

# The Trotter

Teignbridge Trotters Newsletter

Number 1

January 2013



The 2012 DD drinks station team at the Rugglestone Inn, Widecombe: Jose Waller, Dave Foster, Jackie Piper and Maurice Piper.

## Dartmoor Discovery Saturday 1st June – Tarquin needs YOU again!

Last year's event was an outstanding success and we, as a club, are now known throughout the UK racing/running scene for organising a great event for two successive years. However, none of it would have been possible without the help, hard work and enthusiasm of every one of you that gave up your time and rolled your sleeves up, playing your part in making this event work. Whether you were one of

those out marshalling on the course (sometimes in the middle of nowhere!); or as part of a team at a drinks station, ensuring that each runner gets their personal drink or just water and a sponge; or back at Princetown on car park duty (being the first face of the Teignbridge Trotters that a nervous runner will see when they arrive); or on one of the many behind the scenes jobs, you were all magnificent!

# News Desk

Chairman [Roger Hayes](#) reporting.

Here we are then, the first ever edition of the Trotter produced by Sarah and Keith. I haven't read it yet but I'm sure they will have done a great job putting it together. Please remember though, it is essentially your club magazine: without your input it simply won't exist. So get your thinking caps on, get writing and let's support these two with their new challenge.

Our first Trotter race of the year is the Bovey Tracey Cross County (full details of which were in the last edition of the Trotter). There will be a recce run the day before on Saturday 9th February. This will start from Parke Estate at 10am and is open to all Trotters, regardless of abilities. Howard Cotton, the Race Director, tells me dogs are welcome. So, please feel free to bring your four-legged friend and don't forget its towel, it will be muddy!

This year's presentation and awards night was a great success. We sold 102 tickets, which was 15 more than last year! Everyone seemed to thoroughly enjoy themselves. John and Tina did us proud with the food and Rod and Lucy did a great job with the raffle. This year's date has already been booked for Saturday 14th December, once again at the British Legion in Kingsteignton. The three lucky winners to be pulled out of the hat for the club's London Marathon places were Dennis Milstead, Tim Hassell and Lance Mason. Our Christmas card raised a grand total of £165.00. Thank you to everyone who donated and thanks to Rod Payne for organising it. It means we can present the 9th Paignton Guide Pack with a cheque for £330.00.

The Mince Pie Marathon before Christmas was a huge hit. A massive turn out of Trotters enjoyed a seven mile run and the kind hospitality of Sally Ingledew, Jess Whitehouse,

Clare Youngman, Gary Watson and Dave Dunn, who all opened up their houses and provided us with some lovely mulled wine and a fine selection of mince pies and other goodies - thanks guys. Rod and Lucy Payne organised the Christmas social run, which took place between Christmas and the New Year. Those who attended were treated to a very enjoyable run around Paignton, which included a drinks station with a difference manned by Jean and Buzz Terrill (many thanks) and a lovely spread back at the Paynes' house.



Gifted: Kirsty Bowman and Fizz all wrapped up for the festivities.

Please accept this as formal notice of our AGM that will take place on Wednesday 27th February. We hope to hold it in one of the rooms at Coombeshead College. An agenda will be sent out to all members. This will include any resolutions and an attendance record of your current committee. I can inform you that Rod Payne and Noel Fowler have decided not to stand again this year. I would like to take this opportunity to thank them both for their time and effort whilst serving on the committee. May I remind you that ALL positions are up for grabs and a list of nominations can be found on our noticeboard at the College. If you don't want to apply via that list, you can still

stand by informing our secretary, Mark Becker, of your intention and provide him with the names and signatures of your proposer and seconder. Nominations will close 14 days before the AGM. Any Resolutions need to be sent to Mark 14 days before the meeting with the name and signature of the proposer and seconder. Finally, committee meetings take place on the second Monday of the month at Kingsteignton British Legion Club, and usually last between two and three hours.

I'm saddened to report that my request for time keepers in the last edition of the Trotter yielded precisely a zero response! I hope my plea for a new Race Director will fare

# Membership Report

Membership Secretary **Dave Dunn** introduces a new recruit and makes a special appeal to members.

It's been rather quiet of late on the membership front, with just one new member joining since the last edition of The Trotter, bringing our membership total up to 249. Our sole new member is Cath Pilton (47) from Chudleigh Knighton. Cath has been training regularly in our Improvers Group on Wednesday evenings since before Christmas.

The big news this month is that England Athletics have decided to increase the registration fee for competing members from its current £5 level to £10 with effect from 1st April. They claim that they need the money as government expect EA to rely less on state hand-outs but to generate a greater percentage of its own income.

This 100% increase in the cost of an EA competition licence will no doubt test the resolve of some of you, as you now have to enter at least five EA permitted events during 2013-14 in order to break even. EA of course claim that the benefits of registration go beyond purely the financial saving on race entries.

better! It is with regret that John Caunter has decided to stand down as the RD for the Templer Ten. John became the RD when the Trotters took over the staging of the race from the Devon & Cornwall Police back in 2002. As I'm sure many of you are aware, John has been out injured for the best part of a year. Sadly, it now seems that his injury looks like curtailing his running for good. On behalf of us all at the Trotters, I wish him well and thank him for all his fine work whilst Race Director for the Templer. If you feel you would like to know more about what is involved in becoming a Race Director, please speak to John or myself, as we will be more than happy to go through it with you.

So far four Trotters have had to pull out of running the DD. Can I ask, if you've entered and have to do the same, please let me know before contacting someone on the reserve list.

The minibus that I've organised for the Duchy 20/Marathon is now full and there are three members currently on the

Our own subscription levels for the 12 months commencing 1st April will be decided at our AGM on Wednesday 27th February. Your committee will be recommending that they remain at £12 for individual first and second claim members, with £20 for family membership. This represents tremendous value at an average of only £1 per month, with no attendance fees, but this is only possible through the efforts of our members helping us to stage some of the best and most profitable races around.

So when Tarquin, or Wurzel, or Stewart, or whosoever posts a plea for marshals for one of our races, don't hesitate – put your name forward and help keep our membership fees affordable for anyone who wants to run.

Right, I'll get down from my soapbox and make a special mention of our members who will be celebrating a landmark birthday during February. So congratulations go to Jimmy Donovan who becomes 50, to Syd Willocks who reaches 70, and to Ross Becker who will be 21. Happy birthday lads!

reserve list (see below). If you have to pull out for whatever reason please let me know.

## List for Duchy minibus:

Chairman  
Guy Roberts  
Tarquin  
Fizz  
Tommo  
Skippy  
Dave Dunn  
Jess Parkes  
Wilf Taylor  
Eleanor Taylor  
Smokes  
Neil Pallant  
Jacki Woon  
Mark Hutchins  
Ruth Johnson  
Ian Langler  
Emma Sidebotham

Reserves are;  
1. Mark Wotton  
2. Angela Blakesley  
3. Pete Blakesley



... continued from front page

Your help, in whatever capacity it may have been, was absolutely essential. Everyone played their part in ensuring the whole event went off in an organised and successful way.

It takes a lot to organise an event such as the Dartmoor Discovery and it is not something that can be run by just one or two people. Your hard work and



Race official Clare Youngman keeps smiling despite the weather.

enthusiasm was very much appreciated by all of the participants of the race last year. I clearly remember, after the race, a number of runners and their supporters coming up to me and thanking me for how well the race was organised. Most of all, the runners said how much they appreciated how supportive the marshals were. The encouragement and real dedication of the marshals, out on the course, really shone through. This is one tough race to participate in (I know, I've run in it twice!) and the biggest thing that can get a runner out on the course is their mind. So, having marshals to cheer the runners on and offer encouragement, certainly is vital and can literally be the difference between a person pulling out of the race or finding the inner mental toughness to carry on.

So, here we are in a new Trotter year and thoughts have now turned to the planning of this year's Dartmoor Discovery ultra marathon. I will again take up the role of Chief Marshal and it is my job to find willing volunteers to assist with general marshalling duties around the course and to run the various drinks stations.

I need your help again this year please! The race will need approximately 80 marshals, covering the ten feeding stations, the numerous cattle grids on the course, the busy town of Ashburton and the various key points along the 32 and a bit miles. A number of you have already approached me stating your willingness to assist – thank you if you are

one of those. I now need more of you to come forward and offer your services. This year we have a massive 29 Trotters running in the event, which is another increase on last year. That, in itself, is a large number of potential helpers unable to help. However, with our club's membership total of approx. 250 members, this

still leaves well over 200 members who could help!

Can you please check your diaries and see if you can be available on Saturday 1st June to again help make this year's Dartmoor Discovery another success? The actual requirements are not that onerous: although the race time limit is 6½ hours, marshals will certainly not be expected to stand out there for that length of time! Even if you can only spare a couple hours of your time, that would still be a great help.

Please text me on 07513 544938

or drop me an email at

[teignbridgetrottertarquin@btinternet.com](mailto:teignbridgetrottertarquin@btinternet.com)

Your help will be greatly appreciated. Remember, without your help, our great club simply would not be able to stage an event such as this!

# ON ON to OZ

Rex Barnes writes a note of thanks to the Club as he heads off in search of Aussie sunshine.

*I leave for a new job in Melbourne immediately after Christmas and just wanted to thank you for a fantastic couple of years with the Trotters.*

*Whilst I will never bother the Championship or break any records, I have really enjoyed my time at the club. The atmosphere is great and everybody so friendly.*

*Rodders and his coaches deserve a medal. Every Monday and Wednesday evening has been awesome - how they keep everybody satisfied and deliver such varied and rewarding training is amazing. I am really grateful to them.*

*If any Trotter finds themselves in Melbourne, please give them my email address as I promise them a bed and beer. Indeed, how about the Melbourne Marathon/Half/10k in late Oct/Nov. Now that would be a club trip!*

*Thanks again and regards to all.*

*I'll see you in three years - or sooner if I get the sack!*

*Rex*

## One for the Trophy Cabinet

The reasons for awarding the much sought after HA trophy can seem obscure. John 'Skins' Skinner sheds some light on the dark arts.

And the winner of the 2012 Horse's Arse trophy is...

...Mark Wotton.

Those of you who attended the presentation evening will recall Mark's stately and utterly appropriate swagger across the dance floor to receive his trophy. Enough said, I would have thought. After all, am I not the tyrannical sole custodian of said trophy? Surely, what I say goes? Wurzel, 2012 Horse's Arse. End of.

It would appear not. Apparently I'm to expand. One half of our brand new editing partnership, Sarah, has requested that I explain Mark's victory in greater detail. I have to admit my first thought was, have you never met Wurzel?

Over the years the nature of the Horse's Arse trophy has changed, evolved. Back in the day I would studiously log every horse's arse point in my horse's arse almanac.

These days, however, I adopt a far more relaxed approach, a general overview one might say: the victor often rising to the top purely by the process of osmosis. If there was one episode that nailed it for the great one, however, I suppose we should look no further than his dazzling performance in Barcelona. Actually, to be precise, he was in Bristol airport carpark, with Pat and Smiler, waiting for the AA man for 8 hours. It was his car keys that were in Barcelona. When the AA man finally arrived and mobilised our hero's wheels, Mark proceeded to drive an irate Pat the wrong way up the M5! Good old Wurzel; never lets you down.

So, let's hear it one last time for the reigning king:

**Mr Mark Wurzel Wotton.**

# Trotter races for 2013



Peter Royle

Off with a bang! The not entirely understated start of the 2012 Totnes 10K event.

Marshals and helpers are essential for the success of Trotter events. Chairman [Roger Hayes](#) clarifies where we all stand.

There was a little confusion last year regarding marshal points and London marathon places/club trip race entries. Members were also unsure on what they were entitled to as far as packed lunches for marshals were concerned. There was also the new rule introduced at our last AGM, that only allowed members to enter a certain number of the club's races. I thought it best to make all of the aforementioned perfectly clear at the start of this year so you all know exactly where you stand. New members joining through the course of this year will also be informed of what you are about to read! As a result there should be no need to get confused!

Let me start by saying that without your help at our races we simply wouldn't be able to stage them. They are totally reliant on your help. We are one of the biggest running clubs in the South West, with the best part of 250 members.

Thankfully, because of this, we have a huge pool of people who we can call upon to help out. Yes, there are the stalwarts who can always be relied upon, you get that in every club/organisation, and we are very grateful to them, but we are also blessed with a large number of members who want to give something back to the club and see marshaling as a way of doing just that. Your committee are fully aware of that commitment and are constantly thinking of ways to say thank you (other than verbally!). We started giving packed lunches to marshals at all of our races, however, that became rather problematic and many members told us they didn't really want them at certain races. Therefore we have revised it for 2013 and the following will be applicable to all marshals/helpers (NOT RUNNERS!).



...without your help at our races we simply wouldn't be able to stage them.

**Bovey Tracey Cross Country** - 10th February

- A voucher for a burger and a coffee/tea

**Dartmoor Discovery** - 1st June - A packed lunch (including a cold drink)

**Haytor Heller** - 20th July - A voucher for a hot or cold drink and a burger/hot dog or sandwich/cake

**Totnes 10K** - 4th August - A free hot or cold drink

**Ladies 10K** - 15th September - A free hot or cold drink

**Templer Ten** - 3rd November - Nothing! (Sorry, we can't do the catering as it's held at the Passage House!)

As with all our races that we organise, including the Bovey Tracey Cross Country, it is the Race Director's final decision on who is awarded a marshal point. For instance as I'm the RD for the Totnes 10K, I don't think marshaling the fun run

for 10 minutes warrants a point. However, stuck in a field marshaling the 10K for an hour does. There are a total of 6 points up for grabs. This is what your points will entitle you to:

4 points will get you a place in the draw for any London Marathon places we may receive from England Athletics. This does not depend on getting into the national ballot.

2 points will get you a free race entry for our chosen club trip, which this year is the Jack'n'Jill Challenge. It also entitles you to free coach travel to that race, and bring a maximum of three guests free of charge. If any of our second claimers obtain two points and as long as there is room on the coach, they too will be allowed free coach travel and can bring three guests free of charge. Our life members get all of the above regardless of how many points they get.

Members are allowed to enter a maximum of three of our races per calendar year, one of which must be the Bovey Tracey Cross Country. Otherwise only two of our races can be entered each year.

## ***The Art of Running Faster - a couple of tips brought to you by the editors.***

The December edition of The Trotter carried a review of the book 'The Art of Running Faster', by Julian Goater. Julian's wife Sue spent a number of weeks in the area and joined us on Monday evenings during this period. Sue has emailed her thanks to the Club as follows:

*I just wanted to write and say 'thank you' to the Club for including me and making me feel welcome on the four or five Monday night runs - I thoroughly enjoyed all those hills! It was really good to get out with a group and be taken on a magical mystery tour in and around Newton Abbot - I won't forget some of those spectacular night time views.*

*On a slightly different note, my husband has recently written 'The Art of Running Faster'. It's selling quite well and the Amazon reviews are very encouraging. I wondered whether any of the club members would be interested in buying a signed/personalised copy for £13 including P+P (£11 on Amazon but unsigned).*

*Also, Julian does quite a few club coaching days around the country - and it would be good to have an excuse to get him down to Devon - if you think that a club training/coaching day or evening workshop would be of interest to your members, please don't hesitate to get in touch. I've copied Julian in and his website address is: [www.feelgood-factors.com](http://www.feelgood-factors.com).*

*Kind regards  
Sue Goater*

If anyone is interested in the coaching offer it would be worth mentioning to a committee member. If you'd like a signed copy of Julian's book, click on the website and mention the Trotters in any correspondence.

# Streets of London 2012

Trotters newcomer [Graydon Widdicombe](#) shares his experiences of some Olympic events in last summer's London 2012 Games.

Hi all. My name is Graydon, I'm a runner and new to the Club. As a newbie to the club, I'd just like to say a quick thanks for making me welcome and I'm really enjoying being a part of the Trotters. I do, however, feel I need to let you know that "Graydon" is actually my real name, and not some pseudonym I use on Facebook!

I now have the confession out of the way. Following Roger Hayes's Facebook post requesting articles for this edition of The Trotter, I thought I'd put fingers to keyboard for my first attempt.

My wife and I decided we wanted to try and go to the Olympics more or less as soon as it was announced that London's Olympic bid was successful, back in 2005. When tickets finally came on sale, we had two objectives. The first was to try and get inside the Olympic Park for at least one event (knowing that certain events would be out of our price range), and the second was to try and see a marathon and/or triathlon and soak up the atmosphere at these free-to-view events. As it turned out we were able to meet both of these objectives, which was great.

The Women's Marathon was held on Sunday 5th August and

we got our space on the Embankment. We chose that spot as we knew we would be able to see the runners several times as they ran up and down the road (the Olympic route was different to the normal London Marathon course). It was a great location. The weather wasn't favourable but, even so, the streets were lined with supporters from lots of different countries and it was great seeing all the runners. The photo is of Team GB's Freya Murray, who was called in to replace the injured Paula Radcliffe. She finished as the highest placed British athlete in a time of 2:32:14.

The Men's Triathlon was held on Tuesday 7th August and we made our way over to Hyde Park where the event was taking

place. In terms of getting a good viewing spot, due to the vast numbers of spectators, we had to adopt some tactics. We knew that we had a good chance to witness two out of the three disciplines so we decided to purposefully miss the swimming and instead get a spot on the rail for the



Team GB's marathon athlete Freya Murray pounds along the Embankment.

cycling, where the athletes were due to ride past seven times. About two-thirds of the way through the cycling, we went over to the running area where we also got a good spot and were able to witness the Brownlee brothers claiming their gold and bronze medals. Hyde Park was rammed with people, and it really was a fantastic atmosphere and great experience to be there as Team GB did so well. The picture is of Team GB's gold medallist, Alistair Brownlee. After this,



we went and found a London pub where we sampled some lovely London Pride ale.

I mentioned that one of our objectives was to also get inside the Olympic Park, and we managed to get some cheap tickets to see the Water Polo. Knowing very little about Water Polo before we went, we quickly learned that the Hungarian supporters are absolutely nuts about the sport and the Romanians like to bend the rules of the game....

So, all in all, a great experience and I'm really pleased we managed to be part of the successful Olympics that London



Alistair Brownlee powering through the capital, as snapped by Graydon.

# Club Trip

Club Trip impresario **Kevin Besford** announces this year's extravaganza.

We have made a choice for the 2013 Club Trip.

We have selected the Jack'n'Jill's Challenge [http://www.somerac.org.uk/jack\\_jill/](http://www.somerac.org.uk/jack_jill/) on the 12th May in Radstock, Somerset. It is a 10k-ish race that is all off-road.

The race is an 11a.m. start with a fun run starting at 11.10 a.m.

Any queries please give **Kevin** a shout on 01626 351892, email at [kevinbesford@uwclub.net](mailto:kevinbesford@uwclub.net) or facebook or of course catch me on club nights.

If you have two qualifying points from 2012 then the race and the bus are free. Up to three family members can also have a free place on the bus. If you do not have two points then the race entry fee has been discounted for us by the Race Director to £7.50. The bus will be free but any additional family members will have to pay £5 each. Entry forms will be in the key box shortly and are also reachable on the Trotters race diary page. All entries to me please.

# Club Championship report – Mid-January 2013

Tarquin tells the story so far.



Budding champs: Lance Mason, Helen Anthony, Tamsin Cook, Beverley Dennis, Tarquin, Catherine Barnes, Jo Becker, Alan Boone and Mark Becker after the Axmouth Challenge.

The season kicked off to a flyer on Sunday 13th January, with 26 Trotters venturing out to the first two tough openers. The 'Oh My Obelisk' and the Axmouth Challenge both were scheduled on the same day, which provided for an unfortunate, but interesting clash. Both were tough races, although the muddy and extended off-route course of the Dawlish event proved to be the more arduous. But this in no way meant that the Axmouth Challenge was the easier option, as that proved to be a very hilly and tough race in its own right.

It was generally thought that the 'Oh My Obelisk' event would be the more popular with Trotters and the cunning Championship campaigner ventured to Axmouth to seek the potentially easier to obtain 50 points. As it turned out, the Trotters provided a good representation to both events.

Clashes are sometimes unavoidable, but they do actually provide for a bit of interest and 'gamesmanship' when planning one's championship campaign. However, it was never my intention for the first race of the season to provide for such a clash. A number of Exeter and East Devon clubs are planning a meeting to discuss next year's schedule and hopefully this will result in the start of the season next year being a bit more evened out.

Although we have only had two races, we can already see that some of the main players from last year have already nailed their colours to the mast! Helen Anthony and Sally Ingledew have both started with the maximum 50 points from their races for the ladies, with Helen taking the top spot, due to a slightly better age-graded percentage for the

# I wholeheartedly encourage every Trotter to give it a go!

race. For the men Garry Smart has again shown what he could achieve if he actually committed to the championship for the whole twelve races needed. Garry has started off with a good 50 points and now leads the men due to a whopping age-graded percentage of 73.55 for the 'Oh My Obelisk'. Garry is running in a rich vein of form at the moment and his MV45 category gives him the age-graded edge that could make him an unstoppable prospect this year.

With Garry and Tommo both down to run at the Obelisk, Lance Mason took the smart move to not go head-to-head with them, but race at Axmouth instead. However, Lance didn't snatch the 50 points on offer at Axmouth easily; another super-

Vet is also quietly hungry for points! Alan Boone has expressed an interest in completing the championship this year and narrowly missed out on 50 points, falling less than a half a percentage point behind Lance. The top four in the men will provide for a hard fought battle all the way through the season for sure!

By the time you read this the championship will have moved straight onto the First Chance 10k, with a large number of Trotters down to run in it. After that we move into February and this month is packed with races. The first of these, the Bovey Tracey Cross Country event, is on Sunday 10th February. This is the event that the Teignbridge Trotters organise and due to the men and women running in separate races at different times, it is possible to marshal one race and cheer on your fellow Trotters of the opposite sex, before running in the next race yourself (or vice-versa!). So please support this event and volunteer to

help with the marshalling duties – details of how to do so are elsewhere in this edition of the Trotter.

I must now raise the issue of club nicknames and the use of them in the championship spread sheet. Last year, as an experiment, I used people's nicknames, instead of their proper names. The Trotters is a club where nicknames seem to matter. However, it was generally felt that the use of nicknames was not

appropriate for the club championship (mostly because some people didn't know who some of the nicknames referred to!), so I have reverted to the use of proper names for 2013.

Whatever your reasons for racing or running in general with the club, I hope that nobody would be put off from considering completing

the championship. It's not some sort of elitist spread sheet, where only the mega-competitive and fast Trotters can take part. The championship is a designed and put together for all to attempt and it is all about setting yourself the challenge of completing the required twelve races, over a series of seven disciplines. It should be fun and nothing too serious and always provides for a good talking point amongst Trotters – even the most non-nerdy Trotter will find themselves endlessly discussing age-graded percentages and where to get the best points!

You do not have to formally announce your intention to complete the championship; all Trotters are automatically entered into it and you start picking up points as soon as you complete your first race that is in the championship. I wholeheartedly encourage every Trotter to give it a go! For the last two years we have had record numbers completing the championship – let's go even better for 2013!



In a rich vein: Garry Smart competing in 'Oh My Obelisk'.



# The Trotterview

This new feature is designed to be an entertaining way of getting to know one another better.

Teacher by profession and Trotter stalwart [Noel Fowler](#) is the first brave soul to expose himself to scrutiny.

**1. What name do you like to be called by?**

Noel

**2. What's the worst thing someone has called you?**

I have been sworn at a lot - it comes with the job I did I'm afraid but a particular nickname I remember getting at one school was Chicken George - started by a kid I taught at around the time when there was a series on TV about black slavery called Roots - I think. No doubt I have been called worse out of my hearing!

**3. When did you start running?**

1981

**4. Why did you start running?**

I was motivated by watching the first London marathon on TV. At work the next day three of us said we would train up to run it the next year.

**5. What do you like about running?**

Two things really - the time to myself, clearing my head and letting my thoughts wander together with a real sense of achievement and well-being when I have finished. I love the feeling of physical tiredness especially after a hard session.

**6. What is your best memory of running?**

There are so many - taking part in events with club members always stand out. The first club I belonged to organised a long distance relay each year. One in particular was the Pennine Way and there was a great atmosphere at each of the change-over points.

**7. What is your favourite training session?**

I like doing long intervals with short rests and found that they really helped me prepare for long races. Something like 3 by 1 mile efforts with 1 minute rest.



# ...less than two metres ahead of me was the bull!

## **8. What is the funniest thing that has happened to you whilst running?**

I was running off road and passed another runner coming out of a field who warned me about a bull ahead. True enough there was this huge animal sat right across the track I was following so I took a big detour across the field and regained the track put my head down and worked hard. After a minute or so I looked up and less than two metres ahead of me was the bull! ... I'm still not sure what happened but maybe the first one was just a very large cow!

## **9. Who is your running hero?**

This is very difficult because I find myself inspired watching all distance runners but if I had to pick one it would have to be Don Ritchie who was a British ultra-marathon runner coming towards the end of his international career just as I got into the sport. He was a 2:20 marathon runner but was world class at longer distances. He ran 100 miles on the old Crystal Palace track in 1977 in a time of 11 hours, 31 minutes and 51 seconds (6:54 min miles on average).

## **10. What music inspires you?**

I always get a sense of wanting to get out and run whenever I hear the BBC theme for the London Marathon!

## **11. What is your favourite film?**

Rain Man with Dustin Hoffman and Tom Cruise

## **12. Give us a tip for racing?**

When I was genuinely racing e.g. wanting to set a p.b. I always set off hard, ran the first mile faster than the target pace and then settled back.

## **13. What is your favourite race?**

The Robin Hood Marathon (or Half). I ran the first one in September 1981 (my first marathon) and then completed either the half or full every year until I moved to Devon in 2008.

## **14. What is the worst race you have done?**

The Grantham half, no longer held but the year I ran it all towns were trying to cash in and everyone wanted a half marathon. The course was through lots of housing estates

and the mile markers were way out. It was before the days of GPS watches but my time suggests it was no more than 12.5!

## **15. What running achievement are you most proud of?**

It has to be my marathon p.b. London 1989 2:34:09 - also the year my daughter was born!

## **16. Tell us an injury story (we all have one!)?**

Christmas Eve 1997, lovely day but a bit slippery after some rain, off road route, really enjoying myself. Climbing over fence I slipped on the top bar and landed awkwardly, heard and felt something snap - ouch. Had to climb back over the fence to get to a road and flag down a car to take me home. I had snapped the anterior cruciate ligament in my right leg.

## **17. What motivates you to go out on a cold, wet dark evening?**

Less and less nowadays but it is always the visualisation of achieving a goal, without the hard work I will not get what I want.

## **18. What running goals have you got at the moment?**

I have decided to ease back this year after a disastrous 2012 when I aimed at some of my favourite long distance off road races and spent most of the year injured. I am going to race no further than half marathon, attempt to get 1,500 miles of training in during the year and hopefully complete the club championship.

## **19. What running shoes do you favour?**

New Balance

## **20. What is the best piece of running kit you have bought?**

Other than decent running shoes the GPS watch; it transformed my training, especially the off road stuff.

## **21. What other sports do you take part in?**

None now, I did play a lot of squash when I was younger.

## **22. What else do you like to do with your time?**

Walking, cinema and eating out!

# Captain Tarquin's Corner

Daryl 'Tarquin' Milford gets us started with some New Year news.

Well here we are in a new year – a fresh start and a new season of racing awaits us! It's only the third week in January and it already feels like there has been so much racing already.

This weekend gone has seen our Club Championship season kick off, with the 'Oh My Obelisk' and Axmouth Challenge races. Both proved to be tough openers, with the majority of Trotters choosing to race in the higher profile 'Oh My Obelisk'.

Organised by our friends at the Dawlish Coasters, this event always inspires the Trotters. This year our men did rather well, despite the course being longer at 11.5 miles due to being re-routed because of muddy conditions following the floods. Dave 'Tommo' Tomlin carried on his resurgent and fantastic form with a good win there, in his first race in his new MV40 status, after his birthday a few days before. Garry 'Smartie' Smart complemented this with a strong third placing, with Ewan Walton not far behind to ensure the trio claimed the 1st male team award. Ewan has high hopes for this year and his current form is moving in the right direction to ensure that he can achieve his goals – something that can only be good for the Trotters, in both the local race scene and our own club training sessions!

Smartie has also been quietly improving lately and has put in some hard interval training this winter. His 3rd placing at the 'Obelisk' is testament to that hard work and shows he is on track for some good results this season during his build up to the Dartmoor Discovery, where he did so well last year.

Craig Churchill also impressed at the 'Obelisk' and turned in another solid performance, afterwards stating that this was "probably the best he has ever run" – I can see that this will only be the start of a year of success and personal achievement for Craig after all the hard work in training he has put in and with his diet too. Craig has very much carried on from where we left him in my last month's report and he also had a good result at the 'Stoke Stampede' on 30th

December. This fast 10k proved just up Craig's street and he turned in a strong 42:57, which is only 9 seconds off the PB he achieved at Plymouth in October. I know Craig is hungry for more and I can see him dipping under the 40-minute mark for a 10k very soon.

Also at the 'Stoke Stampede,' Tommo again pulled out something pretty amazing and, although having to settle for a tough 4th place, did complete the 10k distance in a fantastic time of 34:17, which is only 17 seconds off the club record he achieved back in 1996! All this goes to prove that taking a little rest and time out is never a bad thing.

However, winning, team prizes and fastest times is not all that the Teignbridge Trotters is about and, although we do celebrate these superb achievements, we also congratulate those who continually strive hard and aim to improve themselves and their race times. Whilst there are team prizes, running is actually a very individual sport and it's all about personal achievement; what YOU can achieve for yourself. It is always personally uplifting when a runner achieves another PB for a given distance and shows that the hard work put in through training and even lifestyle sacrifices have paid off!

Getting the training right is very important and thankfully we are so fortunate with the quality and range of training options on offer at our club, with the runs offered on a Monday evening and structured sessions on Wednesdays. All this would not be possible without the commitment given by the club's coaches and leaders, who put a lot of thought into each session they deliver but a big thank you must be reserved for our Coach Co-ordinator, Rod Payne. Rod is very much a quiet worker in the background, but the hard work and enthusiasm he has shown to the role should be acknowledged. Since he took on this role over two years ago, the range of training options offered at the club has grown immensely and the next quarter's training schedule will be the best yet!



Sharon 'Fizz' Bowman brings glad tidings from the turn of the year.

## Captain Fizz's Corner

Hi there all and happy New Year to you. I hope you have survived the onslaught of "bugs" during the Christmas season. A write up will now appear every month in "Captains Corner" so I look forward to reporting all your achievements, Trottettes.

The Santa run trip to Plymouth , organised by Sarah "Otter" Seymour, was a great fun event and I would like to thank her for sorting it. It wasn't timed so that is why there have been no results! If anyone else wants to sort out a trip, please let me know. It will be great to see some new names on here next month as the new championship has begun as well as a new year of PBs to go and grab. Good luck Trottettes!

So, let's recap on the last few months of 2012.

**Yarcombe Yomp** Tamsin Cook 1.50.56, Lucy Payne 1.55.50  
1st FV60, Eleanor Taylor 1.59.50, Jo Billyard 2.06.50,  
Sarah Seymour 2.15.51.

**Sourton Scramble** Sharon Bowman 63.26.

**Templer Ten** Ruth Johnson 1.32.41, Nicky Quant 1.33.39.

**Ennerdale Trail Run** 1st FV60 Lucy Payne 3.01.03

**Drogo 10** Tamsin Cook 1.45.32, Angela Blakesley 1.57.24,  
Carly Cook (finished her first race as a Trotter) 2.00.15, Jo  
Billyard 2.01.46, Vicky Hales 2.21.56.

**Cornish Marathon** =Sally Ingledew and Sharon Bowman  
crossing the line together in 4.24.21.

**Gosport Half Marathon** Lucy Payne 1.57.08.

**Bicton Blister** Jess Parkes 1.40.44, Tamsin Cook 1.41.48,  
Lucy Payne 1.49.31, Sharon Bowman 1.50.58, Nicky Quant  
2.03.15.

**Ottertton Reindeer Run** Susie Ashleigh -Thomas 1.18.07.

**Brooks Westward League Cross Country** El Taylor 26.13.

**Torrington Christmas Caper** Sharon Bowman 1.33.05

**Stoke Stampede** Sharon Bowman 50.05, Sally Ingledew  
54.01.



# Trotter bites Big Apple

Trotter [Rob Cowling](#) and his wife Nicky took part in the New York Road Runners Midnight Run in Central Park, NYC on New Year's Eve. Around 6,000 took part in the run over a gently undulating 4-mile circuit within the park. The race started on the stroke of midnight accompanied by a huge firework display. Rob commented: "Starting a run at midnight on New Year's Eve takes careful preparation and control over



food and drink intake to maintain peak performance. We completely ignored this sensible advice and had a good slap-up meal with plenty of wine in a nice restaurant overlooking Central Park earlier in the evening. Consequently, I was content to trot around the course with Nicky at a steady 10-minute mile pace and soak up the great atmosphere of the event, the wonderful New York midnight skyline and a cracking firework display". For those of you interested in reading more about the event, go to: <http://www.nyrr.org/races-and-events/emerald-nuts-midnight-run>



## The Trotter

Editors: Sarah Seymour and Keith Anderson

Many thanks to everyone who has contributed to this first issue with new editors. It's a work-in-progress, so please let us know how we can make it better.

Do you have a Trotters story to tell? Is there a feature you'd like to see included? Do you have some great pictures you'd like others to see? We'd love to hear from you.

Contact us on Facebook or email: [mag@teignbridgetrotters.co.uk](mailto:mag@teignbridgetrotters.co.uk)