

The Trotter

Number 39

December 2012



Worthy winner: Club Champion Jacki (with Emma Sidebotham just behind) pictured during the 2012 Dartmoor Discovery (photo: Pete Royle).

Mike and Jacki win

Mike Eveleigh and Jacki Woon have triumphed in the Club Championship. **Tarquin** reveals how it all shook down in a record-breaking year for the event.

Evo and Jacki Woon are the new Club Champions after another record number of Trotters completed the championship. Upon completing only the 12 races he needed, Mike Eveleigh snatched the top spot after the very last race of the season, while in the ladies' championship consistent running by Jacki Woon kept her in the lead throughout most of the year.

The men's championship was led from the very first race by last year's champion, Lance Mason. However, Lance didn't have it completely his own way and wasn't able to collect the maximum 50 points at every race, whereas Mike was able to snatch 50 points each time he raced. Things were far from certain for Mike though, as he did have his own battles with injury and also a reoccurrence of his elbow

News Desk

You'll hopefully be reading this after the Trotters annual presentation and awards night, writes *Roger Hayes*. I hope those that went had a great time and their hangovers aren't too bad! Congratulations to all those who picked up a trophy, there were some fine individual performances this year and you were all worthy winners. A special mention must go the winner of this year's committee cup, Nathan Elphick, or as we now know him, 'Lovely'. He won't thank me for saying this, but he really is a true star. He's always on hand to do whatever is called upon him and more! A very popular winner I'm sure. A big thank you to John & Tina Caunter, who once again provided us with a lovely spread. Thanks also to Rod and Lucy Payne for organising the raffle.

It's still not too late to sign the Trotters Christmas card and make a donation to our chosen charity, which this year is the 9th Paignton Guide Pack. Every pound raised will be matched by the club. The guides offer invaluable help at all of our races and it would be a lovely way to say thank you by presenting them with a large sum of much-needed funds. Remember, this saves you writing out loads of cards to give to fellow Trotters!

The Mince Pie Marathon is taking place on Monday 17th December. It's a great social event, open to all Trotters, although sadly it's not suitable for those who usually attend the beginners group. There will be mulled wine and mince pies in abundance — no need for tea that night! We will be leaving Coombeshead College at the usual time of 7pm, embarking on a six- to seven-mile run with numerous stops at various members' houses. Grab your Santa hat and a bit of tinsel and I'll see you there.

Another Trotter tradition is the social run organised between Christmas Day and New Year's Day. I'm delighted to announce that Rod and Lucy Payne have kindly agreed to host us this year. There will be two runs, one of about six miles and the other (for the slightly quicker runner) of about nine miles. There will be hot food available afterwards and a



glass of wine for anyone not needing to hurry off. The date is Friday 28th December and both groups will set off at 11am. The Paynes' address is 106 Blatchombe Road, Paignton, TQ3 2JS.

The club has recently bought a new double-sided race clock. This will be a tremendous asset at our races, it's something we have needed for for a very long time. We are hoping to hire out our single-sided clock to other races.

The first Trotter race of the year — well I guess technically it's not our race, we just help organise it — is the Bovey Tracey Cross Country. This takes place on Sunday 11th February on the Parke Estate. It's what I call a proper cross country course, no tarmac or running round football pitches! I don't think I'm alone by saying it's my favourite out of the six different courses that make up the Westward League series. If you are able to help out during the day, please let Chief Marshal Mark Wotton (pictured, above) know. You can reach him via email, at mark.wotton7160@live.co.uk or phone him on 07521 299363. Remember that you can run your respective race as well as marshalling at other times during the event, so there's no reason not to lace up your spikes and give it a go. Remember, it's your first chance to gain a marshal point for your 2013 tally.

Our good friends at the Dawlish Coasters have asked whether we can supply them with four marshals to help out at the Oh My Obelisk run which takes place on Sunday 13th January. If you are able to assist please contact Simon Bunday: simon.bunday@northcliffemedia.co.uk

For those of you who haven't heard the wonderful news, Caroline and Gary Clark are expecting a baby. On behalf of everyone at the club, congratulations to you both.

On a personal note I would just like to say how much I have enjoyed my time spent this year with my old mate Smokes. We've travelled up and down the country running marathons together, most of which we've enjoyed — the odd one we haven't! Also, thanks to the guys who have accompanied us on some of our travels (you know who you are). I've ticked off 32 so far this year with one more to go. The old body is starting to suffer a bit, but the end is in sight. Both Smokes and myself are so looking forward to taking it easy once we follow in the footsteps of Sally Ingledew and reach that magical 100.

May I take this opportunity to wish you all a very happy Christmas and a healthy and prosperous 2013. On On!

Holiday season training

Wed 19th Dec Training as normal

Mon 24th Closed No training

Wed 26th Closed No training

Mon 31st Closed No training

Wed 2nd Jan Training as normal

Wed 9th Jan Coombeshead College will be closed. Meet at Newton Abbot Leisure Centre

Meet the editors

The Trotter passes an important milestone next month, as current editor John Ludlam hands the baton on to co-editors Keith Anderson and Sarah Seymour. Meet the two new editors below.



Keith

I took up running because I felt I needed to be a bit fitter for summer climbing holidays in the Alps with my friends. They were forever striking out ahead while I brought up the rear. So I decided to invest a bit of effort over the winter. I tried forcing myself to go out alone on a couple of dark, cold evenings and quickly decided to join a running club and run in company. That's what led me to join the Trotters at the beginning of February last year. Since then, my whole life has been transformed! I first saw running as a way to improve my fitness and now it has taken on a life of its own.

I was not sporty at school – in fact I did everything I could to avoid team games and I was definitely no good at cross-country or track athletics. So I find it quite surprising now to be entering all kinds of races and slipping terms like 'PB', 'cadence' and 'tapering' into my conversation. And I love it all! I even like the cold weather and the dark evenings. And the main reason for the joy I get from the sport is the great bunch of people I do it with. The Teignbridge Trotters really are a top-notch crowd of people. I'm just so impressed with the way my shambling attempts at running have been tolerated and nurtured by a club that – let's face it – includes some top-class athletes as well as us common or garden runners.

During my stint with *The Trotter*, I aim to maintain the high standards that John has established. I shall also try to introduce some fresh ideas to make the magazine go from strength to strength.



Sarah

I started running just over two years ago now. Most of my life was spent avoiding any sort of exercise if at all possible and, as a result, I was pretty chunky and not getting any smaller. After finally admitting that something had to change, I started doing exercise DVDs at home, where no one could see me. A year later and a stone lighter, I was finding the DVDs too easy. My friend, Mary Goulden, had started running and was really getting into it. After hearing all about her running the Plymouth Half, I decided to give this running thing a go. How hard could it be?

It has turned out that, for me, it was very hard but I've carried on plodding along. Joining the Trotters was also Mary's fault. I put it off for ages until I saw you all at the Dawlish Dash in 2011. You were having a group photo taken and it looked like you were having great fun. I was stood on my own and realised I was being silly. In the end, I did just man up and go along to training on a Wednesday and I haven't looked back since. I've made some great friends and had brilliant fun. I'm actually starting to get a little faster at running, too!

I decided to go for the editor position because I love *The Trotter*. It is great to have a look at all the news every month and keep up to date with any special events that are on. John has done an excellent job in producing such a high quality read every month and I'm looking forward to working with Keith to continue this. Hopefully, you will all contribute something to the magazine, too.

It's the end of an era: this edition of *The Trotter* is the last to be edited by John 'Squaddie' Ludlam, writes Roger Hayes. Squad has been the editor since taking over from his predecessor, John Crocker, in December 2008. And what a job he has done! I'm sure you'll agree that he has taken the magazine to a new level. It's the envy of many other running clubs. Against the background of a rapidly burgeoning membership, he developed an online version of *The Trotter*. The reduction in postage and packing saved the club a



significant amount of labour and reduced our environmental impact. Each edition is stored on the website and available to

view. This will be Squad's 39th edition in his four years at the helm. How time flies!

Having seen firsthand what is involved in putting together each edition, I can only look on in admiration. I'm pleased to say that he will be continuing in his role of editor of the Dartmoor Discovery magazine *The Discoverer*. Thankfully, that only involves one edition a year, allowing Squad to enjoy a well-earned break! On behalf of all of us at the Teignbridge Trotters I would like to say a massive thank you to John for all his work over the past four years.

A new record of thirteen ladies completed this year's club championship

... continued from front page



Getting stuck in: Club Champion Mike puts in a typically gritty performance during the 2006 Haytor Heller.

injury. But in the end he did enough to secure the top spot easily, with the maximum 600 points. He also finishes with a pretty untouchable average age-graded percentage, over his 12 races, of 79.26%, which would have taken an awful lot to beat.

In the ladies' championship, Sharon 'Fizz' Bowman again featured strongly all through the season and led for the first part of the year, before being overtaken by Jacki. Jacki then became untouchable in the top spot and she too finished with the maximum 600 points. Her average age-graded percentage of 73.34% was also very impressive.

Fizz spent most of the season holding off further challenges to look pretty secure in the second spot, but was beaten back into fourth place by Helen 'Zippy' Anthony and then Lucy Payne in the last couple of races. However, Fizz has been doing an awful lot and has completed five marathons (with one more planned) and the Dartmoor Discovery this year, so her 4th place spot and the 580 points she obtained is still very impressive and testament to her tough training regimen.

Carrie-Anne Hewings and Eleanor Taylor both finished on 577 points, with Carrie-Anne having the greater average age-graded percentage, which ensured she achieved 5th. Tina Caunter (7th), Tamsin Cook (8th), Joanne Haynes (9th) and Jo Billyard (10th) complete the top ten standings for the ladies. Congratulations also to Katrina Duignan, Sarah 'Otter' Seymour and 'Lady' Catherine Barnes for completing the

championship, in their first full season of racing. A new record of thirteen ladies completed this year's club championship.

A massive 17 men have completed the club championship this year, which is another record — and ten more than last year! Although the top spots remained pretty stable, there were plenty of movements in the rest of the placings, with the men vying for position all the way through the season. Although Lance and I were 1st and 2nd for the whole of the season, until being knocked back a place each after the final race, by Mike Eveleigh, I did have to fight off a strong challenge from Wilf Taylor to protect my 3rd place spot. Wilf proved to be a stiff challenger and seemed to improve with every race he did. Even numerous races over one weekend didn't cause him any loss of form! Wilf finished in a strong 4th place, with 589 points.

John Tweedie finished in a very commendable 5th place, which crowns a fantastic running year for him, after excellent performances at the Virgin London Marathon and the Dartmoor Discovery. Tweedie is at last fulfilling the potential he has long desired, after two previous years when his running was curtailed due to freak injuries (last year he dropped a cement mixer on his leg!).

Geoff Davey (6th), Gary Clark (7th), Chris 'Smiler' Wride (8th), Travis Wood (9th) and Keith 'Mister' Anderson (10th), complete the top ten. Congratulations also to Craig Churchill, Neil Pallant, Stuart Moulson,

Mark 'Wurzel' Wotton, Guy 'Paddington' Roberts, Rod Payne and Peter Royle, who also completed the championship.

May I say a big WELL DONE to all Trotters who completed the championship! I know from my own experience of completing it for the third year that it is not easy, with many other things getting in the way of planning a strong, but consistent championship campaign. There are many Trotters who have tried very valiantly to complete this year, but for one reason or another they just weren't able to finish the necessary races. For some it has been a very frustrating year, with work or family commitments, or even injury, taking priority over racing. Although I can't mention them here, they know that their efforts were appreciated – I know how hard you all tried!

So, what of next year's championship? As always, I have retained many of the old favourites, but have included one or two new races to add some fresh interest. The very popular Taunton Half comes back into the Half Marathon category, at the expense of the Exeter Half ('expense' being the operative word, as many of us felt that the entry fee of £20 was quite steep for an event which is entirely run over cycle paths!) I have retained the Saltash Half, due to the support given to our club's races by the event organisers (the Tamar Trotters). The Saltash Half did not prove to be very popular this year; with only four Trotters entering it, but it provided those four with 'easy' points (please note the use of inverted commas here, which signifies irony, as the course was far from 'easy'!) This event provides a challenge for those who are prepared to travel to Saltash and to tackle the very hilly course.

The 'Duchy 20' is again included, to cater for the expected high interest in this perfect marathon build-up race. The Axmouth Challenge (10



Still smiling: fourth-placed Sharon Bowman during the 2012 DD.



Ninth-placed Travis Wood in action at this year's Dartmoor Discovery.

miles) is added to the Long Misc. category, which is part of the East Devon Community series (a series of races in East Devon which supports local good causes). This is a lovely race run over quiet country lanes, with a lovely 'local' feel, but which sadly does not seem to attract a large amount of interest.

A completely new race on the race calendar is the 'Muskie's Madne5.5' and is in the 'Short Misc.' category. This is a 5.5 mile off-road event run by the Plymouth Musketeers, which is a relatively new running club from which we receive a lot of support at our races from their members. From what I hear, this race is going to be a cracker! We've expanded both the 'Short Misc.' and 'Short off-road' sections to include six races, so as to include the popular races in these categories. All of the other sections remain at five races (however, the ladies also have the sixth option of the 'Ladies' 10K' to choose from).

The new championship season kicks off on Sunday 13th January, with an interesting clash between the very popular 'Oh My Obelisk', which is run by our friends at the Dawlish Coasters, and the aforementioned 'Axmouth Challenge'. The 'First Chance 10K' is retained in next year's championship, but is now two weeks later, on Sunday 20th January (which has caused a few raised eyebrows!). Although I always try to keep the clashes to a minimum, I like to include a couple of clashes between races to keep things interesting and to encourage runners to think carefully about their championship strategy.

Please note that entries for the 'First Chance 10K' and the 'Plymouth Hoe 10' fill up pretty quickly, so get your entry in ASAP, if you'd like to take part in either of these races. So, time to formulate your championship plans and to start to get your race entry forms in! Remember, if you need any advice or encouragement on how to complete next year's championship, just get in touch with me.

Plan your campaign

This year's Club Champions are great runners. But they're canny strategists, too. If you aim to follow in their footsteps, you've got to use your brain as well as your brawn. So, take a look at the list of 2013 Championships races and lay your plans...

SECTION 1 - HALF MARATHON	DATE
Bideford Half	03/03/13
Taunton Half	07/04/13
Saltash Half	May
Torbay Half	23/06/13
Dartmoor Vale Half	Oct

SECTION 2 - 10Ks	DATE
First Chance 10k	20/01/13
Easter Bunny 10k	April
Ivybridge 10K (Sat eve)	11/05/13
Torbay 10k	Late Aug
Taunton 10K	Late Sept
Ladies 10k	15/09/13

SECTION 3 - SHORT OFF-ROAD	DATE
Bovey Tracey XC	Feb
Plymouth XC	March
Muskie's Madne5.5	25/05/13
Forest Flyer 5 (Fri eve)	August
Lustleigh 10k	Aug b/hol
Redruth XC	Oct

SECTION 4 - SHORT MISC.	DATE
Exeter Track (3K) - (FMON) best 1 time to count	1st Mon in Oct & Nov
Sandygate Loop (4 miles) - any from April - September, best 1 time to count	last Friday of month, Apr - Sept
Erme Valley Relays (individual lap time to count) – Friday evening	July
Run Exe 5k series - best 1 time to count	1st Tue: June/July/Aug/Sept
Churston Flyer	Early Oct
John Scott Trophy	End Nov

SECTION 5 - LONG MISC.	DATE
Axmouth Challenge	13/01/13
Plymouth Hoe 10	17/02/13
Duchy 20	03/03/13
Wellington 10	Early July
Teign Valley Toddle (10.25 miles)	Early Oct

SECTION 6 - LONG OFF ROAD	DATE
Oh My Obelisk	13/01/13
Dalwood 3 Hills Challenge	Late Feb
The Haldon Heartbeat (8.5 miles)	Late April
South Molton Struggle	End Oct
Yarcombe Yomp	Early Nov

SECTION 7 - MIXED	DATE
Dawlish Dash (4 miles) (Thurs eve)	June
Chudleigh Carnival 6 (Friday evening)	July
Jack n Jill Challenge (CLUB TRIP)	12/05/13
Cornwood Challenge 10k (Sat eve)	July
Dalwood Fayre 10K (Weds Eve)	Aug

- * TWELVE RACES MINIMUM MUST BE COMPLETED
- * RUNNERS MUST COMPLETE A MINIMUM OF ONE RACE FROM EACH OF THE SEVEN SECTIONS
- * IF MORE THAN TWELVE RACES ARE COMPLETED, THE RUNNER'S BEST TWELVE WILL COUNT
- * IN THE EVENT OF A TIE, THE AVERAGE AGE-GRADED PERCENTAGE OVER THE TWELVE BEST RACES WILL COUNT
- * **Speak to Tarquin (Daryl Milford) if you need to discuss any issues – 07513 544938**

Roll of honour

Who won what in 2012?

Men's Club Champion: Mike Eveleigh

Ladies' Club Champion: Jacki Woon

Men's Fastest Marathon: Dave Tomlin

Men's Fastest Half Marathon: Daryl 'Tarquin' Milford

Men's Fastest 10K: Daryl 'Tarquin' Milford

Ladies' Fastest Marathon: Helen Anthony

Ladies' Fastest Half Marathon: Emma Sidebotham

Ladies' Fastest 10K: Carrie-Anne Hewings

**Most Improved Male: John Tweedie (nominees: Craig Churchill,
Alan Boone, Neil Pallant, Garry Smart)**

**Most Improved Female: Lucy Payne (nominees: Rachel Pallant,
Catherine Barnes, Sarah Seymour, Jacki Woon)**

**Most Promising Male Newcomer: Jack Baker (nominees: Peter
Kirby, Geoff Davey, Daniel Wride, Filipe Da Silva)**

**Most Promising Female Newcomer: Beverley Dennis (nominees:
Beverley Dennis, Laura Cooper, Nicky Quant)**

**Committee Cup: Nathan Elphick (nominees: Tina Caunter, Tarquin,
Rod Payne, John Tweedie)**

John Scott Trophy: Guy Roberts

Ross Cup: Stewart Dunn

East Ogwell odyssey



Julian Head conducts us on a glorious run in the East Ogwell district, recalling some blooming tall tales of Boadicea and her lags...

The worlds of Britain In Bloom and distance running do not usually make natural bedfellows but, for two or three glorious years in the late nineties and early noughties, the East Ogwell fun run headed out of the old village on a Saturday night in September and would attract a fairly handy field of runners tackling the six-ish country miles with a smaller one and a half mile fun run option.

The idea was that the run would raise funds for the East Ogwell, Britain in Bloom, Best Kept Village quest. The race and the village were watched over by the matriarchal eye of Margaret Rodger. Sadly, Margaret has long since passed away: she was one of those bastions that villages like East Ogwell cannot do without.

Also worth mentioning is that a young gardener by the name of Trevor Head was employed to help with the layout and upkeep, along with some Channings Wood Prison inmates, who were serving their penance to the community by assisting with the labouring. Whenever Mrs Rodger would hove into view, or on the sound of her mobility

scooter, the cry would go up 'Boadicea's coming!' and Trev and the lags would immediately set back to work.

Anyway, why am I chuntering on about Britain In Bloom when I should be describing a little gem of a run which many of us longer-in-the-tooth Trotters will remember so fondly... on on!



The race started and finished outside the Jolly Sailor pub and the first hundred yards or so involved a lung-bursting climb to Ogwell Green, with its quaint cricket scoreboard, although by the layout of the green I cannot see cricket having been played there for some time.

A sharp left at Ogwell Green took me to the track leading eventually to the zigzags in Chercombe Woods, and a cascade to the river and glades beloved of so many Trotter summer training sessions.

On this particular Sunday morning when I retraced the route, the frost was thick on the meadow and the rising mist lent the dog walkers a

The rising mist lent the dog walkers a surreal air



surreal air as they wandered towards me. From the small footbridge into the meadow, another left turn took me on to the track which leads to Chercombe Bridge, Holbeam and the agricultural fields beyond. The layout of some of the tracks throws you and you do tend to wonder if that suspicious-looking bull is in the same field that you are about to run through, or is it safely tucked away beyond a privet hedge? On this

particular occasion, I was safe but left nothing to chance and hot-footed it toward Littlejoy Lane, not so much 'Plodding with Porky' as 'galloping with gusto' to make it to the safety of the next road.

Another left on to the road over Littlejoy Bridge and a short uphill took me to some more farm tracks, and a field containing some young





bullocks who were more interested in devouring the grass than the pitiful spectacle of the panting 40-plus fellow in Union Jack shorts. The track from Littlejoy Lane eventually took me to East Ogwell's little brother, West Ogwell, a hamlet of some barn conversions and a grade 1 listed 13th-century church. The path skirts through the churchyard and past Gaia House, a retreat centre since the 1930s, and I can see why this idyll of a village would make an ideal location for a bit of Buddhist self-transcendence.

A steep climb uphill out of West Ogwell took me to Denbury, where a sharp right led towards the 12th-century St Mary the Virgin church with its unique clock face.

No time taken for pictures next, as I skirted the grounds of Channings Wood Prison and its constant reminders that you cannot trespass on Government Property. As a law abiding citizen, I have spent a lifetime avoiding such places so the possibility of me trespassing willingly on this particular government property was completely out of the question.

Greenhill Lane then took me on an undulating route from Denbury back to East Ogwell via a farm and the back road to Ipplepen, where I picked up a section of the Ladies' 10K route.

As the church and Jolly Sailor pub hove into view, I felt pleased with my morning's work, and I might even afford myself a well-earned pint to revive my flagging legs. A short down hill into the village and the run was complete.

Postscript: The East Ogwell fun run only lasted about two or three years and was cancelled after the one-mile runners were sent the wrong way and many ended up running the whole five-and-a-bit.

However, this mishap aside, there was enough in it to interest the newbie runner or seasoned athletes alike. With its mud, hills and scenery any club willing to take it back on would be on to a winner. Until then, I can content myself that it can remain a vital part of my training as I seek to get running fit again.

Waddle on me hearties.

All photos by Julian Head

Membership Report

Membership Secretary Dave Dunn welcomes some new recruits.

It may be nearly the end of another calendar year, but it's not yet the end of our membership year — and there are more than three months to go until the renewal notices go out. So there's still plenty of time to add to our membership total, which currently stands at 248, an increase of five since I wrote my last report. Those 5 new members are:

John Brewster (52) from Ipplepen, in common with a lot of our new members, had been running on his own up until joining us. John is looking to take part in some races in the not too distant future, and has also enrolled his wife Katherine (40) by taking out a family membership.

Carly Cook (24) from Shaldon is the daughter of Smokin Rog and Vicky Hales. Carly has got herself a place in April's London Marathon and is seeking sponsorship for her chosen charity Children with Cancer UK.

Maggie Anderson (60) from Liverton is the wife of Saturday B Group stalwart in incoming co-editor of *The Trotter*, Keith. Maggie has been

enjoying going out with our Monday evening Beginners' Group. Maggie has also demonstrated her skill at mince pie making when Keith recently hosted a B group run.

Neil Burns (32) from Teignmouth has been training in the Monday night 5-6 miles Recovery/Social Run. Neil is a very talented guitarist with his own Jazz band, the Neil Burns Trio.

Some notable Trotters will be celebrating a landmark birthday in January, including Tina Caunter (55), Smokin' Rog Hales (50), and Dave "Tommo" Tomlin (40). Hannah Epps also turns 40 next month. Congratulations to you all and may you enjoy success with your new veteran status.

That just leaves me to wish all Trotters everywhere a very joyous Christmas and a happy and healthy New Year.

Timekeepers wanted

You've finished a race, you've run your socks off, pushed yourself to the absolute limit, but hey it was all worth it because you've come away with a PB. The only trouble is you haven't, because they cocked your time up and all that effort was for nothing! It's a distressing scenario, I'm sure you'll agree. But it is one that could easily happen without the expertise of qualified timekeepers. It's a thankless job, time keeping, one we runners tend to take for granted. We turn up, run our race and expect all to be fine and dandy when we get home to view the results online. As a club, the Trotters are desperately short of qualified timekeepers. We have to rely on the same old few time and time again. With a membership of nearly 250, surely that doesn't need to be the case.

John Caunter, our most senior and experienced timekeeper, is hoping to arrange an opportunity to show interested members the basics of using our timing devices. He will explain what's involved as well as giving you a practical demonstration. John

will then observe you while you put your new-found talent to the test by timekeeping at a race. Don't worry you won't be official timekeepers! you'll be doing it alongside the official ones. We can then see how well you did by matching your times with the official ones. An ideal test race would be the Oh My Obelisk run organised by the Dawlish Coasters in January.



If all goes well and you would like to take it further, the club will pay for you to go on an officially recognised England Athletics timekeeping course. These are usually held within the county and take up a full day. Once qualified, you are under no obligation to keep time at any other races. An influx of half a dozen or so qualified

timekeepers to our current understaffed and overworked team would be a massive help. If you are interested please contact John: esmond.caunter@sky.com or 01803 613771.

You might well be saving someone from missing out on that magical PB!

John Scott trophy



Nigel Penwarden

Another great running
of this annual Trotters
favourite saw Guy
Roberts triumph, Race
Director Stephanie Ross
reports

Thirty intrepid Trotters fought their way through the late November floods to take part in this year's John Scott Trophy. In keeping with tradition, runners set off in order of their predicted finishing times, giving the fastest runners the task of chasing down the early starters.

On a waterlogged course, Guy Roberts emerged victorious with a splendid performance, flying past several runners and holding off all those behind him. In second place, and first woman, was Carly Cook, showing much promise in her return to the running scene.

Third place went to Steve Barker, while in fourth, and voted by many as 'run of the day', was Ewan Walton. He was the last to set off and produced the fastest time, finishing in an impressive 24.03.

The second female to finish was Jo Billyard, with Eyvoll Aston, who sailed round in the fastest women's time of the day, 28.58, taking third spot. This year's winner of the prestigious 'First Tattooed Trotter' award was Stewart Dunn, who finished in eighth place. The 'Dave Dunn Cohabiting Couples' award was retained by last year's

winners, Mark and Sharon Hutchins. A fine carvery was enjoyed by many of the competitors and their families in the White Hart, where the presentation took place.



Buzz Terrill

Guy receives his award from Race Director Stephanie Ross at the White Hart.

A big thank you goes to Maurice and Buzz for their timekeeping, and to Jerry and Carole for putting on a delicious feast.

For those who were unable to attend, John Scott was one of the founder members of the Trotters. He now lives in Spain. Before leaving, he presented the club with a trophy to do with as we wished, and an annual handicapped race was what was decided.

Therefore, it is simply the 'John Scott Trophy', and not the 'John Scott Memorial Trophy', as many people have assumed. In fact, a photo of this year's victor, proudly receiving the magnificent prize, was taken at the presentation to be emailed to

John Scott by Buzz who has remained in contact. Long live John Scott!

Happy trotting and Merry Christmas.

Coaching report

Coach Coordinator Rod Payne
brings us up to date with the
latest developments in our busy
coaching department.

Well, can you believe that Christmas is looming again and we are just about to tick off another year of training at Coombeshead Academy.

2012

On the whole it has been a difficult year what with the weather and my work situation, which has made it difficult for me to dedicate the time that the post of Coach Coordinator requires. I hope that neither of these factors has detracted too much from your enjoyment of the sessions we have provided.

When we reflect on 2012 we will see from the club records that the book has been largely re-written and those records that still stand are standing only because they are fine records in their own right. We have a fine crop of veterans in the club at present and it is in the 'V' ranks that most of the records have been set.

It never fails to impress me how so many of you with so much experience are prepared to lay it on the line in training sessions. Believe me I have put in the hard sessions in the past and I watch with envy as I witness the effort that goes in. I honestly believe that this along with a high level of internal competition is raising the club to unprecedented standards.

Beginners' Group

I feel that the Beginners' Group has become somewhat removed from the session we set up nearly three years ago and the people that are emerging from the group tend to be those that have a good level of fitness already or have natural talent. I can't think of anybody that has really developed through the beginners group in the way we saw people blossom in the formative years.

We have let the group become hijacked by people who are recovering from injury or wanting an easy run. I know that this has lost us some beginners as they have been intimidated by the faster pace. Your



Graeme Baker: at 71, he is an inspiration to us all, says Rod.

coaches are under instruction to stop experienced runners from going out with the beginners. I am looking to re-focus this group in the New Year and maybe introduce some more structure into the group.

How Injuries can Develop!

Earlier this year, I lost one of my coaches to a long-term injury! Caroline Clark burst on to the scene this year as a Coach and Leader and I have really missed her lately due to a knee problem. Imagine my delight when I learned that the swelling had spread and developed into the famous runner's condition – pregnancy. It's early days still but I want to take this opportunity to wish Caroline and Gary the very best of luck over the coming months and we look forward to welcoming a further member to the next generation of Trotters in 2013.

Thanks to Squaddie

I would like to add my appreciation of what Squaddie has brought to the club throughout his tenure as editor of this fine magazine. He has taken *The Trotter* to a new level and hands a fine publication over to Keith and 'Otter'. I wish our new Co-Editors every success in their new role and I look forward to future publications.

And finally

Let's not wait until the New Year to start building up those miles for the Spring races. We have some good sessions on offer, along with some fun ones up until the end of the year. So let's not take our foot off the gas just yet and my fellow coaches and I look forward to taking you up to Christmas and into 2013.

I would like to personally thank all my fellow coaches and leaders for their invaluable support this year. The club would not be what it is without their commitment and dedication. Thanks also to the committee and members of Teignbridge Trotters We have a fine club.

Merry Christmas everybody and here's to a very successful 2013.

Captain's Corner

Tarquin reflects on some great performances from our men.



Julia Proctor

Good year: John Tweedie (pictured here just in front of Stuart Moulson) has had an excellent 12 months, earning the 'Most Improved Male' title.

Another racing season has drawn to a close, although with the racing still going on, it is always a personal thing to say what the end of the season is. It's been another exciting end to the season, with many of us battling for the last few club championship points, in order to improve our standings.

Since I last wrote, we have had the Taunton 10K; Teign Valley Toddle; Churston Flyer; Dartmoor 10K/Half/Marathon; 'Marato Del Mediterrani' (club's Barcelona trip); Tavy 7; South Molton Struggle; Sourton Scramble; Yarcombe Yomp; Plymouth 10K; Drogo 10; Cornish Marathon; Bicton Blister; plus the Cross Country races and the Exeter Track Winter 3K series.

In my last report I signed off by mentioning how I was looking forward to seeing how Neil Pallant did in his quest for a sub-45 minute 10K at the forth coming Taunton 10K. Well, Neil did not disappoint and he smashed his previous PB (set at the Battle of Sedgemoor 10K a month

earlier) and just dipped below the 45-minute mark for the first time with a new PB of 44:59! Well done to Neil and this wonderfully rounds-off an excellent year's racing by him.

Also flying at the Taunton 10K was John Tweedie, who has continued his good racing form this year with a strong 39:50 at this race. Tweedie has been running out of his skin this year, but to be fair, he has always been a good runner, but over the previous two years his running ambitions have been curtailed due to injuries, caused by non-running activities! Tweedie also had a storming run at the Yarcombe Yomp, with a very strong finishing time of 1:24:14, to give him an eighth-place finish. His overall 2012 performance has earned him this year's Most Improved Male title.

Another man who seems to be achieving PBs every time he races is Craig Churchill. In October, Craig again bettered his PB at the Plymouth 10K, with a new PB of 42:48. Craig seems to have gone through a

Tommo is most definitely 'back' and he means business!



Julia Proctor

Back on form: Dave Tomlin has made a good recovery from injury.



Pete Royle

Strong finish: Phil Perry crosses the line after this year's DD.

complete whole-life makeover and now literally looks like a new man and a lean mean running machine! Craig followed up his excellent 10K with a strong course PB at the Drogo 10 with a time of 1:20:52, taking an incredible thirteen minutes off his time here last year!

An unsung hero and strong runner is super-vet Wilf Taylor. Wilf has been running consistently all season and seems to actually get quicker with the more races he completes, even if these multiple races are over the same weekend. Wilf achieved the 2nd MV60 award at the Teign Valley Toddle and was 12th overall at this challenging event. Over the same weekend, the ARC (Association of Running Clubs – one of our governing bodies) informed Wilf that he has been crowned their British MV60 10K champion, for his run at the Battle of Sedgemoor 10K! Two weeks after the 'Toddle', Wilf improved again, this time to push our other MV60 super-vet Mike Eveleigh hard at the Yacombe Yomp. Wilf completed this very tough and muddy course in 13th place, with a finishing time of 1:25:58. Mike finished only six seconds ahead, in 11th place with a time of 1:25:52. This brought Mike the 1st MV60 award.

It's been good to see Dave 'Tommo' Tomlin back, after his horrific sounding injury during the summer (he took a nasty fall from his bicycle and fractured his neck in nine places). Tommo returned to racing at the Redruth Cross Country event, in October and has been in a rich vein of form ever since. The enforced lay-off has done his running the world of good and he then went on to win the Sourton Scramble in a magnificent time of 43:44 for this tough off-road 10.6k event. He then blew me away with his strength at the Drogo 10, a couple of weeks later. Tommo chased the leaders hard, all the way over this very tough hilly and challenging 9.6-mile course, to record a superb 4th place and a course PB of 1:05:29 (three-and-a-half minutes quicker than last year). The following week, at the very muddy Bicton Blister, Tommo achieved 5th place, with an excellent time of 1:05:58.

Tommo has continued his superb rejuvenated form with a 2nd placing at the Otterton Reindeer Run on 1st December, pushing the winner hard all the way. Tommo will no doubt be featuring in many more races, in the near future, as he continues his advancement towards his next major goal, which is to complete his first 'Ironman' triathlon, in July next year. Tommo is most definitely 'back' and he means business!



Julia Proctor

Tough guy: Ewan Walton enjoys a nice cold drink during the 2012 DD.

Book review

Keith Anderson reviews a new book by Julian Goater, whose wife, Sue, recently spent six weeks training with the Trotters while visiting the area.



I see myself as a newcomer to running and I don't claim to know my arm from my elbow when it comes to training techniques: I tend to rely on the advice of our excellent coaches.

Nevertheless, a month or so ago, as an act of reckless impulse, I bought a running guide.

The book was *The Art of Running Faster* by Julian Goater and Don Melvin. I'm not really sure what possessed me to go for a book about running faster as such – after all, my intention in most of the races I enter is to reach the finish uninjured and not too knackered, and preferably before everyone else has gone home. Fast times are not generally what I'm aiming for.

Anyway, I set out to read Julian's book and immediately found it intriguing and very readable. What's more, I was able to pick out several bits of advice that I have found

helpful with my running. The book is in two parts, called 'Building the Base' and 'Sharpening the Knife'. The first part has chapters on basic things like stride

The text is well laid out and includes boxes with handy hints like 'The aim of a recovery run is to feel better at the end of it than you did at the start', and each chapter ends with a summary of key points to remember.

For me, and doubtless for others, particularly those of a certain age, half the attraction of the book comes from the references to, and the quirky photos of, running heroes of the 70s and 80s – Britain's middle-distance golden age – including personalities such as Steve Ovett, Sebastian Coe (remember him?), Brendan Foster and Steve Cram.

I found this book a pleasure to read and I'm sure it's going to remain my favourite bedtime reading for the foreseeable future. As David Bedford suggests in the cover blurb: '*The Art of Running Faster* is a must-have guide for becoming a better runner.'



Julian with his wife, Sue, who recently spent time with the Trotters.

length and breathing – and the value of joining a good club – while the second part covers such delights as hill-training, cross country and track experience.

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition – and to all the editions of the past four years.

Next month: A new era dawns for *The Trotter*. All the best to Sarah and Keith!

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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