

The Trotter

Teignbridge Trotters Newsletter

Number 3

March 2013



Grime and Punishment - the true meaning of *Grizzly 2013*

Game Grizzlers: Sally Ingledew, Ryan Anthony, Helen Anthony, Keith Anderson and Lance Mason unperturbed before the start.

No shades of grey at the Grizzly, according to veteran [Ryan Anthony](#).

I think the name of the race says it all and, certainly for me in the four times I have taken part in the race, at times it has felt like a punishment with the organisers receiving several unrepeatable comments when you turn a corner and look at yet another hill.

This year, several of us hardcore Trotters turned up at the start, including Ewan, Lance, Nick, Keith, Helen, Sally, Ben, James and myself. The weather had turned, with a strong north-easterly wind: just what we needed at Seaton seafront. As we approached the start, we realised we were directly under the start banner, ok for some of the group but slightly too near

News Desk

Chairman [Roger Hayes](#) reporting.

No sooner have our new editors taken over and they're asked to produce two editions of the Trotter in a month! The reason being we wanted to let you know all the ins and outs from the AGM and, as you know, subs are due at the end of this month and we wanted to let you have the details on how to go about renewing your membership, or not as the case may be! That's the beauty of the Trotter: apart from being a damn good read, it's also a perfect tool for getting important information out to our members. This month's news page certainly contains some important updates, two in particular that I'm thrilled to announce - more on that later.

I, along with Noel Fowler, have been at loggerheads with EA for some time over the issue we have with non-competing members being excluded from team awards. Let me explain: if a member from our club, or any other for that matter, chooses not to pay £10 for a competition licence (it's just doubled in cost), enters a race and pays the extra £2, we believe this entitles them to a temporary race licence covering that particular race, and therefore should allow them to be recognised as, for instance, a Teignbridge Trotter in the results and also allow them to score for their club in a team competition. However, current rules don't allow this. Many race directors don't even recognise the fact that they are a member of a club and enter them as unattached, which clearly they are not. Most, if not all, companies that operate online entries don't have the software in place to allow club members to enter a race as a club runner without a competition licence. We also want to get this changed. I am currently drumming up support from other clubs, with the view to force UKA into changing this rule. If successful it will come into effect in 2014. I will keep you posted.

I have been asked to let you know the procedure for booking a minibus for a Trotter social event or to go to a race, should anyone else fancy organising such a trip. As you know, I have organised plenty of these over the years, during which time I have managed to secure a small discount with a local Newton Abbot firm. Teign Vehicle Rentals are based on the Jetty Marsh Road, just up from B&Q if you're heading towards the hospital. The cost for a 17 seater minibus for a day's hire is £110.00. That price covers one named driver. If you want more drivers there is a charge of roughly £5 per person. If you pay an extra £7.50, your excess drops from £500 to about £175 should

you damage the vehicle. To give you an idea of the cost of fuel, when I took it down to Redruth for the recent Duchy marathon, it cost £63 in fuel. If anyone is interested in organising such trips I would be happy to advise further.

Hopefully, those running the DD will have received their Discoverer race magazine by now. I hope you enjoyed the read and found some useful info in there to make your run as pleasurable as possible! I would like to use this opportunity to thank the following Trotters who helped put together what I believe to be one of the finest race magazines available: Paul Banks and Nick Stevens who kindly helped create many of the adverts; Julian Head for his roving reporter role; Ewan Walton for his wise old words; Ian Langler for help with the Hall of Fame and, finally, a massive thank-you to the editor, John Ludlam, who spent so many hours working his magic. For all those not running, an online version will be available to view via our website nearer race day.

OK, onto my exciting announcements: Jacki Woon is the new 'kit person'. We can't really call her a kit man as we have done since the position was created. Jacki takes over from John Caunter who, having done the job for many years, has decided to call it a day. On behalf of us all at the club, thank you John for doing such a great job. Please check our list of contacts on our website. When you see Jacki's name there, you'll know she has formally taken over from John. Jacki trains most Mondays and Wednesdays and only lives a stone's throw away from Coombeshead College, all of which will be ideal when it comes to you wanting to buy club kit.

The other bit of positive news (equalling exciting!) is we now have a new race director for the Templer Ten. Ian Langler has taken over in the hot seat and becomes only the second person to fill the roll, taking over from John Caunter who has stood down from the position. When Ian first approached me about the position he was keen to tell me that he "wanted to do his bit for the club." I know he'll do just that and do it well. Jan Caunter remains as chief marshal, having done a great job last year. Make a note of the date: the Templer Ten will take place on Sunday 3rd November (here before you know it!).

Good luck to all those racing over the coming month, in particular all those running a spring marathon - have a good 'un.

It's that time of the year again says Membership Secretary [Dave Dunn](#):

Membership Renewal

Here we are again. It's that time of year when we ask you to raid the piggy bank and sign up for another fun-filled, action-packed year with the Trotters.

Now pay attention, and read this very carefully! An invitation to renew your membership of Teignbridge Trotters has been attached to the email notifying you of the publication of this latest edition of our wonderful magazine. Please print it out and, starting at the top of the form, work your way down, filling in all the sections that are relevant to you and perhaps other members of your family. When you get to the bottom, don't forget to sign it and date it, and get it back to me with your payment as soon as you can.

It is entirely your choice as to whether you wish to be registered with England Athletics as a competing member. EA have raised their registration fee this year to £10 per member. Financially, it will be worth it if you intend to enter a minimum of 5 races holding an EA permit during the next 12 months. EA will tell you that the benefits of registration go far beyond purely the financial analysis. If you do opt to register with EA, we will do all the administration for you, including updating your address if you have moved house within the last 12 months and not already notified EA.

As the process of membership renewal is just about the only way we have of keeping your contact details up to date, please fill in the form fully and legibly before returning it to me, preferably on a Wednesday training night at Coombeshead, or by post. I don't want any monies without a fully completed renewal form, and I won't accept a renewal form without the correct payment. Make any cheques payable to "Teignbridge Trotters".

Please only use the form attached to renew your membership and no other form. The Membership Application form to be found on our web site is for NEW members only!

The information you provide will not be used outside our club and, as with all your personal information held on file, we are bound by the Data Protection Act.

Please feel free to contact me if you should have any query about filling in the renewal form or if you're not sure how much you need to pay. You have until 30th April to renew your membership. After that date, those of you who have not renewed will no longer be considered to be a member of Teignbridge Trotters, and you would have to pay the new member's joining fee of £5 should you wish to re-join, as stated in our Constitution. You have been warned!

Membership Report

Multi-tasking Membership Secretary [Dave Dunn](#) introduces a new recruit, deletes an expletive and celebrates some birthdays without batting an eyelid.

At the same time as embarking on the process of membership renewal, we are still welcoming new members through the doors at Coombeshead. As it has been just a few short weeks since my last report, there has been only one new member to sign up to join our fold, bringing our membership total at the close of the year to 255.

Paul Dainton (27) from Kingsteignton is that lone new member. Paul has the dubious honour of working with Roger "Smokes" Hales. No doubt, Smokes has regaled Paul with his tried and tested theory of race tactics of "Go like **** and hang on!" It'll be interesting to see whether Paul adopts these tactics or takes a more measured approach!

There are some notable Trotters among our members celebrating a landmark birthday during April. On your behalf, may I offer hearty congratulations to former Haytor Heller race director Mike Hicks, who turns 50, Men's Captain Daryl "Tarquin" Milford, who reaches 40, and new committee member Sarah Schutte, as well as Emma Sidebotham, who will both be 35 next month. May you all have a great birthday and enjoy your new veteran status!

... continued from front page

the front for me! We all said our good lucks and got ready for the off.

As we set off onto the beach, the noise from the shingle was deafening and, whilst Keith and I had talked about running the first part together, by the time I had got off the beach I had already lost him. The first 3-4 miles were on road due to some coastal erosion which, to be honest, made it slightly easier. There were no bottle-necks and the first 8 miles went reasonably well: some hills and mud but, for my level of fitness at present, nearly all runnable.

After 8 miles the race turned and headed into the Branscombe valley. Hills and more hills followed; plenty of mud with very slippery conditions underfoot and then, yep....snow.

At around 13 miles I took a look to my left and right beside me was Keith. I think you could run much of the race right next to someone you know and not realise it due to the plodding motion and continually staring at the floor.

Around 14 miles brought the mandatory BOG! It wasn't too bad this year: I only saw one person on their back and one other up to their shoulders trying to find their trainer! *[we assume this is a reference to footwear, not a person - eds]*

At Branscombe beach I refuelled for the final 4 miles. A gel, ibuprofen (twinge in left buttock duly cured), jelly babies and something new - a SIS chocolate brownie flapjack. I would recommend this for all runners and chocoholics! The beach was cold and then there was the stairway to heaven with Keith in front, driving me on. We reached the top and headed for the finish, just two miles to go.

At this point, you started to see the damage that this race can do as runners are sitting, stumbling and generally in pieces (only at my end of the field - the elite runners had finished over an hour ago). Coming into the finish, the atmosphere was brilliant and the fire brigade hosing you down feels good if not a little cold.

Anyone thinking about doing this event another year should try it. Yes, it is hard but the banter on the route is great and the scenery, if you can lift your head up, is fantastic.

Thanks to all Trotters who were there this year and congratulations to the former virgins!

Club Trip Club Trip Club Trip Club Trip Club Trip Club Trip Club Trip Club Trip

It's time for a Club Trip update, says organiser [Kevin Besford](#).

The bus is slowly filling up, with two thirds of seats now taken. Receipt of entry forms has dropped right off recently, so please do not leave it too late and miss out on the bus. If you have not been on a Club Trip before and are unsure of what the day is like, please ask anyone who has and find out what a great day we all have.

The pub is all booked and you can scrutinise the menu on the website:
<http://www.thesomerset-wagon.co.uk>

Food is highly recommended from first hand experience and at the request of the pub we are all to order food as required on the day.

So let's be hearing from you all and get that bus full!

If you have a query please contact Kevin on 01626 351892; by email at kevinbesford@uwclub.net; via Facebook or in person on club nights.

AGM Reports:

First, the Chairman's 2013 AGM Report

Good evening everyone and welcome to this year's AGM. As you will see from the agenda, there are three resolutions put forward that you will be able to vote on later. There is also the vacant position of press & publicity to try and fill.

I have to say that I am a little disappointed that we didn't have more members wishing to stand for a place on the committee. With such a large membership, to only get seven members standing for a general members post is rather disheartening. Your committee is the backbone of the club and their input should never be taken for granted. As a club we cannot rely on the same old few doing all or most of the work.

2012 was another successful year for the Trotters. The Haytor Heller set a new race limit of 300 entrants and duly reached that total with just under a month to go before race day. Entries have already started to come in for this year and it wouldn't surprise me if it filled even quicker than last year. Stewart Dunn has taken over from Rod, and is now the new chief marshal.

The heavens opened for the Totnes 10K and the Ladies 10K. Both races are usually blessed with decent weather. Unfortunately that wasn't the case last year! I remember only too well the near monsoon conditions five minutes before the start of the fun run at Totnes. The day went from bad to worse, with not one but two fire alarms going off at Race HQ, resulting in the building having to be evacuated each time.

Thankfully, the Templer Ten fared better, with the first rain of the day only making an appearance during the latter stages of the presentations. Little did we know at the time but that was to be John's last year as Race Director. He held that position since the Trotters took over the organizing of the race from the Devon & Cornwall Police back in 2002. He leaves the race in a very healthy position, having established it as one of the most popular multi-terrain races on the circuit. My fellow race directors, both past and present, will know the work that is involved within the role and I know John will be a hard act to follow. I would like to ask Dave Dunn to present John with a small gift as a sign of our appreciation for all his time and effort whilst being the RD for the Templer Ten. (John was presented with a £50 voucher to spend at the Passage House)

The Dartmoor Discovery not only saw a new course record, with John Ward from Bideford AC smashing Mike Feighan's existing fastest time, it also saw a new record for the most number of finishers with 175 crossing the line. Such was the success of the race and the keenness to be part of it, this

year's race sold out in 12 days! It certainly caught the imagination of the Trotters; we had 30 sign up for the challenge. As with all our races, a massive thank you if you helped out; no matter what job you did, it was just as important as the next person. Without you we simply couldn't do it.

December 2012 was John Ludlam's last edition as editor of the Trotter. He had done a fine job during his four years at the helm and I was pleased to be able to present him with an engraved crystal tumbler as a small way of saying thank you on behalf of the club. Sarah and Keith have taken on the baton and, with a bit of early guidance from John, look likely to continue the excellent, eagerly awaited, club magazine.

The club's training nights have had another very successful year. Whilst we've lost the services of a few of our coaches, we have gained the enthusiasm and reliability of new ones. Our band of group leaders seems to get bigger almost on a monthly basis. Rod Payne, our coach co-coordinator, is the man with the job of organizing nine different sessions each week. It's been a difficult year for Rod, what with injury and having to travel down to Cornwall every day because of work, but he has coped admirably and ensured everything has run smoothly. Thank you Rod and thank you coaches and group leaders.

Our membership total never seems to be out of the spotlight. This time two years ago we had 217 members, last year that total was 241, this year it currently stands at 254 which is an all time record.

2012 saw Jacki Woon and Mike Eveleigh crowned as club champions. Now, this stat will surprise you; there were an incredible 18 new club records set during 2012. Of those 18 new records, 12 were to different members, proving that the standard of running within the club is improving quite dramatically. Going back to the club championship, it too had a record-breaking year in 2012, with 17 men and 13 ladies completing it. Thanks must go to Tarquin for doing a fine job in overseeing the smooth running of this increasingly popular competition.

We also had another couple of records that were set last year. One was for the largest total of Trotters finishing a race: we had 49 finish the Torbay half marathon in June. The other was for the largest total of Trotters to complete a marathon; we had 25 finish the North Dorset marathon in May. I don't think the latter will be bettered this year but I'm hopeful that we can beat our total of 49 Trotters finishing a race. What better place to do it than on this year's club trip!

Next, the Club Secretary's report, from Mark Becker:

This year has seen very good committee attendance. I am pleased to say that the new committee members from last year have enjoyed it so much that they have nominated themselves for another year at least. That said, I expected more than the requisite seven general committee nominees. There does seem to be a certain air of mystery surrounding what goes on at committee and the motives behind some of its decisions, and one way of dispelling any rumours is to spend some time on it which I thoroughly recommend. My committee colleagues and I are just like you and I can assure you that we act in the very best interests of the club.

Over the past year we have once again been affiliated as a club to both England Athletics and the Association of Running Clubs. Both bodies provide race permits to race organisers and we have continued, for some years now, to belong to both organisations for a number of reasons, not least of which so that we can keep an eye on how they are changing with regard to individual affiliation fees, the part that you pay independently, but through the club. As you now know, from now until 2017, the annual individual fee will be doubling from £5 to £10.

I'm sure you'll agree that the coaching sessions go from strength to strength and are continually adapting to members' running needs. It is hoped that the newly titled 'Step Up' group, formally option 3, will encourage beginners to take that next step into structured training. Rod and his team work hard for our benefit and a lot goes on behind the scenes to make sure sessions are covered. They hold regular meetings to discuss sessions and problems arising from training on the public highways. It can't go unnoticed that there is a certain amount of marathon and ultra marathon training going on during the year. The ten mile groups are as popular as ever and I am pleased that the coaching department give serious consideration to the quality of shorter distance repetition sessions for those members content with races up to half marathon distance. We are a club with members who have a great deal of individual personal running agendas each year and it's important that these are catered for.

All our races were once again successful during the past year and, with the Dartmoor Discovery approaching once again, the call for an exceptional response for marshals is now being made. It is important that commitment is made well in advance for help at this race in particular. With our club membership at an all time high, all marshalling positions should be filled easily one would hope.

A lot goes on at the club beyond training and it was with regret that John Ludlam gave up his position as Trotter magazine editor. What a fine job he did in this capacity. It was nice to see a response to a call for a replacement editor in Keith Anderson and Sarah Seymour who have joined forces in this role. I'm sure you'll agree that they have started very well and I urge you to give them plenty of articles to keep them busy!

We are currently in the process of arranging a Traffic Management course at Teign School which will be taken by an England Athletics instructor. This will keep the club up to date with Traffic Regulation requirements at races.

Committee members standing down this year are Rod Payne, Noel Fowler and Nathan Elphick and I would like to thank them for their commitment and work they have done. I would also like to thank John Caunter for all his work as Race Director for the Templer Ten and for being 'club kit' man over the years. I hope that someone in the club will consider taking on the role as his replacement at the Templer Ten. Please consider all vacant positions within the club when they are advertised in the Trotter and newsletters. You pay the cheapest membership subscriptions around which should encourage you to put something back into the club and most already do.

To end, I would like to thank all my colleagues on the committee for their support over the past year and wish you all a great year's running.

Correction:

In the February issue we ran an article on the **Dartmoor Discovery** race. In the heading we inadvertently announced the date as Saturday 9th June. This is incorrect - the date of the biggest event in the Trotters' calendar is, of course, **Saturday 1st June**.

Please accept our sincere apologies for any inconvenience caused.

Finally, Treasurer John Caunter gives his report:

For many years now I have presented my report with lots of historical data and figures. I'm not sure this is necessary with a club as solvent as we are so, this year, I am giving a very short report and leaving this out. The accounts are presented to show members the performance of the club's races (listed to the right of the balance sheet), along with their charity donations.

Throughout the accounts and my report, the true figures are thrown by the activity from the DD in the previous year. Indeed, in 2012 we had £8458 of income for the 2013 race.

Looking at the balance sheet you can see that race profit for 2012 was lower than 2011, but 2011 was an exception. As I say every year, it is the profit from our races that keeps this club solvent and allows us to keep our subscriptions so low. Last year our charity donations amounted to £1849, now £15972 over the last 10 years.

As always a big thank you to all our race directors for their hard work and enthusiasm and, along with this, a big thank you for the willing support of all the Trotters who help. Bovey Tracey XC is not included because financially it provides no income or loss, however, thanks go to all who helped.

The balance of funds at the end of 2012 was £30849 and at the end of 2011 was £26939. As can be seen by the difference between the two figures, the club has profited by £3910 during 2012. However, taking into account the 2013 transactions, the true 2012 figure was a loss of £4666. At the end of 2012 we had £3325 of club kit in stock.

As usual, a personal thank you from me to all of our club coaches for the excellent job they do and a special thanks to Rod. Finally, a thank you to the officers and committee for their support during the last 12 months and to wish the club and all its members every success in 2013.

If there are any questions, or anyone wants previous year's figures, please ask.

Regarding subscriptions for the year 2013 -2014 I would like to propose that they remain as the previous year.

[If anybody would like a copy of the balance sheet referred to above, please contact John Caunter.]

Hot Jackets - enough to make you wish the winter would never end.



Above, Stewart Dunn models the men's version; while right, Bev Dennis and Jo Billyard do the honours for the ladies' style.

The first order for these splendid jackets, which come with option of having the club's name emblazoned across the shoulderblades, has been dispatched.

But in view of the strong interest shown, there is likely to be a follow-up order soon.

If you want to look ultra cool while actually feeling toasty, then have a quiet word with Stewart Dunn or Dave Dunn.



The Mental Race

In the second of two training articles [Noel Fowler](#) helps us get our heads round the racing game.

Last month I wrote about the training I found worked for me when trying to achieve a pb at marathon distance, but once you get to a certain level of fitness, it is much more about the mind than the body. I found it a constant battle of my mind telling my body what it was going to do and not letting it get away with anything less! Here are a few things I found helpful to win that battle.

I kept a diary of my training, recording distance, times, time of day, weather conditions and how I felt. I even recorded which shoes I was wearing because I always had at least two pairs of road trainers on the go at any one time. Being able to look at times from the 10 mile time-trial I ran each week or the 1 mile intervals built up my confidence, especially when they started to be better than the last time I attempted to race a marathon. Don't forget, what I am recalling here is when I wanted to improve on my pb and not when I ran purely for the sense of completing the distance. In the final week before the race I would read through my diary every night, remembering the great sessions I had put in.



Noel negotiates the Westward League's Plymouth Cross Country, March 2013.

I would choose a race that I had completed before, so that I knew the course, and would picture myself running it over and over again, visualising the time on my watch going through key distances such as 10 miles, halfway and 20 miles. I mentally rehearsed where I needed to put in extra effort and where I could take advantage of downhill sections. This would be the way I got to sleep each night, especially in the last week.

I had a special race kit and shoes that I only used for racing in and a routine that I went through in the last 30 minutes before the race. This is the time when the mind/body battle is often the most vicious. The body will find all sorts of reasons why you don't need to run fast: "Why can't you be satisfied with your current pb?"; "You've not been feeling well" and, worst of all, "What a fool you will feel when you come in way behind your target". This is where recalling all of the great sessions you have done will give the mind the ammunition it requires. I have been fortunate to be in the championship start at London and seen international runners looking through their diaries. I have also heard all of the excuses, as no doubt you have too, on the start line: "I was out late last night... didn't sleep... got a twinge in my hamstring," etc.

When I was racing, I could not afford to let my mind wander and the miles slip away...

I always started off hard in a race. The 1 mile intervals in my training would give me confidence to run fast and I would practise doing it in other races that I was less concerned about. I would start at the front in a 10k or 10 mile race and attempt to stay there for as long as I could. I found that I could run very close to my best interval times for at least two miles and then settle back into my target pace. This



Nearly there: Noel approaches the finish of the Bideford Half-marathon.

allowed me to get some time in the bank, ahead of my average minute per mile and meant that my mind was winning the battle from the very start.

I found that no matter how many other competitors there were, I needed to treat it as if I was running on my own. I never used a pacemaker although I did pace other runners for sub 3 hours on a couple of occasions. I needed to concentrate on my race all the time. I would be repeating the time for the next mile to myself, scoring how my legs felt (out of 10 for ankle, knee, thigh on each leg), visualising the clock at the finish and how it will feel when I have achieved my goal. I found that I needed to do many of my long training runs on my

own in order to get into this mental habit. When I was racing, I could not afford to let my mind wander and the miles slip away because I would find my body winning the battle and the watch would be 10 or 15 seconds behind what I needed. A couple of miles like that and I would start to lose the belief that I could make it back, especially in the second half.

I treated the race as a 20 mile warm up for a 10k race trying to stay relaxed and ahead of the clock until the 20 mile mark. My visualisation would see the clock at 20 miles with 2 minutes faster than I needed on it so I entered the 10k with a 2 minute head-start. I could then relax and find that my pace would increase slightly rather than over-striding which often meant I lost a few seconds each mile. I would prepare for this by racing a 10k after doing maybe 15 to 20 miles immediately beforehand. The confidence this brings is all ammunition for the mind to use in the battle.

I hope that some of things I found worked will work for you as well as you attempt to improve your times over whatever distance you favour. The feeling of elation when you have not only completed a race but hit or even surpassed your target time is well worth all of the pain. Good luck!

The Trotterview

Victims for March are a pair of Trotters: **Mark** and **Jo Becker**, but maybe not in that order.

1. What is your name?

Joanna.

2. What do you like to be called by?

Jo. Only official types and my parents call me Joanna.

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

I'm sure I've been called all sorts of names in the past but fortunately I don't recall anything really bad.

4. When did you start running?

1974, when I started secondary school.

5. Why did you start running?

I was put in the cross country and athletics teams by my PE teachers.

I took a break from running during the 90's, took it up again in 2001 with the WRN then saw sense and joined the Trotters in 2005.

6. What do you like about running?

That feeling of freedom and the fact that you can get further running than by walking and to more inaccessible places than cycling.

7. What is your best memory of running?

Those rare days when it all feels so effortless and you feel like you could go on forever. They happen less and less these days.

8. What is your favourite training session?

Anything that's on the flat is good for me. I get plenty of hills at home!

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

On a long Sunday run in 2010, I caught a hoop around both ankles and went down like a lassoed steer. Ironically, I was running on the grass verge at the time in order to avoid slipping and falling on the icy path.

10. Who is your running hero?

I can't say that there is anyone in particular. All runners, no matter what their ability, are to be admired, especially when they turn up to training on cold, dark wet nights.

11. What music inspires you?

Rock music and the heavier the better but I never listen to music whilst running.

12. What is your favourite film?

*I like a lot of different types of film but *Enchanted April* had quite an impact on me when I first saw it and it continues to do so each time I watch it. It's a gentle film set in the 1920's about four women who rent a medieval castle in Italy for a month's holiday. It's such a heart warming story.*

13. Give us a tip for racing.

Don't start too quickly! I never listen to my own advice though...

14. What is your favourite race?

Strete Challenge 10. I only did it the once and, sadly, it's not held any more. There were killer climbs, stunning views and pretty villages and some amazing food laid on at the end. It certainly made puffing up the hills well worth it!

15. What is the worst race you have done?

First/Last Chance races. I never do well there. I don't like multiple laps, it's too flat for comfort and so dull.

16. What running achievement are you most proud of?

It could be running in the same race as Zola Budd, or getting the senior girls 800m record at school (it stood for many years after I'd left) but probably getting a sub 2 hour half at Bideford last year.

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

I fell down Powderham hill on the way back from a training session in 2009. I skinned both my hands, took a chunk out of my hip and elbow and bashed my knee cap in. I was really well looked after by my fellow Trotters though, which goes to show, if you're going to injure yourself, do it on a club night and not when you're out on your own.

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

I know how awful I'll feel all evening if I don't get out there and get it done – unless it's absolutely blowing a gale and tipping it down!

19. What running goals have you got at the moment?

I'd really like to get PBs for all distances up to half marathon.

20. What running shoes do you favour?

Asics Nimbus. Other cushioned shoes just don't compare.

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

Decent running shoes! Certainly beats running in plimsoles or hockey boots!

22. What other sports do you take part in?

I don't really do anything now except running but I used to do karate, skiing, archery and horse riding.

23. What else do you like to do with your time?

Painting, sewing, knitting and gardening. Stewth, I sound like a right old biddy!



Jo ready for the Bideford half-marathon, 3 March.

'When running hard, relax the shoulders, forget the pain and just run.'

1. What is your name?

Mark.

2. What do you like to be called by?

Becks.

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

A few years ago, a race director came over to our group of Trotters after the Duckponds race and asked for Mary Becker so that she could be awarded her FV40 prize. I thought that was going to stick. How lucky I've been! [not all that lucky, **Mary**. - eds.]

4. When did you start running?

I did a couple of 10k's in the mid 80's but it wasn't until Jo (my wife) encouraged me to go for a run with her in 2003. She'd been running with the WRN for two years before I took the plunge. I was walking after a mile.

5. Why did you start running?

With Jo already running, I felt as though I was missing out on something. How right I was.

6. What do you like about running?

Listening to the wind in the trees when I'm running in the lanes. I hate the idea of running with an ipod or ever going on a treadmill (I am not a hamster).

7. What is your best memory of running?

Towards the end of my first marathon; turning the corner into The Mall in London seeing the finish line and realizing I was actually going to make it. A very special moment.

8. What is your favourite training session?

Laps of Brunel with a jog recovery.

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

Jo and I went for a quick out and back run to Hennock but decided to add a mile through the woods. We got completely lost around the reservoirs and were out for nearly three hours. I was standing in hedgerows looking across the fields trying to get my bearings. We cancelled our long Sunday run that week.

10. Who is your running hero?

Lasse Viren. He won the 5K and 10K Gold medals in the 1972 AND 1976 Olympics. There were heats for the 10K back then. He was brilliant to watch even at 8 and 12 years of age.

11. What music inspires you?

Heavy Metal.

12. What is your favourite film?

The Matrix is a favourite action film [good choice - ed.] but Keanu Reeves in a favourite film? Hmm... Probably Crouching Tiger, Hidden Dragon then.

13. Give us a tip for racing.

Sometimes, just let it all go. When running hard, relax the shoulders, forget the pain and just run. You'll be amazed what happens. We were born for it after all (my Trotter tattoo says so).

14. What is your favourite race?

Chudleigh Carnival Six. The atmosphere at the start and finish is great. Staged on a Friday evening, it is a lovely start to the weekend with beautiful lanes to run down. It also starts and finishes at a pub.

15. What is the worst race you have done?

Wellington 10, 2005. I don't remember the last mile and woke up in an ambulance. I was well looked after by the Trotters and received the accolade of having 'The Horse's Arse' sung to me. The Trotters became my second family that day.

16. What running achievement are you most proud of?

Bovey Half Marathon 2010 3rd MV40. It's my only individual running award. It's all about walking up to collect it. Nice memory.

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

I badly twisted my ankle only a couple of runs in from taking up running in 2003. My foot was black for a long time and there were a few sleepless nights with the pain. It didn't put me off though.

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

It's more of a 'who' than a 'what' - Jo.

19. What running goals have you got at the moment?

Completing the club championship.

20. What running shoes do you favour?

Asics Nimbus. I have tried others but keep coming back to them.

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

Roclite trail shoes.

22. What other sports do you take part in?

None now, but karate in my younger days. I loved throwing the discus at school and I am still a proud discus champion from the very last Trot-a-lympics

23. What else do you like to do with your time?

Family history and local history research.



Mark at Plymouth Cross Country 17 March.

Captain Tarquin's Corner

Men's Captain [Daryl 'Tarquin' Milford](#) delights in some recent men's achievements.

It's only been three weeks since my last report but, in that time, we've had a flurry of racing activity, with some real old favourites completed. The Dalwood 3 Hills is one of these and this tough annual event is one that usually attracts a fair number of Trotters looking for an early season challenge. It definitely is a challenge, with a muddy course over a very hilly terrain for ten gruelling miles. Although it's advertised as '3 hills', I've always counted at least four and a half! If that wasn't enough, the finish takes the runners through a river, which is usually in flood and the water ice-cold! It's not a race for the faint hearted!! You would expect times for this course to not be that fast, but the times of our Trotters taking part certainly defied that logic. Ewan Walton carried on his good form and stormed the course, finishing in 8th place in a time of 1:16:34. Alan Boone was not far behind with a time of 1:22:09, finishing in 20th and, in doing so, secured the 1st MV55 award. Alan is another man who's running well this year and really is going from strength to strength at the moment. Allen Taylor, John Tweedie (2nd MV45), Travis Wood, Wilf Taylor (2nd MV60), Mark Becker and Jimmy Donovan completed the line-up of the eight hardy Trotter men who took part. Mark and Jimmy are regular faces on the racing scene and have both put in some fine racing efforts this season, representing the club most weekends.

The following weekend saw the Trotters divide between two race venues for what have, in recent years, become three firm Trotter favourites. The two lap Duchy marathon, starting in Redruth in Cornwall, has been a fixture on the racing calendar for 37 years now, but in recent years the race organisers have also introduced a 20 mile option. This provides for an excellent 'springboard' race for those training for a spring marathon and is a race that I personally use as a benchmark of my performance and an indicator of how I might do in an April marathon. Chairman Rog organised a minibus for those

racing at both races at Redruth and this received a good take up (read more about minibus hire in this month's News Desk on p.2). The course is pretty gruelling, both from its hilly terrain and the exposed nature of the course over the downs.

A headwind played a part and this made for hard work, especially in the latter stages of the races.

Of note in the marathon was Lance Mason who has been going through a bit of a low ebb with his running over the last couple of weeks. However, he still managed to pull out a pretty amazing finishing time of 3:01:33 which gave him the 1st MV50 award. Lance has now been inspired to go for a sub-3 hour time and then chase down the MV50 club record at that distance. Mark Hutchins, Chairman Rog, Ian Langler, Roger 'Smokes' Hales, Phil Perry, Peter Blakesley and Dave Dunn also represented the Trotters

in the marathon, with Mark, Ian, Phil and Peter using this event as part of their build up towards the Dartmoor Discovery. Smokes and Chair are also running in the DD but compete in marathons most weekends on their way to achieving their goal of 100 marathons, which they hope to reach at the DD. Chair has really been struggling with his marathon running this year but did find his body coped with running the Duchy very well. He told me afterwards that this was the first marathon he has run without any real muscular difficulties for a while. For Chair and Smokes this was marathon number 96!

Although no prizes are given out for the 20 mile race, our men did us proud with some fine finishing positions. Yours truly and Garry Smart were 2nd and 3rd finishing in times of 2:07:08 and 2:08:58 respectively, with Smartie being 1st MV45. Despite a niggling injury, Wilf Taylor was 1st MV60 and finished in a time of 2:33:49. Tim Hassell (2:43:47) and Neil Pallant (2:54:44) also represented the Trotters in the 20 mile race and are also running in the DD for the first time this year. Tim is a regular in the Monday and Wednesday ten mile



John Tweedie in the Bideford half-marathon 3 March.

...the Grizzly...a bit on the mental side, with the terrain switching between steep coast path climbs, thick bogs and beach running.

groups and on our Saturday morning social runs in the 'A' group. He is also in training for the Paris and London marathons, which are only two weeks apart! Since joining the club, Tim has fast become a regular face at races and training and I'm sure he'll do well at the DD in June. Tim is the manager of the Ilsington Hotel, near Haytor, and has also offered to lead a couple of summer social away runs followed by food and use of the hotel's spa facilities after the run. Tim will be firming up the details for this with Rod and me shortly.

Further up the north coast, another contingent of Trotter men were battling bitter conditions at Bideford half marathon. Despite the cold conditions being a little unpleasant, it actually proved to be perfect running conditions, as a whole hoard of PBs were achieved.

Leading the men in, as always, was Dave Tomlin, who finished in 6th position with a truly stunning time of 1:14:22. This time saw him achieve the MV40 club record for the half marathon distance that he missed out on at the Exeter Half, in February, due to the course there being altered. Tommo's thoughts now turn to the Taunton Marathon in April, as he seeks to complete the club record clean sweep. Ewan Walton was back in action again and had targeted this race to break the sub-1:20 barrier. In the event, Ewan did this comfortably and completed the course in 1:19:30 to record a new PB. With the way that Ewan is running this year, I believe we'll see him shave some more time off his half marathon PB in the near future. Although Ewan is another Trotter going for the DD (Ewan is now an old hand at the 32 miler), he is definitely enjoying himself along the way and recording some good personal results at many of the local races. He's also got his eye on the club championship this year.

Alan Boone carried his good form onto Bideford and won the 1st MV55 award with his time of 1:26:06. Alan is doing very well at the moment, despite racing just about every weekend, and is doing himself and the club proud.

Allen Taylor achieved a new half marathon PB here with a time

of 1:28:08. Allen is building up to the DD too but normally enjoys the tough off-road events of the longer distance, so this flat and fast course would not necessarily be to his liking. Allen has some very interesting off-road marathons coming up and I'll report more about his endeavours in my next captain's corner. Craig Churchill edged a bit closer to his goal of a sub-1:30 half marathon, with a new PB time of 1:31:23.



Jimmy Donovan approaches the finish of the Bideford half-marathon.

Last month I mentioned new Trotter Alexander Shearman and his aim to target a 1:40 time at Bideford. Well, Alex smashed right through this barrier and achieved a new PB of 1:35:30, so well done to him! Rob Cowling achieved a time of 1:34:58, for his first half marathon. Graydon Widdicombe achieved a new PB of 1:42:02, taking almost five minutes off his previous half marathon best (1:47:53) achieved three weeks before at the Exeter half. I'm sure,

as Graydon gets used to racing more regularly, he'll see this time tumble even further before long. Dennis Milstead finally broke the 1:45 barrier, with a new PB of 1:44:37 and Rob Cooper ran in with a time of 1:46:59, in only his first race as a Trotter. Gary Clark (1:28:07), John Tweedie (1:28:32), Gary Watson (1:39:40), Jimmy Donovan (1:45:09), Noel Fowler (1:50:28), Stephen Wallace (1:53:14), Keith Anderson (1:58:58) and Tim Hartley (2:19:51) also represented the Trotters and did the club proud at Bideford.

Ewan Walton's continued his fine form into the following weekend at the Grizzly. This annual event is a bit on the mental side, with the terrain switching between steep coast path climbs, thick bogs and beach running. However, despite its tough nature, it always attracts a massive following and the entry list usually fills up within a few days of the entries opening. Ewan led the Trotters home and finished in a scintillating time of 2:51:32, showing the quality training that he has been putting in this season is paying off. Ewan now moves onto the Taunton marathon and hopes to achieve a sub-3 hour time there. Lance Mason, Ben Epps, James Henderson, Ryan Anthony and Keith Anderson also took on the challenge and represented the Trotters at the Grizzly.

Captain Catherine's Corner

In her first report as Ladies' Captain, Catherine Barnes introduces herself and praises the speed and staying power of her fellow Trotters.

Welcome to my first Captain's Corner. Firstly, I would like to thank Sharon Bowman for all her hard work as Ladies' Captain over the past two years. We all know her as a very proactive Trotter and one who is dedicated to her training. I wish her every success with her running and I am sure it will pay off at the London Marathon, the Dartmoor Discovery and any other races she does throughout the year.

Thank you for voting me in as Ladies' Captain. As a bit of background for those who don't know me so well: I joined the Trotters a couple of years ago after deciding I wanted to get fit again. I'd had a few goes on my own shuffling around Stover Lake on a walk/run plan but wasn't getting any better. I joined the beginners group where Rod and Jan demonstrated immense patience as they dragged me round Newton Abbot week after week until I finally made it into the improvers group! Joining the Trotters is one of the best things I've done in recent years – I'm fitter, thinner and have made loads of new friends. My running has improved and I've done a few half marathons which would have seemed a ridiculous idea a few years ago. Last year I completed the club championship and I'm really pleased that I've come full circle and am now one of the leaders for the beginners group. I'm neither the fastest runner nor the most experienced but if I can help you or if you need my support in any of your training, racing or social ventures then just let me know.

Since the last Trotter there have been some fairly tough, muddy, cold and wet races that have been well supported by our ladies. In addition to our more experienced racers, some of our newer members including Ruth Johnson, Hayley Brown, Carly Cook, Heather Snow and Stephanie Parker have done us proud and raced in club colours. Ruth, in particular, has thrown herself into racing and already completed 4 championship races.

At Dalwood 3 Hills, an ever improving Jess Parkes brought the Trotter ladies home, followed by Tamsin Cook and Jo Becker (neither adverse to a hilly, muddy challenge). Sally Ingledew and Eleanor Taylor also ran very well and earned 2nd & 3rd Vet 50 places respectively.

At the Bideford Half Marathon near the beginning of March, Tina Caunter's hard work and determination saw her break the Female

Vet 55 club record which had stood since 1996. Heather Snow completed her first half marathon and there were PBs for Helen Anthony, Jo Becker, Beverley Dennis and Sharon Hutchins. At about the 10/11 mile mark, Sarah Seymour stepped it up a gear, cruised past me and then I saw her pick off Trotter after Trotter as she ran off into the distance. All this hard work paid off as she smashed her half-marathon time by 12 minutes!

A minibus of Trotters went to Redruth to complete the Duchy Marathon and 20 mile road race. Sally Ingledew and Angela Blakesley took on the task of the marathon in unpleasant conditions, whilst in the 20 mile race, Jacki Woon earned 2nd Vet 45, Eleanor

Taylor improved on her time from 2012 and Ruth Johnson and Carly Cook finished their longest runs to date. Carly is in training for the London Marathon where she hopes to raise funds for her chosen charity. Sharon Bowman, also in training for London, put in another strong performance. Jess Parkes comfortably finished her first 20 mile race in less than 3 hours. Her commitment and consistent improvement should hold her in good stead for the Dartmoor Discovery 32 mile race in June.

Sally Ingledew and Helen Anthony rose to the challenge of completing The Grizzly. No stranger to long

distances, this was Sally's first go at the 20 or so miles over a variety of terrains. Helen has run it three times in the past but, after missing the last two Grizzly's because of injuries, she stormed in as 9th lady. Both did extremely well on such a difficult course.

As you can see above, our ladies have been running very well this month. If you're yet to enter a race then don't be nervous, just give it a go. There's normally a strong Trotter presence at most local races and you'll get the support of your team mates: it's surprising what extra speed you can pull out of the bag when there's a crowd of people screaming your name!

If you are looking for extra training or just want to run more miles then why not join one of the Saturday social runs? These are very well attended but there's always room for more. The three groups cater for most abilities so, if you want to do a longer run with fellow Trotters, then check the website or Facebook pages for details.

That's it for my first Captain's Corner; I wish you all good training and successful racing during March and April.

On on.



On on or Can-can? Jo Becker, Helen Athony, Sally Ingledew, Sharon Bowman, Tina Caunter and Kirsty Bowman limber up.

CLUB CAMP 2013

NEWLANDS HOLIDAY PARK, DORSET 14 and 15 JUNE 2013

www.newlandsholidays.co.uk

Camp Chief **Dennis Milstead** surveys the prospect of another memorable Trotters Camp.

All Trotters are invited to attend the Club's annual Club Camp which is being held this year in Dorset.

The DLRWF [Dorset Long Range Weather Forecast] is already indicating that this weekend will be hot and sunny, so bring your suntan lotion, your boardshorts and your bikinis (or mankinis).

Wives, husbands, partners and children are all welcome but this is NOT a family only trip. If you are single, please come along and join in the Trotter fun. The price will be £18 per night or £20 if you need electric. If you would like to come, I will need full payment by the 17th May 2013. For those of you who struggle a bit with the maths, that will be £40 for electric hook up or £36 for a non-serviced pitch for two nights.

This site has indoor accommodation options ranging from quite basic to quite plush. You may wish to consider this if you want to attend the weekend but prefer not to camp. I have looked at all the indoor accommodation and you are welcome to call me on 07838 131951 if you have any questions about it.

Last year, the Met Office issued a storm warning the day before camp was due to start (thanks for your help). The hardcore campers turned up with a casual "wotsthehurstthatcanappen?" type attitude and we all had a fantastic time.

What happens at Club Camp?

For those of you who have never been before: Club camp is a social event that includes training and some other sporting events. You are welcome to join in as much as you wish, or if you prefer to go off and do your own thing then that is no problem. We usually arrive on the Friday and set up camp. Friday evening can sometimes be a drawn out affair where some club members drink alcohol.

Saturday morning starts with a training run which leaves at 8 a.m. This is usually a 5 miler unless we get lost. This year the run will be a spectacular run to the top of Golden Cap, which is the highest point on the south coast of England. If you are feeling a little delicate after Friday night then this will revive you. Saturday will then be free with most people heading to the beach. There will be opportunities for children to go fossil hunting.



A view of the camp environment.

We usually head back to camp at teatime where Gary Watson organises a tempo run. This may be followed by games for adults and children. If we play rounders again then make sure that you get on a team with Al Taylor, Al Boone or

Nathan in it. Saturday evening is spent socialising in the bar, while Sunday is a relaxed day with campers heading off home whenever they are ready.

If anyone would like to arrive on Thursday or stay Sunday night, this will not be a problem, just let me know. The travel time to the site is just one hour from Penn Inn roundabout, so I am hoping for record numbers this year. If you have any questions please call me 07838 131951.

Payment Options:

I am happy to start taking payments now. There are 19 slots available in the Trotter only "black field" which I will allocate to the first nineteen payments I receive. After that, pitches are available in the "red" field (electric) or the "blue" field (unserviced).



Looking west along the beautiful Dorset coast.

You can post a cheque to Dennis Milstead, Lower Blagdon Manor, Lower Blagdon Lane, Paignton Devon TQ3 3YB. Alternatively, I am usually at the White Hart on a Wednesday where I will take cash and cheques.

PayPal: dennismilstead@talktalk.net

BACS: First Direct SORT 40 47 86 A/C 50400211

Please text me 07838 131951 if you use electronic options, so that I can confirm receipt. I prefer not to receive money before training, for obvious reasons, but this is possible as a last resort.

Please remember the cut-off date, which is 17 May - we are booked in at a really discounted rate and full payment is due one month before camp starts.

CLUB RECORDS UPDATE

Dave Dunn fills us in with the latest superlative performances.

As I had predicted last month, the Bideford Half Marathon was the perfect platform for more record-breaking exploits by the Trotters. Dave Tomlin moved a step closer to making it a clean sweep of all four MV40 club records with his amazing time of

1:14:22, finally erasing Alan Fewings' old mark which had stood for 17 years. In so doing, Tommo made up for the disappointment he must have felt at Exeter when the course got altered at the last moment. Tommo's time at Bideford came within one minute of his senior male half marathon club record, which he set as a young boy at Bath back in 1996!

Tina Caunter is following Tommo's example and making a bid for all four of our club records in her FV55 category, adding the half marathon to the 10 mile record she already holds. Tina's time of 1:54:52 totally eclipsed the previous record held by Pauline Newsholme, and now Tina is gunning for Pauline's

other two records, at 10K and the marathon distance, to complete the set.

As for Tommo, he is now in training for the Taunton Marathon where he needs to run quicker than

2:51:44 to take away Chairman Roger Hayes' MV40 record. However, knowing Tommo, he is probably targeting a time of sub-2:39 to better his own fastest ever marathon time run by a Trotter.

In addition to the marathon, Taunton offers the potential for record-breaking runs in the half

marathon, whilst elsewhere in April, there's the Easter Bunny 10K at Yeovilton, another 10K over a flat, fast course at Bridgwater, and the not so flat and not so fast half marathon course at Plymouth! There's also the small matter of the London Marathon. Wherever you happen to be running next month, have a good time and don't forget to let our Press & Publicity Officer, Sharon "Fizz" Bowman, know how you got on.



Tina Caunter storms towards the line to claim her record at Bideford.

The Trotter

Editors: Sarah Seymour and Keith Anderson

Many thanks to everyone who has contributed to this issue of The Trotter. The copy date for the April issue is **Friday 19th April**.

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