

The Trotter

Number 34

May 2012



Eleanor takes the lead

The Club Championship is cooking! Eleanor Taylor surges into first place in the Ladies' competition, while Lance Mason looks unassailable in the men's event, [Tarquin](#) reports.

After a hectic start to the championship season, it's been a quieter two months since my last report, with just four CC races on the calendar. There are a number of quieter periods in the championship race season this year, with some larger gaps between races. This was not my intention when I put

together the list of this year's races, but it's just the way it worked out. When I put together my proposed list of races for the year, I prefer to choose local races, so that people do not have too far to travel. We try to support the races of the other local clubs in the area, but also races that support a local

News Desk

Following the wettest April since records began, those bone-dry footpaths are now a slippery, muddy mess, *writes Roger Hayes*. Have we had some rain or what? I even had a marathon cancellation because of the weather – the Shakespeare Marathon, in Stratford-upon-Avon. The race referee came on the tannoy to announce his decision three minutes before the start of the race. It didn't go down well. It got me thinking, though: what would we do as a club if we were faced with horrendous weather at one of our races? With the Dartmoor Discovery (DD) looming and the possibility of some extreme weather conditions up on Dartmoor, would you want to be out there marshalling? I hope the answer is yes...

Talking of the DD, if there are any Trotters who want a place at the Friday night Pasta Party, then please let me know. It's open to runners and their supporters and, of course, to anyone helping on the Friday. It's only £5.50 per person for an all-you-can-eat buffet – a bargain if ever there was one. Race preparations are going well. The reserve list is starting to go into overdrive and all the last-minute jobs are being taken care off. The race promises to be even better than last year. We will have an improved finish area, which I hope can be best described as 'all-singing and all-dancing'. To those Trotters running the race, remember to smile when you cross the line. You don't want your photo, your moment of glory, to be captured with you looking down at your watch! With Ellie Sutcliffe now running for us, our ladies' team is looking even stronger than it was before. As for our men, I honestly believe that winning first, second and third men's team is not beyond us. Remember you heard it here first!

What makes a good race? It's a question that I often ask myself. Take the GWR, (Great West Run). It had just a handful of Trotters take part and yet it's on our doorstep, it's well organised and is a fast PB course. In comparison, the North Dorset Marathon attracted 25 Trotters. Having experienced both races, one noticeable factor was the huge amount of club runners at North Dorset, where as the GWR is almost entirely made up of unattached runners. Another interesting factor to come out of this year's GWR is that, out of the 1,668 finishers, only 61 managed to finish in under one and a half hours. I'd like to think that we find the right balance at our races. A winning formula seems to be: friendliness, value for money, well-organised and interesting courses.

The Haytor Heller is well on the way to breaking yet more records. This year's race already has twice as many entries as at the same time last year. I predict it will fill up in record time (mid-June) and with a record 300 entries. Many thanks to all those who offered to help. However, chief marshal Rod Payne is still in need of more! There is no better way than to spend a summer's evening up on the moor, enjoying breathtaking views, evening sunshine and a pint and burger after your duties. In addition, Rod and Race Director Buzz Terrill are looking for people to help with breakfast on the Sunday morning after the race, 22 July, between 7.30 am and 10.30 am. Orders for breakfasts are coming in thick and fast, so they'll need help with taking payments, making tea and coffee, cooking, serving and washing-up. If you can spare some time, you'll get a breakfast in return. This all helps towards the cost of

hiring the centre. If you can help, please get in touch with Rod, Buzz or Lucy Payne. Rod's email: Rod.Payne@cowlin.co.uk Buzz's email: JnGApplegarth@aol.com Lucy's email: lucypyn@aol.com

Tickets are selling fast for the Trotters 30th Anniversary Boat Trip. If you haven't got yours yet, don't hang around, Tarquin's the man you need to see. They are an absolute steal at a fiver each. The boat will be leaving Torquay's harbour at 7 pm on Saturday, 14 July, returning at 9.30 pm. There will be a disco and food available. Come and join us and help celebrate 30 years of the Teignbridge Trotters.

The run of Trotter babies continues! I'm pleased to tell you that Mark and Frances Gilligan have recently had twin girls, Iris and Charlotte, who are both doing well. Congratulations to them both.



We have yet another happy event to announce. Jenny Wheeler has become Jenny Lawes, following her recent marriage to Phil Lawes. The happy couple were married in New York on 18 April (see photo, above). Congratulations, Jenny and Phil! Jenny actually hails from Barnstaple but works at Channings Wood, so lives in Newton Abbot during the week.

That's it for this month. I'm going to enjoy a bit of a taper before my first stab at a 24-hour race in a couple of weeks' time. I'll let you know how it goes in next month's edition of *The Trotter*.

Membership Report

Dave Dunn welcomes another bunch of new members to the Trotter fold.

We are now past the deadline for the renewal of memberships, and I wish to thank everyone who got their subscription and renewal form back to me in good time. Our membership total currently stands at 207, as we have naturally lost a few who have decided to call time on their running, for now at least. However, we have over the past five weeks or so welcomed seven new members to our fold, so let me now introduce them to you.

Jenny Latham (35) from Newton Abbot lives next door to Allen Taylor. It's funny how many Trotters are neighbours! Jenny doesn't wish to be confused with the world-class British triathlete of the same name, although it's an easy mistake to make! Louise Hamer (39) from Liverton has already picked up the vibe of our great club, where we help one another where we can, by offering her services to Tarquin, who is Chief Marshal for the Dartmoor Discovery.

Filipe Da Silva (35) from Teignmouth works at Centrax with my son, Stewart. I know that Filipe already holds entries for the Ivybridge 10K and the Torbay Half, and I'm expecting a bold showing on his debut. Craig Hobson (38) from Newton Abbot is a sports therapist who has

been away from running for quite a while, so feels that he has to start again virtually from scratch. I'm sure that it won't be too long before we see Craig in full flight.

Adrian Handley (43) from Ashburton ran in last month's London Marathon, finishing in 4:27, and raising money for Whizz-Kidz into the bargain. Wurzel will be pleased to hear that we now have the other Wolves fan among our ranks!

Laura Cooper (28) from Buckfastleigh is our newest recruit, although we would have probably signed up one or two more new members by the time you are reading this. Kevin Canham (47) from Teignmouth is back for a second spell as a Trotter, this time as a second-claim member. Kevin has decided to retain his first-claim status at Newton Abbot AC, where his children enjoy athletics.

Trotters celebrating a landmark birthday in May are Paul Evans (55), Jo Haynes (40) and Sarah 'Otter' Seymour (40). Many congratulations to all three, hoping that you have a great birthday and enjoy your new veteran status!

Club Records

April was a record month for record-breaking, with no less than nine records falling within the space of just 29 days! It was not as if any of the records broken were 'soft', so fair play to everyone who has put their name on the roll of honour.

Some credit though must go to our coaches for devising a challenging yet fun series of training sessions, but particularly to Tarquin and Caroline Clark for maintaining the interest in the long Saturday morning runs.

I reported on the first four of these records in the last edition of The Trotter, and it was Sharon 'Fizz' Bowman who kept the ball rolling. Fizz surprised herself and delighted her followers with 45:27 at the Easter Bunny 10K, thereby shaving just 5 seconds off the previous best FV45 time for 10K set by Stephanie Ross.

Helen Anthony kept up the momentum, bettering Emma Sidebotham's previous best senior female marathon time by almost 8 minutes at the Lochaber Marathon in Scotland, with 3:27:54.

Then attention turned to London, and although Waves narrowly missed out on

eclipsing Chairman Rog's MV40 marathon record, Garry Smart trimmed 22 seconds off Vaughan Lindsay's MV45 mark with a time of 2:52:22.



Nigel Penwarden

Perhaps even more noteworthy was Graeme Baker's achievement in erasing Dave Foster's MV70 record from the books. In running 8 minutes faster than

Dave's old record with 4:20:27, Graeme now has the distinction of holding all four of our club records in his age category. This achievement is a feat only matched by Dave Tomlin and Jose Waller – good company indeed!

Just as we were beginning to think it couldn't get any better, along came Lucy Payne (pictured, left) the following week in the Milton Keynes Marathon to totally destroy Pauline Newsholme's FV60 record, knocking a whopping 50 minutes off with a time of 4:25:20. Lucy now only needs the 10K record to complete the set.

And May has started where April left off, with Wilf Taylor smashing his own MV60 record in the North Dorset Village Marathon, stopping the watch on 3:19:39, an improvement of 10 minutes over his time in Edinburgh a year ago.

The rest of this month may see further record-breaking exploits, with the Ivybridge 10K and the Plymouth Half Marathon among the races on offer. If there are any records broken, you'll read about them here next month!

Captain's Corner

Sharon salutes our lady record-breakers.



Top trio: Ladies' Captain Sharon 'Fizz' Bowman, pictured at the Haldon Heartbeat with Sarah 'Otter' Seymour (left) and Jessica Parkes (right).

The months are flying by and there has been plenty of action on the racing scene from the Trotettes. No less than four club records for the ladies have been broken since March and new names appearing on the club record archive and I wonder if this is a record in itself?

The championship is hotting up, too, and some of the newer girls are now getting the racing bug and enjoying the rewards of running through that finishing line. We will see how they progress in the following months as the races are ticked off. As we all know, this only fuels our fire for more races and more self-achievement.

The long runs on a Saturday seem to have really helped with the racing with A, B and C groups all doing different distances and pacing to suit individual runners' needs and mileage. I would like to thank all the girls involved with organising these and look forward to them continuing throughout the year.

Anyone who would like to organise a run either from their house or from somewhere central please speak to me and we can incorporate it into the rota.

Marathon fever has struck and there will be more to report next time with two records broken in April by the girls. It's great to see so many ladies racing so many different distances. Keep it up and keep showing off that Royal Blue. So, let's see who has raced where.

Duchy Marathon and Duchy 20 mile: Marathon: Sally Ingledew 4.27.14 3rd vet 50. Duchy 20 - Carrie-Anne Hewings 2.36.13 (PB) Emma Sidebotham 2.36.50 (PB) Jacki Woon 2.41.04 (PB) Sharon "Fizz" Bowman 3.00.09 (PB) Caroline Clark 3.01.27 (PB) Eleanor Taylor 3.09.05 Angela Blakesley (second claim) 3.29.37.

Bideford Half Marathon: Helen Anthony PB 1.39.14 Anna Caunter 1.46.12 Jo Haynes 1.51.20, Michelle Willcocks-Watts

The championship is hotting up, too, and some of the newer girls are getting the racing bug



Angela Blakesley, Caroline Clark and Sally Ingledew get into the swing of things at the North Dorset Village Marathon.

1.53.14 Tina Caunter 1.54.27 Jo Becker PB 1.57.31 Tamsin Cook (1st half marathon) 1.58.13 Katrina Duignan PB 1.58.57 Lucy Payne 2.02.37 Rebecca Weare 2.02.56 Jess Whitehouse PB 2.03.10 Catherine Barnes (1st half marathon) 2.05.59.

Brooks Winter 3K series: Sarah "Otter" Seymour 15.47 (1st track race)

Grizzly and Cub: Stephanie Ross 1.39.39 (Cub) Anna Caunter 3.56 (Grizzly)

Bath Half Marathon: Emma Sidebotham 1.36.28. Katy George (junior half marathon record) 1.44.14 Becky George 1.48.16 Penny Aitchison 2.00.17 Mary Goulden 2.03.28

Zoom Tri Club Mad March 10/20: Michelle Willocks-Watts 3.07.02. Lucy Payne 3.18.08 (PB)

Mad March Hare 10K: Sharon "Fizz" Bowman 48.53 (1st vet 45)

Brooks Westward League Cross Country: Eyvol Aston 28.34 Sharon (Fizz) Bowman 30.14 Julie Crocker 34.11 (3rd FV45 lady in the series) Eleanor Taylor 34.27 Lucy Payne (1st FV60 prize for the series)

Rhayader Round the Lakes 20 miler: Emma Sidebotham 2.42

The Age UK Wrap Up and Run 10K: Caroline Clark PB 48.50. Sally Ingledew 51.42 Rachel Pallant 59.02

28th Eastleigh 10K: Michelle Willocks-Watts 49.35

Mabac Cranleigh 15/21: Lucy Payne 3.21.

Taunton Half Marathon: Sharon "Fizz" Bowman 1.45.32 (PB) Lucy Payne 1.58.44 Angie Blakesley (PB and 2nd Claim) 1.59.23 Rebecca Weare 2.02.36 Stella Imong 2.06.11 Janice Caunter and Catherine Barnes 2.09.47 Samm Gee 2.14.27 Sharon Hutchins 2.15.37

Taunton Marathon: Ellie Sutcliffe 2.59.20 (1st Lady and PB 2nd Claim)

Five Tors: Michelle Spillar 1.42.49

Easter Bunny 10K: Helen Anthony PB 43.56 Tracy Elphick 45.05 Sharon "Fizz" Bowman PB 45.27 (Club FV45 record) Jessica Parkes 49.45 PB Joanne Haynes 49.55 PB Lucy Payne PB 54.49 and 276th Sarah "Otter" Seymour PB 58.02

Bampton to Tiverton: Katrina Duignan 1.01.00

Tavy 13: Sarah Schutte 1.53.16 Stella Imong 2.14.00

Paris Marathon: Michelle Willocks-Watts PB 4.01.22

Worcester Marathon: Sally Ingledew 4.44.23

Lochaber Marathon: Helen Anthony PB 3.27.54 (Club record for Senior ladies Marathon) Angie Blakesley PB (2nd Claim)

2012 Virgin London Marathon: Jacki Woon PB 3.36.02 Tracy Elphick 3.36.46 Emma Sidebotham 3.36.46 (identical to Tracy) Carrie-Anne Hewings (first marathon) 3.49.41 Sharon "Fizz" Bowman PB 3.58.29 (dressed as a ladybird) Anna Caunter (last race as a first claim Trotter as she moves to local club the Haldon Trail Runners) 4.01.40 Sue Brown 4.05.40 Lorna Martin 4.25.38

Haldon Heartbeat: Helen Anthony 1.06.00 Clare Youngman 1st FV45 1.07.45 Hattie Mann (1st race as a Trotterette) 1.12.18 Jessica Parkes 1.13.08 Sharon Bowman 1.14.22 Joanne Haynes 1.15.44 Eleanor Taylor 1.18.21 Tamsin Cook 1.18.57 Tina Caunter 1.19.06 Jess Whitehouse 1.23.01 Katrina Duignan 1.23.50 Jo Billyard 1.26.08 Catherine Barnes 1.26.31 Rebecca Weare 1.26.32 Sarah Seymour 1.27.14

Milton Keynes Marathon: Lucy Payne PB and Club record FV60 4.25.20 Sally Ingledew 4.35.04



Emma Sidebotham and Tracy Elphick at the North Dorset Marathon.

Club Championship report



Jo Becker

Ready to rumble: the Trotters line up ahead of the North Dorset Village Marathon, in Sturminster Newton, a race that produced plenty of action.

... continued from front page

good cause, like the Chudleigh Carnival road race, or any of the East Devon Community series races. While retaining a lot of the old favourites, I do attempt to put some different races in each year, so as to freshen things up a little and keep the championship interesting. But it is difficult to meet all these aims. The half marathon section was the hardest to fill, as finding five local half marathons was not straightforward. I could never include the likes of the Great West Run or the Plymouth Half, as those two are more high-profile events, where places fill up pretty fast. Both are also quite expensive to enter, which does tend to put people off. A new half marathon was added to the race calendar this year, staged by our club sponsor, Ironbridge Runner, so that was one half that we wanted to support. The Exeter Half, was billed as an ideal race for a PB, as it was run along the cycle paths from the Exeter Quay. Unfortunately, it clashed with our own Bovey Tracey XC race, which was not ideal. However, clashes are sometimes inevitable and this was one of those occasions. Although a good number of Trotters attended the Exeter Half (19), the high entry fee for this race has put a lot of Trotters off returning next year.

One race selection that didn't work so well was the inclusion of the Saltash Half, which was held last weekend. Organised by

the Tamar Trotters, we wanted to return the support which they have always shown to our events. However, I could not have foreseen the number of runners who entered the North Dorset marathon, which was on the same day. But a number of Trotters did miss a trick with Saltash, as there were 'easy' points going begging!

It's always going to be hard to please everyone, or get the balance right for every race, but the above was just a few words to explain that I do put a lot of thought into choosing each year's races, before submitting them to your committee for final ratification.

So, where are we now with the current championship standings? Joanne Haynes has continued her rampant championship charge and has now completed seven CC races. However, she has been squeezed back into second place, by the evergreen Eleanor Taylor. El has also completed seven races but, using her age-graded advantage, she has just edged into the lead.

Our Ladies' Captain, Sharon 'Fizz' Bowman has leaped into third spot, after two stellar performances. At the Plymouth XC she showed how well she is currently running, by snatching the 50 points there and she followed this up with a real gritty

Encouragingly, though, a massive total of 34 men have completed at least two CC races

performance at the Haldon Heartbeat, only a week after completing her first sub-4-hour marathon at London! Although Fizz has bigger goals this year (namely the DD), I still tip her to be one of the favourites, due to her consistent and ever-improving performances this year. With higher 'average age-graded percentage per scoring race' and 'average points per scoring race' than the two leaders, she would be currently in the lead if she had completed the same amount of races (seven races). The only thing that can hold this tough runner back is her own self-belief.

Katrina Duignan, Jacki Woon and Tina Caunter currently lie in fourth, fifth and sixth respectively. Tina followed her strong performance at the Haldon Heartbeat, where she achieved a well earned 48 points, by picking up a guaranteed 50 points at the Saltash Half, as the lone Trotterette there. Tina is a very experienced championship campaigner and knows the races to pick: often they are less attractive, so will attract higher point potential without having to work too hard! However, there was nothing easy about the Saltash Half and it was still a hard slog for those points.

Helen 'Zippy' Anthony, and Tamsin Cook have both now completed five races, so far, and are currently well placed to launch a charge as the season moves into the summer races.

A total of 21 ladies have now entered at least two CC races so far this year. There's still an awful long way to go and we're not even halfway through yet!

For the men, the jostling for top spot has continued, but Lance 'Skippy' Mason has now retaken his place in first position. After completing seven races, Skippy has only once not gained the maximum 50 points and even then he picked up 49 points. It will take a Herculean effort now to dislodge him from this top spot, although there are one or two waiting in the wings who have expressed an interest in giving it a try. However, whether they have the commitment and determination to complete the necessary races will be another matter!

Wilf Taylor is now lying in second position, but he is running out of his skin recently and only last weekend achieved another club record over the marathon distance. We will have to see whether this fantastic achievement will necessitate a period of recovery from this superb veteran runner. However, I tip Wilf to

be able to bounce back well, after only a short period of rest from his marathon efforts. The only thing that Wilf needs to watch is for injury. If he can stay injury-free, he will be difficult to remove from the second position and will constantly challenge Skippy for the top spot.

My own consistent performances over six races, has now propelled me into third position, with John Crocker and Gary Clark in fourth and fifth, after both completing five races.

A 'guy' who has used his head well in planning his championship campaign is Guy Roberts. His last-minute decision to take on the Saltash Half, only a few weeks after completing his first marathon (in Rome), was a master stroke, as he was one of only three men to turn up. Guy walked away

with 48 points, which has now elevated him into a very healthy seventh position. The five races that he has already completed were made up of probably the toughest this year, from the three hardest sections. Guy is certainly no stranger to hard graft.

Marathon commitments and the final stages of training for the DD have meant that a lot of the men have not been able to give their full commitment to the championship at this stage, so the rest of the table is looking a little quiet.

Once the DD has been completed, however, the table will chop and change at a fast rate. Encouragingly, though, a massive total of 34 men have completed at least two CC races. Can the majority of them follow through to run the rest of the races needed to complete the championship?

With several men away at the Lad's Weekend, the ladies will have full reign at the Ivybridge 10K. After that, we go into another little break, while the DD is on, before re-launching the championship charge with the other 'DD' – the 'Dawlish Dash' on Thursday, 14 June. With a 7pm start, the Dawlish Dash is the first of many midweek summer evening races.

The scheduling of these events provide another opportunity to those who have busy weekends, especially during the summer and also allows for those more crazy racers the chance to cram some extra races in over a short space of time!

As always, if you have any questions about any part of the Club Championship, do not hesitate to get in touch.



Wilf Taylor digs in during the North Dorset Village Marathon.

Chairman's report

Our Chairman, **Roger Hayes**, presents
his AGM report for 2011-2012.



Good evening everyone and welcome to this year's AGM. Tonight's meeting has the potential to be a rather long one as there are no less than five resolutions put forward and the small matter of choosing seven from nine general committee members, and one vacant position to try and fill, that of cross country captain. Out of a committee of thirteen we currently only have two ladies serving on it, both of whom are standing for re-election. I'm pleased to see that a further two ladies have added their names to the list of general members wishing to stand. This is an encouraging sign and some would say long overdue.

2011 was another great year for the Trotters. Our races were all well attended, with the Haytor Heller yet again reaching its limit and having to turn runners away. This year the race limit has been raised to 300. Buzz has worked hard with the Dartmoor authorities to obtain this increase and I'm sure he'll have no problem in filling the race once again. Last year was Michelle's final one in charge of the Ladies 10K, and she certainly went out on a high, with an increase in entrants on the previous year and with a hugely successful day enjoyed by all. Thank you Michelle. Lucy Payne has taken over in the hot seat and I'd like to wish her well in her new role.

Another race to reach its limit was the Templer Ten. It was the first year that we staged the race without police support. Thankfully we coped very well and there were no major incidents to report. The police have distanced themselves from any involvement with road running, leaving some very dangerous stretches of road up and down the country to be marshalled by the race organisers. It doesn't take a genius to realise that a serious accident or even a fatality is waiting to happen, and when it does I really do fear for the future of road races.

On a lighter note, 2011 saw the Trotters organise the Dartmoor Discovery for the first time. It was our club's biggest challenge to date and what a fantastic job we made of it. Those that played a part in it should be very proud of the way we staged the country's longest single-lap ultramarathon. Such was the success of last year's race that this year's race was full on the 2nd of December, that was within three months of the entry forms coming out. Tarq is the new chief marshal, if you haven't already, please offer your services to him, as we need all the support we can get to maintain the high standards we achieved last year.

We set a new record at last year's club trip, with 44 Trotters completing the Otter Valley River and Rail 10K. This year, Kevin Besford, who took over from myself as trip organiser, has chosen the Langport 10K as our 2012 race. Entry forms are available from our race diary page on our website or from the key box on a training night. It would be great to set a new record. Other social events to take place last year were the summer BBQ and boat trip, club camp, Ljubljana marathon, Dennis's BBQ, lads' weekend away, and the mince pie marathon, to name but a few. With so many social events taking place I hope you will support one of tonight's proposals, which is to formally create a post of social secretary. Whoever gets the job is going to be a busy person!

I know there are many members who do a huge amount for the club, but there is one in particular who has been kept very busy this past twelve months and that's our membership secretary, Dave Dunn. Dave must get three or four emails a week from prospective new members, all asking different questions, each needing an answer. Our membership stood at 217 this time last year, today it stands at a record 241. With the intake showing no sign of abating, your committee have discussed the possibility of a membership cap being introduced. If there are any developments on that issue, rest assured you will be the first to know.

Monday and Wednesday training continues to deliver some great sessions. The move to Coombeshead College went smoothly and we are now well established there. What we are able to offer our members is some of the best training available and our coaches should feel very proud of what they have achieved.

2011 saw Tracy Elphick and Lance Mason crowned as club champions. There were an incredible nine club records broken and numerous team and individual awards won, plus a whole stack of PBs. This year's club championship is well underway and is already creating plenty of healthy rivalry.

The club is probably the strongest I have known it during my 25 years as a member. Not only are we now one of the biggest clubs in Devon, we are also one of the best organised clubs, too. That's not down to chance; it's down to a tremendous amount of hard work and dedication – a real team effort. I salute you all.

Treasurer's report



**Club Treasurer John Caunter
lifts the lid on the Trotter
coffers, in his 2011-2012
AGM report.**

Good evening everyone. This year I have made some changes to the way I have reported the accounts etc to try and make it clear what profit our races make and where we would be without them.

As with 2010 we have race income and expenditure in the previous year. This is a situation which I see continuing so unlike last year the figures which follow represent the true calendar year situations. This means, that for those of you who can remember, the 2010 profit figure is different from last year's accounts. However, as usual the accounts are presented to show members the performance of the club's races, along with their charity donations.

Looking at the balance sheet you can see that race profit for 2011 was very high, this is due to the reasons previously mentioned, along with the fact that all entries for the 2012 DD were in 2011 (this was not the case the previous year).

Profits from our races for the last 5 years (from 2011 back) have been: £13358, £7180, £5812, £3389 & £4341, totalling £34080. This compares with overall club profits of £5096, £3179, £1865, £2277 & £508, totalling £12925. Over these 5 years our bank balance has risen by £12417, £508 less than the profit without race income. So as you can tell it is the profit from our races that keeps this club solvent, allows us to keep our subscriptions so low, and last year our charity donations amounted to £1700; now £14213 over the last 9 years.

As always a big thank-you to all our Race Directors for their hard work and enthusiasm, and along with this a big thank-you for the willing support of all the Trotters who help. A special thank-you, to Lucy Payne, for stepping in as RD for the Ladies' 10K. Bovey Tracey XC is not included because financially it provides no income, or loss, however thanks go to all who helped.

In 2012, Ironbridge Runner are again supporting all 5 of our races, with the amount remaining as in 2011 (approx £1100).

The balance of funds at the end of 2011 was £26939 and at the end of 2010 was £21843. As can be seen by the difference between the two

figures the club has profited by £5096 during 2011. However, taking into account the 2012 transactions, the true 2011 figure was a loss of £2620. I have listed below any areas where the 2010 and 2011 figures differ and may need further clarification.

Income

Doesn't need any explanation, we sold more kit and had more members.

Expenditure

There are only 2 items to mention, all the others show the usual year on year variation, or are detailed on the balance sheet.

1. Equipment and Kit expenditure is up due to the club selling a larger range of items, with the cost of these to us having risen significantly, and we now have our own storage facility which is costing us £70 per month.

2. Memberships & Affiliations are down to all outstanding amounts having been paid to NALC.

Club kit in stock

End of 2009 = £2298

End of 2010 = £1983

End of 2011 = £3476

Thank you

As usual, a personal thank you from me to all of our club coaches for the excellent job they do, and a special thanks to Rod. The way that the training sessions are now organised, and with such a choice, is superb. With the growing numbers of members, and increased legislation, their job is getting more and more difficult. Please support them.

All that remains now is for me to thank the officers and committee for their support during the last 12 months and to wish the club and all its members every success in 2012. If there are any questions I will be more than happy to answer them.

Coaching update

Is there life after spring marathons? asks Coach Coordinator **Rod Payne**.



Buzz Terrill

All together now: Energetic Trotters benefitting from a good warm-up ahead of the recent Haldon Heartbeat, led by Lance 'Skippy' Mason.

April numbers

April was an unusual month of training at Coombeshead Academy, with numbers down considerably from the levels we have become used to recently. This is, however, not surprising as we had the Easter holidays and so many of you took part in an April Marathon. It is the first time since last August that numbers have dropped to this level. We have been used to members per night averaging over 50 and members per session over 15.

Marathons over – what now?

Well done to everyone who has raced during the month. We have certainly embraced the marathon scene as a club and so many of you have achieved PBs and there have been an impressive number of club records set on the way. There are also our serial marathoners such as Sally, Chairman and Smokes. I am sure that their pursuit of the 26.2s will not waver in the slightest as we enter a new month.

For some the April marathons are stepping stones towards June's Dartmoor Discovery that is being hosted by us for the second year and promises to be yet another fantastic success. The amount of work that is being put in by Race Director Roger Hayes and his DD committee is

phenomenal and as guardians of this unique race Teignbridge Trotters are doing it proud.

For the rest of us mere mortals it is time to step down in distance. Why not target a 10K? For this quarter of training option 3 will be geared towards racing a 10K so if you feel that this is for you then give it a go. Fizz led the first session and this attracted a fantastic group in excess of 30. Maybe we have hit on a winning formula. It will be interesting to see how the group develops over the forthcoming weeks.

Monday groups

Why not come and join us on a Monday night? Our Monday groups are really enjoyable and with the light nights now here and surely some better weather to come we offer running over some stunning off-road routes. So if you want a nice relaxed run on a Monday, a 6 to 7 mile workout or a 10 mile run then we have a session for you. Come and give it a go.

Time plays tricks on one's memory and I struggle to remember just how many of our current members have come through our beginners' group.

TEIGNBRIDGE TROTTERS – TRAINING NUMBERS APRIL 2012

[illegible]

The group has been operating for just over 2 years now and while we have had fewer beginners join us recently I feel that it is still an important aspect of the club and something that not many clubs offer.

Get the most out of your sessions

The Torbay Half is a race that usually attracts a lot of Trotters and many of you who have put in the long winter miles will still have loads of residual fitness in June and will no doubt put in a great showing.

Others will have targets they want to achieve and are working hard to reach their goals. We are here to help you but very few of you are coming forward to discuss your training needs.

As I have said before we have a wealth of experience amongst our Coaching team so have a chat with them you may be surprised at how little adjustments to your training could yield fantastic improvements for you.

Whatever race you are targeting there is a session on offer for you on a Wednesday. I witness you all putting in some fantastic effort on a Wednesday night and on a personal level it fills me with pride to see you develop and achieve your milestones, maybe as a result of the mentoring and encouragement of the coaching team.

Come and join us

We are still looking for more leaders, so if you are interested in joining the coaching team come and have a chat with me.

Since last month Caroline Clark has joined us and has already led out some groups and from the feedback I have received I know that CC is going to be a real asset to the coaching team. Come and join us.

Have a successful and enjoyable
May.

London Marathon? A piece of cake!

Top coach and race director **Graham 'Buzz' Terrill** recently celebrated his 70th birthday with the best cake a runner could wish for, recalling a great London Marathon performance.



In 1989, Buzz surged round London in an impressive 3:20:32. In this original snap from the Terrill archives (left), Buzz is wearing an old-school, light blue Trotter vest, as well as a rather natty red headband. The red number '68 T' denotes that he entered the event with a 'Good for Age' time. As we know, today Buzz is still 'Good for Age'. Like the cake says, mate, 'On On!'

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: DD debrief.

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.

Tel: 01626 773811 Or email: mag@teignbridgetrotters.co.uk