

The Trotter

Number 35

June 2012



Trotters stage top DD

Race Director [Roger Hayes](#) reports on another great success for the club, as the 2012 DD delivers an all-time course record and the highest-ever number of finishers.

Wow... After last year I thought the DD couldn't possibly get any better. However, 2012 put paid to that. If we keep raising the bar like this, surely it's only a matter of time before the race is officially recognised as the best in the country! I make that final comment slightly tongue-in-cheek, as we were once described by a high-profile figure, as a club only capable of organising 'Mickey Mouse fun runs' and turning the DD into a shambles. I wonder what that person thinks now?

It really was a massive team effort, and everyone who played a part in ensuring it was the success it was should feel very proud. There are far too many individuals to thank personally but I would like to single out my race committee who have worked tirelessly over the past 12 months.

The weekend got under way with the Friday night pasta party. We had 92 take advantage of the £5.50 all you can eat buffet.

News Desk

It's official, we're in the middle of the wettest drought in living memory! What ever happened to all those lovely summer evening training runs, now the longest day has even been and gone? We're all doomed!

Talking of the weather... It put paid to my 24-hour challenge in May. I just don't do cold and wet and I'm afraid to say the conditions got the better of me after 12-and-a-half hours and 59 miles. However, it was a good learning experience and I shall try again next year at the Thunder Run in July, when it should be nice and warm!

Of course, since the last edition of *The Trotter* there has been the small matter of the DD. I've written a report on the weekend — for that's what it is now, not just a race — and that can be found on pages one and three. Suffice to say, all went well and roll on next year. I still have three XL race t-shirts that are going for a fiver each and one L long-sleeved generic t-shirt for £12. If you would like one, please let me know. They're excellent quality and are ideal for promoting the race while out training. If you still have a marshal bib please let Tarquin or myself have it back ASAP.

We now move onto the Haytor Heller. The race is already full, a month before race day, and I've had to turn away loads of disappointed runners. Rod Payne is chief marshal and needs a few more helpers to complete the jigsaw. He particularly needs your help on the Sunday morning, as there are over 65 booked in for breakfast! See page nine for full details.

With Trotter races coming thick and fast, it's worth reminding you that, following our AGM in February, a new rule was passed, allowing first-claim members to enter a maximum of three Trotter races per calendar year, with one of those being the Bovey Cross Country. This was to encourage more members to help out at our races, giving them the opportunity to give a little back to this great club of ours. Judging by the support shown at the DD you're certainly doing your bit!

For those of you that don't know, all our races bar one, the Templer Ten, use ARC to obtain their permits. Thankfully, at least for the time being, ARC don't require such stringent measures as EA, who are now



The recent lads' weekend away in Midsomer Norton, where the gang took on the Jack and Jill Challenge, included a very special guest...

Dates for your diary

Sun 1 July - Dennis BBQ - 3pm

Sat 14 July - 30th Anniversary Boat Trip - 7pm

**Mon 16 July - Haytor Heller training run - 2 groups
6.45pm & 7pm**

Sat 21 July - Haytor Heller - 6.30pm

**Wed 1 August - Totnes 10K training run - 2 groups
6.45pm & 7pm**

Sun 5 August - Totnes 10K - 11am

insisting on all sorts of stipulations. I won't bore you with the detail but, what we now need to ensure the Templer Ten continues, is members who have a Chapter 8 TMO qualification. This enables them to stop traffic with 'Stop' and 'Go' boards and to put up race signage on the public highway. Currently, if someone, such as myself who doesn't have the qualification, puts up a 'Caution Runners' sign and a driver has an accident, he or she can claim they were distracted by the sign and sue me! It's a scary scenario but totally true.

We are currently looking into courses to send key personnel on, as the sooner we have more members with this qualification the better. If any of you already have this qualification, possibly through your line of work, please let us know, as you may prove very useful indeed. You may ask why we bother having a permit through EA for the Templer Ten. We do it just to keep an eye on the ever-changing requirements. As I mentioned earlier, ARC don't insist on these yet!

A massive thank you to Dennis Milstead for organising the recent Trotters club camp. We were set to smash all previous records. Sadly, the weather frustrated our ambition but we still had an impressive show of 68 Trotters who made the short trip to Bude. There seemed to be more drinking and less running this year. Well that was certainly the case with my wife! All good fun though, hey Eyvoll...

If you have yet to buy your boat trip ticket for the 14th July, you had better get a move on! It would be great to get 100+ Trotters on board for what I'm sure will be a fun filled night of drinking, sightseeing and dancing. See you there!

Last Sunday, at the Torbay Half Marathon, the club set a new record for the number of members finishing a race. A whopping total of 49 Trotters stormed across the finishing line on Paignton seafront. To mark this great achievement, we'd love as many of you as possible who took part in the race to attend training on Wednesday 4 July, proudly wearing your Torbay Half Marathon race t-shirt. We'll organise a group photo for 6.45pm. Bring a big smile along with you!

Membership Report

Dave Dunn reports on the latest Trotter membership matters.

Things have now settled down a few months into this fresh membership year, and with the influx of new members having slowed slightly, our membership total currently stands at 216. There have been a few late renewals since the publication of the last edition of *The Trotter*, and our ranks have been bolstered by the addition of six new members.

Dan Gaffney (25) from Newton Abbot couldn't live more handily for visiting the cultural centre that is our unofficial headquarters. I am, of course, talking about the White Hart! Hannah Epps (39) from Teignmouth has been added by husband Ben taking out family membership so that Hannah can participate in the social side of the club with the warm feeling inside that comes from the knowledge that she is a fully-fledged member. Who knows, we may yet even see Hannah out with our Monday night Beginners' group!

David Payne (38) from Newton Abbot is a work colleague of fellow new member Philip Hodgson (26), also from Newton Abbot. Both work nights, and therefore they have not yet been seen gracing our training sessions from Coombeshead. However, both David and Philip had entries in the Torbay Half, where they will have been rubbing shoulders with a whole load of other Trotters.

Briony and David Goldsmith from Cornworthy, 35 and 38 respectively, are our newest recruits. Briony and David have been participating in

local triathlons and, by joining us they will have the opportunity to improve their running discipline.

Two of our foremost female members each celebrated their 40th birthday during recent weeks, so let's wish Eyvoll Aston and Tracy Elphick every success in their new veteran category. Landmark birthdays in July are very thin on the ground, but Gary Watson reaches 55 at the end of the month, and will be eyeing up some new prizes in the months ahead. Happy birthday Gary!

A great deal on physiotherapy

During a recent spell on the sidelines brought about by a pulled hamstring, I booked myself an appointment at the Newton Abbot Sports Injuries & Physiotherapy Clinic overlooking Courtenay Park. During my treatment, I negotiated a special rate of £28 per session for all Trotters, representing a substantial discount over the normal treatment rate.

Hopefully, this is one special offer that you'll never want to have to take advantage of, but should you fall victim to injury, you can rest assured that you'd be in the safe hands of Elizabeth Haysom and Ian Mant.

Longer-standing members will remember that Ian was a more than useful runner himself in his time with us, and as such, has every empathy with us when we are sidelined.

Club Records

Our engraver has been able to rest his tired fingers lately, as there has been only one record broken since the publication of the last edition of this magazine. Jacki Woon (pictured, left, at the DD) trimmed the FV45 10K mark to 44:10 at Ivybridge last month, ensuring that Sharon Bowman's previous record only stood for a matter of weeks. In fact, in that Ivybridge race, Sharon bettered her pb by 7 seconds and Clare Youngman, also a FV45, came within 3 seconds of Sharon's old record. With Eyvoll Aston and Tracy Elphick having recently joined the FV40 category, we have terrific strength in depth among our lady veterans.

Opportunities for smashing records look rather limited in July, with what road races there are over traditional distances looking very challenging. Wherever you happen to be racing, have a great time, run a good time, and don't forget to tell our hacks, Rod Payne and Sharon 'Fizz' Bowman, all about it.



Dave Cooper

Bideford runner smashes DD record



Bideford's John Ward battles Exmouth's Dave Stone, as they cross New Bridge. John won the DD in a record 3:33:36. Dave was second, in 3:43:59.

... continued from front page

There wasn't a spare seat to be had and the atmosphere was electric. We had 87 runners who registered on the Friday night, where once again the primary school proved an ideal Race HQ. The remainder of the 184 runners that started the race, registered on the Saturday morning. Race HQ was a hive of activity from the minute we opened at 7.15am. Runners depositing their special drinks, looking at the massive DD posters full of images from last year's race, buying long-sleeved generic DD t-shirts and generally having a good natter about what lay ahead — like the pasta party it was electric.

The race started with a loud bang and a flurry of confetti (thanks, Mark). The weather was pretty much ideal for running and this proved to be the case, as John Ward from Bideford AC (who got a place via the reserve list, three days before the official closing date!) stormed round the 32-mile route, setting a new course record with a time of 3:33:36. My pre-race prediction of a Trotter clean sweep with the team awards nearly came true. Our men and ladies both won first and third teams. The Trotter performance of the day had to go to John Tweedie, who beat many of his more fancied clubmates. John was second Trotter to finish, securing him a place in the winning men's team. Overall, 175 runners finished the race, which was

a record, beating the previous best of 160, set in 2007. I'm pleased to report that we didn't have to pull anyone off the course as a result of failing to meet any of the cut-off times.

Unfortunately, David James, who was due to present the prizes, was called away on business. However, our Club President, Buzz Terrill, did a sterling job in his absence. Due to the risk of a shower (we did have a few during the day!) the presentations were held inside the function room at the Plume of Feathers. It was great to see so many stay for it — the place was packed to the rafters. Later, Squad and Monkey, who had been busy recording events as they unfolded, gave us a taster of a video that will be available to view online in due course. This went down a treat with all those that had gathered at the Plume. The disco then followed — and what a great night it was! The DJ was spot-on, the dancing even better! And that, my friends, was the Dartmoor Discovery 2012.

Preparations are already in full swing for next year's race, which will be on 1 June. The permit has been applied for and entry forms will be available from 1 September. Last year, the race was full by 2 December. Somehow, I think it might be a tad earlier this year. You never know, Mickey Mouse himself might even enter!

Cover photo by Julia Proctor



Vic Tarrant (left), with Vic Senior and Trotter reporter Julian Head.

Remembering the Ghost Runner

The DD's MV40 trophy is named after John Tarrant, the 'Ghost Runner' whose battle with the athletics establishment became the stuff of legend. Now, a new campaign to erect a statue in his honour has been launched, as **Julian Head** reports.

On a recent visit to Hereford to watch my beloved Gulls lose to Hereford, and thereby throw away any chance they had of promotion, I had the privilege of meeting the immediate family of John Tarrant, the Ghost Runner, who was recently featured in *The Trotter* and *The Discoverer*.

The first article was to publicise the excellent book by Bill Jones, *The Ghost Runner — the tragedy of the man they could not stop*. The second was to welcome John's son, Vic, to the DD and offer a bit of background on the John Tarrant trophy and the running legend after whom it was named.

While in Hereford, the Tarrant family were so welcoming it was almost as if I had known them for longer than the 10 months I have been studying John's story.

As I sat in the front room sipping tea, I was astounded at the array of trophies from John's running career, proudly kept by his widow. It suddenly dawned on me that this was the house from where some of John's most testing sessions would have commenced, such as 2 x 15 miles with hill reps in the middle, or a paced run to Ross-On-Wye and back — incredible. I also learnt of Eign Hill, where John would knock out regular hill reps.

John's brother, Vic Senior, told me of their friendly rivalry and of a two-mile race the brothers once had around Hereford race course. Both men ran sub-12 minutes and Vic collapsed, exhausted, at the end of

the run, having just pipped John to the post. John, as if to prove a point, nonchalantly jogged on. What was remarkable was that John had run a 30-miler that morning!

Such is John Tarrant's fame in the area that he has a road named after him, not far from his former home.



On my visit I also learned that Vic Senior and Vic (real name Roger) were no mean marathon runners themselves: both have personal bests in the low 2:30s. At 80, Vic Senior lives in a house called 'Marathon' and is still coaching at the local track. Some of his training group are behind a campaign to have a statue erected in honour of John Tarrant, who remains one of the area's most successful marathon and ultramarathon runners.

One of the most heart-rending aspects of the Ghost Runner story is that he was never able to compete internationally because of the ban on non-amateurs at the time. John Tarrant was considered a professional sportsman because he had once earned £17 through boxing

when he was a young man. He even came second in the Olympic Marathon trials in 1960 but never got to run in Rome, the Eternal City. It would be highly appropriate if the statue in honour of John Tarrant were erected in 2012, the year in which the Olympics return to London and the life bans for reformed drug cheats are lifted (another topic I know).

You can find out more about the statue campaign on Facebook <http://www.facebook.com/pages/Ghost-Runner-John-Tarrant-Statue-Campaign/186460498075598>



Sarah working hard, at the Torbay Half Marathon.

Thirsty work

Sarah 'Otter' Seymour presents a cautionary tale of heat, dehydration and the gingerbread man.

A couple of weekends ago, it all started brilliantly: A PB at Sandygate by nearly 3 minutes. It was hot though, wasn't it? I missed out on the after-run rehydration session and jumped straight in the car. As those of you with small kids will understand, we seem to be involved in some sort of tag team method of childcare: I had had my turn and needed to get back to pass the baton (Rich wanted to go surfing before it was dark).

Now, I'm a sweaty girl. I always thought this was an overweight issue but as I have got fitter and thinner I just sweat more. By the time I got out of the car, there was a lovely Otter-shaped damp patch on my car seat. Nice! I had a shower, washed my running kit, read with Tom, put him to bed and finally got round to eating tea: veggie chilli and jacket potato, lovely if I do say so myself. Plenty of kidney beans, tomatoes, garlic, peppers, more garlic and a good bit of chilli as well. It never even occurred to me that I would normally be eating some sort of mild pasta or rice dish on a Friday evening and definitely not that late but it had been one of those weeks and sometimes your brain just doesn't flag up little things like this.

I was still chuffed with my new PB and thinking about this. How much faster could I go next time? What should I aim for? What min/miles was I running? Maybe I should drink some water, long run in the morning... I'll upload my Garmin and see my PB on screen, great idea! I'll get a drink in a bit.

I got up early on Saturday, ate my Weetabix, had a cup of tea but didn't drink my normal pint of water, I just had a few sips. Not sure why. I had planned a 14-mile flat run. I had never run this far before but have been building up slowly in preparation for the Torbay half and Tarqs had suggested a run over the half

marathon race distance would boost my confidence on the day. I was running on my own: too slow for the B group and too far for the C group, I'm stuck in no-man's land at the moment.

I got all my bits together, sprayed myself with sun block and drove over to Dawlish. It's hard to run more than 6 miles in Teignmouth without hills so the plan was to start at Dawlish leisure centre, run along the coast road and cycle path till just past Turf Locks, run back the same way then end with a nice stand in the sea for 10 minutes to sort my legs out.

The run - Off we go. It's warm already at 8am, so I'm taking it easy. It's all about covering the distance today anyway, not getting a time. The breeze is quite strong which I'm glad of, nice and cooling, and it's a lovely morning to be out with the sunshine glinting off the surf (must tell Rich there's some waves when I get back). By mile 3, I'm already feeling a bit knackered but it's probably just the after-effects of Sandygate, keep plodding on. I've got a drink of water with me and every so often I have a sip, more to wet my mouth than anything. As I said, I'm a very sweaty person and I'm aware of the dangers of hyponatraemia and the many scare stories around about what happens if you drink too much water and your electrolyte levels get too low. I keep thinking about this and don't want to drink too much. I've got a gel and some sports beans with me to replace said electrolytes but for some reason this doesn't occur to me. Gel at 50 minutes, better rinse the sticky off my hands too, I'll use my water. Don't drink too much water, just wet your mouth. Perhaps a bit on the head to cool me down, that's nice.

I'm approaching mile 7 and I have less than half my water left but that's fine, just keep going. My stomach feels a bit weird, crampy, that's not nice, oh God, oh no, the gingerbread man is

I reach the bridge but underestimate just how difficult steps are.

catching me (listen to Marathon talk if you can't work it out), oh no... gateway! Well, this is a nice view of some cows, not sure they're thinking the same but never mind. Hmmm, veggie chilli wasn't a great idea, won't be doing that again!

Let's carry on anyway, I'm feeling much better now, kind of knackered though. Perhaps I should see if I can fill my bottle as I go back past Turf Locks. No, just keep going. I'll try a sports bean, that might help. Mmmm, tasty, must thank Fizz for them. My feet are doing more shuffling than running now but just keep going, just keep going. My mouth feels really odd, kind of leathery, must be the sports beans, just keep going. It's quite windy now but I feel very hot, more water on the head should sort me, keep going. I've got a bit left, better save that, never know when you might need water, just keep going. There's a shop, bet they sell water, no, don't go in, just keep going. I feel a bit sick now, must be these sports beans. I walk for a few seconds then back to shuffling.

I'm going round Cockwood harbour and onto the lovely new cycle path when my stomach suddenly cramps. It hurts, really really hurts. I'm leaning against a fence, trying to be sick but of course there is nothing there. Keep moving, just keep going. Walking is better than nothing. I want to be home, I'm so tired. I feel so tired, maybe I could sit down in the grass and have a nap. My eyes are closing, so tired, keep going, get home. Phone Rich? Where's a phone box? No, don't bother him, keep going, it'll be quicker.

Wow! This new cycle path is really bumpy, it's moving up and down, oh... that's me. Keep going. I'm walking along, not sweating now but hot and cold, teeth clenched, stomach cramping. I wander into the loos at Dawlish Warren, making sure to pause my Garmin first (wouldn't want to mess up my time now, would I?) I wander back out and carry on walking. A 20-minute mile, not bad when I'm trying not to be sick on the people enjoying a lovely stroll along the sea wall. I can see the footbridge. I know my feet are moving but it's not getting any

closer and all I want to do is sleep. The sky is a lovely shade of purple today, no orange, pink...

I reach the bridge but underestimate just how difficult steps are. I get to the other side and feel myself sliding down on to the bank. I sit there for a while, swaying. Maybe a nap would be OK. No! Just get to the car and it will all be OK. Just... keep... going...

I did get back to the car but instead of calling Rich like I would if I was thinking clearly, I drove home with the window open in an attempt not to fall asleep (and in case the sick finally made an appearance).

I parked badly, opened the door and lay on the living room floor. Apparently my lips were a lovely shade of purple. I couldn't stomach anything, even water, for a while then I started sipping some and started feeling better quite quickly. We quite often read that a good sign of hydration is straw-coloured urine but, when I finally made some, mine was more the colour of the back beach. Even in some of my heavier 'study sessions' at university, I never reached that depth of colour. I hardly ate anything for hours,

just kept drinking water. By teatime, the only after-effects were a headache and feeling quite tired.

Writing this down has made me realise how lots of little mistakes added up to cause me quite a big problem. I was lucky, though: I didn't collapse anywhere on my own, I didn't crash my car and there were no long-term effects other than feeling like a complete numpty. We often keep pushing ourselves to improve but this was one time where my inexperience meant I didn't realise I was pushing too hard.

I've learned my lesson. I have bought a hat to help keep some of the sun off my head and face, I'm going to make sure I drink to thirst and stop to get more water if I need it.

And I'm certainly going to put more thought into planning my dinner the night before!



Other power: properly hydrated this time, Sarah gets stuck into last weekend's Torbay Half.

Captain's Corner

Tarquin is knocked out by the
hard work you're putting in.

I write this the day after a record-breaking Trotter turnout at the Torbay Half Marathon. It was great to see so many Trotters run in what proved to be less than ideal conditions, taking on this 'tougher than it looks' course. Three highlights were Mike Eveleigh who smashed the long-held MV60 Half Marathon club record with his superb 1:27:51; Allen Taylor who, only two weeks after completing his first Dartmoor Discovery, posted a half marathon PB with a time of 1:35:51; and Rod Payne, for whom this was his first major race since having serious back surgery last September. Rod looked strong throughout the race and posted a gritty 2:02:51. After being told that he may never run again, this race was certainly an emotional one for him and is testament to his sheer determination and self-belief.

Two weeks prior, a record 15 Trotter men took part in our own Dartmoor Discovery, with just over half of them running the race for the very first time. All put in some very gritty performances, having to dig deep to haul themselves around the very challenging course. Our men came away with two Male Team prizes, with Garry Smart (4:18:49), John Tweedie (4:39:27) and Tommo (4:40:04) winning the 1st team and Ewan Walton (4:43:11), Travis Wood (4:48:19) and Alan Boone (4:49:19) winning the 3rd team award. Well done also to Wavell Vigers (4:59:10), Mark Hutchins (5:08:37), Stuart Moulson (5:08:53), Chris Wride (5:17:14), Gary Clark (5:17:50), Allen Taylor (5:38:32), Smokes (5:39:33), Mark Wotton (5:40:08) and Phil Perry (5:40:32).

John Tweedie has been running out of his skin lately and prior to his stunning performance at the DD he stormed around the

Virgin London Marathon in a blistering time of 3:10:08. For the past couple of years, John has been dogged by unfortunate injuries, which have always scuppered his running aims for the year. However, this year, he has managed to stay injury-free. He's really put in some focussed training and has seen the results of that hard work paying off.

Sixteen Trotter men completed the Virgin London Marathon, with some great achievements by all. On his second year of attempting it, Graeme Baker snatched the club MV70 record with his fantastic time of 4:20:27. Graeme now holds the club records in all four of the MV70 categories and I'm sure he'll hold these records for some time to come. Garry Smart showed what was in store for the DD with his new MV45 club record time of 2:52:22. Wavell Vigers posted a great PB of 2:52:45, narrowly missing out on the MV40 club record. Well done also to Bruce Campbell (3:25:58), Chair (3:27:17), Mark Hutchins (3:32:57), Tim Hassell (3:37:57), Stuart Moulson (3:46:50), Steve Mariadas (4:15:13), Jon Martin (4:24:46), Inky (4:32:23), Kevin Besford (4:44:20) and Tim Hartley (5:10:01).

I must also make a special mention of Dave 'Tommo' Tomlin, who ran a new world record for the fastest Roman Soldier to run a marathon! He

completed the course in an impressive time of 2:57:00.

I am now thinking about teams for the forthcoming Erme Valley Relays. Starting at Ivybridge Rugby Club on Friday 6th July (7pm start); this requires teams of 4 to run a 2.5 mile loop each. This is a challenging event but, at the end of the day, it is also a bit of fun, so I would ask that you all check your availability and let me know if you can make it!



Tweeds storms across the line after a blinding run at this year's DD.

Peter Royle



WE NEED YOUR HELP

AT

THE HAYTOR HELLER

ON

Saturday 21st July and
Sunday 22nd July

Please can you spare us a few hours of your valuable time on Saturday 21st July for the Race or Sunday 22nd July for the Breakfasts and for clearing up the centre?

We still need marshals out on the course and extra help with the barbeque that is taking place after the race. There are plenty of little jobs that need doing so if we all help then we can all get maximum enjoyment out of the event.

We also DESPERATELY need help on Sunday morning as we cook breakfasts for all of the campers (currently 64 pre-booked) plus all of the helpers. This is already twice as many as last year.

For Marshalling: Please contact Rod Payne in person or by phone or E mail. Contact details: Phone 01803 557994
E. mail badrunner501@aol.com

For the Barbeque: Phone Lucy Payne: Phone 01803 557994 E. mail lucypyn@aol.com or Jean Terrill 01803 528648
E. mail JnGApplegarth@aol.com

For Sunday: Phone either Rod as above or Buzz as per the details for Jean above.

*THE MONEY MADE ON OUR RACES HELPS US KEEP YOUR CLUB
FEES DOWN*

Coaching update

Coach Coordinator **Rod Payne** welcomes some new leaders to the team.



Julia Proctor

It's all about teamwork. The 2012 DD Rugglestone Inn water station gang: (from left) Jose Waller, Dave Foster, Jackie Piper and Maurice Piper.

Rain and more rain

Yet another month has flown by and the foul weather shows no sign of letting up. Our planned sessions are all being placed in jeopardy due to the wet conditions. We are trying to keep the sessions to the locations published but due to the wet and sometimes dangerous ground we have been all too often forced back on to our winter locations.

That said you all continue to put in some fantastic effort during our sessions and it is completely gratifying to all of us coaches to see you getting so much out of the sessions and dare I say even enjoyment.

Your coaching team

I have some really good news to pass on this month. Some of you will have noticed that Jess Whitehouse is now becoming involved in leading some of the sessions. In addition to this, Neil Pallant has also expressed an interest in becoming involved. My fellow coaches, the committee and I are all absolutely delighted that Jess and Neil have joined the team and they will both be taking their LiRF courses shortly. It has been a good quarter for recruitment, with our squad of leaders also enhanced by Mel Dunn and Caroline Clark. Both are doing a great job for us and, along with the vast experience of our other coaches and leaders, your training is in safe hands.

Dartmoor Discovery

Well done to our club on another magnificent Dartmoor Discovery. This one was even bigger and better than the first in my humble opinion. I am but a small part of the day but there are so many of us out there doing a little bit and it all comes together as one huge cohesive operation. Congratulations must go to the DD committee and also to the many Teignbridge Trotters who ran the race on the day. Everyone involved is a winner. The point I am coming to is that in the lead-up to the event and in the immediate aftermath it has a real effect on our club nights. While we have lighter sessions and recovery runs it has got me thinking about how we can incorporate these races into our training programme better.

When our programmes are put together we don't factor in races such as the London Marathon and the Dartmoor Discovery. The 10-mile sessions are certainly an asset to those building up their miles and the weekend long runs are fantastic but we do not actually consider these races beyond that. It is not just about London and the DD: the club has more people running marathons and ultra distance races than ever before. A significant percentage of our active members have run at least one marathon this year. So I will be asking the coaching team to

TEIGNBRIDGE TROTTERS – TRAINING NUMBERS MAY 2012

MONDAY GROUPS		Coach/Le	Nos	WEDNESDAY GROUPS		Session	Venue	Coach/Leader	Nos
				2.5.12	Group Option 1	18 x 200m (3x6 sets)	Tuckers Maltings	Rod	6
				2.5.12	Group Option 2	Kenyan Hills	Waterworks	Ewan	12
				2.5.12	Group Option 3	6 x 400m	Courtenay Park	Fizz	33
				2.5.12	Improvers	3 – 5 Miles	Up to Coach	Caroline / Buzz	13
				2.5.12	Long Run	9 – 11 miles	Up to Coach	Ben	7
									71
7.5.12	10 mile group			9.5.12	Group Option 1	100,150,200,300,400 Pyram	Pottery Road	Watsa	14
7.5.12	Training Group	No group		9.5.12	Group Option 2	6 x 1k loops	Decoy Lake	Lance	28
7.5.12	Intermediate/Rec	Lance	22	9.5.12	Group Option 3	Jog Warm up + 4 x 600m	Jetty Marsh	Ian	15
7.5.12	Beginners	Rod	3	9.5.12	Improvers	3 – 5 Miles	Up to Coach	Eleanor / Buzz	7
		No group	25	9.5.12	Long Run	9 – 11 miles	Up to Coach	Ben	6
									70
14.5.12	10 mile group			16.5.12	Group Option 1	3 sets 3x300m	Courtenay Park	Tarquin	13
14.5.12	Training Group	Tommo	7	16.5.12	Group Option 2	Rolling Pyramids	Bakers Park	Clare	26
14.5.12	Intermediate/Rec	Mark	20	16.5.12	Group Option 3	3x800m Tempo Runs	Coach Road	Rod	14
14.5.12	Beginners	Jan	18	16.5.12	Improvers	3 – 5 Miles	Up to Coach	Mel	10
		Eleanor	4	16.5.12	Long Run	9 – 11 miles	Up to Coach	Ben	9
			49						72
21.5.12	10 mile group			23.5.12	Group Option 1	Kenyan Hills	Waterworks	Ewan	11
21.5.12	Training Group	Noel	18	23.5.12	Group Option 2	Parluffs	Coach Road	Fizz	30
21.5.12	Intermediate/Rec	Lance	18	23.5.12	Group Option 3	200,300,400m x 3 sets	Bakers Park	Watsa	12
21.5.12	Beginners	Clare	15	23.5.12	Improvers	3 – 5 Miles	Up to Coach	Jan	11
		Caroline	5	23.5.12	Long Run	9 – 11 miles	Up to Coach	Ben	10
			56						74
28.5.12	10 mile group			30.5.12	Group Option 1	12 x 400m	Courtenay Park	Ian	14
28.5.12	Training Group	Dennis	12	30.5.12	Group Option 2	Fartlek Run	Up to Coach	Tarquin	16
28.5.12	Intermediate/Rec	Bruce	17	30.5.12	Group Option 3	4 x 5min threshold runs	Decoy Park	Fizz	20
28.5.12	Beginners	Fizz	17	30.5.12	Improvers	3 – 5 Miles	Up to Coach	Tarquin / Buzz	9
		Jan	4	30.5.12	Long Run	9 – 11 miles	Up to Coach	Ben	16
			50						75
				Total	542 members	Total of 39 sessions Total of 9 nights	Averages 13.89 members per session 60.22 members per night		

come up with some sessions to target the longer distances for the next quarter. We have to adapt to the needs of the club.

Last month

You will see from the training numbers from May that we had a steady month. We only had the one Bank Holiday and we just operated the two sessions on the Monday night. Towards the end of the month some of you ventured into the 10-mile group on a Monday and did really well. As a result of this, Monday's 10-mile group has now evolved into a session that operates at a slightly slower pace and as a result numbers have swelled to a level where the future of the group seems assured. I was concerned that Monday's 10-mile group was not viable and in danger of not continuing. My headache now is getting people to lead it out so if you would be prepared to lead the group on occasions then please let me know.

And finally

Here is my usual plea for yet more of you to become involved with leading groups. I was tasked with getting four LIRF leaders and in Mel, Caroline, Jess and Neil this will be achieved. Even at the number of coaches we have now, we operate nine groups a week that all need leading. Monday is still a problem to me as I struggle for people to lead the runs. So in addition to the 10-mile group, if you are prepared to lead the 5-6 mile and 6-8 mile groups, then please contact me.

The stipulation is that you must have been with the club for at least two years and I need to get the approval of the committee for you to lead. This is done for insurance purposes.

Have a good month, fellow Trotters.

Flame and glory!

Trotter Siobhan Besford, 22, recently carried the Olympic torch through Aberystwyth, where she is currently studying. Siobhan is a qualified swimming teacher and volunteers at Kingsteignton Swimming Club. On her 18th birthday, she made history by becoming the youngest person to run the London Marathon. Nominated for the role by her parents, she declared it 'one of the most amazing experiences of my life'. Well done, Siobhan!



Meanwhile, back in Teignmouth, several Trotters turned out to welcome the Olympic torch as it crossed the bridge from Shaldon. Among them was Trotter legend Dave Dunn, pictured here by our special correspondent in possession of a rather gaudy representation of the Eternal Flame...

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: Summer trotting.

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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