

The Trotter

Teignbridge Trotters Newsletter

Number 2

February 2013



RIGHT KNEES-UP: Chairman Roger savours the delights of TBTs as cross-training.

Is there any better form of cross training than a Thighs, Bums & Tums class? I think not!

I kid you not: this class is not for the faint hearted. I first started partaking last October and have been a regular ever since. I have been known to attend four classes a week and, if you think that's excessive, my wife Caroline regularly bangs out six classes a week! So what's it all about? Well, it's best described as a high intensity aerobic workout. The first 45 minutes are spent going through a varied routine that works your upper body as well as your legs. Each session finishes with 15 minutes spent on your mat doing abdominal work. I have to say I was terrified when I first went: I've got no rhythm and struggle with my understanding of left and right. However, I was impressed with the standard of fitness of those

present which, apart from one other guy, were all ladies. "So that's the reason you go, all those pretty ladies strutting their stuff in tight lycra," - not entirely. I admit that is an added bonus, but it's far more than that. Our instructor, Rachel, has the rare ability to be friendly and yet very professional at the same time. Like most forms of exercise, you put in as much as you want to get out. Thighs, Bums and Tums is no different. I'm soaked through with sweat by the end of the hourly session; my legs, arms and abs know they've had one heck of a workout. But don't take my word for it, try it for yourself. There is a class every weekday morning and two in the evenings, six of them held in Broadmeadow Leisure Centre, Teignmouth and one in Dawlish Leisure Centre.

As they used to say on the terraces of Ashton Gate, 'Come and have a go if you think you're hard enough'.

News Desk

Chairman Roger Hayes reporting.

Our recent Westward League Cross Country event that we stage annually at Bovey Tracey was a great success. Numbers were up for the ladies/girls with a total of 93 taking part across all age groups, compared to 79 last year. However, the men/boys showed a slight reduction, with 148 competing this year compared with 154 last year. Having donned my spikes for the first time for a number of years, I was quickly reminded of the high standard of competition that you get when you take part in a Westward League event. The underfoot conditions were just right for some 'proper' cross country racing. A big thank you to all those that helped out, in particular to chief marshal Mark Wotton and Race Director, Howard Cotton.

Entry forms are now available for three more of our races, the Haytor Heller, Totnes 10K and Ladies 10K. I'm sure I speak for my fellow race directors: if you're racing anywhere in the West Country, please offer to take some entry forms with you, there will always be a ready supply at training. The more we can spread the word and get our races 'out there' the bigger the final entry. How good would it be to see all our races fill up in 2013?

Our AGM took place on Wednesday 27th February. Sadly, we were unable to hold it in Coombeshead College, which would have saved everyone trekking across to Newton Abbot Leisure Centre. However, this didn't seem to put members off as we had an excellent turn out. Full details on your new 2013/14 committee can be found on page 8, where you will also find the outcome of the three proposals. We now have four ladies serving on the committee, which is a step in the right direction considering the number of ladies we have within our membership.

Thank you to all those that responded to Tarquin's call for marshals/helpers in the last edition of the Trotter. The response was very encouraging but we are still short of about 20 personnel. We

are particularly looking for minibus drivers. You don't need a special licence. If you think you may be able to help, please let Tarqs know.

I was very pleased to present, on behalf of the Trotters, a couple of cheques recently. One was to the incredible Barry Light (see page 17 for the full story) and the other to the 9th Paignton Guides (see below). This was from the money raised from the giant Christmas card that many of you signed and made a donation. That made £165 and the club then doubled it. The Guides do a wonderful job at

many of our Trotter races and this money will go a long way towards replacing all their aluminium cooking pans that they can no longer use whilst on their Guide camps.

We hope to hire out our single sided race clock to other race organisers. However, before doing so we do need insurance. This is where you come into it! - do we have any members who are or work at an insurance broker, who would like to give

us a quote for such cover? We also need the cover to include the rest of our equipment that we keep in storage. Please contact John Caunter or myself for more details.

The Trotters unofficial Saturday morning runs seem to be gathering momentum now we are approaching the business end of training for all those planning a spring marathon or indeed the DD. Check out the tab on our website for details of these runs. As for my own running, I seem to be stuck on 95 marathons at the moment, what with Gloucester getting cancelled and a bout of food poisoning putting paid to the Heartbreaker marathon. I'm hoping the Duchy will finally see me get to 96. *[It did! - ed.]*

Please note that the next edition of your Trotter will come with all the info needed to renew your membership - yes, subs are due at the end of March!



Chairman Roger Hayes presents the "Christmas Card" cheque to 9th Paignton Guides.

Membership Report

Membership Secretary **Dave Dunn** welcomes some recent recruits.

There is just one month to go until the end of this membership year and, by the time you read this, a vote would have been taken at our AGM on the level of next year's subscriptions. We already know that England Athletics are doubling the fee for registering as a competing member of your first claim club, up from £5 to £10. Given the healthy state of our club's finances, due in no small part to the assistance we get from our members in staging our 6 races each year, I fully expect the annual subscription to remain at the bargain level of £12.

Next month's edition of The Trotter will come with full instructions on how to go about renewing your membership of this great club. In the meantime, allow me to introduce to you the 5 new members who have signed up since the last edition, bringing our membership total up to a record-breaking 254.

Sisters Heather and Selina Snow have been attending training regularly these past few weeks, enjoying the Monday night 5-6 miles recovery runs, as well as the occasional foray into Wednesday's Intermediate 3-5 mile run. Heather, 28, is from Ashburton, and had been running on her own for about a year prior to joining us, whilst 25 year old Selina, who hails from Paignton, has been encouraged to join by her older sister.

Hayley Brown (40) recorded a PB in the recent Hoe 10 in Plymouth.

Once Hayley has a few more months' training with the Trotters under her belt, I'm sure she will see her times tumble even further. Hayley is from Buckfastleigh and, together with Heather and Selina, is testament to the fact that the Trotters draw their membership from right across the Teignbridge area, and beyond!

Nicky Cowling (49) from Two Mile Oak is married to club regular Rob. Nicky has been cutting her teeth in the Monday evening beginners group, and has been seen in the Wednesday Intermediate group. Nicky is targeting doing a few races as the year progresses.

Steph Parker (37) from Newton Abbot has been training for last Sunday's Bath Half Marathon, and has just submitted her entry for the Sheffield Half later in the year. Prior to her first training run with us, Steph was only running about 3K on a treadmill so she has already come a long way in a very short time. Steph's first love is tennis. Can I see a Trotters' tennis tournament this summer? Over to you Watsa!!

Members celebrating a special birthday in March are Jack Baker who will be 21 and Adrian Youngman who turns 50 this month. Congratulations to you both!

Dartmoor Discovery Saturday 9th June – marshalling update.

DD Chief Marshal **Tarquin** has had a good response for helpers so far but still needs a few more willing hands...

I have so far had an excellent response to our call for marshals to assist at the Dartmoor Discovery, but I am still in need of a few more people and there are still a couple of key roles to be filled.

I need twelve more people to fill marshalling positions around the course and, of these, I need a couple of assertive people who can ensure the safety of the runners as they negotiate their way through the busy main street of Ashburton. We have a particular issue in Ashburton, as the runners pass through one of the main shopping streets.

I am also looking for someone who can drive the 15-seater minibus that will follow the runners around the course. On top of this, I also need two willing people to ride 'shotgun' alongside our minibus drivers, who will follow the runners out on the course. The role of the shotgun will be to assist any unfortunate runner who has to pull out, note down their number and details and then radio back to HQ with

the information. It would also mean that you would be required for the whole time that the race is on, so it will be a full day's work. If you think that you could assist me in this key role then please get in touch.

May I say a BIG THANK YOU to everyone who has so far put their names forward to assist. I should have already contacted most of you to let you know your intended marshalling position or role.

Please text me or drop me an email on either 07513 544938 or teignbridgetrottertarquin@btinternet.com

I will also be approaching you all on clubnights to press-gang you into helping and to explain exactly what will be required! Your help will be greatly appreciated. Remember, without your help, our great club simply would not be able to stage events such as this!

Continuing our cross-training theme from the front page, here are some more options to consider:

First, **Helen Anthony** tensions her spokes and checks her cleats.

Every year I would watch hundreds of snazzy bikes go zooming past my house as the Dartmoor Classic Cyclosporive got underway. This, coupled with the fact that lots of my friends had started taking up triathlon, acquiring their own road bikes and taking off for hours, was what prompted me to have a go at proper cycling. Two years ago I bought my first road bike and have never looked back! I used to think running was time consuming, but now I can disappear for hours on my bike, exploring the length and breadth of where we live, from moors to coastline.

I tend to cycle much more in the summer, which I think can be said of most cyclists, when the weather is better and the nights don't draw in so quickly. This time of year, when I'm concentrating on spring marathon training, I simply cycle when I can fit in a ride, usually on a rest day or to replace an easy run. Most rides will be at least an hour and almost always encompass a number of hills. The non-impact element means it can be incorporated into



training plans when injuries have forced you to reduce your running mileage too. I've replaced runs with rides when recovering from injury in the past. A fast and hilly bike ride helps keep my fitness up and builds my calf muscles, which I find makes a positive difference in hilly races although it does tire my legs; so I find it more difficult to complete long bike rides when I'm training for a long distance running event.

I think I'll always be a runner rather than a cyclist, but cycling can provide a welcome break from pounding the pavements and we are lucky to have some local sportives that are fun to partake in. I completed the 100k Dartmoor Classic last year and have entered again this year. They have also recently opened a 50k women only event, the Dartmoor Debutante, that might be of interest to some ladies in the club. It can be entered via <http://www.britishcycling.org.uk>.

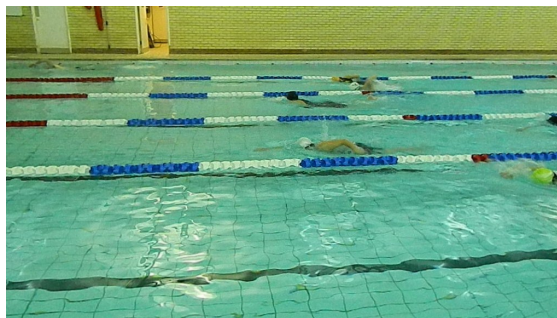


Next, **Sharon Bowman** adjusts her goggles and grabs a pull buoy.

Swimming and running ...Do they mix ?

Like most runners I always concentrated on running to help improve my running but then realised there are other sports to help you along the way. Most people can swim, have a local pool nearby and of course there is the sea for a dip in the summer!

With running you are getting a lower body workout with every session you do, but with swimming you're working your whole body with resistance but without using weights, which could strain your body. Every step you run has an impact on the whole body, and over time it takes its toll. By adding a swim to your weekly workout or fitness plan, this should enhance an intense cardio workout, without the impact, thus giving your body a chance to repair. You can build muscles without straining them; it's easy on the joints and shouldn't cause joint problems. The buoyancy and zero impact aids recovery and injury prevention.



Swimming need not be boring, swimming length after length, if you add some variety to it by making personal goals. After a short warm up, say ten lengths, you can do short bursts of speed in the pool in a variety of distances giving yourself a time goal. This will help to

improve your physical and mental strength and, with practice, will show progression. You can also swim a certain distance and time yourself once a month, allowing you to keep track of your improvement in speed and endurance. You can do drills to improve your stroke technique of which there are plenty of plans

and tips available on the internet.

I swim two to three times a week, and have found it has improved my overall fitness. I sometimes go for a swim after a hard run as I find it really helps my legs to recover and I enjoy it as a way of relaxing.

Hattie Mann gives us the low-down on TRX, from every possible angle.

TRX is a suspension training system. It consists of industrial-grade nylon straps and handles that you either grab hold of or put your feet into. You anchor the TRX to a point above your head (branch, beam, goal post, door or wall bracket, etc) and use gravity and your body weight to perform hundreds of exercises.

It was created by a former US Navy SEAL, out of necessity to keep his troops in shape while out in the field where space was limited. TRX moved into the commercial fitness market in 2005 in the USA. It quickly spread worldwide and has now finally made it to Newton Abbot!

Used not only by personal trainers with their clients, but also for home use, the TRX is suitable for almost anyone as you simply adjust your body position to increase or decrease the resistance.



- total body strength and endurance
- joint stability
- muscular balance
- mobility and flexibility
- a rock solid core!

It can also improve posture, help prevent injuries and increase your metabolic activity.

TRX sessions can be adapted to benefit any sport and there are numerous running specific exercises. Using the right exercises you can improve the strength element to your running, leading to an increase in acceleration and speed. You will also find that you have greater stability in your hips and knees and because of an

increase in core strength you will be able to hold good running form for longer and reduce fatigue. If anyone is interested in TRX then get in touch with me.

The benefits of incorporating the TRX into your workout routine are many. You get an extremely functional workout as it allows for the use of multiple planes of motion and works multiple muscles and joints simultaneously. It is the perfect tool for developing....

Finally, Tamsin Cook falls in at 0645hrs for Army PT class.

Alarm goes off at 6am. I reach out and hit snooze...twice....clothes dragged on, teeth brushed, bag grabbed, door slams and car starts – I'm out of the house before hubby and the kids wake up.

Five minutes later I'm at Dyrons. I dash through reception where Bonnie marks me in as I pass, drop my bag in the changing rooms and run into the sports hall.....late again, you'd think I would learn. I know the routine, so don't wait for Jo to tell me....10 press ups for being late!

Jo is a veritable machine and expects commitment and effort from everyone although if you have an injury she is happy to amend the exercise to suit you. This is proper circuit training (no fancy gym stuff or aerobics) just you, a mat, a bench and some weights. The focus changes every week,

sometimes arms, legs or a mixture. Today we overload on legs....then arms...then abs (later I will have trouble walking) and, just for our added amusement, a few sets of press-ups because someone wasn't listening or had their hands on their hips (it's not just in the films they say 'drop and give me 10').



It sounds hardcore but it is really good fun and great cross training for core strength and flexibility – you can tell the runners, we are the ones who can't touch our toes! The same people attend regularly (including fellow trotters Shaz, Angie and Pete) but there is always room for newbies.

We finish and hit the showers – lots of chatter in the changing rooms as everyone gets ready for their day ahead. Hair dried and work clothes on I head to the office where I eat my breakfast at my desk, happy that I am into work early at 8:15 having missed out on doing the 'morning school run'.

My Marathon Training Schedule

Tarquin reveals the secrets of his success.

I have been asked to write something about my marathon training plan and the type of training and theory behind what I do.

First of all, let me begin by stating that I am not some long experienced marathon runner who has been running for many years. Neither am I some highly experienced coach, who has coached many athletes and has all the answers. I have actually only been running for five years, after coming to the sport relatively late on. Although I had been a keen cyclist in my teens, taking part in many mountain bike and road bike races, I hadn't really done any sort of exercise since giving up on cycling when I was 21. What I can write about is what works for me and the experience I have gleaned from the endurance coaches and marathon runners that I have taken advice from.

I am currently training to run in the Virgin London Marathon, on Sunday 21st April and I am 'locked in' to a training regimen to take me up to that. For my marathon training I follow a number of rules of thumb. They are:

- I set myself a three-month training plan, followed by a four week 'taper' (so four months build up, in total).
- I begin my four-month build up already being able to run up to ten miles regularly.
- Increase my weekly mileage by 10% each week (I do this by increasing my main weekly long run by 10% each week).
- Every four weeks or so, I have a 'step back week', where I drop my weekend long run back, to allow my body to recover and catch up. The following weekend I build up again and carry on from where I left off the week before the 'step back'.
- I do my main long run at a slower pace than I normally run (Google *Hadd's Approach To Distance Training* for more information on this).
- I build up my weekly long runs until I reach 22 miles and then do a couple of them (on the fifth and fourth weekends before the event).
- As London is a flat course, my two 22 mile long runs are done over a flat training route (Dawlish to Exeter Quay, via the canal path). I tend to run part of the return route at my intended marathon race pace.

- On the Sunday a week before the marathon, I run 6 miles at my intended marathon pace to get me mentally prepared for what the pace feels like.

- Build in some sort of cross-training.

- I target some milestone races during my three month marathon build up, BUT...

- I do NOT race too much during my three month marathon build-up.

- I operate a four-week 'taper' before the marathon event day.

- During this taper I reduce down to 60% and then 40% and then do very little on the three or four days prior to the actual race.

- During the 'taper' I reduce quantity, NOT quality.

- Keep a training diary!

My biggest problem is fitting my training around my work shifts and family life, which can be hard at times. Marathon training does involve a few sacrifices and, due to this, I only want to run one marathon a year now.

This is an average training week for me:

MONDAY: 10 mile run (usually the Trotters Ten Mile Group)

TUESDAY: 1 MILE or 1K interval efforts, or similar (hill efforts once a month)

WEDNESDAY: 10 mile run (usually the Trotters Ten Mile Group)

THURSDAY: Swimming (1k or 40 lengths of standard pool) plus core/abs work

FRIDAY: Short intervals/Fartlek run over undulating route ('Friday Club' in Teignmouth)

SATURDAY: Long run – increasing mileage by 10% each week

SUNDAY: Complete rest day, although I do try to fit in some abs work.

I know that straight away people are going to comment and ask where my hill training is. As I outlined above, it's all about trying to fit my training in for me and the above does largely fit in with my life. If I did not work shifts, but instead worked 'normal' 9-5 hours, I would look to do a run before work, followed by a longer run in the evening after work, on some days. As I very often start work at

6am, I have no intention of going out for a run at 4.30am! On some Tuesdays I do get in some hill efforts and these are usually of the longer (3 minute efforts) interval variety on a hill that is not too steep. 'Friday Club' route also covers a number of hilly bits which helps, as that forces me to try to maintain a good pace, whether up, down or flat. My Saturday long runs and at least one of the weekly ten mile runs usually involve hills as part of the route.

Training/running with other people, of similar ability is always the best way, not least for company, as it can be very soul destroying banging out the miles all on your own (although you may prefer that!). I have used the training/running sessions that are available to me and so I have locked myself into the Monday and Wednesday ten mile groups (when work doesn't get in the way). Due to this, doing my weekly long slow run works best for me on a Saturday (morning, if possible) and this allows me to have a complete rest day from running on the Sunday, so I can be refreshed for the Monday night ten mile run. I also find that doing my long run on the morning after doing the hard (fast and sharp) 'Friday Club' means that I run on tired legs, which forces me to run my long run at a slower pace. My legs do feel sluggish at first but, after the initial 3 or 4 miles, it does start to feel easier. The same applies with the Wednesday ten mile run, as this is the day after some very hard interval training. I do find the Wednesday ten mile group can be quite hard going at first but, as this is also run at a slower pace, I find that after a few miles my legs ease into it. Due to this, having the Thursday as a non-running day does give my legs a chance to recover and the swimming frees them up nicely too. Getting used to running on tired legs is excellent mental preparation for what you will experience during the marathon.



Terry Wyatt, St Austell RC

There are many marathon training plans out there and all of them are 'much of a muchness'. All I would say is that you have to find what works for you. The biggest part of finding 'what works for you' is finding what you can fit in and can actually do! It's no good taking a marathon training plan from a magazine and then a few weeks into finding out that actually you can't do/fit in the training/runs that they detail. It's all about planning. The cold and wet autumn evenings of October and November are ideal to piece together a plan of action that will start in January for an April marathon.

I have run and completed twelve marathons and for the first ten I did not do as much weekly mileage as I would have liked but, back in October and November 2011, I sat down with Noel Fowler and listened to what he did prior to achieving his amazing sub-2:35 marathon time [see page 19 for Noel's experience]. He would run 60+ mile weeks and this made me realize that I just had to increase my mileage if I was ever going to push my time even further. Noel lent me his detailed training diaries from his marathon training days, and I found them very interesting and useful. This is where I first came across someone who regularly ran twice a day (before and then after work). This is something the top Kenyan athletes do and it is proven to work. As I have described above, this just cannot fit into my work shift pattern; at least not in a way that I could do regularly. So, instead I just used the broad principle of increasing my mileage.

It worked for me last year for the London marathon and so this year I am following the same pattern and trying to replicate exactly what I did this time last year. Of course, none of this is an exact science and 'form' is a very transitory thing. Everyone is totally individual in their needs and make up, so what works for one may not necessarily work for someone else. All I would say is to find out as much information and advice as you can and then decide what works for you and what is actually achievable.

The biggest thing is to set yourself a goal and then work towards that, both physically and mentally. You need to set yourself an achievable, yet challenging goal. Self-belief is one of the biggest elements achieving the goal you want. At the end of the day, it's all up to YOU.

Jess Parkes breezing through the Duchy 20 - heading for a full marathon next?

AGM Report

Chairman Rog summarises a couple of changes to the club's constitution and goes on to name names, in his AGM report.

Many thanks to all those that made the effort to attend the Trotters annual AGM. There were three proposals put forward; two were carried and one was withdrawn, resulting in two changes to our constitution. Broadly speaking they are as follows:

- * 15 year olds are now able to join the club as fully paid up members.
- * We no longer have a social membership.

Other matters to be decided were the election of the main committee for 2013/14, a new president and numerous non-committee posts. Starting with the main committee, as there wasn't a position where more than one person was standing, a block vote was put forward and carried. This meant that the following members will serve on our committee for the following 12 months:

Chairman - Roger Hayes
Vice Chairman - Tina Caunter
Secretary - Mark Becker
Treasurer - John Caunter
Membership Secretary - Dave Dunn
Club Championship Secretary - Daryl 'Tarquin' Milford

General Members -

Sarah Schutte
Keith Anderson
Stewart Dunn
Jacki Woon
Sharon Bowman
Dennis Milstead
Gary Clark

Buzz Terrill had served his three years as our president, doing a fine job if I may say so, and was replaced by none other than Jose Waller. Jose becomes our first lady president and is a true ambassador to the club. She was our club secretary from 1994 -1999. The only non-committee post that remained vacant at the start of the meeting was the hugely important and much admired roll of Press & Publicity. Thankfully, when I offered to take nominations from the floor, Sharon Bowman stepped forward and I'm delighted she did. Therefore, the non-committee posts are as follows;

President - Jose Waller
Child Protection Officer - Lucy Payne
Cross Country Officer - John Crocker
Ladies Captain - Catherine Barnes
Mens Captain - Daryl 'Tarquin' Milford
Press & Publicity - Sharon Bowman
Social Secretary - Daryl 'Tarquin' Milford
Welfare Officer - Jo Becker

I would like to welcome and thank all those that are new to their positions for standing. In particular, I would like to welcome our three new committee members; Sarah Schutte, Gary Clark and Keith Anderson. I also would like to thank very much the three members they are replacing; Noel Fowler, Nathan Elphick and Rod Payne.

Please remember, if you would like anything raised at a committee meeting, drop our secretary, Mark Becker, a line and he will be only too pleased to raise it for you. The next edition of the Trotter will have the full AGM reports from the chairman, secretary and treasurer - something to look forward to!

PARKLIFE: or just a run in the park.

Craig Churchill gives the background to the international Parkrun scheme, and takes part in the local version at Killerton.

'Parkrun' is a free, weekly, 5km timed run open to all ages and abilities. It was all started by Paul Sinton-Hewitt in 2004 with just 13 runners in Bushy Park, Teddington. Since then, 'parkrun' has grown to exist in 7 countries and exceed 170 'parkrun' locations. I have personally run over 20 of these events at two different 'parkrun' locations – Killerton and Forest of Dean. I think 'parkrun' is a brilliant concept and hope that sharing my experiences in the Trotter will encourage others to try it out.

All 'parkruns' take place at 9:00 am on Saturday mornings and are all accurately measured 5km courses (recognised by UKA). Our nearest is the Killerton 'parkrun' close to Exeter which is a multi-terrain single loop. The course is fun, in a great location with more downhill than up so fast times are possible but only when it is very dry (most of the time it is a mud-fest where off-road trainers are essential). At 9.30am Killerton's Stables Café opens especially for the runners so refreshments are close at hand. There are several differences between running a Saturday 'parkrun' and a typical club race:

Registering - Entering is free and easy, all you need to do is register once online and print off your own personalised barcode. You can print off as many of these as you need (some people laminate theirs and pin it on their shirts).

The Start – The races start at 9am. At 8.55 a series of announcements are made by the organisers on the start line. It is all very low key and is always referred to as a 'timed run' and not a race. Make sure you are ready to go at 9am as there is little ceremony on the start line and it is easy to be caught napping.

Finishing - When you cross the finish line your time is recorded and you are handed your position barcode. You then go to the desk and hand over your personal barcode (the one you printed off) and your

position barcode – these are scanned and that data is then used to create the online results. You can still run if you forget your barcode but you will appear as 'UNKNOWN' in the results.

Prizes – There are no prizes but you do receive a technical shirt

when you complete 50 (Red shirt) or 100 (Black shirt) 'parkruns' (juniors receive a white shirt after 10 runs).

Dress Code – There is a distinct lack of club vests at these events (although there are lots of club runners). Most people seem to wear their best non-club running gear or shirts from races.

The event is perfect for beginners and, as there is no age limit, you often see parents and children running together (dogs on leads are also permitted). At the sharp end 'parkrun' also attracts the best local athletes, with Olympian Jo Pavey having recently run the course at Killerton and the overall record being held by Tom Merson in 15.32.

The other thing that is great about 'parkrun' is the online information.

You get regular newsletters, your result e-mailed to you on the day of the race (oops, I mean 'timed run'), various searchable tables, points competitions and challenges to keep you motivated. You can even click on the 'Teignbridge Trotters' league table which has the stats of all Trotters who have currently ran the event – Tommo is at the top!

STOP PRESS! – Last week the Killerton event had to move as the course had deteriorated too much. They hope to move back to the original course in the spring but in the meantime it will take place at Forest Gate, Ashclyst Forest, on the Killerton National Trust estate, near Broadclyst, Exeter. The new course is still off-road but is now an undulating 3 lapper. For further details go to www.parkrun.org.uk/killerton



The Trotterview

Devotee of the Roseland August Trail, or RAT, [Jo Haynes](#) bares her soul in this month's Trotterview No. 2.



What's the worst thing someone has called you?

I don't know, I am quite deaf!

When did you start running?

11 years ago, a couple of months after having my second child.

Why did you start running?

To get fit, and clear my head.

What do you like about running?

It makes me feel young and alive. I love splashing in puddles and negotiating tough muddy terrain during cross country training and races. There is something very liberating about it.

What is your best memory of running?

I have had several moments of euphoria when running on my own and reaching the top of a hill to find a stunning view.

What is your favourite training session?

Anything that gets people working together, like relays.

What is the funniest thing that has happened to you whilst running?

I don't really have any big story. I have gone in the wrong direction a couple of times during a race and been shouted at and I am quite good at missing the finishing tunnels at the end of races and running amongst the spectators instead!

Who is your running hero?

Mo!

What music inspires you?

Any ACDC... even hills are a breeze when their music is thumping in my ears. Rock and Roll!

What is your favourite film?

At the moment it has to be The Hangover. Absolutely hilarious, and I get to spend an hour and a half watching Bradley Cooper, a very handsome actor.

Give us a tip for racing.

I'm not exactly the racing queen, but I can say that what works for me is to get plenty of rest for a couple of days before. Don't over train, Rest, Rest, Rest.

What is your favourite race?

So far is the RAT race in Cornwall. It was the very first one last year and it was really well organized. There was good food and live music and we camped over. This year is going to be even better, I think, as more people will know about it. I was very proud to have completed it last year: the conditions were tough, there were people collapsing all over the place, covered in mud and sweat. Brilliant, it really felt like a proper 'endurance' race.

What is the worst race you have done?

Probably the Bideford Half Marathon. It just seems to go on and on and on and on and on and on and on.....

What running achievement are you most proud of?

'Oh My Obelisk' last year. I was coming down with a cold on the morning of the race and it was freezing cold. However, the atmosphere just before the race was buzzing, all the Teignbridge Trotters were running around in circles together trying to keep warm. I know we aren't supposed to encourage wearing earphones during races, but ACDC really did it's work that day, so I started the race with 'Hells Bells' ringing in my ears. That was also one of the days that I had to be redirected. It is a very tough hilly race, with plenty of mud and no chance to get bored. When I finished the race, I saw someone falling over the line in exhaustion. I managed to stay upright to go over the finish line. Incidentally, I was quite poorly for the next few days, but hey!

Tell us an injury story (we all have one!).

I have had problems with my IT band recently which began giving me severe pain in my knee after a couple of miles of running, so I had to rest for a few weeks and do lots of strengthening exercises. I was rolling my leg up and down a foam roller three times a day, which was a bit tricky as I am a child minder so all the children kept jumping on me: they thought it was a game. Otherwise, the only other injury I have incurred was a stress fracture in my toe which happened gradually when I was out on a run one day. That seemed to fix itself after a few weeks of rest.

What motivates you to go out on a cold, wet dark evening?

Sometimes I think about how much I can eat after I have burnt off all the calories, I look forward to having a chat with some Trotter friends on training nights, and I am normally trying to increase my fitness for an up and coming race, so I can't just give up. More importantly, I know I will feel great afterwards.

What running goals have you got at the moment?

Completing the London Marathon in 4 hours and completing the RAT race in August. I ran the 11 mile course last year and received a white t-shirt, I've signed up for the 20 miler this year, which will win me a red t-shirt, so next year it will be the 32 miler for the black t-shirt. The last one will be the 64 miler. I don't know what color that one will be. It's all about the t-shirts really.

What running shoes do you favour?

Asics seem to fit me well but I am about to get some advice on what shoes I should wear. Watch this space.

What is the best piece of running kit you have bought?

Proper running socks. I can't run without them, I get blisters straight away. They are a must.

What other sports do you take part in?

I don't have time for any others.

What else do you like to do with your time?

Lots of things: practise Pilates, I'm learning to speak French at Dartington College, spend quality time with my own children, meet up with friends and eat good food, watch live bands, listen to music, watch music documentaries and discuss them with my hubby whilst sharing a good bottle of red wine.



Jo with fellow Trotter Sharon Hutchins before the Bideford Half.

Club Championship Report - Early March

A scintillating start to the Club Championship, says Mens' Captain [Tarquin](#).

We have completed the first part of the season and now move into the spring races; what an intense start to the new championship season it has been! Since my last report we've had six championship races: First Chance 10k, Bovey XC, Plymouth Hoe 10, Dalwood 3-Hills, Bideford Half and the Duchy 20.

So, where are we now with the championship standings? Well, so far 25 ladies and 42 men have completed at least one championship race this year. These are very impressive figures for both and it shows how many Trotters are up for racing this year!

Currently leading the ladies is Sharon 'Fizz' Bowman with 242 points and, with an average-points-per-race figure of 48.4, it shows that she is always up there and has been regularly getting 48 or 49 points. Jo Becker is close behind in second. Both ladies have so far completed five championship races.

The next four positions are ladies who have all completed four races so far. Eleanor Taylor is currently in third position, with 190 points and, as in previous years, is showing that she will be very much in the mix again this year. After her debut season last year, Tamsin Cook is close behind with 188 points. Tamsin has a real thirst for doing well in this year's club championship and she started working out her strategy as soon as this year's races were published. Ruth Johnson is a very new Trotter and has thrown herself straight into the championship and her fifth position is testament to that. Being Mark Wotton's sister might help though, as I'm sure he's given her a few racing tips! Beverley Dennis is another relatively new Trotter, joining halfway through last year, but also immediately threw herself into championship racing. Unfortunately, Bev had a bit of an injury which meant that she missed the one race she needed to complete the championship last year. However, she has gotten some races under her belt early this year to ensure that she leaves nothing to chance.

The top ten for the men has chopped and changed quite a bit this

year so far, but Alan Boone has moved quickly into first place and looks to be staying there for quite some time to come, with an impressive 294 points from the maximum possible six races this season. 'Boonie' has said that he is never sure of whether he can commit to any given race, due to his work circumstances, so he's been getting them in early. Well, it's certainly paying off as he's already completed half of the championship races needed.

In second position, after completing five races, is Ewan Walton. Ewan has made a commitment to giving the championship a real go this year, after having a bit of a rest from it for the last couple of years. It all seems to be coming together for Ewan, as he is putting his rich vein of form to good use and picking up some valuable points. John Tweedie is in third position, with 231 points, after also completing five races and is also running back into some good form.

Dave Tomlin has been more selective with his racing so far this year, although he has still managed to complete four races and now lies in fourth position, with a near maximum 199 for those races. I'm not sure what Tommo's goals are this year, but if he does decide to target the championship, the smart money would be on him to be the firm favourite if he continues the form that he is in.

Stephen Wallace is a man who has never really shown much interest in the championship in previous years, despite being a regular racer. However, after completing four races already this year, I would hope to see him give it a go. He is currently lying in seventh position and will definitely be a strong contender this year, if he makes a commitment to the eight more championship races he requires.

Even though some strong names have already put down some big markers, it is still early days and anything can happen. It is always a dilemma amongst championship contenders whether to be selective over which races to do, or just do as many as possible. Racing a couple of times, or more, a month can start to get expensive and



A superabundance of Trotters at the First Chance 10K at Exeter in January

one can risk fatiguing the body through over-racing too. However, if one selects only the minimum races needed, so as to keep one fresh, one then runs the risk of something unforeseen getting in the way. When I put together each year's selection of championship races, I do try to pick the more local and reasonably priced races, and actually these do tend to be the more fun ones anyway!

The championship now moves onto the spring races, with the Plymouth XC on Sunday 17th March being the next championship race. After that we have the Easter Bunny 10k on Easter Monday (you get a free Easter egg) and the Taunton Half marathon on Sunday 7th April. The Taunton half is always a popular race, so if you haven't got your entry in yet, I'd strongly recommend doing so ASAP.

Can I please remind you all to remember that when filling out an entry form for a race you ensure that you put yourself down as a 'Teignbridge Trotter'? Also, if entry lists are published prior to the race day, can you then double check that you are actually listed as such. It would make my job a lot easier when I come to do the championship update after the race and have to search through the results to find all of the Trotters. Please check your result and if you find that you are not listed as a Trotter let me know straight away. Thanks!



Stephanie Ross, Helen 'Zippy' Anthony, Dennis Milstead and Sarah 'Otter' Seymour at Bideford.

Captain Tarquin's Corner

Daryl 'Tarquin' Milford reflects on some fine recent performances from our men.

Since last month's report, the Trotter men have been very busy achieving PBs with plenty of good early season form continuing for many at races, which have filled the calendar with a race nearly every weekend. At the forefront of this has been Dave 'Tommo' Tomlin, who really is running at a higher level at the moment and has done so ever since returning from his pretty horrific bicycle crash last summer.

Tommo is going from strength to strength and he has used his new V40 status as a catalyst to

spur him on to success after success. By rights, I should be talking about Tommo now holding three of the four MV40 club records. However, due to the unrelenting rain, he was robbed of achieving this award officially in the half-marathon distance.

Notwithstanding this, for him to bang out these club records in close succession, as well as other PBs, really shows that Tommo has rediscovered the sort of form he had in his twenties and, in

some cases, he is surpassing that! As well as the record breaking races, as detailed in Dave Dunn's Club Records update on page 20, Tommo was also in action at the super-fast and flat 'Fulfords 5' road race in Exmouth. He achieved a PB here for the 5 mile course with a scintillating time of 26:44 finishing in 4th position overall, and in the process took a few prize scalps, including that of his old race sparring partner Pete Monahan of Torbay AC. I know that Tommo doesn't usually prefer the shorter distances, so it is testament to his all-round ability that he is able to translate his impressive form across many distances. There really is no stopping him at the moment!



Dave 'Tommo' Tomlin flying at Bideford Half on 3 March.

No matter what your ability, running is all about personal achievement and there have been plenty of other men who have been achieving great things over the last month. One of those continuing in a rich vein of form is Craig Churchill. Only three weeks after achieving his previous 10k PB, Craig took well over another minute off his 10k time at the First Chance, with a new PB of 41:38, bringing him tantalisingly close to a sub-40 minute time that I know he is more than capable of. Craig has been enjoying his racing

lately and is going from strength to strength, with PBs coming regularly. Craig also raced at the Fulfords 5 and recorded a 5 mile PB time of 33:05 there too, despite going off too fast (by his own admission) and recording a time at the 5k mark that would have been a PB for that distance too! With this summer's Run Exe 5k series featuring 5 races, this provides an ideal opportunity for Craig to carry out the things he learnt at the Fulfords 5. Craig put in another strong performance at the Exeter Half to record a new PB of 1:32:59 and, in doing so, laid down a marker for an even better time at the Bideford Half.

The first few weeks of this new racing season has also seen number of recent Trotter additions turning their hand to regular racing and this is welcome sight for your Men's Captain. Two of these new men were also in action at the Exeter Half and both achieved PBs. Adrian Handley recorded a PB time of 1:43:00, whilst Graydon Widdicombe eased in with a PB of 1:47:53. Although both men are relatively new Trotters, they are getting stuck in to the racing scene and are enjoying wearing their Trotter vest with pride. Adrian Handley has also been in action at the Plymouth Hoe 10 (1:18:05) and at 'Oh My

Obelisk' (1:47:35) and is improving with each race. Adrian and Graydon now go onto the Bideford Half, joining a large Trotter contingent going up to that fast course event.

Rob Cowling is another new Trotter who has thrown himself into racing this season, after running in two races last year. Rob has certainly started the season with promise, by registering a PB at the First Chance 10k (42:22) and then following this up with a gritty performance at the Plymouth Hoe 10 (1:14:29). Rob is focussing on the Bideford Half and the 'Hoe' was part of his race build up for this.



Men's Captain Daryl 'Tarquin' Milford at Plymouth Hoe 10.

Another new face that has immediately thrown himself into racing with a Trotter vest is Alexander Shearman. Alex made a brilliant debut in Royal Blue colours at the Fulfords 5, with a time of 33:18, following this up with a strong time at the Plymouth Hoe 10 of 1:11:42. Alex now also moves onto the Bideford Half and he is hoping to better the 1:46 time he achieved in September at the Bristol Half. He has targeted personal improvement at the half-marathon distance and has entered a number of these events during the spring. His time at the Plymouth Hoe 10 would suggest a target of a sub-1:40 half is well within his sights and I wish him well with that aim.

From new faces, to an 'old hand' at racing. Stephen Wallace is a regular face on the race scene and often travels all over Devon to the more interesting races on the circuit. This year Stephen seems to have stepped up a gear with his racing aspirations, racing most weekends, and will also be seen pounding the Bideford Half route. Stephen followed on from his gritty 1:58:59 time at 'Oh My Obelisk', with gutsy 50:14 at the First Chance 10k. A week later he then won the 1st MV60 award at the tough Braunton 10, in North Devon, with a time of 1:31:04, which was well over a minute faster than his time there last year. The following week, he then turned in a swift time of 40:38 at the 'Fulfords 5', before tackling the Plymouth Hoe 10 in 1:26:42.

Another old hand, if not our oldest racing hand, is Graeme Baker. He continues to trim time off his existing club records and did it again at the First Chance 10k, by shaving 11 seconds off to record a

new MV70 record time of 49:08. There were many other performances of note at the First Chance 10k, with Wilf Taylor winning the 1st MV60 award with his superb time of 43:30. Alan Boone continued his good form and won the 1st MV55 award with a time of 39:11. Also among the PBs here were Geoff Davey (37:48), despite running with a fractured rib from playing rugby (!) and the ever improving Guy Roberts (48:23).

At the Plymouth Hoe 10, PBs also came thick and fast, with myself (58:34) and Ewan Walton (1:01:45) achieving personal bests for the distance. Along with Tommo, the three of us were also awarded the 2nd Male team prize, which is no mean feat at an event which always attracts the cream of the South West runners. Alan Boone (1:06:33) won the 2nd MV55 award here and Mike Eveleigh made his first race appearance this year to win the 1st MV60 award with a time of 1:06:54.



Ewan Walton storming to the finish at Bideford.

Captain Fizz's Corner

Sharon 'Fizz' Bowman gives her final report as Ladies' Captain.

We are through the second month of 2013 and already the Trotettes are racing well. Some new names are appearing while other ladies are trying different race distances. The championship has started to take shape but, as we all know, this can change at every race we partake in. With marathons looming in the spring, for some ladies it's all about long miles under the belt rather than short, although it all helps in your personal game plan! Already some personal best times are appearing and some vet ladies prizes too. There was also a new club record this month. Tina Caunter broke the ladies V55 10 mile record at the Plymouth Hoe 10 with a great time of 1:29:09. Well done Tina!

This will be my last Captains Corner as Catherine Barnes will be taking over and I wish her all the best. It's been a great fun experience working with the Trotettes and I thank you all for your support too. It just leaves me to say "Happy racing and great PBs" for 2013.

These are the results so far –

Oh my Obelisk - Sarah Shutte 1.41.06 85th. Jessica Parkes 1.48.23 121st. Sally Ingledew 1.55.11 138th. These three ladies won the female team. Sharon "Fizz" Bowman 1.57.41 147th. Ruth Johnson 2.01.00 160th and Eleanor Taylor 2.06.30 186th.

Axmouth Challenge - Helen Anthony 1.18.16 33rd. Tamsin Cook 1.37.55 82nd, Jo Becker 1.40.52 84th. Beverley Dennis 1.41.31 86th and Catherine Barnes in 1.54.03 93rd.

First Chance 10K - Helen Anthony 43.18 124th. Sarah Schutte PB in 45.32 181st. Sharon "Fizz" Bowman 48.42 231st. Tamsin Cook 51.24 277th. Eleanor Taylor 52.57 310th. Sarah Seymour PB in 53.39 324th. Beverley Dennis PB 54.49 in 332nd. Joanne Becker 55.34 340th. Lauren Benham in her first Trotter race ran really strongly and finished in a PB of 55.51 for 346th and Kirsty Bowman, in only her second race with the Trotters did a PB of 56.14 in 352nd position, both showing there is plenty more to come from these youngsters. Jo Billyard PB in 56.16 354th. Rachel Pallant PB in 56.33 358th.

Devon v Cornwall 10 mile - Becky George 1.39.14. Nicky Quant 2.01.03.

Aquathlon series, Dawlish - Sharon "Fizz" Bowman, competing in her first such event, did a 11.43 min swim and 23.42 min run (total 35.25 minutes).

Mild Night Run - Tamsin Cook ran with mother and daughter Sharon and Kirsty Bowman, all crossing the line in 1.07.42.

Westward League Cross Country, Bovey Tracey -

Stephanie Ross 26.24 37th place. Sharon "Fizz" Bowman 26.46 in 40th. Ruth Johnson 27.30 in 44th. Tamsin Cook 28.30 in 45th. Charlie Rice 28.38 in 46th. Sarah Seymour 28.50 in 47th. Kirsty Bowman 29.00 in 48th and Tina Caunter 29.12 in 49th.

Plymouth Hoe 10 - Jacki Woon 1.15.21 194th and 3rd vet 45. Sharon "Fizz" Bowman 1.20.58 271st. Sally Ingledew 1.28.09 368th. Tina Caunter 1.29.09 381st and 3rd vet 55. Joanne Becker PB in 1.30.15 394th. Ruth Johnson PB in 1.30.44 401st. Jo Billyard PB in 1.31.50 410th. Beverley Dennis PB in 1.33.07 425th. Sharon Hutchins PB in 1.33.27 430th. Hayley Brown PB in 1.35.33 454th. Catherine Barnes 1.36.50 463rd. Rachel Pallant PB in 1.38.07 480th.

Bramley 20 mile road race - Lucy Payne 3.09.35 in 620th.



Trotter ladies at Plymouth Hoe 10

60-up for Barry

Roger Hayes salutes the achievement of a true friend of the club.

A good friend of mine decided he needed to set himself a challenge on reaching the grand old age of 60, and came up with running 60 marathons in 60 weeks. He called it the 60in60at60. Those that have run a marathon will know what an effort running one marathon is, imagine running 60 of them in 60 weeks at the age of 60. The guy in question is called Barry Light. He's a member of the Littledown Harriers who, as most of you are aware, have a real soft spot for the Dartmoor Discovery. They have been the biggest supporting club (other than us) for the past two years. Barry was also hoping to raise 60K for his five chosen charities, three of which were local Dorset ones. Our committee agreed to sponsor him to the tune of £5 for each marathon he completed.

I was fortunate to be invited to join Barry and the rest of his family, friends and club mates to witness him finish his 60th marathon and thus complete his amazing challenge. He had chosen to run the Littledown Marathon course, which is 26 laps around the park at the back of the Littledown Leisure Centre in Bournemouth. It was a fantastic choice of venue and, although it involved running 26 laps, it gave everyone who wanted too the opportunity to run with Barry and be part of his special day. I did 20 laps with him and took the opportunity to ask him a few questions whilst running alongside him. I asked about his highs and lows, of which there were many. His highlight and favourite marathon was the Barcelona Marathon. He recalled, "The atmosphere was amazing, Freddie Mercury was blaring out at the start of the race and the sights you saw whilst running around the city were awesome."

He did suffer with injuries and, if it wasn't for the discovery of 'Hoka' running shoes, he didn't think he would have made it. These running shoes work on completely the opposite theory to barefoot running: they are 'super' cushioned. They look more like Creepers, the shoes Teddy Boys used to wear in the sixties. He met some wonderful



characters on his journey and formed many new friendships. His wife, Patsi, had been very supportive as had his club mate and main helper, Ade Holloway, who had organised this special day.

Included in Barry's 60 weeks of marathon running was running the Quadzilla twice! The Quadzilla is four marathons in four days. In fact Barry had only just finished that feat a week before this final marathon.



Barry approaches his final lap, accompanied by Roger Hayes

As Barry started his last lap of the day, he was joined by loads of his club mates. His daughter even joined in, pushing his grandchild along in a pushchair. We all peeled off with 400 yards to go and cut across the park to get to the finish line. Party poppers and champagne awaited him as he crossed the line. It was an emotional moment for everyone as he stopped his

watch (like a true runner!) on crossing the line and completing his incredible challenge.

It was a lovely day, the sunshine just adding to the occasion, and it was great to catch up with all my buddies from the Littledown Harriers. It was a real pleasure to present Barry with a cheque for £300.

I asked Barry what was next, he replied, "A Sunday morning in bed reading the papers." I don't reckon anyone would begrudge him that!

Coaching report

by Coach Co-ordinator **Rod Payne**.

This is my first report of 2013 so I hope that your running year is taking shape nicely.

Don't We Do Well

We are certainly putting in some stunning performances at races and whilst it is nice to see that the 'elite' members of our club are picking up prizes and club records, it is equally pleasing to see some notable PBs throughout the ranks. Be under no illusion, improvement only comes about as a result of hard work: you only get out what you put in. Running is no different to life in general.

So Far So Good

We are approaching the end of our first month of our first quarter training plan and I am very happy with the way things are working at the moment. So far so good.

Mondays are going well but it would be nice to see more of you take on the 'Training' option as this does not appear to be as popular as it once was. Whilst the run operates at a faster pace, there is still a lot of regrouping and a chance to get your breath, so take yourself out of your comfort zone and give it a go.

The 5-6 mile recovery group is generally oversubscribed and I believe it to be operating on the limits of its capability. We are always reviewing the safety aspect of our sessions and our biggest concern is excessive numbers. I know there are people within the group who derive very little benefit from it. Yes, it is an opportunity for a bit of a social gathering, but it is really intended for people progressing from the beginners group, for those who have raced or trained hard over the weekend or for those who are returning from injury or illness.

'Step Up' to our New Group

At our Coaching meeting in January we discussed ways of enticing folk out of the 3-5 mile Improvers on a Wednesday to a 'structured' session. Option 3 on a Wednesday has tended to be a lighter session but is still somewhat daunting to emerging runners so it was suggested by Jess Whitehouse that we should perhaps re-badge our old Option 3 and call it the 'Step Up Group'. This was considered a great idea so we devised a programme of sessions that generally offer about 20 minutes of running prior to a structured element such as hill reps, short and endurance intervals. The structured element is no different to what we do with Options 1 and 2 but less of it with more instruction. Thus far the group has failed to achieve what it has set out to do; what is apparent, however, to those who have taken up the option, is how intensive a truncated session can be if it is done properly. I recently

took the 200 metre session at Pottery Road. All of us were experienced runners but we all returned having enjoyed a really good session.

Welcome to Catherine and Keith

During this quarter I am pleased to welcome a couple of fresh faces to my team of helpers. Catherine Barnes led her first Beginners Group recently and she did a thoroughly good job. Catherine is the perfect person to lead the Beginners as she is one of our real success stories. I remember her when she joined the group, although it took me several weeks to get her name right, didn't it Charlotte? Bless her, she was too polite to put me right. However, she progressed from walk/jog to run and moved through to the 'senior' groups. This is most gratifying and exactly what we want to happen. She is now an accomplished racer and her PBs are improving all the time. Catherine will also be taking our 5/6 mile Monday group from time to time.

Keith Anderson is another who has progressed through from the Beginners and has also agreed to lead our Monday groups. Our new crop of beginners can look up to Keith (metaphorically only) [cheeky! - ed.] as he too is a well respected Trotter on the race scene. This year he is taking on the challenge of our very own 32



Keith and Catherine: the particularly pleasant looking pair, front row left. Also ready for the Bideford half-marathon (from back left) Gary Clark, Rob Cooper, Noel Fowler, Allen Taylor, Jo Becker and Alan Boone.

mile Dartmoor Discovery. After doing that, he really will have the T-shirt. Welcome to the team Charlotte (I mean Catherine) and Keith.

And Finally

Finally, as always, I invite any comments and feedback from you as to how we can improve training life at the Trotters. You will find my contact details on the website and I look forward to hearing from you and maybe taking some of your ideas on board. Remember, keep wearing those bibs – it's only for another month or so. See you at training.

Training for marathons - a personal experience from Noel Fowler.

To demonstrate that, having taken plenty of advice, we all still need to navigate our own pathways through training for distance, veteran runner Noel gives us the benefit of his experience.

What follows is a description of the sort of preparation I did when I was aiming to compete in a marathon (or further); that is, to improve my PB or set a particular time, as opposed to running for the satisfaction of completing the course.

Weekly total mileage:

I found that I needed to have a daily average roughly one third of the distance that I wanted to compete over and hold that average for 4 to 5 weeks. So for a marathon approx. 27 miles, one third is 9 miles so my weekly total needed to be 63 miles (7 x 9).

Weekly sessions:

I would run the following:

- one long slow distance (20 to 23 miles) often on my own in order to get the right mental preparation. I found that I would run these at between 1 and 1.5 minutes slower than my target race time.
- one 10 mile time-trial run as close to race pace as possible over a measured, reasonably easy course i.e. no major climbs!
- a speed session of 3 or 4 one mile efforts with 1 minute rest between. Including warm up and recovery, this would total 6 miles or so. I kept a record of the times for the efforts and found that it was usually around 30 seconds faster than my targeted average pace for the marathon.

I would make up the rest of the weekly mileage with steady 8 to 10 mile runs (30 to 60 secs slower than race pace) often with other people.

Finally, I would always try to have a rest day each week although that might be doing core strengthening in the gym instead. This was often Friday and would be followed by the time-trial on Saturday, long run on Sunday and 10 miles with my club on Monday.

A typical 8 week preparation for competing would consist of 5 weeks using this pattern, having built up the mileage in the previous 4 weeks if I was a long way below 60 miles per week. I once peaked at over 100 miles in one week, 4 weeks before the competition. The final 4 weeks should be tapering, for example 50, 40, 30 and 20 miles per week with very light sessions in the week prior to competition. I kept the quality sessions in all the way through with the final time trail 8 days before and the final intervals 3 or 4 days before.

Once you get to a certain level of fitness, 90% of success in long distance running is about the mental preparation but that's for another article!

Club Records update

Dave Dunn keeps us in the picture.

Dave Tomlin turned 40 early in the New Year, and has taken full advantage of his new veteran status, finding a rich vein of form to bag two new club records, and come agonisingly close to a third.

Dave's first chance of record-breaking came, appropriately enough, in the First Chance 10K where he ran a time only 13 seconds slower than his own all-time 10K club record recorded over 16 years ago, erasing Chairman Rog Hayes' previous MV40 10K record, with a new mark of 34:13.

Dave's next record attempt was to be in the Exeter half marathon, run on some of the same tracks and paths as the First Chance, but Dave's efforts were in vain as recent flooding enforced a late change to the course. With the revised route not officially measured, Dave's 1:15:38, although nearly a minute quicker than the fastest half previously run by a MV40 Trotter in the shape of Alan Fewings in 1996, could not be counted as a new record. Dave has now set his sights on repeating the trick at Bideford where he hopes the course will be recognised as the correct distance.

Undaunted, just a week later Dave pitched up in Plymouth and obliterated the MV40 10 miles record with a time of 56:20 in the Hoe 10, bettering the previous best of 59:53 set by Rog Hayes in the same race 6 years earlier. After Bideford, Dave will be heading to Taunton Marathon looking to complete the set of all four MV40 club records. Who's to say that he won't be successful given the form he is currently enjoying?

Dave wasn't the only one taking advantage of a recent birthday, as **Tina Caunter**, having just entered the FV55 category at the end of January, sliced more than 3 minutes off Lucy Payne's 10 mile record for that age group at Plymouth, with a time of 1:29:09. Tina can now look to target the other three records in this category, which are all currently held by Pauline Newsholme.

Another record-breaker in recent weeks was **Graeme Baker**, who trimmed 11 seconds off his own MV70 10K club record in the First Chance with a time of 49:08. Graeme, of course, enjoys the distinction of already holding all four club records in his age group.

Apart from Bideford, March offers chances of more record-breaking exploits over the half marathon distance in both Tavistock and Yeovil, the full marathon in the Duchy, and over 10K at various venues including Exeter, Plympton and even Siblyback Lake on Bodmin Moor. Our Race Diary page on our web site gives details of all these races and more besides. Wherever you might be racing this month, don't forget to let our Press & Publicity Officer know all the gory details!

The Trotter

Editors: Sarah Seymour and Keith Anderson

Many thanks to everyone who has contributed to this issue of The Trotter. It's still at a developing stage, 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