

# The Trotter

Number 4

March 2009



## The agony and the ecstasy

John Skinner reports from the sharp end of the Bideford Half-Marathon. It was a race that didn't quite go according to plan...

Back along, at the turn of the century, I ran my half marathon PB, 1.26, at Bideford. This was one of those “out of the blue” efforts, completely unexpected. I simply started out sprightly, thought “this is OK” and just carried on to the finish. Consequently, every year since, I've thought “Ah, Bideford. If I run properly, I'll run a new PB.” Every year I'm wrong. And 2009 was to be no exception.

It all started well, as I'd wintered better than I had for years. Approaching the big Five-O provided me with further motivation, who knows? Perhaps there's silverware to be

won. Such was my enthusiasm that I even managed to convince a small group of Trotters that Bideford's benign terrain proffered up a simple sub-1.30. The gauntlet was down. Brimming with confidence that was, in retrospect, bordering on complacency, I set about informing all and sundry of my bold intentions.

Spouting forth in such cavalier fashion is rarely a good idea. Face and egg are two words that spring to mind.

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# News Desk

Look out for these races coming up over the next few weeks:

5/4 Taunton Half-Marathon (Club Championship)  
5/4 Taunton Marathon  
26/4 Arlington Court Canter  
3/5 Great West Run  
3/5 Saltash Half-Marathon  
9/5 Ivybridge 10K (Club Championship)  
17/5 Bideford 10K  
17/5 The Exterminator

At last spring has sprung. I don't know about you, but I am thoroughly enjoying the daffodils and the blossom. We have a busy News Desk this month, so let's get going with a reminder, for those of you who get *The Trotter* online, that there is a rehearsal run for Sunday's Teignbridge Ten tomorrow, Saturday March 28, at 0900. Meet at Clifford Avenue, Kingsteignton.

We are still in dire need of timekeepers and race referees. If you're interested in adding to your smorgasbord of event skills, get in touch with Rog Hayes: [chairmanrog@sky.com](mailto:chairmanrog@sky.com). Remember that the club will pay the cost of the courses you need to become qualified, so why not give it a go?

Thank you all for being so diligent about wearing your reflective bibs this winter. You don't have to glow like a Belisha Beacon for much longer: the last training evening that you'll be required to wear your bibs is Monday, April 13.

Do any members out there have access to a photocopier? If you do, we'd like to hear from you. We need help with reproducing entry forms and information sheets for our races. If you can help, contact Chairman Rog.

We are trying to keep down the number of emails we send out to members. So, please check with John Ludlam or

Mark Becker first if you need to get a message out to all members.

Now, are you feeling thirsty? Ronnie Jones is organising a fantastic spring club outing to the world-famous Skinner's Brewery in Truro, on Saturday, May 16. Skinner's Brewery is renowned for its Betty Stogs real ale, which won the Champion Best Bitter of Great Britain award in the 2008 Great British Beer Festival at Earl's Court. Ronnie has done the tour and reports that it's a really grand day out. You get a free pasty and all you can drink for £12.50. The plan is to get the train from Newton Abbot. The train ticket should cost around £14.50. Contact Ronnie for more details: [ronjones30@googlemail.com](mailto:ronjones30@googlemail.com). Don't hang about, though. The maximum number for the tour is 50.

Here's another favourite Trotters social activity: the Chairman's BBQ. This year, the BBQ is on Sunday, May 24, at 1530. The address is 69 Teignmouth Road, Teignmouth TQ14 8UR. All Trotters are welcome, including children. You can look forward to a fun-filled afternoon and an evening of fine dancing. Please bring a bottle or two. Pictured below is a quaint scene from last year's affair. As you can see, fun is the order of the day!





## They furnished me with the club's one and only remaining safety pin

The morning of the race was clean and sharp and I felt good. The achilles niggle that I'd picked up in the week seemed under control and the conditions promised to be conducive to fast running. So it was, with hope in our hearts and wings on our heels, that we sallied forth: Crocks, Stef, myself and Monkey, northward to Bideford, our destinies in our hands. Now, those of you who know me will be familiar with my ongoing back problems and an hour-and-a-half hunched up in the motor is far from ideal for old iron spine. Thus, inevitably, on our arrival I felt and indeed looked somewhat older than my modest 49 years.

Our customary tardiness afforded us a paltry 30 minutes until the off and I was badly in need of a stretch and warm-up, not to mention a trip to the khazi.

Sadly, I had to spend all of this precious time trailing around the race HQ of the well-oiled machine that is Bideford AMATUER Athletics Club, in order to pick up my race number that the idiots had TWICE managed not to send me.



At long last, they fixed me up with a spare number and furnished me with the club's one and only remaining safety pin, by which time we were ready for the off.

The depressing music (The Final Countdown!) blasting out from the woefully tinny sound system mercifully ceased and the starter set us on our way. In retrospect, I fancy the first few strides made up my mind on the sub-1.30 issue.

I felt as if I was running in a specially fitted steel corset-type device and duly adopted a queer crablike gait in order to minimise the agony.

"...6.20 pace, too fast" announced Hambo. Too fast, indeed. Luckily, the extremely narrow alleyway that our hosts had bottle-necked the 1,000-plus runners into slowed us accordingly, and I must say that my suspicions were confirmed at the first mile marker, as we lumbered past in 8.20. The fools had fallen at the first hurdle sending us the wrong way, thus rendering, for those of us seeking a time, the race irrelevant. All around, shoulders slumped as the penny dropped.

As for me, the unappealing prospect of crawling a further 12 miles with a burning spear rammed up my spinal column, for no apparent reason, was a cheerful thought indeed.

In the event I decided to plod on and, as Tweeds and Becks disappeared effortlessly out of sight I found no response and sub-1.40 became an altogether more realistic target. My spirits continued to plummet as, even at this early stage, I wished for nothing more than for the whole pointless fiasco to be over and done with.

At three miles, for the first time in the revered Trotters vest, I seriously considered jacking the whole sorry business in. By and by, however, my dwindling spirits were lifted. Rounding a bend, who should I see up ahead but Ian Langs, and, as luck would have it, he appeared to be in even greater dire straits than yours truly. Fantastic, I thought, I can easily talk him into chucking in the towel. Together, we can saunter back to Bideford and neck one or two well-earned pints. Fat chance! Ian was having none of this, and my bleak mood only darkened as he stubbornly announced that, come what may, he had every intention of soldiering on and completing the race.

Despondently I traipsed on five miles, and I spy the back of another Trotter. Before long, I pull up alongside young Thomas Burman (pictured, left) and this provides me with a most welcome reason for being. You see, I can call on all my experience to guide the struggling youngster home. The last eight miles, however, are something I try not to think about, as, far from the old pro cajoling the greenhorn over the finish line, the roles are reversed and I grimly hang onto Tom's coat tails and eventually splutter home in 1.36.

For me, this entire experience had been largely shite, but every cloud has a silver lining. Tom, who finished like the proverbial train, earned a silver medal in his category and I was right there to witness it. Not so horrible after all. Well done, young man!

In conclusion, I have a message for Bideford AMATEUR Athletics Club. A quick count on the results website revealed that no less than 41 Bideford AAC runners took part in the event. So, there were plenty of light blue vests out there on the course. But the marshalling was clearly inadequate. Perhaps in 2010 one or two light blues might consider donning the fluorescent yellow of the marshalling bib...

# Membership Report

Membership Secretary **Dave Dunn** welcomes a couple of new faces and hazards a guess or two on the security of some club records.

We have reached the end of another membership year that sees our total number of members touch 200, up two over the past month.

Elsewhere in this issue, you will find instructions on how to renew your membership. Please read these carefully and get your form and subscription back to me as soon as you can.

The latest additions to our ranks are Angela Blakesley, 43, from Kingskerswell and Felicity King, 47, from Lustleigh.

Angela has joined us following in the footsteps of her husband Peter. Angela is a first claim member of the Women's Running Network, and so has joined us on a second claim basis, although we have quite a few members who started their Trotter life that way but then saw the light!

Felicity has been finding her feet within our beginners' group and no doubt our coaches will be pointing her towards the step

up into the intermediate group as soon as they think the time is right.

Something that I'll try to do in each issue from now on will be to congratulate those members who will be celebrating a landmark birthday over the coming month. In April, congratulations and cake will be the order of the day for

Jim Portus who will be 55  
John Skinner who turns 50  
Garry Smart who reaches 45  
Lucy Woolley who will be 40

May you all enjoy and benefit from your new veteran status. In addition, young Carly Hales will be celebrating her 21st birthday during April. Congratulations and happy birthday, Carly!

Right, don't forget to renew your membership.

## Club Records

March has so far been a month without any new records being set, but that could all be about to change.

Our own Teignbridge Ten offers ample scope for fast times given a reasonably calm morning, and whilst the first priority must be to ensure that the race has plenty of marshals, don't be surprised if one or two Trotters have a dart at getting their name up in lights. Tom Burman would have every chance of bettering the time he set for a new Junior 10 miles record in the recent Hoe 10, and there's an opportunity for any of our ladies in the over-55 category to enter their name into the vacant spot for this age group.

The following week, the attention switches to the full and half marathons at Taunton. Can Tommo banish his demons and finally nail a sub-2.40 marathon? Samm Gee's senior ladies marathon mark of just inside 4.15 must be beatable, if not at Taunton, then surely later in the month in London. In the half, Gia D'Aprano, who has been in such fine form already this year, would be looking to eclipse Tina Caunter's FV50 record time of 1.47.15, but the men's times look fairly unattainable at present.

But the beauty of racing is that you just never know.

A full list of all our club records can be found at [www.teignbridgetrotters.co.uk](http://www.teignbridgetrotters.co.uk).



# Sign on that dotted line



Dave Dunn reminds us that it's time to renew our membership. Just think, another whole year of Trotter fun and frolics (and some running) is within your grasp.

It's that time of the year again when you have to dig out your cheque book and re-pledge your allegiance to the Trotters.

You will find your membership renewal form as a separate attachment to the email linking you to this edition of *The Trotter*. Please only use this renewal form when renewing your membership – do NOT use the Membership Application form that can be found on our web site – this is for use by prospective new members only.

Please try to keep the writing legible when completing your renewal form, particularly when it comes to your email address. It's vital that our membership database is as accurate as possible as it's used to keep you informed on everything going on in and around the club. So please take the trouble to complete the whole form, even if you think that we should already know everything about you and nothing has changed since last year. It is possible that my records are not as accurate as I would like.

The prickly question on whether it's worth registering as a competing member with England Athletics can only be answered by each individual member. I will only say that on a

purely financial basis, it's worth doing if you are going to take part in three or more events which are EA-licenced, as opposed to those staged under the ARC banner. Different folk will have differing reasons for either registering with EA or showing complete disdain for the whole process and, at the end of the day, it is down to individual choice.

When you have completed your renewal form and made out your cheque for the correct total amount owing in favour of Teignbridge Trotters, bring both form and cheque along to training on any Monday or Wednesday and seek me out. Better still, design a training run that passes my door. My address is on the bottom of the form and it's not that far from Newton Abbot Leisure Centre (Dyrons).

You have until April 30th to renew if you don't want to fall foul of any of the rules in our constitution concerning Club Championship points, potential London Marathon draw places, etc.

Any questions – you know where I'll be Mondays and Wednesdays!

# Those summer nights

Head Coach Jan Caunter fills us in on the glorious summer runs the club has in store for you. Just get out there and revel in those long evenings.



Milos Erben

As the light and weather is getting better, we have been thinking about the Monday nights runs. As normal there will be a Moorland run with Neil, once a month apart from June, but we have also decided to offer an away run once a month. This will be an organised run from a designated start and finish, with the option to have a beer and socialise with your fellow Trotters after the run. On these nights we will also offer a run from Newton Abbot Leisure Centre.

These dates and runs are provisional, so please check at training or on our website for precise meeting places and any changes. If you know an interesting, on- and off-road run of

around 5-6 miles that you would like to lead people around - and there is a pub nearby - then contact me and I will fit you into one off the "to be arranged" dates.

Unfortunately, due to a shortage of qualified personnel, Monday nights have sometimes been without a coach. We are trying hard to address this situation. But remember that we are all volunteers, so please bear with us through this tough time. We will soon have two new coaches, which I am hoping will help ease Mondays.

Date		Coach / Route Leader
6 <sup>th</sup> April 2009	Sandygate Kingsteignton	Janice Caunter
27 <sup>th</sup> April 2009	Ipplepen	David Tomlin
18 <sup>th</sup> May 2009	Moorland run	Neil Turner
1 <sup>st</sup> June 2009	Teignmouth Golf Club/Ideford	Michelle Willocks-Watts
15 <sup>th</sup> June 2009	TBA	
29 <sup>th</sup> June 2009	TBA	
13 <sup>th</sup> July 2009	Haytor Heller Trial run	Neil Turner/ Mike Hicks
27 <sup>th</sup> July 2009	Totnes 10k Trial run	Roger Hayes
3 <sup>rd</sup> August 2009	Moorland run	Neil Turner
17 August 2009	TBA	
7 <sup>th</sup> September 2009	Moorland run	Neil Turner
14 <sup>th</sup> September 2009	Ladies 10k Trial Run	Michelle Willocks-Watts



# Captain's Corner

## Here comes the sun, says Men's Captain Stewart Dunn

At last, the days are starting to lengthen and the sun is beginning to warm. It's what we've all been waiting for, so there's no excuse not to get out there and put some miles in.

I would like to take this opportunity to apologise for my recent lack of proper captaincy. Things seldom run smoothly for me and the past few months have been no exception. As some of you may be aware, I have a passing interest in football. This is unfortunate because, as with most things in life they occur on a Wednesday! Therefore, I have only sparsely attended training lately. This does not mean, however, that I've lost my enthusiasm for running: it's just on hold. But I'm sure that with the increased likelihood of warm summer evenings I will be tempted back to training at the wonderful Bakers Park.

On a brighter note, lots of you have been working hard and running well. Once again, I am delighted to say that Ronnie Jones is in fine form, achieving recent excellent results. Also worth a mention is Thomas Burman, who has already overhauled my brother and has his targets firmly set on beating my personal bests - and at such a tender young age!

Tom completed the Bideford Half in a very respectable 1.35.30. After a post-race interview, I was terrified to find out that he could have gone even quicker. Tom admitted that he wasn't

sure about what pace to run and declared that he'd gone off too fast. I'm very confident that, with the right guidance and support, Tom will be a great asset to our club in the near future. Others who had a good time were John Tweedie, who set a new PB and Mark Becker. Both finished in 1.32. Also running well is Dave Miller, with an excellent 9th overall at the Grizzly. And let's not forget Roy Brown's 2.12 at the Duchy, finishing 3rd overall and beating Tommo into 4th place.

Looking ahead, forthcoming events include the Flora London Marathon. As ever, the royal blue army will be marching strong in the capital this year. While on the subject of marathons, Taunton is also on the scope. This offers both half and full distance. Several good runs were had there last year, topped by Tommo's sub-2.41 marathon, a club and course record!

Also causing food for thought is the Great West Run on May 3. Millionaires only need apply! Then they come thick and fast as we head on into the summer.

Finally, it was greatly reassuring that I maintained my role as Men's Captain for a second year. I guess I wasn't that bad after all!

Thank you everyone, keep on Trotting!



John Ludlam

# Meet the committee



Shiny happy committee people (left to right): Becky George, Stuart Moulson, Syd Willocks, Nikki Kennard, Ronnie Jones, Roger Hayes.

## What makes the people that give up their time to run the club tick?

During last month's well-attended AGM, we elected ourselves a new committee, composed of a mixture of old and new faces. So, who are the men and women who direct the affairs of our club? Let's meet them.

Club Chairman Roger Hayes is probably the most familiar Trotter face. For those of you who have recently joined the club, he's the one that does the "shout" on a Wednesday evening. He has been a Trotter for 19 years, including 15 years on the committee and 11 years as chairman. He is also the Race director of the Totnes 10K.

"To say the Trotters is a huge part of my life is one heck of an understatement," says Roger. "I have shared so many wonderful experiences, from running the Exeter 10K with my Dad and Caroline the day after we got married, to seeing my kids sprinting across the line at the Totnes 10K fun run. I feel a great sense of pride to be the chairman of what is without doubt the best club in the country. On On!"

Vice-Chair Tina Caunter has been running for 12 years. She got the bug after getting to know the club while supporting her husband, John. "I decided one lovely sunny October afternoon, to go for it," she recalls. "I have not looked back since. I now see clearly why my husband had the buzz!! Because the club has given me so much, not just the running, the training, the social calendar, the friends, but the ever-increasing extended family. This made me want to put something back, and what better way to do that, then to represent the members on the committee. Keep it up everyone, you are all what makes this club so great!"

Club Secretary Mark Becker works in the engine room of the committee, making sure that the club's affairs are handled correctly. "I have been a Teignbridge Trotter for about five years and wear my tattoo with pride," says Mark. "I run foremost for enjoyment but I do take my running seriously and love trying to run faster than I think I

can. I reckon I can still beat all my PBs but motivation is not a problem now that running is my lifestyle. Just running down a quiet lane with the sun shining is more than enough for me."

Club Treasurer John Caunter is a man of many parts. As well as looking after our accounts, John is the Race Director of the Teignbridge Ten and The Templer Ten. He's also club kit man and a qualified timekeeper and race referee.

"I've been running since 1976, when a friend and I decided to 'keep fit'," he says. "I've never looked back. My best running achievement is probably my half-marathon PB of 82m 16s, at Exmouth in 1986. More recently, due to my advancing years, I have won a few age group awards. After over 25 years of running, I decided to do something different, so I learnt to swim so that I could have a go at triathlons. Surprisingly, I realised I was actually quite good at it and have since had several age group wins and awards. I have entered my first (and only) Half Ironman this year (UK, June 14). If you fancy a change, Triathlons are great. Talk to me, I will be happy to help."

All members know Dave Dunn because his was the first friendly face they encountered when they joined. Membership Secretary Dave is one of our senior members: he joined the Trotters in January 1988 and has served on the committee for 16 years.

"Initially my motivation was to run as fast as I could," he recalls. "In my early Trotter years I set PBs of 38.46 for 10K, 61.14 for 10 miles, 1.24.01 for the half and 3.17.53 for the marathon. As I haven't set a major PB in many years, I now concentrate on attaining age-group bests, as well as targetting making 100 appearances in a Trotters vest in the Westward League Cross Country (I've done around 90) and completing 50 marathons before I'm 60 (currently on 37 at age 55). Another thing about getting older is that it gives you a great buzz to run with your own children. I'm also open to anyone who



wants to tap into my 24 years of running experiences. If you buy me a pint in the White Hart I'll give you the benefit of my advice!"

Mark Hamling has been Club Championship Secretary since September 2007. "I was re-introduced to running by a work colleague just before I was 42 in 2001," he says. "I'd decided to lose some weight but with no real exercise since I was 30, I thought I should attempt to get a bit of fitness back. Having done my first half-marathon in 2002 and got the bug, I moved on and got a place in the 2004 Flora London Marathon. I decided I needed a little more focused training to take on the marathon and so in January 2004 joined the Trotters. I have not looked back since, and had my best year in 2006 with PB's in the 10k, half-marathon and marathon. My current challenge that I've set myself is to have competed in 50 half-marathons by the time I'm 50, this October. I have eight more to do as of the end of March."

Supporting these officials are seven general committee members. Becky George became a Trotter eight years ago. "I joined after moving to Devon from Scotland and having my fourth baby," she says. "My motivation was to lose weight but the competitive side of me meant that I began training more and more. I am built for comfort not speed and enjoy the endurance distances, particularly 10K. I did my first and only marathon in London in 2005 and have since moved into triathlon. I became a Level 2 coach two years ago and enjoy being able to give something back to the club."

Ronnie Jones started running in London, after getting beaten by his best mate in sports day at junior school. That was 20 years ago. "I ended up running for my county, Middlesex, and as Cross Country

Captain at Cardiff University, where I also made the Welsh Students squad," says Ronnie. "After several years of concentrating on work and partying, I discovered the Trotters in 2005. It took me a while to don my Trotters vest in a race, but with two top five finishes so far, 2009 looks to be the year I start to rediscover my form. But there's still a lot more work to do. I've got my sights on a decent 10K time and a good finish in the Club Championship, but long term, I'd like to beat my 1500 and 800 PBs on the track, and to try out half-marathons. I only wish I'd found the Trotters years ago."

Nikki Kennard loves the buzz of being a Trotter: "Since joining the club, I have felt a great sense of achievement after having enormous support and encouragement from everyone here," she declares. "This is always apparent when competing in races, as there is always someone ready to shout a few words of encouragement to spur you on your merry way. Just when I think I can't muster up the energy, the thought of meeting a great bunch of people to run with and maybe chat a little with (I know I talk too much!) gives me the motivation to pound the streets week after week. That and being able to eat lots of cake! I love running and being in the Trotters."

Stuart Moulson wears his royal blue vest with pride. "I have been a member of the club for three years and a committee member for two," he says. "I started to run after breaking my back in an accident. Joining the Trotters was the best thing I could have done. Running means so much to me — not just for the fitness side but also for what I call my 'mind therapy'. I thoroughly enjoy being part of this great club — because of the people in it!"



Royal blue line-up (left to right): Mark Becker, Tina Caunter, John Caunter, Mark Hamling, Ewan Walton, Dave Dunn and Rod Payne.

Rod Payne joined the club relatively recently but has wasted no time in getting stuck in. "I joined the Trotters for motivation in the early summer of 2008, having taken up running again after a long lay-off," says Rod. "I am now slow and old but in my former running life I ran on roads, including five London Marathons and over 100 half-marathons. I did track and field and cross country. I am returning to London this year and I just hope to finish in one piece. I am loving life as a Trotter."

Ewan Walton is known to be fond of a long ramble. "I joined the Trotters some years ago in an attempt to put some structure into the long runs I was doing on my own," he says. "I discovered that many of my new clubmates enjoyed one of my other great passions — good beer in convivial surroundings. I'm a big chess fan, too

(nobody's perfect!) and running is an ideal time to dream up those killer moves."

Syd Willocks is a vital part of our fine M65 team. He first became interested in running at the age of 11. "I've enjoyed 55 years of running (not always competitively), joining Paignton and Torquay AC, Crawley, Southampton and finally the Teignbridge Trotters. I was inspired by Roger Bannister's four-minute mile in 1954; also Emile Zatopek and Herb Elliot. As a teenager I clocked 2.01 for 880 yards and ran 10 miles in 68 minutes. My motivation is keeping healthy foremost, then keeping fit and having the opportunity to be competitive — as provided by Teignbridge Trotters."

# Under Canvas



John Ludlam

[Dave Dunn](#) gives more details about our camping weekend, which this year is at Trebellan Park, Cubert, near Newquay, Friday June 19 - Sunday June 21.

I hope that last month's article has set the pulses racing and that you've all been busy untangling your guy ropes and checking your air beds for punctures.

I have recently visited the camp site and in the spring sunshine it looked even better than it does on their website. We have been allocated a terrace all to ourselves with splendid views down over the fishing lakes and beyond towards the coast. To be sure of being placed on this terrace, and to take advantage of the special discount I have negotiated on our pitches, only use the booking form that will be inside the camp site brochures that I will be handing out.

The discount will reduce the standard charge per night for a tent, caravan or motorhome from £7 per adult down to £5.50, with £3 payable per child aged 3-15. Children under 3 go free. No charges are made for cars, but dogs are charged at £2 per night. Electric serviced pitches will cost £4 extra per night.

The shower block and toilets were being redecorated at the time of my visit, so I cannot verify that they will meet your exacting standards, but they should be smart and clean if the rest of the site is anything to go by.

The outdoor heated swimming pool was still covered, but it comes into operation before the end of May, and I'm assured that they like to keep it at a tropical 27 degrees centigrade, because the staff won't use it if it's any colder!

It was too early on a Sunday to sample the real ales and fine dining on offer at the neighbouring inn and, besides, I had a

cross country race to survive in just a couple of hours' time, but the menu offers something for everyone's taste, including the children, who will relish tackling the play equipment in the beer garden.

There's no little shop on site, but it's just a short jog across a couple of fields to the village, where, besides a couple of general stores, there's a chippie, and another pub. We're only a few miles west of Newquay, with everything that town has to offer, yet the site itself is a haven of calm.

There's bags of potential for good safe running, with the opportunity to access the coastal path via a network of other footpaths. The site itself has enough space for us to indulge ourselves in a game of rounders, cricket or football without disturbing other campers.

All in all, it's a little gem of a site and, given fair weather, we'll have a weekend to remember. If you haven't previously been on one of our camping weekends, you'll be in for a treat – just make sure you pack plenty of running kit as well as your favourite tippie.

I will be distributing brochures and booking forms, together with a full tariff of charges, every Wednesday at Dyrons from early April to any member who is interested. Then, when you're ready, make your booking direct with the camp site and you'll receive confirmation back by return.

Carry on Camping!

# Championship update

There have been a few adjustments to the Club Championship, following some race cancellations. Take a look at the revised line-up of events below.

Milos Erben



Section 1				Section 2				Section 3			
Half Marathons				10K's				Cross Country			
Date		Distance	Bonus	Date	Title	Distance	Bonus	Date	Title	Distance	Bonus
1	1 Mar 2009	<b>Dorchester</b>	13.1m	1	9 May 2009	Ivybridge	10km	1	11 Jan 2009	<b>Bideford</b>	8.0 & 4.8k
2	5 Apr 2009	Taunton	13.1m	2	13 Jun 2009	<b>Bampton</b>	10km	2	8 Feb 2009	<b>Bovey Tracy</b>	9.3 & 5.0k
3	21 Jun 2009	Torbay	13.1m	3	23 Aug 2009	Torbay	10km	3	22 Mar 2009	Redruth	8.1 & 4.9k
4	5 Jul 2009	Launceston	13.1m	4	9 Sep 2009	Exeter Track	10km	4	9 Oct 2009	St Austell	6.5 & 4.0k
5	18 Oct 2009	Dartmoor Vale	13.1m	5	27 Sep 2009	Taunton	10km	5	9 Dec 2009	Exeter	9.2 & 5.0k
6		PLUS Wildcard	13.1m	6		PLUS Wildcard	10km	6		PLUS Wildcard	8.5 & 4.5k
Section 4				Section 5				Section 6			
Short Miscellaneous				Long Miscellaneous				Long Off Road			
Date	Title	Distance	Bonus	Date	Title	Distance	Bonus	Date	Title	Distance	Bonus
1	1 Feb 2009	<b>Exford 5</b>	5.0m	1	25 Jan 2009	<b>Burton 10</b>	10.0m	1	11 Jan 2009	<b>On My Gravel</b>	10.8m
2	First Wed	Exeter 3k Series(Best FMOND)	3.0km	2	15 Feb 2009	<b>Plymouth Hse 10</b>	10.0m	2	24 Feb 2009	<b>Coleridge 3 Hills Challenge</b>	10.0m
3	Last Friday	Sandygate Loop(Best Apr-Sept)	4.0m	3	12 Jul 2009	<b>Wellington 10</b>	10.0m	3	27 Sep 2009	Autumn Trail	8.0m
4	4 Jun 2009	Dawlish Dash	4.0m	4	11 Oct 2009	Teign Valley Toddle	10.0m	4	15 Nov 2009	Drogo 10	10.0m
5	11 Jul 2009	Duckponds	4.35m	5	25 Oct 2009	<b>Strete Challenge</b>	10.0m	3	29 Nov 2009	Bicton Blister	10.5m
6		PLUS Wildcard	4 to 5m	6		PLUS Wildcard	10 to 15m	6		PLUS Wildcard	8 to 11m
Section 7				NEW -							
Date	Title	Distance	Bonus								
1	8 Aug 2009	Jeremiah's Journey	5.0m	COMPLETED							
2	6 Sep 2009	<b>Treggy 7 - CLUB TRIP</b>	7.0m								
3	11 Oct 2009	Honiton 10m	10.0m								
4	18 Oct 2009	Dartmoor Vale Marathon	26.2m								
5	8 Nov 2009	Tavy 7	7.0m								
6		PLUS Wildcard	4 to 26m								



# Chairman's Report

## What did Chairman Roger Hayes have to say at the AGM in February? Quite a lot, actually. Read on...

Good evening everyone and welcome to this year's AGM. Tonight's meeting should be a fairly short affair as there are no resolutions to discuss and then vote on. Having said that, you will have an important part to play in choosing the seven general committee members from a list of 11 wishing to stand.

To say I was a tad concerned with only one week to go before nominations closed was an understatement, as we would have had a committee of just three. Thankfully the email I sent out to all members had the desired effect and the list in front of me now looks considerably healthier.

The past 12 months have seen another successful period in the history of this great club. Our six races all went well, although numbers were down in all of them, a sign of the times. People are making cutbacks and trying to save a few quid here and there. I think most races have experienced a decline in numbers so I don't feel we have anything to worry about. The positive comments that our race directors receive from runners certainly underline that.

We have a change at the top for the Ladies' 10K. Vicky Hales, having been race director for a number of years has decided to stand down. I would like to take this opportunity to thank Vicky for all her hard work and efforts not only with the Ladies' 10K but also as her former role as club coach and indeed committee member. I would also like to wish Michelle Willocks-Watts good luck in her new role as Ladies' 10K Race Director.

Another person new to the job is Jan Caunter, having taken over from Ian as chief coach co-ordinator. I think Jan has already aged 10 years since her appointment. Joking aside, the job is a tough one, but I'm sure with the rest of the coaches support she will make a great success of it. The four groups that now operate out of Newton Abbot Leisure Centre on a Wednesday certainly give a great choice to the masses that now turn up on a regular basis. Thank you to all of our coaches and good luck to Ewan and Buzz who will hopefully join that team shortly.

Still on the theme of change, it was an end of era as far as the paper version of *The Trotter* was concerned. John Crocker had done an excellent job over many years but felt it was time to call it a day. However all was not lost, as we now have the new on-line version, produced by John Ludlam. A huge thank you to both of you.

Last year's results on the road were very impressive, with many fine individual performances as well as some hearty team

efforts. The Club Championship and the introduction of the wild card entries proved popular. I would like to think that this year more members than ever will give it a go. Twelve races is not that much of an ask, so get out there and get racing.

Last year saw a good social side of life in the Trotters. There were two stag and one hen weekends away, the annual cricket challenge and bike ride, Chairman's BBQ, the club camp, club trip, Callow in the rain and the BBQ on the back beach, to name but a few. And of course Stewart Dunn and John Tweedie made it 20 and 21 respectively in the tattoo count!

On to a more serious note. At the end of next month each of you will be given the option of handing over £5 to EA. This will give you the right to enter EA permitted races and claim the £2 discount for being a member of an affiliated club. This of course was something we all did anyway, as before our membership to the Trotters was enough to get our discount. But not any more. So what are EA doing with all our fivers?

They promised to put it all back into road running and that we would soon see the benefits. Well, quite frankly, that hasn't happened. Trying to get a grant to help with coaching fees or a grant to go towards the cost of a race clock is a total waste of time. The pathetic amount set aside for such purposes is scandalous. In my opinion they are ripping each and every one of us off.

I don't believe they are interested in developing road running. Their main aim is raising funds for 2012. Their heavy-handed approach and inability to do anything consistently really does beggar belief. I for one will not be handing over my £5 next month. I will enter EA races (where the entry form asks for my competition licence) as an unattached runner. I will however wear my Trotters vest with pride, something they can't stop me from doing.

Thankfully, there is an alternative and although I believe as a club we should affiliate to both, my view is that ARC truly care about the future of road running in this country. They offer an alternative that is friendly, more helpful, less complicated and far cheaper. I only wish more clubs like Axe Valley, and indeed ourselves, would hold races under ARC rules with an ARC permit. Then, perhaps, EA would drop their ridiculous £5 charge.

Before I finish, I'd like to wish you all a successful year on and off the road.

# Secretary's Report

Club Secretary Mark Becker reviews 2008-2009 and concludes that the club's success is down to you lot...



Another year, and plenty of new faces in the club, although the membership total seems to vary little. It's always interesting to chat with new members and wonder how involved they may become with the running of the club. I'm glad to say that nominations for the General Committee are good, with many of these newer members putting themselves forward. Well done to them.

The club's relationship with England Athletics over the past year has been testing, with issues over affiliation of which I am sure you are aware having read *The Trotter*. The committee has democratically stuck to its guns over payment of services not received but this has now been resolved having made sure our point was made. My thanks go to Dave Dunn and other members of the sub-committee that met with the England Athletics' representative and proved we are not a club to be led by the nose.

The reorganisation of England Athletics has resulted in a lack of availability of courses for coaches and officials over the past few months. This has seriously delayed the progression of a number of members who have put themselves forward for courses, Level One coaching in particular, but fortunately there are courses now available in the spring that we have reserved places for. This is great news for the club, as this will help to ensure that four training groups are maintained on Wednesday nights and also I know the new coaches will bring along their different training ideas.

The use of Forches Cross as a venue for Summer Time Trials proved less than successful last year, mainly due to the weather I might add, but it remains to be seen whether this will be tried again this year. The 10K relays held there are always popular and we always seem to be lucky with the weather, so long may this event continue. We are fortunate to have a good relationship with the school responsible for the fields at Forches Cross and hopefully they will agree to us using this facility again this year...

The club has been approached regularly with offers from various organisations to involve us in their business; the latest being an opportunity of free sport analysis which has proved very popular. All enquiries are discussed fully by the Committee before they are circulated to members.

With lots of new members, it would be good to arrange the evening of free running gait analysis again which has always been popular with invaluable information being gained.

To conclude, our own Trotter races went well over the past year, although attendance was down slightly at some events. As Assistant Race Director for the first time at Bovey Tracey Cross Country, I was very relieved to find so many willing, helpful Trotters who not only marshalled superbly, but rallied to extra duties when asked. It reminded me that the club is the success that it is because of its dedicated members.

That's you. Thank you.

# Treasurer's Report

Club Treasurer **John Caunter** reveals the bottom line.

As usual I have presented the accounts to show members the performance of the clubs races, and our charity donations.

As you can see from the balance sheet, and the table below, the profit from our races is down by £952, having fallen by £1,154 the previous year. With the exception of the Totnes 10K, all races had reduced profits, with the Ladies' 10k being the worst (a drop of over 50 per cent). The Totnes 10K showed an increased profit of £550.

As a club, we have an excellent reputation for organising races, so as always a big thank you to all our Race Directors for their hard work and enthusiasm, and along with this a big thank you for the willing support of all the Trotters who help. This year, we have a new Race Director for the Ladies' 10K. Good luck, Michelle, and thanks to Vicky for all her hard work in the past. The Bovey Tracey Cross Country is not included because financially it provides no income or loss. However, thanks also go to all who helped.

The profit from all races was £3389. This profit is what keeps this fabulous club solvent, and allows us to keep our subscriptions among the lowest known. As you can see from the balance sheet, without the help of the loyal band of marshals and other helpers we would have made a loss of over £2,200 last year, £5,500 in 2007 and £2,053 in 2006. These races also allow the club to give donations to charities, which last year amounted to £1,361; £9,682 over the past six years.

Ironbridge Runner, are again supporting all five of our races, but unfortunately the support has been reduced to around £950 (£1,300 last year). This will obviously put further pressure on our race profits.

The balance of funds at the end of 2008 was £16,798.81, and at the end of 2007 it was £14,522.31. As can be seen by the difference between the two figures, the club has profited by £2,276.50 during 2008. This figure is higher than 2007, due to our 25th Anniversary celebrations, which cost the club £2,402.58. It doesn't take a genius to work out that if the celebrations had been in 2008 we would have shown a small loss.

## Income

Two items to mention: Equipment and Kit sales have returned to a more usual amount. (It was very high in 2007).

Miscellaneous in 2007 was almost entirely 25th anniversary income.

## Expenditure

There are only two items to mention. All the others show the usual year on year variation.

1. Equipment & Kit: Down and reflects the drop in sales.
2. Races & Coaching up by £433; back to a similar level of 2006 (2007 was very low).

## Club kit in stock

End of 2006 = £1758

End of 2007 = £1806

End of 2008 = £1902

## Great year ahead

I am sure that 2009 will be yet another great year for Teignbridge Trotters. This year you all have the opportunity to represent our club at the championship races and by doing so obtain free single membership for 2010. Get out there and enjoy the Club Championship.

Once again, a personal thank you from me to all of our club coaches for the excellent job they do. With the growing numbers of members their job is getting more and more difficult. Please support them.

All that remains now is for me to thank the officers and committee for their support during the last 12 months and to wish the club and all its members every success in 2009. If there are any questions I will be more than happy to answer them.

	2004	2005	2006	2007	2008
Club Profit	£1965.05	£175.37	£3442.34	£508.32	£2276.50
Race Profit	£2287.82	£3691.14	£5494.74	£4340.79	£3388.67



# Insider Information

This month, our new Ladies' Captain, Clare Youngman, gives us the lowdown on a competitive series of races that makes the most of those long summer evenings: the Sandygate Loop.

Finding the cost of races too expensive? Struggling to find a convenient local race? Enjoy camaraderie and competition? Want a FREE run where timekeepers are present? If you answered "yes" to any of the questions, then our very own Sandygate Loop Series could be the answer for you.

The races are run on the last Friday of each month from April to September. The run starts and finishes in Sandygate village just outside Kingsteignton. The loop is a measured four-mile circuit along quiet, country lanes.

The course is challenging, but very rewarding. Being in a series, it means each time you can challenge yourself and try and beat the clock! Each mile also has its distinct features – as explained below (with tips on how to tackle each one).

**Mile 1:** The run initially takes you through and out of Sandygate village (slight incline) on to country lanes (flat). Then a left turn (slight decline).

**(Tip:** Quite an easy start, so don't go off too quick. Keep something in reserve!)

**Mile 2:** Keeping to the right, then turning right at the T-junction then bearing left for the toughest part of the loop (gradual incline all the way).

**(Tip:** Just dig in, find your zone and work your way all the way to the small hamlet of Gappah.)

**Mile 3:** At last Gappah! Turn right (sharp decline), short section of flat then sharp incline up the other side, right turn, then a gradual decline through a lovely, tree-lined lane. Finally going homeward bound!

**(Tip:** Relax on the downhill, dig deep up the uphill, get your breath then push for home.)

**Mile 4:** Last bit, back the way you came at the start of the loop (flat or gradual decline) and back into Sandygate village to where you started (gradual decline).

**(Tip:** If you have anything left, this could be a fast mile. So dig deep, relax, enjoy the summer's evening!)

That's it! It's a great way to target a particular pace, time or just a means of getting a few extra miles under your belt. Whatever the reason, please give it a try this year!

Of course there is an optional extra of some well-earned refreshments afterwards at the Sandygate Inn, which is conveniently located nearby!

See you there.

## Meet Clare

"I've been a Trotter for quite a few years now (you'll know this when you see me wearing my club vest!) and it is an honour to take up this position in the club.

I would like to thank Jan Caunter for the great job she has done as Ladies' Captain over the last couple of years and I shall endeavour to follow in her shoes with continued successes for the ladies both individually and as a team. We are a strong club with a quality standard of ladies – so let's hope we can scoop some prizes up this year!

As I am also a club coach, I will hopefully meet most of you over the next month or so – but if I don't please do not hesitate to contact me (see contact details below) if you have any ideas, suggestions, PBs, prizes, achievements, etc.

I have a few ideas up my sleeve which I will hope to share with you in the next edition. So in the meantime – keep on running and enjoy the springtime!"

email: [clare.youngman@nhs.net](mailto:clare.youngman@nhs.net)

John Ludlam





## Who is it?

We've had quite a few guesses concerning the identity of this young man but no one has managed to work it out yet. So, you have another month to try to score that bottle of Rioja.

Meanwhile, no one managed to guess January's photo-teaser, so it's time to put you all out of your misery. It was none other than yours truly, *Trotter* editor John Ludlam! I've obviously changed quite a bit since 1964...

## The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month, the focus is on beginners. We all have to start somewhere!

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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