt an urge to retrieve HMQ from the bin. It was a 1950s portrait and she still looked beautiful. Or was it just that fancy crown and all that jewellery? I moved some fusty old British Legion memorabilia to one side to make room for her on the shelf. My republican sentiments almost made me position her upside down but, at the last moment, I relented and placed her where she could get a good view of the table. Next month's Teignbridge Trotters committee meeting will take place under the regal gaze of HMQ!

Club Trip update

Time for your regular update on the Club Trip, *writes trip organiser Kevin Besford*. I have been getting some feedback from some of you as not knowing whether you are entitled to a free race entry this year.

Here is the list for you all to check. If you are on the list, then get your entry form to me and I will do the rest. As I have said in a previous update, please get me your completed entry form by the end of April. I really do not want to be asking John for more cheques than necessary.

Graeme Baker, Catherine Barnes, Mark Becker, Bruce Campbell, Jimmy Donovan, Vicky Hales, Ian Langer, Stuart Moulson, Graham Penn, Phil Perry, Vicky Seaman,

Wilf Taylor, Dave Tomlin, Sharon Bowman, Jan Caunter, Gary Clark, Stewart Dunn, Mary Goulden, Roger Hales, Julian Head, Nigel Penwarden, Sarah Schutte, Gary

Watson, Dave Dunn, Nathan Elphick, Roger Hayes, Daryl Milford, John Skinner, John Tweedie, Wavell Vigers, Mark Wotton.

I have omitted from the list anyone who has already given me an entry form and those who have put names down for the bus and are not running. There are plenty of entry forms in the key box so there is no excuse, let's

make this a club trip to remember and a team photo for the website with an even bigger splash of club colours. I am at most training nights to take your forms. My email address is kbesford@uwclub.net



Captain's Corner

Tarquin is loving those PBs and club records, guys.



Sidmouth RC

Running with the pack: Dave Tomlin (no. 1, partially obscured) hangs on to half marathon pace as he shaves his full marathon record at Taunton.

Well, since my last Captain's report, we have had two months of some very fine racing, bringing PB after PB. I don't think I've ever known so many PBs in such a short space of time and I believe it shows how all these long runs and hard training that a lot of us are doing in preparedness for spring marathons is really paying off. On top of that is the fine training put on offer by our club, with everyone working hard to push themselves and each other. The spread of training on offer, with the Monday run groups and the Wednesday evening training sessions are the result of a lot of hard work by our coaches and leaders and most of all by Rod Payne, who co-ordinates the sessions, to ensure that there are varied and quality sessions on offer each week.

I write this a day after a race day featuring some superb Trotter performances and PBs, including four new club records! Most of the action took place on the battlefield of the Taunton marathon and half-marathon course. This course is not the easiest of courses and to do well here will always provide a confidence boost to any runner. In the half, Garry Smart (1:19:21) and Adam Caunter (1:20:43) smashed the V45 and Junior records respectively and David Tomlin shaved a few

more seconds off his already stunning Senior Men's record time in the marathon and recorded a new PB of 2:39:39.

It was an impressive Trotter turnout for both races and we would have surely taken the team prize if Torbay AC hadn't turned out with all their big guns! On what turned into a warm day, seeing so many PBs was very impressive. In the marathon, a PB was also achieved by Gary Clark, with his superb time of 3:15:04, which shows how much he has come on. Gary 'Two Pints' Clark has now firmly put last year's marathon blues behind him and is looking to carry his fine form through the North Dorset Marathon and onto the DD.

In the half marathon, PBs were also achieved by Wavell 'Waves' Vigers (1:21:05), who is now back to his best, after a low key 2011; John Tweedie (1:27:20), who is running in the form of his life and is well set for a good time at the London marathon; Neil Pallant (1:39:16), who was over the moon to smash the sub-1:40 barrier and is now well set for his first marathon at Milton Keynes in a three weeks; and your Captain (1:16:59), after finding myself battling with the Torbay AC boys for most of the race.

Taunton also provided for a return to racing for Trotter stalwart Ian Langer, who was ordered to race in the half by his supportive wife Anna. New father Ian hasn't had the time to dedicate to any sort of proper training for a good six months, but his solid time of 1:30:07 shows that he is on his way back.

While all this action was taking place at Taunton, our very own V50 superstar, Lance 'Skippy' Mason had secretly taken himself off to the Paddock Wood Half Marathon, in Kent. On what he promised would be part of a 'quiet week away', to rest and recuperate, Lance couldn't help but factor in a gentle half marathon to help his rest! However, this was no 'gentle' race and attracted over 2,500 runners! Lance crossed the line as 3rd MV50 and his very impressive time of 1:22:00 makes him the new V50 club record holder!

Full details of last weekend's action were in Fizz's news report on the website, but may I take this opportunity to congratulate Lance, Garry, Adam and David on their new club records.

Adam Caunter is really starting to excel at the longer distance races and back in February also smashed the junior club record for the Ten Mile distance at the Plymouth Hoe 10, with his time of 1:01:51. Adam now holds the club records for 3 of the 4 disciplines and only time will tell if he decides to tackle a marathon before the end of his junior days.

A week previous to the Taunton races saw a new 10K event on the race calendar. The Age UK Wrap Up and Run 10K is part of a national series of races that were staged to support the Age UK charity. Exeter provided the venue for one of these events and it gave an excellent opportunity for some new Trotters to strut their stuff.

Geoff Davey, who is not only a new Trotter, but has also only recently taken up running, won the 1st MV35 award (why don't more races have this category?) with his time of 38:46, 13th position overall. Geoff has recently moved down to Chagford from Bristol and joined us after seeing so many fun Trotters on the race scene. Another new Trotter taking part was Matt Winter, who recorded a PB with a time of 56:39.

Chairman Rogs and Roger 'Smokes' Hales are still hard on the marathon trail and are progressing well, toward their target of completely 100 marathons each by June 2013. Both gave a steady performance at the Taunton Marathon at the weekend, but on the previous weekend they both tackled a 'double'.

The Gin Pit marathon in Manchester is a two-dayer with marathons on the Saturday and Sunday. Chair had to battle hard, but won the two-day event by a massive 15-minute margin! Congratulations to him and we'll look forward to the party in the White Hart in due course.

From budding 100 marathoners to a first-timer now: Guy Roberts, who is still a relative newcomer to running, travelled to Rome in March to take part in the Rome Marathon. Guy completed the distance in 4:46:57 to complete his conversion from beginner to 'marathon runner'. Well done, Guy! Read about Guy's adventures on page six.

Another Trotter man completing his first marathon was Stephen Barker, who tackled the Duchy Marathon in early March. This race entails a hilly course and was made all the more arduous by a shower of hailstones just after the start and then an almost unbeatable headwind on the North Downs, which literally stopped us in our tracks. Despite this, Steve finished with a very commendable time of 3:34:26.

The parallel Duchy 20 brought quite a few PBs for Trotter men, including David Tomlin (2:00:49), who came 3rd overall and in doing so gave an early indication of his marathon training form; myself (2:04:18), coming in 4th place; Wavell Vigers (2:14:08) and 10th place; Gary Clark (2:22:16); Mark Hutchings (2:41:58); Daniel Wride (2:47:34), in his first ever 20-mile race; Neil Pallant (2:58:58) and Guy Roberts (3:12:20), as part of his preparation for the Rome Marathon. Dave Dunn finished with 1st V55 with a time of 2:54:56 and Wilf Taylor came in 1st V60 in an extremely impressive time of 2:26:40.

On the same day, another large contingent of Trotters took on the Bideford Half marathon and this too brought a raft of PBs. Ewan Walton has been coming into a good vein of form of late and had a romping run here with a new PB time of 1:23:11. I get the feeling that 2012 could be Ewan's year, as he prepares for another assault on the DD this June, where Ewan will be a very important part of the Men's team at this event. Other PBs were achieved by Peter Royle (1:38:55); Dennis 'The Guv'nor' Milstead (1:46:01), who was over the moon to get a sub-1:50 time; and recent Trotter recruit Tim Hartley finished with a time of 1:57:48. Kevin Besford recorded his fastest time since 1985 with a time of 1:49:30 and is also demonstrating a fine run of form right now.

Ever in the mix, Lance Mason was awarded the 3rd MV50 award for his tough time of 1:24:56, despite having to stop for many toilet breaks due to a rather nasty bout of food poisoning he had picked up the previous week (too many sausages at the White Hart an informed source has mentioned!)

Graeme Baker's impressive time of 1:48:10 awarded him the 1st V70 award, which is a category in which Graeme seems to be untouchable in the South West. Graeme has

stated that he is going to have another pop at the marathon club MV70 record this spring, so I wish him every success with that.

Two weeks prior to this, at the Plymouth Hoe 10, we saw some more PBs! Your Captain kicked them off with a 58:42 for the testing course, followed by Adam Caunter, with his new club record of 1:01:51; Ewan Walton gave an indication of what is to come with 1:02:30; Travis Wood (1:06:52); John Tweedie (1:07:37); Gary Clark (1:07:47); Neil Pallant (1:17:40), who seems to be getting PB after PB at the moment.

So, the PBs keep coming thick and fast and it is very impressive to see. I will be again leading the Trotter men at the London Marathon and this year should prove to be a record year for Trotter attendance at our country's flagship event. But if I don't get to see you, may I wish everyone doing London, or any other spring marathon every success. And then we will look forward to the DD, where we have a record Trotter entry! Full report on that in my next update!



Taunton PB: Wavell Vigers clocked 1:21:05.

Olympic adventure

London 2012 promises to deliver a prime sporting spectacle. Behind the scenes, 70,000 volunteers will help to deliver an Olympic Games to remember. Trotter Keith Anderson is one of the lucky volunteers.



Following a busy spring, what with cross-country hell, long-local-runs heaven, Easter Bunny and Haldon Heartbeat, I confess I'll be largely unavailable in July and August, on account of my Olympic Games commitment.

Last spring, 2011, when London 2012 first asked for volunteers (or Games makers, as they are known), I was no more than lukewarm about the idea. But my arm was twisted (thank you, Maggie) and I half-heartedly put together an online application, expecting to hear no more about it.

Then, in August, I had an email invitation to go to a selection event at University College Plymouth Marjon. In a bit of a panic I did some quick reading about the Olympics and the plans for London so as to avoid seeming a complete fool.

On the allotted day, I made my way to the college sports hall and met up with a dozen other would-be games makers on the same time-schedule as me. Most were half my age or younger, but thankfully not all. As a matter of fact I've discovered since that the volunteers really do represent the full diversity of people in this country.

We had a briefing and watched a short video, starring Eddie Izzard, and then filed through to the formal interviews. The interviewers were pleasant and sympathetic – not surprising, as they were volunteers themselves and had been through much the same process.

A day or two later another email arrived confirming that I'd be allocated to the sailing event in Weymouth and Portland. Being a bit of a sailor myself, this couldn't have delighted me more, even though at this stage

I had no idea what sort of job I might be doing, except that I knew it wouldn't be launching dinghies or driving rescue boats.

Then there was a long, long wait all through the back end of last year, waiting to have my role confirmed and to hear about the training arrangements. Since Christmas loads has happened. My first 'role-specific' training event was towards the end of January, in Hoxton, east London and I've been to two more (they come up each month till the Games) since then. My role, I've now been told, will be to give mainly admin support (and do a bit of driving) for one of the national delegations competing at the sailing venue. I don't know which country I'll be working with – that information will be given to us nearer the time – but whoever it is, I'm sure it'll be a fabulous experience for me; I hope I'll be able to help make the whole Olympics thing equally amazing for them. Most recently I've taken part in an orientation event in Weymouth, introduced by John Inverdale, the BBC sports presenter. With 750 of us tucked into the Weymouth Pavilion, this was quite low-key, but no less enjoyable and energising for all that, compared with the massive events for thousands at a time at Wembley Arena.

It's such a great privilege to be part of this, and I have to say it is beginning to get a bit scary. But I'm so pleased I went ahead with my application. I understand that a quarter of a million people did apply to be games makers and only (only!) 70,000 have been lucky enough to be selected, and I'm one of the lucky ones!

Now, I just have to brush up my customer service skills and make sure I get a uniform that fits...

Why not check out the London 2012 website? www.london2012.com



Tarquin needs you!

DD Chief Marshal Tarquin has had a great response for helpers but just needs a few more willing hands...

We have so far had an excellent response to our call for marshals to assist at the Dartmoor Discovery, but I am still in need of a few more people and there are still a couple of key roles to be filled.

As well as a few positions around the course to fill, I am also looking for two willing people to ride 'shotgun' alongside our minibus drivers Judy and Graeme, who will follow the runners out on the course.

The role of the shotgun will be to assist any unfortunate runner who has to pull out, note down their number and details and

then radio back to HQ with the information. It would also mean that you would be required for the whole time that the race is on, so it will be a full day's work. If you think that you could assist me in this key role then please get in touch.

May I say a BIG THANK YOU to everyone who has so far put their names forward to assist. I should have already contacted most of you to let you know your intended marshalling position or role.

Please text me or drop me an email, on 07513 544938 or teignbridgetrottertarquin@btinternet.com

... and the Haytor Heller needs your help, too!

With the year moving on apace, Buzz Terrill (pictured) and his glamorous assistant Jean are still hard at work in preparation for this year's Haytor Heller which takes place on Saturday, 21 July, writes Heller Chief Marshal Rod Payne.

The race has really moved on since Buzz took over as Race Director and this will be the third year under his control. It was his vision to move the race to a Saturday evening, his total enthusiasm for the event and his sheer passion that has turned it into much more than 'just a race'. This year we will be accepting 300 entries for the first time, so it will be even bigger and better.

With the DD looming fast and with so many of you pledging your support to that race we would hope that you still feel able to help us at this year's event. As Chief Marshal I am already putting together my team of Marshals. We need about 50 people to help

around the course and in addition to this there is a requirement for people to help out at Race HQ.



After the race there is the presentation followed by a barbeque, with beer and a live band. For a few this is hard work but with lots of help everyone can enjoy the evening. Jean Terrill and Lucy Payne are in charge of the catering and will be pleased to receive any offer of help. Buzz and Jean can be contacted on JnGApplegarth@aol.com and I can be contacted on badrunner501@aol.com

In addition we need people to help set up in the morning and also to clear up on

Sunday. There is also camping available at £7.50 per head per night so why not stay then you will be there to help in the morning after a hearty breakfast served in the Buzz & Rodders Café.

So please help in any way you can – your club needs you.

Coaching update



Caroline Clark has become our latest LiRF-qualified Leader.

Coach Coordinator **Rod Payne** is looking for members with leadership potential...

Another month has flown by, the clocks have gone forward and once again we can think about taking our sessions off road. We have had a real bonus with the recent good weather as the light has held long into the evening which has allowed us to get some off-road work in already. Don't be fooled, though: we can't leave the bibs off just yet as we will invariably be finishing off our sessions in the gloom. Wednesday 2 May is the magic day when we can cast off the bibs for the summer. Until then please continue to bring them along to training evenings.

We're still getting better

Having reported a bumper day of PBs at Bideford last month, I am now brimming with glee over having watched our boys and girls perform at the Taunton Full and Half Marathons. There were three club records set on the day. Tommo broke his own marathon record and finished a fantastic second in the race and there were half marathon records for Adam Caunter and Garry Smart. Let me assure you all that none of these records were in any way tardy so well done to all of you. In addition to this a great number of you ran times that you thought were things of the past so well done all. Meanwhile in Kent I understand that Lance Mason has also broken a M50 record, so that makes four in one day. Fantastic!

Training through March

March has seen some well attended sessions and you all continue to put in some fantastic effort out there on a Monday and Wednesday. Have a look at the sessions on offer and try to choose one that is appropriate to your needs. As I said in a previous report, please do not

ignore the short interval sessions as they are designed not only to make you stronger but to make you faster. With the 10K season about to get into full swing they will help to return you some fast times.

You will see from the training schedule attached to this report that numbers on Monday have reached a very steady level and I hope that everybody is enjoying the format of the runs.

We have a really good crop of beginners at the moment, some of which are ready to move up to the Intermediate/Recovery Group. For these people it is just a matter of confidence.

Goodbye to Sarah Ross

I was very sorry to see the departure of Sarah Ross last month as she moved to Cornwall. Since the inception of the Leader Members on a Monday, Sarah has been taking out the Intermediates on a regular basis. With her local knowledge, she took the group on some interesting routes and with her police background she certainly knew how to deal with a mob. So I thank Sarah for the help and support she gave me and I wish her well in her new life. Hopefully she will come back and see us from time to time.

Come on all you budding coaches

We currently put on a total of nine sessions at the Club each week and this places a large burden on relatively few coaches and leaders. With this in mind I was asked by the committee to prepare a report on what I consider to be our requirement for coaching.

TEIGNBRIDGE TROTTERS – TRAINING NUMBERS MARCH 2012

MONDAY GROUPS		Coach/Leader	Nos	WEDNESDAY GROUPS		Session	Venue	Coach/Leader	Nos
5.3.12	10 mile group	Bruce	8	7.3.12	Group Option 1	6 x 800m	Brunei	Watsa	19
5.3.12	Training Group	Tarquin	13	7.3.12	Group Option 2	3 hills challenge	Churchills	Rod	19
5.3.12	Intermediate/Recovery	Ewan	34	7.3.12	Group Option 3	Speed on a slope	Bradley Valley	Ewan	20
5.3.12	Beginners	Eleanor	5	7.3.12	Improvers	3 – 5 Miles	Up to Coach	Eleanor	5
			60	7.3.12	Long Run	9 – 11 miles	Up to Coach	Emma	6
				14.3.12	Group Option 1	1,2,3,2,1 mins	Jetty Marsh	Ian	17
12.3.12	10 mile group	Louise Bailey	6	14.3.12	Group Option 2	30 min short efforts	Pottery Road	Watsa	13
12.3.12	Training Group	Mark Hamling	22	14.3.12	Group Option 3	5 x 1k Loops	Brunei	Rod	28
12.3.12	Intermediate/Recovery	Wilf	18	14.3.12	Improvers	3 – 5 Miles	Up to Coach	Buzz / Mel	11
12.3.12	Beginners	Lance	3	14.3.12	Long Run	9 – 11 miles	Up to Coach	Tarquin	9
			49	21.3.12	Group Option 1	20 x 200m	Tuckers Maltin	Jan	14
19.3.12	10 mile group	Tarquin	4	21.3.12	Group Option 2	6 x 800m	Jetty Marsh	Lance	25
19.3.12	Training Group	Boonie	25	21.3.12	Group Option 3	Fartlek, 5/6 Miles	Up to Coach	Eleanor	17
19.3.12	Intermediate/Recovery	Sarah Ross	19	21.3.12	Improvers	3 – 5 Miles	Up to Coach	Rod / Buzz	10
19.3.12	Beginners	Rod	9	21.3.12	Long Run	9 – 11 miles	Up to Coach	Ben	14
			57	28.3.12	Group Option 1	7 x 600m, 200 Jog	Bakers park	Rod	16
26.3.12	10 mile group	Tarquin	5	28.3.12	Group Option 2	400m reps Long rec	Coach Road	Watsa	0
26.3.12	Training Group	Dennis	26	28.3.12	Group Option 3	Pyramid Hills	Waterworks Hill	Fizz	20
26.3.12	Intermediate/Recovery	Ian	17	28.3.12	Improvers	3 – 5 Miles	Up to Coach	Ian / Buzz	19
26.3.12	Beginners	Rod	9	28.3.12	Long Run	9 – 11 miles	Up to Coach	Ben	7
			57						62
				Total	512 members	Total of 35 sessions Total of 8 nights	Averages 14.62 members per session 64 members per night		

My conclusion is that I would like to add two coaches (CiRF) to our current crop and, while I have initially asked for two further leaders (LiRF), the committee has approved a further four in the longer term. This clearly demonstrates the club's commitment to your development as athletes. It is my intention to ask two of our existing leaders to take the CiRF qualification. This is a qualification specific to endurance running and gives a qualification approaching a Level 3 in the old system.

I am now looking for volunteers to take the Leader's award (LiRF). This is a very basic qualification that entails a single day's attendance at a local venue. This is generally, Plymouth, Exeter or Tavistock.

There is no exam or extensive studying required. The current cost of the course is about £90 and the club initially reimburses half of this up front and the balance when you have completed six months of leading sessions at the Club.

I am delighted that Caroline Clark has already agreed to join us and has already attended the course. So I welcome her to the team and we can all look forward to her sessions. Those of you who have been with Caroline on the long Saturday runs will agree that her knowledge and enthusiasm will be of great benefit to the club.

So come on all of you, if you think you've got what it takes to become a leader, grab me, take me to one side for a chat and sooner than you think, you could find yourself leading out a group of Trotters on a Monday or Wednesday.

And finally...

For some, a marathon is a weekly occurrence but for others April will be the culmination of some serious winter training in preparation for the 26.2-mile challenge.

So, if you are doing a marathon, whether it be London or elsewhere, I wish you the best of luck and in my capacity of joint Press and Publicity officer with Fizz, I look forward to reporting on your success in the near future. Good luck to you all, whatever you may be doing.

Ahoy you Trotters!



Tarquin reveals the details of a 30th anniversary boat trip to remember.

This year marks the 30th anniversary of our great club and, following the success of last year's trip, we have booked another boat trip to celebrate! This year we have decided to hire a vessel from Torquay Harbour, so we have called on the services of Greenway Ferry Pleasure Cruises to take us on a two-hour cruise around the bay, using their historic WW2 vessel *The Fairmile*.

We will again be using the services of Devon Mobile Disco to provide our musical entertainment, after the excellent disco they provided for us during last year's boat trip. There will be a fully stocked bar on board and we will also be laying on a finger buffet and some of Caroline Clark's famous flapjacks!

Departing at 7pm sharp, on Saturday 14 July, we will set off on a two-hour cruise around the bay, returning to Torquay before dark. The Number 12 bus runs to Newton Abbot until midnight, so there's no excuse why you can't stay on in Torquay for an after-cruise drink with your fellow Trotters!

Because this is our 30th Anniversary, we will be selling tickets for this trip at the subsidised price of £5! Yes, you read correctly – £5 each! This is sure to be a cracking evening out and definitely a night to remember! Tickets are now on sale at club nights from either Tarquin or Catherine Barnes. For more information, contact Tarquin: teignbridgetrottertarquin@btinternet.com or 07513 544938

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: All the news from our Virgin London Marathon warriors.

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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