

The Trotter

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Caught in a RAT trap!

Keith Anderson discovers the joys of the Roseland August Trail, or RAT, and learns to love a fluff-and-dextrose combo...

Never again. Never. Ever. These were the thoughts going through my mind in the final few miles of the Mudcrew-organised Roseland August Trail Off-Road Challenge (better known as the RAT).

I'd just been slithering down a steep, muddy bit of coastal path knowing full-well that this could only mean yet another climb up to the top of the next cliff, following the Mudcrew signs or being directed by the friendly, cheery marshals.

Twenty minutes earlier I had succumbed to the mistake so many make – not enough fluids and sugars. Staggering up an apparently never-ending series of uneven muddy wooden steps I began to feel light-headed and at first tried to ignore the unpleasant sensation. A

few steps later I was worried that I was getting dizzy and then I knew if I took one more heave upwards I would certainly pass out.

I flopped down on my bum and sipped the last few drops of my water and felt around in my bag in the hope of finding a gel. No gel. But what a piece of luck: right at the bottom and slightly damp and fluffy was an old dextrose tablet. So in it went, fluff-and-all, and I sat there, right in the way of other runners going past, for a full five minutes until I was sure I could stand again without keeling over.

Why am I doing this? - I asked myself. When the entries went in months ago I'd only planned to do the 11 miles but that event was full, so rashly I transferred to the 20 mile route. Madness! (Actually, to

News Desk

That was our summer then! I did manage a solitary BBQ on the back beach with friends and family but that was it, it really was a disappointing summer, *writes Roger Hayes*.

With *The Trotter* taking a well-earned summer break, there's a lot to catch up on. Those of you who were at the Haytor Heller will know what a great success the race was. We had a record amount of finishers, with 257 completing the tough 6 mile course. An added bonus was that it even stayed dry for the occasion.

The same cannot be said for our other race, the Totnes 10K. Traditionally a day blessed with glorious sunshine, however, this year it absolutely chucked it down! Incredibly we had a record 'on the day' entry with 137 signing up!

It was my 12th year as Race Director and without doubt my most stressful to date. It seemed that anything that could go wrong did go wrong. Thankfully the runners were by and large blissfully unaware of most of the problems. Although they wouldn't have missed the fact that the Race HQ had to be evacuated TWICE before the start of the race due to the fire alarms going off. I later discovered that the fumes from the PA man's generator had set the sensors off on the side of the building! I could go on but it's a long list! I'm afraid I set myself very

high standards as a Race Director and came away that day feeling very deflated. As they say, you live and learn. I guess the one good thing to come out of the race was that we able to present Totnes Caring with a cheque for £1100.00.

Of course it goes without saying, if you helped out at either race, THANK YOU. Something I rarely do is to single out an individual but on this occasion I feel I must mention Nathan 'Lovely' Elphick. He was a true star at Totnes, the big man couldn't have been more helpful, kind and damn right 'lovely' if he had tried. Thanks mate.

I guess arguably the biggest news since the last edition of *The Trotter*, is that next year's Dartmoor Discovery sold out in 12 days! I thought it would beat last year's date of December 2nd but never in my wildest dreams did I think it would be full in less than two weeks. It's yet another reminder that we really do have a very special race on our hands. Are there other ultramarathons in this country that sell out so quickly, I think not. The Chairman of the 100 Marathon Club, Roger Biggs (he's run over 700 marathons), emailed me to say the race now had 'cult status'. He went on to say that he would be running it next year! Such has been the demand that many of the big names, particularly in the men's line-up, have missed the boat. At the time of writing there are 35 names on the reserve list.



I must mention the cracking weekend that we had down in Cornwall when Oodey and myself, along with a massive posse of Trotters took part in the Roseland August Trail (RAT) run. Two nights camping at the Race HQ for just a tenner, a wonderful friendly atmosphere, well organised from start to finish and a choice of three races, an 11, 20 or 32 miler. I ran the 32 miler - OMG! It was the toughest race I've done but also one of best. I can thoroughly recommend the whole weekend, next year lets make it a Trotter take over! (and someone please learn the words to that bloody song!)

I only recently learned that Pete Ferlie from Ironbridge Runner has sold the Great West Run to the same company that bought the Plymouth half marathon. They intend to have a city centre start and finish and stage the race in October. They hope to attract 5000+ runners and I guess make lots of money! It will be interesting to see how much they charge to enter and how many club runners they tempt.

A massive well done to Lucy Payne (RD) and Marsha Garrard (Chief Marshal) on doing such an excellent job with the Ladies' 10K race. It was their first year in the 'hot seat' and those present will I'm sure agree they did a super job despite the dreadful weather.

We had a total of 35 Trotettes run the race which was pretty much 20% of the field. Great effort girls and well done on winning the ladies'

team, beating a very strong Erme Valley Harriers team into second place.

The next Trotter social event is this year's foreign marathon. I've lost track of who's going but I'm pretty sure there are well over 30 of us making the trip to Barcelona. It promises to be a great long weekend, hopefully you'll be able to read all about it in the October edition of *The Trotter*.



Talking of *The Trotter*, as you will read below, John Ludlam is stepping down from his position of editor. He has done an amazing job over the past three years, taking the magazine to a new level and on behalf of all us at the club I would like to say a massive THANK YOU.

If demand warrants it I will organise a minibus for the Cornish (18th November) and Duchy (3rd March) marathons. If you would like a place, please let me know: chairmanrog@sky.com

Congratulations to Travis Wood and his new bride, Debbie (pictured), who tied the knot recently, getting married at the Two Bridges Hotel on Dartmoor. I'm sure they will have a long and happy life in front of them.

Next month, news on the John Scott Trophy and the Mince Pie Marathon. Now, where is that head torch...

Wanted: new editor for The Trotter

It's been a rollercoaster ride but, after three years at the helm of *The Trotter*, it's time to stand aside and let someone else take the magazine forward. My work schedule over the past year has made it increasingly difficult to attend club training on a Wednesday, and that's where the heart of the club lies. I feel we need someone new in charge of the magazine, who reflects the club's evolving membership and who is able to stay in closer touch with it than I can. I'll be editing the next couple of editions and then, from the new year, the magazine will be under new management.

So, *The Trotter* needs a new editor! If you can see yourself editing the magazine of one of the region's finest sports clubs, please get in touch with Chairman Rog: chairmanrog@sky.com

It may turn out that the job can be split into two roles — someone to collate and write the words and someone

Editor John Ludlam is stepping down as editor of *The Trotter*. So the hunt is on for his successor. Fancy a go? Then read on...

else to lay out the magazine. If you think you might be one half of a dream team in need of a perfect partner, don't be shy. Get in touch with Roger and we'll take it from there.

Similarly, if you think you might be interested but you're not sure what's involved, give Rog or myself a shout and we can fill you in. Finally, you may not want to take on the job of editor but you could see yourself as a regular contributor. We'll still be glad to hear from you — and so will the new editor.

I'd like to thank all my contributors over the past three years. It has been wonderful to read all your stories and learn of all your achievements. You're a great bunch of people to write about and I know the next editor will enjoy the challenge of chronicling everything the Trotters get up to. On, on!

I was very pleased indeed to come across the final drinks station

... continued from front page



Stroll in the park: Helen Anthony and friend Mandi make it look easy...



Helen and Keith pose against the magnificent coastline.

do the 11 mile run was also mad in my view, but that's for others to comment.)

I happened to mention once at club night that I'd entered the 20-miler. As well as sound advice about being careful not to take on too much, pacing myself properly, doing lots of off-road preparation etc., the general tone – coming mainly from Helen 'Zippy' Anthony as I recall, was (and of course I should have expected this): great, Keith! Yes, you'll be fine, of course you can do it, it'll be fun, good training for your marathon.

So I turned up on the day, nice and early, as I'd decided to drive down to Porthpean rather than camp. Having parked the car in a decidedly damp-looking field, I set out to find the registration area and the campsite. Not hard to find where the Trotters were – plenty of royal blue hoodies around. Jess 'Perky' Parkes kindly invited us all in for a cup of coffee, ready for the bus journey to the start at Portloe. I was glad of the coffee as the coach journey seemed interminable but after a certain amount of reversing and route changes we eventually arrived at the drop-off point and the walk down to the start at the beach. Excitement mounted as the leaders of the 32 mile group appeared over cliffs to the west, and it was great to cheer the Trotters among those speeding past.

Eleven o'clock arrived and we were off! Tim Hassell, Helen and I represented the club in the 20 mile event and Helen ran with her friend Mandi.

The early miles were fairly slow, what with the mud and the inevitable log-jams as we all had to get over stiles or up narrow flights of steps, but gradually the field began to thin out. Helen and Mandi were just ahead of me and I thought their pace was steady and even perhaps a little on the slow side. What's more, at this point I remembered I'd promised to be home in time to take my wife, sister and mother-in-law out for dinner! I'd better put a bit of a spurt on! What a fool I was. Whatever possessed me to imagine for even a fleeting moment that I would be able to outpace Zippy over twenty miles (or any other distance, for that matter)?

I nipped past them saying I'd just up my pace while I was feeling good, and might see them later. But, oh boy, did I pay for it later. And naturally Mandi and Helen came lightly tripping past me three quarters of the way through and quickly disappeared into the distance ahead.

The light rain still fell but was beginning to ease, and the muddy paths were treacherous under foot. Most of the time there was someone in front to follow but I stuck to the basic rule anyway – keep the sea on your right. As the day went on the weather improved, which is to say it got sunnier and felt really humid. After my moments of light-headedness and serious self-doubt, I was very pleased indeed to come across the final drinks station.

I completed the ordeal in 5h 21m 29s and was greeted at the finish by a very fresh-looking Helen, whose first words were:

'Well run Keith! How do you fancy trying the 32miles next year?'

So it looks as if I might be tempted to revise my 'Never again' thoughts and make a point of looking forward to preparation in good time for 32 miles in 2013.

From strength to strength

Everything hurt when Lucy
Payne started running. but she
hasn't looked back since!



Her mum may think she's no spring chicken but we Trotters know Lucy Payne better!

I've never been the most confident of people. I remember two-and-a-half years ago Rod broached the subject of me joining the Trotters – I just laughed. I'd been plagued with back problems for a long, long time and told I would be wheelchair bound eventually. BUT, I am very stubborn and when told I can't do something (like most of us ladies) it has the opposite effect.

However, my first run was along Paignton sea front with Rod. I remember setting off like a steam train. As a result I didn't get very far. My lungs were fit to bust!

'Now we'll do it my way,' said Rod (much to my disgust, I had to agree with him).

In March 2010 the Trotters started a beginners group on a Monday evening. With my heart in my mouth I went along. I ran/walked approximately 3 miles and felt really pleased with myself. However, it took me two weeks to return.

Rod continued to encourage me (or nag me – bless him). It wasn't long before I felt I wanted to compete. My first ever race was The Frimley Park 10K. I remember standing at the start

surrounded by all these fit-looking bodies thinking 'God what am I doing here?' and, 'Where's the loo?'

Since then I have never looked back. I have gone on to compete in many events. I have picked up some prizes along the way and a few club records, so it would seem I'm not too bad. I wonder what I may have achieved if I had taken the sport up at a younger age – that I will never know. I haven't enjoyed all the races, but the satisfaction of finishing, as all of us know, outweighs all the aches and pains and endless hours of training.

My Mum (who is 91) keeps reminding me 'You're no spring chicken, dear.' But I feel better than I have in years. I've had (like all of us) endless support from the Trotters and made a lot of friends along the way.

I took on the role of RD for the Ladies' 10K this year and have learned an awful lot. I didn't realise just what goes on behind the scenes (but I do now!) and once again the support was brilliant. So a really huge thank you to everyone who helped, supported, gave advice and took part. Will I do it again next year? Why not!

Membership Report



Birthday boy: Chris Wide passes a milestone in October.

It's been 3 months since I wrote my last report, and those 3 months have seen a big influx of new members into our club, swelling our membership total to 234 at present. Of this number, approximately two-thirds of you, 156 to be exact, have opted to register with England Athletics as a competing member of the Trotters, our highest percentage since registration was introduced 4 years ago.

We have enrolled 17 new members since the end of June, with one late renewal. Some of these new arrivals have already made their presence felt, not only in training but also on the racing front, whereas others have remained slightly mysterious. It is my duty to try to introduce each one of them to you.

First up is Jack Baker (20) from Newton Abbot, who announced his arrival as a Trotter by chasing Tarquin all the way at Chudleigh and then went on to snatch Adam Caunter's junior male 10K club record away in Exeter. Jack has now returned to university and we wish him every success with his studies, and we look forward to seeing him again when he returns home. Next is Patty Austin-Lawes (59), who lives very near Rod and Lucy Payne in Paignton. Patty has been enjoying her running in the Monday night Beginners Group, and may soon be ready to take the next step. Then it's the turn of Alexander Shearman (34) who moved to just outside Chudleigh in July. Alex ran a few half marathons last year as an unattached runner in just under 2 hours, but now he is benefitting from our excellent coaching, he can expect to see his PB tumble.

Kirsty Bowman is the 20-year-old daughter of our Ladies' Captain, Fizz. Kirsty ran her first 10K race in Trotters' colours in our own Ladies' 10K recently in 58:47. Jon Grimes (36) from Liverton has been a regular participant on our Monday evening training runs, and from what I've seen, Jon will be a force to be reckoned with when he decides to go racing. Adam Johnstone (37) from Combeinteignhead has been showing his paces in our 10-mile training groups, despite taking a crashing fall in the Forest Flyer.

I first met Scott Stephens (32) from Heathfield in the Beginners Group on August Bank Holiday Monday, although that night we ran 5 miles! Scott had already been coming along for a few weeks and has now

made the step to the next level, so there's no holding him now! Ryan Marshal (29) from Torquay has come from a boxing background and is aiming to get into the Marines. Ryan will have no trouble with the fitness test, and at the time of writing this, Ryan is about to take on the Bristol Half Marathon. Neil Solway (45) from Chudleigh is another who has been boosting the attendance these past few weeks on Mondays. A couple of sessions was enough to convince Neil that we were the club for him.

Graydon Widdicombe (36) from Kingskerswell has already become a regular member of the Saturday B group. Just prior to joining us, Graydon had run the Torbay Regatta 10K in just under 50 minutes. Clint Julyan (38) and partner Claire Hydon (37) from Newton Abbot have both joined us having enjoyed going out with the Wednesday evening Improvers group. Perhaps they'll be dark horses to win the Dave Dunn Cohabiting Couples Cup in the John Scott Trophy later this autumn.

Kate Rodwell (39) from Teignmouth has been finding her feet in the Beginners Group on Mondays. How long will it be before we see Kate tackling the Friday Club for the first time? Robert Bedward (34) from Kingsteignton is one of two very recent new members who so far are a complete mystery to me, the other being Nicky Quant (45) from North Whilborough. No doubt, over the coming weeks and months both Robert and Nicky will reveal their true colours!

Charlie Rice (17) from Chudleigh is a neighbour of Eleanor and Wilf Taylor, and became the youngest of our 35 competitors in our Ladies' 10K just a few days after joining. Charlie belied her tender years by turning in a brave performance in the atrocious conditions and we look forward to watching her rapid progression. James Ayling (36) from Newton Abbot is the very latest to sign up. James lives just a couple of doors along from Nathan and Tracy Elphick, and demonstrated that he's already more than their match as I trailed in his wake on a recent Monday evening training run.

Finally, it falls on me to wish Vicky Hales and Chris Wide a very happy birthday as they both celebrate their 55th birthdays during October. My apologies if I missed your landmark birthday during August or September – I'll make it up to you in 5 years time! See you at training!

Record breakers

The engraver's job is never
done when the Trotters are on
the case, **Dave Dunn** reports.



Job done: Jacki Woon (centre) crosses the finish line in high spirits at this year's Dartmoor Discovery, flanked by Emma Sidebotham (left) and Tracy Elphick.

It's been a few months since I last updated you on the record-breaking exploits of our members. All the action lately seems to have been in Exeter over the 10K distance, with no less than 3 club records being shattered in the 10K 'road' race staged in mid-August, held over the course usually reserved for the First Chance, followed by another record falling earlier this month, this time on the track.

The conditions must have been just about ideal for that Ironbridge Runner-organised Exeter 10K in August, for not only did Jacki Woon better her own FV45 record by just over a minute, but Lucy Payne cut 30 seconds off the previous FV60 record held by Susie Ashleigh-Thomas, and new boy Jack 'The Lad' Baker trimmed 27 seconds from Adam Caunter's Junior Male record. For the record, Jacki's new mark is 43:07, Lucy stopped the watch at 53:25, while Jack came home in 35:42.

Whilst running 10K on the track doesn't involve any hills, there is nothing to break the monotony of 25 x 400m laps and concentration is key to success. Garry Smart obviously

had this in abundance as he broke a record that had stood for 20 years, clipping just 7 seconds off the time set by Tony Gibb at Brixham in 1992. It remains to be seen whether Smartie's 35:51 for the MV45 category will stand for as long.

Tony's achievement was not the oldest record on our books. Linda West is the proud owner of 3 records that date back to 1991 – I know, because I ran in all 3 races! We now have plenty of good female vets, but Linda's 10K, 10 miles and half marathon records in the Fv40 category may stand for a few more years yet.

Coming up in October, there are quite a few marathons – Dartmoor Vale, Abingdon and Marato del Mediterrani near Barcelona, where the Trotters vest will be worn with pride. If any of these races, or the Dartmoor Vale Half or 10K, or the Taunton 10K at the end of this month, produce new records, you will read about here next month.

Keep on running!

Swanning around



Dynamic duo: Rog and Allen tackle the Purbeck Marathon, pictured here in fine style – absolutely no trace of moaning at all!

The first running of the Purbeck Marathon unveiled an excellent event with plenty of potential, reports Roger Hayes.

A trip to Swanage for the Purbeck Marathon, organised by the Purbeck Running Club, was the order of the day on Sunday 16th September. My travelling companions were Allen (moaning) Taylor and my old mate Roger (Smokes) Hales. We were off to run in the inaugural Purbeck Marathon. Like many marathons nowadays it had reached its limit well before race day. One brief stop at MacDonald's for a coffee and to allow Smokes his first of 60 fags he would get through during the course of the day! and we arrived in Swanage. For those of you who have never been there before (I hadn't) it's a traditional seaside town, close to Bournemouth. It even has its own pier!

The finish was on the seafront, unlike the start that was high up on the downs, with fantastic views of the surrounding area. We walked up to the start where I met some familiar faces. Having exchanged stories about our various niggles and reasons for taking it easy, we were called to the start line. The town crier got us under way. There were 177 of us that started the race and all but 11 of those would make it back to the finish.

The three of us had decided to run together. Perhaps it was the sound of that bell at the start, what ever it was, Smokes soon decided that

today he was going to 'go like f**k and hang on'. Those that know Smokes will know that sometimes (actually most of the time!) that philosophy has a tendency to go belly-up! However, today his cunning plan was going to serve him well. That left Allen and myself on our own to enjoy some quite spectacular views. The course followed the Jurassic coast path for the first 5 miles. It was surprisingly easy going and certainly all runnable. With the recent dry spell, under foot conditions were good, I would go as far to say they were firm!

At 5 miles we encountered the first of four major climbs. It was probably the best part of three-quarters of a mile long. We dug in and kept going only stopping at the top for a well-earned drink from one of the many drink stations that the organisers had provided. The vast majority of the course was off-road. We did however venture inland for some of it. At roughly 12 miles we were back on the coastal path at Kimmeridge. We found ourselves running through the Lulworth military range owned by the MOD. This was my favourite part of the course as we were running along a ridge that offered wonderful views out to sea. We were blessed with a nice sea breeze which kept us cool on what was quite a warm day. Having negotiated the military ranges, we dropped all the way down before hitting another of the big hills.

This one was what I call a 'proper hill' — there was no other option other than to walk it

This one was what I call a 'proper hill' — there was no other option other than to walk it. It came at 15 miles and according to Allen and his GPS watch, was a good mile long. It gave me time to fuel up, stretch out and take stock. The pain that had ruined my previous week's marathon at Cheddar had kept its self at bay. I was actually enjoying this one. However, with 10 miles still to go I knew it could return and make my life hell again!

Once through the deserted village of Tyneham we followed the ridge of the Purbeck hills towards Corfe Castle. We dropped down running past the battlements of this 11th century castle and into the village square, where we were cheered on by the watching tourists and the odd local. The last of the climbs took us back up on to another ridgeway. It was here that Allen started his moaning! He was suffering from cramp, or so he said, I just think it was a good excuse to have a moan! I kept him going with plenty of helpful encouragement!

At about 22 miles we encountered a rather large bull, in fact he was a bloody monster of a beast! Thankfully he was sitting down, although a little too close for comfort to the stile that we had to climb over. Where was Smokes when you needed him most?

The last mile or so took us down onto the road and back into Swanage to finish on the seafront. As we ran past all the holidaymakers and the odd family brave enough to sit out on the beach, I reflected on what a fantastic race it had been, obviously made all the better, as for once my niggles had behaved themselves. As we crossed the line together, (no we didn't hold hands!) Smokes was standing there, fag in hand with a great big grin on his face.



Man on a mission: Rog Hales nails 3:54:09.

I knew immediately he had pulled it off. It wasn't until I saw the results later in the week (he rarely wears a watch!) that I realised quite how well the old bugger had done. He'd come 14th in a great time of 3:54:09.

That may not sound that quick, but I can tell you on that course it's pretty damn good. He'd left Al and myself in his wake, coming home some 22 minutes in front of us.

We all agreed that we would return next year. If you want a challenging course with amazing views, good organisation and a decent t-shirt, medal, bottle of beer, ice cream and free massage afterwards then I can thoroughly recommend it. It will quickly become one of those classic marathons on the circuit and I for one am glad I was there to do the first one.

A first time for everything!

Four months ago, I was considering whether to enter the New Forest Half Marathon. Their website showed stunning scenery and sunny skies so I thought 'Why not?' Going online to enter I saw that the marathon was only £2 more expensive than the half, and always a sucker for a bargain, I clicked on the marathon entry form instead. Thirteen extra miles for a mere £2 is a bargain in anyone's eyes, surely!

The training took over my life, gradually increasing my mileage using the Saturday B group social run as a backbone. I received so much support from friends, family and fellow club members especially when a couple of weeks before the big day I sustained a knee injury on my last long training run. Their encouragement spurred me on, giving up wasn't an option. I had put too much time and effort in to it.

So, on 23rd of September, I lined up at the start in the pouring rain with fellow Trotter Caroline Clark. Her husband Gary was



there out on the front line as well. For the first 6 miles Caroline kept me to a steady pace, drawing me back when I started to speed, so I didn't tire myself out too soon.

This stood me in good stead, I felt quite strong, at 17 miles I was told at the rate I was going I would finish in 4:20, until at 18 miles I was really feeling the pain in both knees. An old injury flared up in my right knee, probably due to the cold and wet weather. I hobbled for 4 miles until a fellow runner gave me some painkillers. After a couple of miles this kicked in and I was able to run the last 2 miles at a steady pace.

Half a mile from the finish I heard a voice shouting my name, it was my brother at the roadside! He had driven down from

Oxfordshire with his family to spur me on to the finish line. What a lovely surprise — and spur me on it did. I crossed the line in 4:45. I was cold, wet, in pain and exhausted but the feeling of achievement was second to none. I was now officially a marathon runner!

Captain's Corner

Winter may be coming but
Tarquin says bring it on!



Garry Smart crosses the finish line at this year's Dartmoor Discovery.

Another summer has slipped away and we are back to wearing bibs and pounding under the street lights again (don't forget your reflective bibs!) Soon we will return to the training grounds of Tuckers Maltings, Hamilton Drive (aka Jetty Marsh) and the unforgiving Stalag Luft Brunel! Love it or hate it, the Brunel industrial estate does provide the ideal location for some quality training, with options for many types of timed training efforts.

The summer has provided a wide variety of racing and the poor weather has not put anyone off. A number of excellent performances have been put in, with many PBs achieved, although opportunities for

team prizes have been thin on the ground, as many of the type of races seen over the summer months do not always award team prizes. However, the Trotter men have still achieved team success in a handful of races. The first of these team prizes came at the Erme Valley Relays, with the 1st MV60 team award being grabbed by a Trotter team of Mike Eveleigh, Wilf Taylor, Peter Kirby and Keith Anderson. For Keith Anderson, it is another example of how his running has developed this year and helping to win the team prize here is an accolade that he greatly enjoyed. As I write this, Keith will be tackling the Bristol Half Marathon and, going by the sight of his name on the DD starting line-up next year, seems to enjoy the longer/tougher challenges.

The MV60 team win at Erme Valley showed what a strong team we have in that age category. Mike Eveleigh and Wilf Taylor have already shown us their potential and it was good that they can now be joined by Keith and Peter Kirby to make up a force to be reckoned with. Peter joined the Trotters earlier this year, after moving house to Teignmouth from the Devon/Cornwall border. Since switching allegiances from the Launceston Road Runners he has already proved to be a Trotter stalwart, sporting his Trotter vest at many races, near and far, as well as a regular attendee at our club training nights and the Teignmouth Friday Club. Although Peter prefers the longer distance races, he recently shone again at the Run Exe 5k summer series, where he achieved the 1st MV60 award for this summer four race series.

Another team prize snaffled was at the Cornwood Challenge 10K, in July. This multi-terrain 10K is one of those lovely local races, with a real community feel. Run over quiet country lanes and through a private country estate, it does provide a testing but enjoyable course. Trotter trio of new man Jack Baker, Lance and myself achieved the 1st male team prize here, with Lance winning the 1st male vet award.

So, who is Jack Baker? Jack has come from nowhere, to burst on the scene this summer and has really made a name for himself in a very short space of time. He started coming along to the club's training nights at the beginning of the summer and his obvious talent was spotted immediately and due to this was encouraged to get racing, which he did for the first time at the Chudleigh Carnival 6. As soon as the start gun was fired he turned heads and really worried the fast boys from Torbay AC. Whilst Torbay AC just about cleaned up at this race, Jack certainly gave them something to think about, as at only 20 years old, he has years of potentially dramatic improvement ahead of him. Although from an orienteering background, Jack is still learning his trade on the running scene, but is finding the steep learning curve one that he is climbing quite quickly.

Jack carried on his fantastic first running season of success at the Exeter 10K, in August. Using the same course as the First Chance 10K, this course is billed as fast and flat with PB potential. However, a strong

Highlights this summer have been the personal achievements of many Trotter men

headwind on the evening of the race proved tricky and made for hard work. Jack went off very fast, with the leaders, but was soon forced to drop back and dig in against this headwind. But Jack finished with a superb time of 35:42 in what is his first proper road 10K and only his third ever proper running race. With this time he smashed the existing junior male 10K record, held by Adam Caunter, by nearly 25 seconds. What a fine achievement in only his first few months as a Trotter. Unfortunately, Jack has now returned to university in Edinburgh and due to the long term times there, we will not really see much of him again for a while. However, he has been getting stuck into some of the local cross country races up there and it is good to know that he will be sporting his new Trotter vest! I look forward to next summer, when the tasty young duo of Jack and Adam Caunter will give us a real opportunity to challenge some of the fastest runners in the South West with more team prizes won by the Trotters. I'm sure Adam will want his 10K club record back, so the friendly competition should drive them both on to greater and greater achievements!

Talking of club records, another one that has also recently fallen is the MV45 10K record. Garry Smart smashed this long held record with an excellent time of 35:51 at the Devon AA 10,000m championships in mid-September. Held at the Exeter Arena athletics track, Garry finished 8th overall in the race which he had specifically targeted, so it was pleasing for him that his training came together to achieve this record. Garry has had an excellent year, in which he also grabbed the MV45 record for both the marathon (London) and half-marathon (Taunton) back in April. Since then he tackled the Dartmoor Discovery, so it is impressive that he can come back from that to gain some quality speed so soon. Will he target the MV45 10 mile record next? With fast and flat

10 mile races in short supply at this time of year, we may have to wait until the New Year to find out. Storm Force 10 maybe?

Some more highlights this summer have been the personal achievements of many of the Trotter men. Not least of these has been Craig Churchill, who has been quietly running himself back into form, after a difficult season last year. Craig recently equalled his 10k PB at the Force Powderham 10K, on Sunday 2nd September, with a strong time of 44:21. Considering that this was achieved on a testing, partly off-road course, Craig must be really pleased with that and the way that his running is going of late. With only two more races to complete, he is also looking at finishing with a good showing in the club championship too, which should round off his racing year nicely.

Neil Pallant is another chap who has been gradually improving and ticking off PBs. His 45:42 at the Battle of Sedgemoor 10K, during the annual club trip, was another pleasing PB for Neil and shows that he is well on his way to a sub-45 minute 10K. This weekend he is racing at the Taunton 10K and I am looking forward to seeing a good showing from him there.

Guy Roberts also achieved a PB at the club trip with a time of 52:15. He has proven himself to be a gritty runner and is not afraid of a challenge. So much so, that he has now entered next year's DD, which shows that he prefers the longer tests. Guy, Neil and Craig were a number of runners who completed the racing treble over the late summer bank holiday, by completing the Forest Flyer on the Friday, a road 10K (either the club trip, or Torbay 10kK and the really tough Lustleigh Fayre '10K'. I guess the Trotters love taking on tough challenges and simple racing just isn't enough! Bring on the winter!



Dartmoor landscape: Garry and Wavell Vigers get busy during the 2012 DD. Garry has had an excellent year, nabbing the M45 10K club record.

New DD logo needed

The Dartmoor Discovery is looking for a new logo design. Can you help?

Calling all Trotter artists and designers! We need a new logo for our flagship race, the Dartmoor Discovery. The old design, which we inherited from the previous organisers, was, unknown to us, contravening copyrighted elements of the Dartmoor National Park's own logo.

So we need a new design that belongs to us entirely. It need to reflect the spirit of the race and will need to incorporate the words 'Dartmoor Discovery', or if it is particularly striking, the initials 'DD'. Apart from that — and the fact that the design needs to be broadly regular in size, so that it can be used unaltered in a variety of different situations, from letterheads to t-shirts and banners — the rest is up to you.

However the original artwork is prepared, all designs must be capable of being reproduced in electronic form.

To entice all the artists and designers among you, we are offering a prize for the winning design. Choose from:

A free entry for the 2014 DD
Two free 2012 Dinner and Dance tickets
Free 2013-14 Trotters membership

Please send your entries to Chairman Rog: chairmanrog@sky.com

The deadline for entries is 11 November. Good luck!



Circuit Training

I thought I would let you know about a Circuit Training class at Hannah's at Seale Hayne Sports Centre, just outside of Newton Abbot, that I run on a Thursday evening from 7pm to 8pm, writes *Norma Lovell*.

Every session focuses on developing strength, flexibility and cardiovascular fitness. Each week the circuit and the music are different so that you never know what you are going to do until you get there. I trained as a physical education teacher and also ran for the county in my teens. I have attended Dawlish Leisure Centre's circuit class for approximately 10 years and I have picked up several tips from this as well as adding some of my own experience. The sports hall is a great facility and the circuit always features a large amount of

running which is great for improving overall fitness.

The class is well attended by a mixture of men and women and is a really fun, friendly way to keep fit with like-minded people. Several Teignbridge Trotters attend the circuit session already, but it would be great to see more of you who would like to develop your all-round fitness. Whatever your current level of fitness and whatever your age, you'll be made very welcome and I'll encourage you to do your best. I love helping people get fit and making the best of themselves, but I also make sure you can have a laugh at the same time.

I'd love to see you at my next Circuits class. If you have any questions please contact Norma on 01626 859585 or visit www.newtonabbotcircuits.co.uk

Marshalling points update

We rely on our members to help out at our events, which generate revenue for the club. We use the money to keep subscriptions low and invest in the equipment and training that makes the Trotters such a special club to run with. The fantastic support our members provide by marshalling and helping out at events is always appreciated by the runners who take part – and, most of all, by the Club Committee. As a thank you to those who donate their time to the club, we like to offer the following rewards. All first claim members shall be eligible to:

1. Enter the club's annual draw for London Marathon places, provided that they have gained four or more points during that calendar year. A point is awarded at the discretion of race director for helping out at races organised by the club.
2. Receive a free entry to the race chosen as the club trip, together with free coach travel to that race, and bring a maximum of three guests free of charge, provided that they have gained a minimum of two points during the previous calendar year.

All honorary life members shall be eligible to:

1. Enter the club's annual draw for London Marathon places.
2. Receive a free entry to the race chosen as the club trip, together with free coach travel to that race, and bring a maximum of three guests free of charge.
3. Receive a free ticket to the club's annual awards presentation evening.

Points Tally

Three Points

Adrian Youngman
Caroline Hayes
Chris Wride
Daniel Wride
Daryl Millford
Dennis Milstead
Ewan Walton
Buzz Terrill
Guy Roberts
Ian Langler
Jan Caunter
Jean Terrill
Jess Whitehouse
Jo Becker
John Tweedie
Judy Smallshire
Julian Head
Lucy Payne
Michelle Willocks-Watts
Neil Pallant
Peter Royle
Sarah Seymour
Tim Hassell

Tina Caunter
Wilf Taylor

Four Points

Dave Foster
Dave Dunn
Gary Caunter
Gary Watson
Howard Cotton
Graeme Baker
John Caunter
Keith Anderson
Kevin Besford
Lance Mason
Mark Wotton
Mark Becker
Nigel Penwarden
Nathan Elphick

Five Points

Jimmy Donovan
Maurice Piper
John Skinner

GRAB A BARGAIN!



Times are hard these days and buying the latest running kit on the high street can leave your wallet severely stressed, writes *Club Kit Man John Caunter*. Don't worry! We have the answer. Pick up a bargain at the Trotters Autumn Kit Sale! Crafted from the latest moisture-wicking fabrics, our smart royal blue kit is suitable for training as well as racing.

This remarkable sale take place before Wednesday evening training on 10 October. The doors are open from 6.15pm-6.45pm. Form an orderly queue!

We'll be selling a variety of end-of-line kit, some of which are old design, at bargain prices. Up for grabs will be superb items including high quality pacer shorts, lycra shorts, crop tops and windproof jackets. In addition, we shall also be offering a rare opportunity to snap up some really groovy pieces from our much-loved vintage Trotters kit rail. Be there or be square!



Pete Royle

Summer? What summer? A soggy start to this year's Totnes 10K...

After a summer of woeful weather, all too soon we are back to wearing our bibs and off-road adventures are no longer a part of our training nights.

September at Coombeshead

With the holidays over, September has seen a welcome resurgence of our training numbers with an average nightly attendance of over 60 for the month. You will see from the attached schedule that most sessions have attracted decent numbers although some of the out-and-out speed sessions are sometimes failing to appeal. It is difficult to know what to do with these sessions as they form an important aspect of our training and sometimes they do attract decent numbers.

Ladies' 10K

Congratulations to the Ladies' 10K reccie run, which attracted a record turnout of 51 with Lucy and Paul Garrard, deputising for Chief Marshal Marsha Garrard, stealing the previous Haytor Heller record of 43 from Buzz and myself. Totnes tried and failed but the Ladies rule supreme (until next year). Seriously though it was a really good evening and unlike this year's Heller proved to be of real benefit for those in attendance who were marshalling the race the following weekend. Well done also to Lucy Payne and Marsha Garrard on your first Ladies' 10K and also to the 35 Trotettes who, in atrocious conditions, made up nearly 20% of the field.

Coaches' Meeting

On Thursday 27th September most of us coaches gathered at Watsa's house to discuss how matters of a training nature are going and to see how we can improve things for you to make training more enjoyable. We feel that Wednesday sessions are on the whole working well and we

Coaching update

It's back to bibs, reflects Coach
Coordinator **Rod Payne**.

have left the format of three options, an Improver's group and the 10 mile group alone. We have put together the sessions to take us through to the end of January 2013.

Monday's training and recovery groups are causing concern due to the mixture of abilities within each group. Looping back only works to an extent and it appears that slower runners, particularly those who are less experienced, are intimidated by the quicker runners. Conversely some of the quicker runners are feeling they are not getting a good workout. This is more apparent in the training group. It was suggested that we may try and operate the groups according to pace per mile and put less emphasis on distance covered. There was a lot of debate over this and we were unable to settle on to a solution. However, with some weeks still to go until the new schedule is published, we have gone away to give it some thought and develop some ideas. It was pretty unanimous though — things can and should be changed for the better.

The gathering of the coaches was a reminder to me how fortunate I am to have such a dedicated and enthusiastic bunch of people to work with. There is amongst your coaches a real mixture of experience supported by some newly qualified and talented individuals who are bringing fresh ideas and enthusiasm to club training. In addition to this I am most grateful to the Monday leaders who continue to fulfil a really important function as they take so much pressure off the coaches. My job would be impossible without the Monday leaders.

Finally I would like you to know that your Club Committee is fully behind what we are doing and give us their full support to deliver coaching to you.

TEIGNBRIDGE TROTTERS – TRAINING NUMBERS SEPTEMBER 2012

MONDAY GROUPS		Coach/Lead	Nos	WEDNESDAY GROUPS		Session	Venue	Coach/Lead	Nos
3.9.12	Training Group	Neil	9	5.9.12	Group Option 1	12 x 60 seconds	Waterworks Hill	Tarqs	21
3.9.12	Intermediate/Recovery	Jess	18	5.9.12	Group Option 2	6 x 5 mins	Forde Park	Rod	18
3.9.12	Beginners	Jan	8	5.9.12	Group Option 3	Parluffs	Bakers Park	Clare	14
3.9.12	10 mile run	Caroline	14	5.9.12	Improvers	3 – 5 Miles	Up to Coach	Mel/Buzz	6
				5.9.12	Long Run	9 – 11 miles	Up to Coach	Jacki	7
				5.9.12	Long Run				66
10.9.12	Training Group	Ewan	20	12.9.12	Group Option 1	Not so Trivial Pursuit	Bakers Park	Watsa	13
10.9.12	Intermediate/Recovery	Eleanor	29	12.9.12	Group Option 2	Pyramid Hills	Wolborough Church	Eleanor	12
10.9.12	Beginners	Jan	5	12.9.12	Group Option 3	30min run then 3 x 800m	Hamilton Drive	Jess	19
10.9.12	10 mile run	No session	0	12.9.12	Improvers	3 – 5 Miles	Up to Coach	Ewan/Buzz	12
				12.9.12	Long Run	9 – 11 miles	Up to Coach	Jacki	6
				12.9.12	Long Run				62
17.9.12	Training Group	Noel	19	19.9.12	Group Option 1	Ladies' 10k Reccie Run	Dornafield	Lucy / Paul G	51
17.9.12	Intermediate/Recovery	Neil	30	19.9.12	Group Option 2	Combine with Option 1	Dornafield	Lucy / Paul G	0
17.9.12	Beginners	Stew	9	19.9.12	Group Option 3	Social Run	Up to Coach	Rod	13
17.9.12	10 mile run	Tarqs	3	19.9.12	Improvers	Combine with Option 3	Up to Coach	Rod	0
				19.9.12	Long Run	9 – 11 miles	Up to Coach	Gary	7
				19.9.12	Long Run				71
24.9.12	Training Group	Boonie	24	26.9.12	Group Option 1	12 x 200m	Courtney Pk	Stew	6
24.9.12	Intermediate/Recovery	Mark	24	26.9.12	Group Option 2	6x Figure 8s	Powderham	Fizz	14
24.9.12	Beginners	Rod	9	26.9.12	Group Option 3	45 min 3 Hills Challenge	Churchills	Rod	19
24.9.12	10 mile run	Jacki	6	26.9.12	Improvers	3 – 5 Miles	Up to Coach	Watsa / Buzz	15
				26.9.12	Long Run	9 – 11 miles	Up to Coach	Chairman	6
									60
				Total	486 members	Total of 33 sessions	Averages		
						Total of 8 nights	14.73 members per session		
							60.75 members per night		

With all of our experience we still need feedback from you in order to improve what we deliver on a Monday and Wednesday evening. Hopefully we are not far off the mark but any suggestions from you will always be gratefully received

Safety Issues

Your safety is of paramount concern to us and quite rightly I have been somewhat admonished by my fellow coaches as I am being too soft on you regarding bibs. Some of you wear jackets that do afford a degree of reflection however some are significantly better than others. Whilst I have tried to exercise discretion I am rightly reminded that it is not for me to be arbiter on what is right and wrong. The club ruling is unequivocal and says that bibs must be worn so please do wear a reflective bib as you will not be allowed to train without one.

We also discussed the use of head torches. The 10 mile group use head torches as they tend to venture on to unlit roads and these are essential to see and be seen. This opens up many more routes for the leaders and there is no reason why other groups cannot take up the wearing of head torches particularly if we are going to adopt a pace per mile segregation of the groups. If you have a head torch bring it along and wear it, it all adds to making the groups more visible on these dark nights.

And Finally

As we move into October and we prepare ourselves for a long winter ahead, have a chat with us about what racing you are planning. We are here to help you and we will be able to direct you to the right sessions and we can give you advice on what you should be doing away from Club to compliment the sessions.

Whatever you are planning – good luck!

Boobster's Stag Do

May 4-5, 2013



Simon Boobyer is getting married to the lovely Emma next year and the lads are planning a bit of a weekend away!

Here's the plan of action, writes Roger Hayes. Leave Dyrons at 9am, stop off for breakfast en route to Tavistock. Arrive late morning for an activity (yet to be finalised.). The rest of the day will be sent drinking and seeing for ourselves if it's true that the women in Tavistock outnumber the

men by three to one! We will be staying in the Tavi Bunkhouse, slap bang in the centre of town.

Then there's the small matter of the Bere Pen 10K on the Sunday morning, before a roast dinner and home to tell our loved ones all about it!

The first 17 names to me with a non-refundable deposit of £15 will be guaranteed a place on the minibus. tel 01626 773562 chairmanrog@sky.com

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: Details of winter Trotter treats

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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