

The Trotter

Number 36

July 2012



We've got your back!

Delighted Dartmoor Discovery runners have been pinging our inbox with lovely emails, praising the marshals and helpers that make the DD so special.

This year's Dartmoor Discovery was even more successful than last year's great effort. And a huge part of that success was down to you, the members, whose stirring efforts in numerous roles on the day helped to make the 2012 DD the best ever. We thought you might like to read a sample of the many emails Race Director Roger Hayes has received in the weeks following the event. As you'll see, several mention the marshalling and support provided by you lot as key contributing factors to an experience the participants will never forget.

'I just wanted to say that this race has been the most challenging and rewarding race that I have ever done and for that I thank you. The organisation, marshalling and after race care was brilliant and I would like to pass on my thanks to all involved.' **Paul Rees**

'A massive thank you to all at Teignbridge Trotters for a fabulous DD today. My first effort and the organisation, atmosphere and care to all was second to none.' **Andy Goundry, Truro RC**

'I'm sure that you will receive lots of positive feedback and I feel compelled to add it to. I have been doing races for 8 years and never before have I felt so cared for: from entry, to race to the finish area. Loads of information, loads of encouragement throughout the whole process. This was my first DD and I felt very welcome!' **Michael Robinson**

'Great race great marshals and great cakes :) will be there next year to get a sub 5:30.' **Mark Stockman, SDAC**

'Having run my first DD yesterday I wanted to write and congratulate you and the team on an exemplary event. I have run many events and also marshalled at my own club races, so I have an appreciation of the challenges. Without question, DD was the best organised and most cheerfully staged event run I have ever done. You clearly have a very successful and cohesive club. Overall a highly commendable event. Well done and many thanks to all.' **David Pearce**

News Desk

Jet stream! Those two words are starting to well and truly get on everyone's nerves, *writes Roger Hayes*. Roll on the Totnes 10K when we're guaranteed good weather!

Thankfully this dreadful weather abated for long enough to allow for a very pleasant evening to celebrate the Trotters 30th Anniversary. There were 64 of us that set sail from Torquay and enjoyed a cruise along the coast, passing Paignton and calling into Brixham before heading back to Torquay. It was great to see that part of the coastline and to get so close to it was a real bonus!

Many thanks to Tarquin for organising it and to John and Tina Caunter for laying on a great spread, and not forgetting Caroline Clark for her now famous flapjacks. For those who extended their night in Torquay and danced the night away in Mambos, I hope you weren't too hung over the next morning!

Ideas are already being discussed for next year. If you have a thought on what would make a good summer social occasion then please let Tarq know. My own thought is that maybe it's time to stay on dry land, find someone with a big barn and have a good fashioned barn dance. Do we have any farmers in the club?

Thanks must also go to Tarquin for overseeing the meal at the Cromwell Arms after Monday's Haytor Heller recce run. As we go to print, the Heller looks set to be another success. All we need is a dry night and if we're really greedy, perhaps a bit of evening sunshine.

For all those that are helping, don't forget to take your marshal ticket (given to you by Rod on the night) back to Race HQ and exchange it for a burger and a pint or slice of cake and a tea or coffee. It's just a little something to say thank you. We will have a few technical race t-shirts left over and will be selling them on a first come first served basis at £5 each. They are the same make as the DD ones, (same colour too!) so the quality is excellent, but then I would say that!

Another member who deserves a big pat on the back is Dennis Milstead, for laying on a superb Trotters BBQ. I think him upstairs is smiling down on us, as that afternoon stayed dry too! I know only too well the work involved in laying on such an event, so thank you Dennis and of course not forgetting your lovely wife, Jackie.

Numbers for the Totnes 10K are slightly up on the same time last year. So with any luck we should get well over 500 enter. I've managed to get a licence to sell alcohol, so we'll have a beer tent and 216 pints of Lighthouse real ale to sell. The theory is once you've had one or two of those you'll be ready for a burger or jumbo hot dog! We've not tried a BBQ or alcohol before at the race so it's going to be a case of 'suck it and see'. If we do have a load left, then we will have a impromptu BBQ back at our place after the race. The beer is what you call 'bright' beer, which basically means it doesn't need to settle before drinking it. However, the downside to this is that it must be consumed within a couple of days of opening it. Check out Facebook or the Trotters notice board on our website to see if it's on.

John Skinner, aka Skins, is the chief marshal for the race. If you are able to help, you can contact John, via email jskins@tiscali.co.uk or phone him on 01626 776345. The race is on Sunday 5 August. The fun

run starts at 10.25am and the main 10K race starts at 11.00am. If you have entered the race, then please can you marshal the fun run. It will only take up 10 minutes of your time and will be finished in plenty of time to allow you to warm up before the start of the 10K. Nathan 'Lovely' Elphick is the chief marshal for the fun run and will show you your position once you have reported to him. We will be doing a recce run of the course on Wednesday 1 August. There will be two groups, one leaving the Leisure Centre at 6.45pm and the other at 7pm. We have booked plenty of tables at the Butchers Arms, Abbotskerswell, for those who would like to join us for a bite to eat afterwards. Please let



Pete Aston gets busy with a variety of chargrilled meats at Dennis's summer BBQ.

Tarquin know if you planning on eating.

I'm pleased to confirm the Templer Ten will be going ahead this year. There had been some doubt about the future of the race due to new rules and regulations imposed on us by EA. The race will take place on Sunday 4 November, with an earlier start time of 9.00am. More good news is that the future of the Westward League is now secure. Our Cross Country Captain, John Crocker, along with Wilf and Eleanor Taylor, attended an emergency meeting of clubs from all over Devon and Cornwall. During the meeting, a formal committee was formed and many issues that were threatening the league were thankfully sorted out.

That's it from me for this month. See you at the Heller!

DD runners heap praise on Trotters



Peter Royle

... continued from front page

'Now here's my dilemma, the DD has now turned into TWO (unwinnable) challenges. The first obviously being to tame the actual Discovery course, by the way there were more hills this year (or was I just walking longer). But once over the finish line the second challenge appears, that is to try and empty the tables of sandwiches, cakes etc and run the teapot dry. Thanks to you and everyone for all their hard work.' **Graham Baker**

'Can you please pass on to all the Teignbridge Trotters our heartfelt thanks for making all the Littledown Harriers so very welcome at the Dartmoor Discovery! We really do feel like the race is our 2nd home and you, Caroline and all the Trotters make it a very successful event....that's why we keep coming back year after year! Will be in touch again soon but the rest of the guys just wanted me to pass on our thanks, was a great weekend and we can't wait for June 2013!' **Ade, Paolo, Phil, Reg, Wayne, Steve, Heather, Kathy, Serena & Naomi, Littledown Harriers**

'If anybody wanted a master class into how to run an event, I would send them to the DD!' **Dave Mullaney, Selby Striders**

'It was my first ultra and I was amazed to discover that I enjoyed every single second of it. The organisation and marshalling was faultless and the support around the course was incredible - with a special mention to the marshall who made a point of checking my number on the entry list and encouraging me by name somewhere around 23 miles.' **Mike**

'Thank you for another perfectly run Dartmoor Discovery, this was my third year in succession and is the best organised race I do each year, more so than the London Marathon due to after race care for athletes! Conditions were pretty near perfect this year and I'm definitely aiming to be back racing at next year's Discovery.' **Anthony Shaw**

'I am absolutely certain that Dad would have enjoyed the course, he was very good on hills. I am not sure how the Exeter to Plymouth course compares with the DD course with regards to the severity of hills etc, but he broke the course record in 1967, with an average pace of under 6:30 a mile, so it would have been interesting to get some kind of idea what he may have been capable of running for the DD course. Interesting. It was a pleasure to present the MV40 prize to John Ward. My thanks to everybody involved with the organisation.' **Vic Tarrant**

'My only previous running was two years ago, and I'm amazed not only at how much the original race has been preserved but how you have also managed to improve it at the same

time. My deepest thanks to the vast team of marshals you had all over the course, as well as at the start and finish. Their knowledge, efficiency, and above all, encouragement (even in the driving rain at a couple of points) was most welcome.' **Jonathan Richardson**



Julia Proctor

Cover photo by Julia Proctor

Captain's Corner

Sharon is looking forward to
some drier weather....

The months are whizzing by and it's hard to believe that we are in the middle of summer. It's not so much rehydration than saturation being the name of the game at present. With some lovely summer events on the cards we can but hope for drier weather. The Trotettes have once again been out in force and really getting some good times after all their hard work. Many still come to the Saturday long run which seems to be helping with confidence and endurance towards longer runs. I would also like to welcome Ellie Sutcliffe, who is now a 2nd claim member (she runs 1st claim with Exmouth Harriers). Once again, records have been broken in these last few months and we have picked up some team awards, too, so keep up all the hard work, ladies, and I hope we can break the club record for the Ladies' 10K in September!

Here are the results for the ladies since my last write-up.

North Dorset Village Marathon - Ellie Sutcliffe (second claim) 1st lady 3.02.54 - Emma Sidebotham and Tracy Elphick 3.41.20 and 3.41.21 respectively. They won the ladies team event. Eleanor Taylor 4.05.19. Sharon Bowman 4.13.47 Caroline Clark PB 4.15.11 Sally Ingledew 4.22.17 Angela Blakesley wearing her trotter vest for the first time as she now becomes a fully-fledged Trotter did a PB in 4.22.34.

Saltash Half Marathon - Tina Caunter 2.03.02.

Great West Run - Jess 'Perky' Parkes PB 1.49.31.

Round the Tor 10K - Rachel Pallant 59.57.

Ivybridge 10K - Jacki Woon PB of 44.10 FV45 Club Record. Sharon Bowman PB 45.20, Clare Youngman 45.30. Mel Dunn PB 46.57 Sarah Schutte PB 47.59. Jo Haynes PB 48.09 Katrina Duignan PB 52.01 Eleanor Taylor 53.11, Lucy Payne PB 54.12 FV60 record, Sarah Seymour PB 55.28. Catherine Barnes PB 55.43 Jo Billyard 56.52.

Karen Hall Ottery 10K Race - Louise Hamer 48.52 Michelle Willocks-Watts 53.16 Beverley Dennis 56.06 Katrina Duignan 58.03.

Imerys Clay Country Half and Marathon - Sharon Bowman 2.09.01 Caroline Clark 2.10.00.

Plymouth Half Marathon - Camilla McHugh 1.50.20 Angela Blakesley 2.00.41 Rebecca Weare 2.12.40.

Run Exe Summer 5K - Joanne Haynes 23.38 Tina Caunter 25.38 Sarah Seymour PB 26.09.

Dartmoor Discovery - Ellie Sutcliffe (second claim) 4:27:02 2nd lady, Emma Sidebotham (5:18:22) and Tracy Elphick (5:18:23). They made up the first ladies team while in third place was the Teignbridge Trotters B

team of Jacki Woon (5:18:23), Sharon Bowman (5:48:41) and Sally Ingledew (6:09:57).

Ruby Run Half Marathon - Stella Imong 2.15.09.

Dawlish Coastal Dash - Helen Anthony 26.58 Carrie Anne Hewings, 27.49 Sharon Bowman 29.11, Jo Haynes 30.04, Eleanor Taylor 31.58 Tina Caunter 32.18 Sally Ingledew, 32.58, Bev Dennis 33.20, Sarah 'Otter' Seymour 33.35, Jenny Latham 37.16.

Torbay Half Marathon - Jackie Woon PB 1.36.45 3rd female vet 45-49. Clare Youngman 1.41.38, Hattie Mann 1.43.14, Jessica Parkes 1.43.18 PB, Melanie Dunn 1.44.30 pb, Sarah Whalley 1.47.43, Katy George 1.48.09 and 1st female 17-19 years, Sharon Bowman 1.48.32, Becky George 1.49.00, Joanne Haynes 1.49.36, Eleanor Taylor 1.55.00, Kate Josephy 1.56.20, Michelle Willocks-Watts 1.56.59, Caroline Clark 1.58.24, Kirsty Chrysanthou 2.01.40, Victoria Ratcliffe 2.01.49, Jess Whitehouse 2.02.43 Lucy Payne 2.02.51.

Beverley Dennis first half marathon in 2.09.06, Sharon Hutchins 2.14.34, Sarah Seymour 2.15.40 for another PB. Rachel Pallant first half marathon 2.19.45.

Run Exe 5K (2nd round) - Jacki Woon 21.29.

Erne Valley Relays - The FV 45 team also took top honours in their category, Becky George (18.56), Sharon Bowman (17.45), Sue Hewings (18.39) and Jacki Woon (16.58) 56th in 72.18. Sadly due to an administrative error our girls were not called forward to receive their prizes on the night. The Ladies B team Kirsty Chrysanthou (19.49) Jess Whitehouse (20.29), Sharon Hutchins (21.39) and Sarah Schutte (18.19) 79th in 80.16 and the FV 45 team of Lucy Payne (21.15), Eleanor Taylor (20.05), Jo Becker (20.57) and Jo Billyard (23.11) 82nd in 85.28.

Wellington 10M - Helen Anthony 1.15.55. Sharon 'Fizz' Bowman 1.22.59. Caroline Clark 1.29.00, Tina Caunter 1.33.15. Katrina Duignan 1.37.03 and was magnificent in accompanying super-vet Lucy Payne to a new FV60 Club Record of 1.37.07 Sarah Seymour 1.46.03 Sam Gee 2.04.02.

Fingle Dash - Sarah Schutte 1.16.53.

Enigma Summer Festival - Sally Ingledew 4.43.32 and 5.35.14.

Colyton Rebel Run - Katrina Duignan 53:50.

Fortress Beach Challenge Beach Run 5K - Beverley Dennis 28.40.

Otter Rail and River Run - Sarah Schutte 53.25.

Duckponds 7K - Joanne Haynes 34.06 1st vet 40 Katrina Duignan 34.29 1st vet 45 category. Eleanor Taylor 1st vet 50 36.12. The ladies also won the Female team award too.



Ellie Sutcliffe: secured second DD lady.

Peter Royle



The 2010 trip took in the Magnificent 7 - and a pub!

Hi Guys and Gals,

It is getting nearer to race day and so it is time for your regular update on the Club Trip.

Once we have all excelled in our efforts in the race (and fun run for the youngsters), and collected any silverware, we will adjourn to the Old Barn Owl where, apart from good food and plenty of beer, there will be musical entertainment from a resident jazz band.

I have been able to negotiate a small discount for us off part of the menu at our chosen hostelry. In return, I have agreed to get all of your choices ahead of the trip and collect the money on the day.

Take a look at the menu to make your choices.

I can personally vouch for the quality of the roast, having been on a test run. Only those with a large appetite will need a starter. You will not be leaving hungry.

There are still plenty of spaces on the bus and entry forms in the key box, so there is no excuse: a good day out is guaranteed.

Bus departure times are Teignmouth Station 7.15am, Kingsteignton Five Lanes Bus Stop 7.35am, Newton Abbot Leisure Centre 7.50am, Drumbridges 8.00am and Chudleigh Memorial 8.15am.

We will expect to be leaving for home at around 4.30pm-ish.

Please confirm for me your chosen pick-up point, together with your menu choices no later than 19 August.

My email address is kbesford@uwclub.net

All aboard for the club trip!

Kevin Besford brings us an update on arrangements for this year's club trip, to the Battle of Sedgemoor 10K, on 26 August.

MENU

Starters - Garlic Mushrooms £3.65, Soup of the Day £4.25, Chef's Pate £3.95 and Prawn Cocktail £4.25

Main Course - Traditional Roasts at £7, as follows:

Topside of Beef with Yorkshire Pudding and Horseradish Sauce

Roast Leg of Lamb with Mint Sauce

Roast Breast of Turkey with Stuffing and Cranberry Sauce.

Or - Vegetarian Options at £8.50, of:

Broccoli and Cream Cheesecake*

Spinach and Ricotta Cannelloni*

In addition, there are other options at full price of:

Chicken Wrapped in Bacon with BBQ Sauce £8.95

Lasagne Italiane with Garlic Bread and Salad* £8.95

Poached Salmon £9.95

Steak and Kidney Pudding £9.95

Grilled Gammon Steak with Egg or Pineapple £8.95

All served with choice of potatoes and three seasonal veg except those marked *



Pete Royle draws on his training during this year's Torbay Half Marathon.

Coaching update

Coach Coordinator **Rod**
Payne rues the recent
poor weather.

Another month has passed and there is no let-up in the atrocious weather. What a summer or should I say what summer?

Forches Cross relays

It is a real disappointment that the latest Forches Cross relays could not take place due to the weather and the venue again had to be switched. Well done to Ian Langer and his team of helpers for putting on an enjoyable evening at Courtney Park. Those who took part enjoyed the night. I have since discussed the future of Forches Cross as a venue for our relays at Committee and we have decided to give up the venue after our August date. Over the past couple of years we have only managed one relay at the venue. The others have all fallen victim to the weather.

Away runs

I must apologise to all of you for the fact that we so far have not put on any away runs this summer. We had the Haytor Heller recce run on Monday night and it was really well supported, with 47 of us out on the moor in two separate groups. We intend rectifying the situation in August, so look out for the Totnes 10K reccie run and a couple of other away runs in August. Wilf Taylor has offered to put on an orienteering away run so we will take him up on that. Noel Fowler also has a nice couple of routes and perhaps we will venture on to the moors just one more time before the nights draw in.

Ladies' 10K

Another away run to look forward to in September is the Ladies' 10K recce run. This will take place on a Wednesday and, due to the diminishing daylight hours in September, the run will set off at 6.30pm sharp from Dornafeld Camping and Caravan site, courtesy of the proprietor, Mr Dewhirst. Also, all of you Trotterettes should be securing your entries for the race. This one is especially for you. Just for once, us chaps do all the work and you just have to turn up and enjoy the day. So, get behind the event, and let's make it a record year for the Royal Blue beauties.

New quarter

We are nearly through this quarter and we are just about to embark on putting together the next three-month programme. We enter the quarter with an up-to-strength coaching team. I am pleased to tell you that Jess Whitehouse, Neil Pallant and Stewart Dunn will all be taking their LiRF course shortly. I am delighted to welcome them to the team Jess has already delivered some really good sessions and you seem to have warmed to her already. Neil is a real character and I am looking to him to deliver some really enjoyable sessions. Training should be fun, so be prepared for Neil's sessions, as I am sure that they will be fun. Stewart Dunn has grown up with the Trotters and is passionate about the club. I am sure he will bring some fresh ideas to the sessions and will deliver

TEIGNBRIDGE TROTTERS - TRAINING NUMBERS JUNE 2012

MONDAY GROUPS		WEDNESDAY GROUPS		Session		Venue		Coach/Leade		Nos	
4.6.12	10 mile group		6.6.12	Group Option	15,30,45,60 sec x 3 sets	Forde Park	Lance			15	
4.6.12	Training Group	No Session	6.6.12	Group Option	Pyramid Hills	Wolborough	Eleanor			14	
4.6.12	Intermediate/Recover	No Session	6.6.12	Group Option	8 x 90 secs	Coach Road	Rod			14	
4.6.12	Beginners	Ewan	6.6.12	Improvers	3 – 5 Miles	Up to Coach	Mel / Buzz			12	
		Rod	6.6.12	Long Run	9 – 11 miles	Up to Coach	Ben			11	66
11.6.12	10 mile group		13.6.12	Group Option	2 sets x 5 reps Hill Sprints	Wolborough	Jess / Rod			6	
11.6.12	Training Group	Caroline	13.6.12	Group Option	6 x 800m	Bakers Park	Ewan			13	
11.6.12	Intermediate/Recover	Wilf	13.6.12	Group Option	1 mile then 5x600m	Tuckers Maltin	Tarquin			16	
11.6.12	Beginners	Lance	13.6.12	Improvers	3 – 5 Miles	Up to Coach	Clare / Buzz			15	
		Eleanor	13.6.12	Long Run	9 – 11 miles	Up to Coach	Ben			4	54
18.6.12	10 mile group		20.6.12	Group Option	1m Jog w/up + 15x60 sec	Bakers Park	Eleanor			11	
18.6.12	Training Group	Dave	20.6.12	Group Option	3x10mins threshold runs	Coach Road	Rod			10	
18.6.12	Intermediate/Recover	Jacki	20.6.12	Group Option	6 x 1k loops	Decoy Lake	Caroline			16	
18.6.12	Beginners	Fizz	20.6.12	Improvers	3 – 5 Miles	Up to Coach	Buzz			9	
		Rod	20.6.12	Long Run	9 – 11 miles	Up to Coach	Boonie			5	51
25.6.12	10 mile group		27.6.12	Group Option	3 x 10min relays	Bakers Park	Jan			10	
25.6.12	Training Group	Gary C / Lance	27.6.12	Group Option	Potter Session	Forde Park	Watsa			13	
25.6.12	Intermediate/Recover	Bruce	27.6.12	Group Option	2 mile run then 6x100 sec	Jetty Marsh	Rod			23	
25.6.12	Beginners	Jess	27.6.12	Improvers	3 – 5 Miles	Up to Coach	Caroline			5	
		Rod	27.6.12	Long Run	9 – 11 miles	Up to Coach	Ben			8	59
			Total	379 members	Total of 34 sessions Total of 8 nights	Averages					
						11.14 members per session 47.38 members per night					

them with his characteristic enthusiasm. At this point, I would like to thank the committee for their continued support of me and their commitment to making the coaching at Teignbridge Trotters the best on offer.

Training numbers

You will see from the June chart that numbers for the month were lower than we have been accustomed to in recent months. Perhaps this is not surprising, considering the weather and the fact that races are still coming thick and fast

I hope that the sessions are appealing to you as I would hate to think that you are staying away because the sessions are not of interest. We have made the sessions more challenging recently with generally higher numbers of reps per session.

In response to this you have risen to the challenge and numbers for the toughest sessions have been really encouraging. However, it should not be all grunt and grind, so we will be reintroducing some of the old-style fun sessions into the next quarter.

As usual, I will wind up this report by asking for feedback from you on how we are doing. I am delighted to receive a lot of complimentary feedback from you but surely we are not getting it right all of the time. Let us know what you think.

Thank you once again for all of your hard work in training. Keep an eye on the website and watch out for the new training schedule. Enjoy your running and good luck with your races.

Trotters ahoy!

A merry band of Trotters boarded the good ship Fairmile at Torquay for a jolly trip around the bay to mark the 30th anniversary of our great club...



The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: We're taking a summer break in August. Back in September.

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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