

***This month - in two parts!
- and this is part 2.***

The Trotter

Teignbridge Trotters Newsletter

Number 6

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'End to End'



Our intrepid cyclists before taking on the daunting and gruelling Land's End to John O'Groats challenge. [Nathan 'Lovely' Elphick](#) reports.

Day One

The camper is all packed and ready to go. With glorious Devon sunshine as we leave for Land's End, we are all full of nervous energy. Ben is following behind with his family, Dad and Uncle John are happily nattering away in the front while Tracy and I sit in quiet contemplation in the back thinking about what's to come. Our first stage is a mere 50 miles which still has a few testing climbs. Double check the maps and directions to our first campsite, now nothing left to

do but sit and wait.

On arrival we managed a light lunch followed by a few photos near the sign post. Last minute checks were done and we were off. We didn't get more than 300 yards and the map holder fell off my handle bars. Maps safely tucked into my back pocket, we were off and rolling and the miles were flying by at quite a lick even with a slight headwind. Our route was mainly on the A30 trunk road which was fairly busy: a little detour through Hayle broke this



Happy camping: what are those two on the right up to?



Tracy on the climb up to Kirkdale Pass; Nathan and Ben bringing up the rear.

up a bit, but only for a short while. Things got a little interesting just past Camborne when we hit some stones which had been dislodged from the French drain. BANG! First puncture to me. I was at the back of the trio and my team mates couldn't hear my shouts over the traffic and left me behind. By the time they dropped back, I had almost finished changing the inner tube and with the help of some CO2 gas we were off again. With only one major climb at Highgate hill near Fraddon to overcome, we were soon at our first stop. We may have gone a little quick today, averaging nearly 17mph as tomorrow would bring some tough Devon hills and probably be our hardest day.

Day Two

Clear blue skies greeted us when we woke up. After a banana, protein shake and some flapjack, we were off on our first leg of the day. Staying clear of the busy A30 for a few miles, we opted to go through Bodmin then back up onto the very busy trunk road for the first of three big climbs of the day across Bodmin Moor. Still fresh from a good night's sleep, these seemed to pass by without too much fuss and we soon arrived at our breakfast stop at a service area just before Launceston. After breakfast we headed off for the next stint along the old A30 taking us through Lifton, Lewdown, Portgate and a long climb up to Sourton Cross just outside Okehampton. Finally we left the main roads for the more quiet rural roads of Devon. We had lunch at Copplestone and a well-earned rest in the lovely summer sun to recharge our batteries ready for the climb at Bickleigh. From here it was reasonably flat with more down than up which was quite a relief from the previous couple of hours. We passed through Crediton without drama and took the turning towards Tiverton. The climb towards Bickleigh Mill was severe and we all struggled to make it to the summit but were very glad to see the road flatten off. Cruising down to Tiverton took no time at all. With over 7000 feet climbed today we made it to our rest stop for the night, all three of us very tired.

Day Three

Again, the sun god shone down on us from the very start of the day, although the stiff headwind was still with us. We left our campsite just south of Wellington at half past eight and headed north on the A38 towards Taunton. Taking advantage of the flat terrain, we really started to motor along

and we were soon going up past the 11mile/24mile point of the Taunton marathon course where the friendly face of Dave Dunn greeted us at the summit of the climb and gave us a real boost. Having survived the rush hour traffic, we arrived at the breakfast stop just north of Bridgwater. The flat landscape made for quick progress through the Somerset levels and we were soon on the long climb up towards Bristol Airport. Ben suddenly anchored up with a pain in his right knee. With guts and determination he made it to the top and we stopped for lunch and a chance for Ben to get some painkillers.

The final leg to our night stop at Slimbridge was mainly downhill and took us right through Bristol City centre and up towards Filton on the Gloucester road. Nursing his injury Ben stoically made it to the end of the day hoping a night's rest, ice and anti-inflammatories would sort it out. The campsite was bathed in sunshine and stretching out those aching muscles whilst sunbathing was a great end to an easier day in the saddle.

Day Four

Sleep came to an abrupt end at about 5am when a murder of crows decided it was time to get up. The noise was not as disappointing as the lack of sun though. After watching the national weather forecast, we were glad to hear that the cloudy skies would clear and we would be bathed in beautiful sunshine once more. It was decidedly chilly but, safe in the knowledge that things were going to improve, we set off towards Gloucester. Within only a few miles Ben was in pain again with his knee. A hasty phone call to Dad in the camper and he was quickly despatched to the nearest supermarket for some pain relieving gel. The temperature had also dropped, the headwind was back with a vengeance and we were starting to get very cold indeed and as a result there was little chatter between the three of us. After 25 miles we arrived at the breakfast stop at Ledbury and were very relieved to get in the warm of the camper. Toggled up with jackets, long trousers and over shoes, and Ben dosed right up with painkillers and ibuprofen gel applied to his knee, we set off up the A49 towards Ludlow. We made steady progress and with warm clothes on we were much happier and opted to go a little further before stopping for lunch.



Loch Tulla: Tracy and Nathan climbing the Black Mount.

The sun finally made an appearance and made for a fabulous last section with us finding time to stop at Ludlow to take some photos. When we arrived at Church Stretton, our stop for the night, we were greeted with panoramic views of The Long Mynd.

Day Five

We left early because the nature of the route we were taking would see us go through some major towns and cities. Keen to get some miles behind us, the pace was high. Shortly after negotiating Shrewsbury we stopped for breakfast at the little village of Whixall just south of Whitchurch. Fully refreshed and Ben dosed up, we continued up the A49 towards Warrington. From here things went decidedly downhill with our passage through Warrington and Wigan hampered by traffic, traffic and more traffic and Tracy taking a tumble at a roundabout when she couldn't un-clear. I have to say, this was the worst day of the whole trip with us spending nearly 8 hours in the saddle.

Day Six

Wonderful sunshine greeted us again when we pulled back the curtains. Leaving just before 8 and with a very flat first 45 miles, we absolutely smashed our first section and actually went a lot further than the intended 30 miles, almost



The sad moment when Ben was finally forced to call it a day.

making it to Kendal, some 44 miles from our start point. More porridge, banana and a large coffee later we were off to tackle the 1000ft climb to the Kirkdale pass. Skirting the edge of Windermere, the undulating roads soon became a constant climb with the odd little plateau to allow the legs a bit of respite. Even with a photo stop and Ben struggling with his knee we still climbed at a reasonable rate. The summit of the Kirkdale pass is absolutely stunning, with views that are not easily described and with a pub and large car park made for a perfect lunch stop. Ben nearly pulled out here with the pain almost unbearable in his knee. An extended lunch stop to allow time for the pain killers to start working, and we headed off the sensational descent of 800ft in under 2 miles which, for some of us, was over all too quickly. Continuing on to Ullswater, which was bathed in wonderful sunshine, we had all too soon moved through the Lake District towards Penrith to re-join the A6. From here it was the very undulating road to Carlisle for a well-earned night's sleep. Scotland tomorrow and more hills...

Day Seven

Another bright start to the day saw us heading north from Carlisle across the border at Gretna. After the obligatory photo with the sign, we headed west towards Dumfries on very quiet Sunday roads. Very straight and potholed, it seemed to take ages to get to our breakfast stop. Moving north on the A76 to Kilmarnock, again the condition of the road surface was appalling and soon resulted in a puncture for Tracy. With the new tube fitted and inflated we were off again at a slower pace partly because of the road and partly because of Ben's injury. We stopped short of our intended lunch stop which only meant we would have a much longer afternoon leg. We pushed as hard as we dare for the rest of the day with a brief stop for painkillers in Kilmarnock. We soon had the campsite in our sights. Over 100 miles on quite straight, very bumpy, undulating roads took its toll on all of us and we were very glad to hit the showers and get some rest.



John O'Groats: the destination reached at last!

Day Eight

The morning came and brought with it damp, very overcast and cold conditions. The first few miles were slow and undulating but gave the legs chance to warm up. Ben found this first stage very tough: taking a concoction of various tablets to help with the pain had played havoc with his stomach. After only making 20 miles in 2 hours he called it a day. For him the adventure ended at Loch Lomond. Tracy and I, keen to recover some time, picked up the pace on the flat road alongside the Loch and we arrived in Crianlarich for lunch back on schedule. The sun was shining and it was lovely and warm as we headed up into the mountains towards Glencoe. This was an absolutely fantastic ride with spectacular views. Our route took us over Black Mount and the climb to the summit was rewarded with views of Loch Ba and Loch Tulla. The A82 slices its way through the heart of the Ben Nevis and Glencoe Mountain ranges and the descent to Glencoe and Invercoe was very fast and exciting. Our campsite was situated on the shore of Loch Leven. We had made good time which allowed us a chance to relax with a stroll along the Loch while soaking up the views before dinner.

Day Nine

After a very hot and humid night with us all getting bitten by midges we set off towards Fort William and our first look at Ben Nevis. Our view of Ben Nevis was quite brief and the summit was covered in cloud. From here we motored on and up our first climb to Spean Bridge and our breakfast stop at the Commando Monument over-looking the valley towards Ben Nevis where many troops trained for World War 2. It's a peaceful place with remembrance plaques for both World Wars, Iraq and Afghanistan. After a quick breakfast, we headed off to the Great Glen to find "Nessie". The undulating roads and poor surface drained the legs and making good time was hard going so when we reached our lunch stop at Drumnadrochit we were in need of some carbs. After a good

rest and lunch we hit the road for the last leg of the day. It looked like we would get wet for the last 10 miles with some very dark clouds over head, but with only a few spots here and there we got to the stop at Dingwall just north of Inverness.

Day Ten

Lots of rain in the night meant it wasn't the midges that kept us awake. Thankfully, the rain had stopped before we left but those clouds looked very threatening. We left at 0745 with very tired legs and it took a while to warm up on the flat first 15 miles. Our motivation got a boost when the sun started to appear and this also had an effect on our speed. We soon reached the breakfast stop at Dornoch, and thankfully our last bowl of cold porridge, banana and yogurt! With the prospect of some hard climbs from Bora to Helmsdale, Helmsdale to Berriedale and Berriedale to Dunbeath, we set off hoping the rain would keep away till after those big hills. The north east coastline has a rugged beauty and charm with little crofts and small houses dotted here and there. It gave you a real sense of isolation, something like you find on Dartmoor. The lunch stop couldn't have come at a better time after two of the steep climbs had drained us of energy and any slight incline was now a mountain! We still had about 35 miles to do with one major climb so we spent as long as we dare at the stop before the legs started to seize up and we got cold. Leaving the support behind, we took our usual 10 mile stints each on the front and in no time at all with all the climbs done the landscape levelled off with about 12 miles to go. We passed Dad and Uncle John snapping pictures as we went by just like they had done every day since we started when this bike flashed past us and we were suddenly aware that Ben had got changed and got on his bike to take us in for the last few miles. It was great to have him back with us and this helped us to the finish. With a muted celebration and a few tears we had crossed the line. It was not a race but we had won our battle to get from End to End. Sadly for Ben, the few miles he rode with us had only made his knee flare up more but the beers in the camper on the way to our night stop soon sorted that out.

In conclusion, for me it was a journey to remember with many high points and also that feeling of wanting to chuck it all in and go home. A real determination and not wanting to fail and let everyone down kept me going. This quite simply was amazing and I would do it all over again. With the help of Dad and Uncle John supporting us all the way with food, drinks and cheers of encouragement we have raised approximately £3000 for CLIC Sargent.

A few facts and figures to finish with: we cycled 910 miles with an average speed of 15.43mph; we cycled for more than 60 hours, climbed 38000 feet and burned more than 40000 calories. If ever you get the chance to undertake this challenge, do it!

Indomitable Spirit!

In true Trotter style, [Ruth Johnson](#) stepped up for the Virgin London Marathon in April. Here she tells her story.

On April 21st 2013 I ran my first marathon. I'd been thinking about running a marathon for about 15 years, trying every year to run but giving up. Last year I decided it was now or never and entered the marathon, running for a friend and her chosen charity. After a year of thinking of nothing else, all that hard training was hopefully going to pay off and get me through the 26.2 miles.

I didn't sleep well at all the week before. I don't think I was particularly worried about running it, just excited and eager to get it done. I woke up to bright sunshine which was a worry for me as all my training had been done in rainy and cold conditions, running in the sun and heat was a first!

I felt a little lost when I first arrived at Greenwich: the area is huge and I didn't really know where to go or what to do first. I soon bumped into a few people I knew and we sorted ourselves out. The organisation was fantastic and everything went smoothly. I got to my numbered area and finally started to run at 10.20. I had no watch, I just wanted to keep to my training pace and not worry about any particular time.

The first few miles were amazing and the atmosphere from the crowds was electric. We were quite tightly packed together and it took a few miles before we were able to spread out a bit. There was music and bands playing along the whole route, the sound was deafening.

The first 13 miles were pretty hard because of the heat. Like everyone else I was constantly looking for the shade and taking plenty of fluids. The hardest thing was avoiding dropped water bottles littering the road. I finally got to Tower Bridge and felt a little emotional. I'm not sure if that was the overwhelming feeling of actually running the marathon or watching everyone pass me the other way almost finishing when I had about another 14 miles to go!

Miles 13 to 20 were the hardest for me: the heat was really getting to me and my lower back was really stiff. To add to that, I could feel a blister between my toes (I shouldn't have worn those new socks). Thankfully, it clouded over a bit and I started counting in my head to get me through. I was desperate to stop and stretch my back but worried I would not get going again because of the blister. People were dropping out or being carried off all the way along.

Running the last 5 miles was the most amazing, everyone was shouting my name. The downside of this was my family saw me a few times but I couldn't pick their voices out from the crowd.

At 23 miles I was still feeling OK and I seemed to be one of the only ones still running at this point. People looked like they were really suffering (they should have trained with the Trotters). My ears were ringing with the cheering. At last I could see Big Ben and came into the last 800 metres. People were still giving up, head in hands, that close to the finish.

I ran through the finish in 4 hours 56 minutes feeling on top of the world (and a little tired). Can't wait until my next one!



Marathoner Ruth in relaxed mood, lend her support at the Dartmoor Discovery finish.

The Trotterview

A flavour of the North-east is served up in the Trotterview this month, with our seventh willing victim, [Gary 'Watsa' Watson](#).

1. What do you like to be called by?

Gazza but the Trotters call me Watsa.

2. When did you start running?

I did a half marathon in 1981.

3. Why did you start running?

To see if I could break 1:30 for a half marathon. It was a bet with a friend.

4. What do you like about running?

The racing, the pain, the challenge, the camaraderie, the feeling, mainly the Trotters.

5. What is your best memory of running?

I suppose most people would say this PB or that PB. The problem with that is how do you know it's going to be a PB. Look to the future not to the past, you're only as good as your next race.

6. What is your favourite training session?

The one I enjoy coaching most is the "Potter Session". The one I enjoy doing most is probably the "Tortoise and the Hare."

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

Meeting the Greek Prime Minister as an "elite" runner, on the Trotters trip to Athens.

8. Who is your running hero?

Steve Ovett – he inspired me to run the 800m.

9. What music inspires you?

All rock music! I love to try to play it.

10. What is your favourite film?

"It's a Wonderful Life".

11. Give us a tip for racing.

Don't use all your energy at the start. Roll a rolling pin over your legs before you start.

12. What is your favourite race?

The Barnsley 10k - I got my current PB there.

13. What is the worst race you have done?

The Luppitt Lollop (a terribly organised run for 11 miles without a drink!).

14. What running achievement are you most proud of?

Probably breaking 3 hours for the marathon or breaking 2 minutes for the 800m.



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

Plantar Fasciitis – Difficult to get rid of, still trying. It made me stop running for 3 months and become very unfit.

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

The Trotters.

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

To improve my running this year. I have improved my 10k time by 5 minutes from 48 minutes to 43 minutes.

18. What running shoes do you favour?

Mizuno – good cushioning.

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

A Garmin 410. It improves your motivation.

20. What other sports do you take part in?

Tennis, Snooker, Golf, Table Tennis, Badminton, Cycling, Swimming and darts in the White Hart.

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

I'm a teacher, I don't have any!

Membership Report

Membership secretary [Dave Dunn](#) keeps us up to date with the latest changes.

Here we are in mid-summer (joke!) and things have settled down on the membership front. It has been heartening to see some of our members returning to the fold after a brief absence. One of the strengths of our club is that, although there is always an on-going injection of new blood, many of our members stay a Trotter for years and years, lending stability and experience for others to feed off.

This past month has seen 4 new members adding vitality to the mix, bringing our membership total up to 216, taking into account a couple of rather late renewals.

As predicted in last month's Trotter, Hylda Stewart has followed her friend Carolyn Mogford into our ranks. Although Hylda (54) has lived in Moretonhampstead for the last 3 years, she has joined on a second claim basis having retained first claim status at her previous club up in Scotland.

Dan Pollard (29) and his partner Sarah Himpson (24) from Bovey Tracey have both signed up having started by sampling life in the Monday evening beginners group, before progressing on to Wednesday's improvers. The next stop for both of them must be the recently re-branded "Step Up" group on Wednesdays once Dan recovers from a slight injury set-back.

Although only 22, Rob Steer from Ipplepen has been seen leading the 10 mile group back into Coombeshead on more than one occasion, underlining his potential. With Jack Baker and Adam Caunter both having returned from university for the summer, we now have three young men capable of mixing it right at the sharp end in races.

Trotters celebrating a landmark birthday in July are Nicky Cowling who will be 50 and Adrian Handley who reaches 45. Many congratulations to you both, hoping that you have a great birthday and enjoy your new veteran status! Also, belated congratulations go to Nicky's daughter Sophie who was 21 in June.

Editors' Corner - a few Trotter announcements:

In no particular order:

- It has already been announced on Facebook and elsewhere (see the Club Championship report, p.11) that the 'August' Sandygate loop race has been moved back one week to 6th September. This is because of a clash with the Forest Flyer race.
- This year's Churston Flyer race, normally held in October, and which was designated as a club championship race in category 4: Short Miscellaneous, has been cancelled. Efforts are being made to replace this fixture with a time-trial at Brunel, possibly of 5K length. For further details, see Tarquin's Club Championship report on page 11.
- An addition to the social calendar: the idea of a ceilidh seems to be gaining support, so possible dates and venues are being looked at. If this goes ahead, it seems likely that it will be either late January or early February, 2014. We'll try to keep you informed of progress and announce final details in good time.
- In connection with the Trotter newsletter: we've been requested to indicate copy deadlines in advance, so bearing in mind that these are always subject to last minute change, and that there will not be a July edition, the next four dates are: August 16th, September 13th, October 18th and November 15th. December is always affected by the timing of the Awards Evening.

Captain Tarquin's Corner

Men's captain [Tarquin](#) heaps praise on recent Trotter achievements.

This month has been understandably taken up by the Dartmoor Discovery and the success that it has once again brought for the Trotters, in both the organisation of the event by the club and for the club members competing in it. Much has already been written about this in other pages of this magazine, but I would just like to add how proud I am of the way that everyone took part in the event and of the personal battles won by them to complete such a gruelling event. The Trotter men came away with both the 1st (Garry Smart, Lance Mason & Allen Taylor) and 3rd male team (Chairman Rog, Gary Clark & Alan Boone) awards which, for yet another year, puts our club firmly on the team award sheet. As well as team awards, individual awards were also won by Garry Smart (1st MV45), Lance Mason (1st MV50) and Alan Boone (2nd MV55). Garry Smart took 8 minutes off his time from last year to storm across the line in 4th place overall and record a fantastic time of 4:11:19. Lance Mason showed that ultra/long distance running is his office and recorded a truly amazing time of 4:19:15, which brought him 6th place overall. Lance has now been enthused to improve on this at next year's DD. Allen Taylor completed his 2nd DD and put behind him the personal battles of last year and took a very impressive 50 minutes off last year's time, in a two thousand pound performance to record a time of 4:49:06.

It is a mental game for any runner who has experienced the Dartmoor Discovery - in their head they built walls, a fortress deep and mighty that none may penetrate. The DD has no need of friendship; friendship causes pain. It's laughter and it's loving that the DD disdains. The DD is a rock. The DD is an island. The true grit and determination required to even attempt the DD were shown by all and Tim Hassell, Neil Pallant, Peter Blakesley, Keith Anderson, Dennis Milstead and Guy Roberts showed mountains of it in their first DD. Unfortunately Guy had to pull out, but had valiantly completed 28 of the 32 mile course. There is no shame for having to pull out and the DD has claimed many, many experienced runners in its 15 year history. A rock feels no pain; an island never cries.

Only five days after that massive event another 'DD' tempted the Trotters, with four Trotter men doing the DD double of



A true Trotter greeting: Tarquin welcomes Allen Taylor at the DD finish.

both events! The Dawlish Dash is a four mile run around Dawlish Warren and takes the runners along the beach and over and through the groynes, before heading along the sea wall and over a couple of footbridges. It certainly mixes things up a little and provides for a tough but fun challenge. Congratulations to Ian Langler, Travis Wood, Chris 'Smiler' Wride and Keith Anderson for competing in the Dash after their efforts at the Dartmoor Discovery.

Like a bridge over troubled waters, the Teignbridge Trotters enter races of many distances. So from one extreme to the other, I now write about a 5k event. The Run Exe 5k is a summer series of five races which are held at Flower Pots, in Exeter and run along the flood relief scheme. Mostly flat, the course should provide the potential for fast times, although due to the exposed nature of the course, head winds usually do feature. At the second round of this event, held on Tuesday 4th June, Craig Churchill at last realised his ambition to break the 20 minute barrier for the 5k distance. Although Craig has been passing the 5k mark in about 20 minutes in some recent 5 mile and 10k events, he has found it more difficult to actually break that time barrier at this event. It was like he was two steps away from the county line. However, at the June round, Craig smashed it by 10 seconds to record a new 5k PB of 19:50. Craig is now set on bettering this at the July round, which is on Tuesday 2nd July.

Craig also fancied doing a double of his own and was back racing the following weekend at the Fingle Dash. This event is a shorter 7.5 mile event of the Drogo 10, but is no less tough, with a steep uphill start.

Craig took this all in his stride and finished in a superb 4th place.

Seasons change with the scenery, weaving time in a tapestry. Funny how my memory slips while looking over my captain's corner - where have you gone month of May, I turn my eyes back to you and remember a couple of races from the end of that month. The Muskies Madne5.5 was a great little race, with an excellent set up. The course was a tough one though, with many hills to test the Trotter legs of the small band of Trotters who ventured down to take part. Myself and Garry Smart managed to pick up a couple of age category awards (1st MV40 & 1st MV45 respectively) and we were 2nd and 5th places overall. Organised by the Plymouth Musketeers, the race looks like it's got the potential of being a success for the future and was well received by all.

The next day, up in Edinburgh, Peter Kirby again took part in the Edinburgh marathon. This event is one that is close to his heart, with family ties to the Scottish city. Peter achieved a very impressive time of 3:40:33, which gives him a

guaranteed 'good for age' entry at next year's London marathon.

This was his 21st marathon and, impressively, he has completed 12 of these since turning 60, four years ago.

That's it from me for another month. Next up is the Torbay Half Marathon which, at the time of my writing, has nearly forty Trotters entered into it. However, by the time you read this, this event will have passed. One more thing, can I please ask that when you enter races that you are careful how you attach your number to your race vest/shirt. It is extremely important to make sure that your number is clearly visible to all marshals - it could adversely affect your race time if your number is not clearly visible, or obscured. A number of runners at the recent Dartmoor Discovery had their race numbers obscured by race/gel/water bottle belts and this made recording of times at split points very difficult and in a few instances not possible. However, at the same time can you also ensure that your number does not obscure the Teignbridge Trotters logo on your running top. I always think that it's such a shame to see a runner competing in an event with their club/team name covered up - especially in photos. I am proud to run for the Teignbridge Trotters and I want everyone to see and know who I am running for.



Gee it's great to be back home, home is where I want to be. I've been on the road so long my friend, and if you came along I know you couldn't disagree: the runners' view of the finish line.

Captain Catherine's Corner

Ladies' captain [Catherine Barnes](#) describes some recent achievements by the Trottettes.



Sally 'MQ' Ingledew romping through the DD.

Since my last Captains Corner we've been lucky with the weather and have run races in the sun for a change. The Muskies Madness 5.5, which was at the end of May, is a new race in Plymouth. After 1½ laps round a grass running track, the course sent the runners downhill and then downhill again. We knew that we would have to climb back up as the start and finish area were at the same point but everyone valiantly pushed on. After a run through the woods at the bottom, the course started a series of sharp climbs back uphill towards the finish. A hot, humid and not particularly picturesque route followed through the housing estates of Plymouth (and round a taxi that couldn't be moved) back to the finish line. Eight of our ladies ran and Sally picked up first V50.

At the Dartmoor Discovery on 1st June our ladies did extremely well. This is a very tough 32 mile road race hosted by our club and takes place across Dartmoor. This time the weather was lovely and sunny: ideal for marshalling and spectating but perhaps a bit challenging for running so far. Sally Ingledew, Sharon Fizz Bowman, Angela Blakesley, Lucy Payne, Sarah Schutte and Jess Parkes all proved their physical and mental strength and successfully completed the course. I saw all the runners at the 10 mile mark when they seemed full of high spirits and were running well and as I was helping Skins on the PA at the end of the course, I also saw everyone come in. All our ladies looked so happy to have conquered the distance and I'm sure they have inspired others to enter in the future. Just completing the race is a massive achievement but Sarah Schutte went one better and picked up 2nd V35 on her first DD and her first ever ultra-marathon. Thank you to all of you who marshalled as well – some of you had very long days out on the moor offering encouragement and support to all the runners and helped to ensure that the event went safely and smoothly.

There was a good turnout at the second DD event of June – the Dawlish Dash – and 10 ladies ran including Sally and Sharon who had run the Dartmoor Discovery just 5 days earlier. On another hot evening this was a tough race with a horrible stretch along the beach but Helen Anthony ran very well and was third lady overall.

It's that time of year when more away runs are being organised and volunteers are taking us on routes away from

Newton Abbot. Recently Sharon Hutchins and Tim Hassell took us on two great routes across Dartmoor (can't tell you where as I was completely lost but the views and scenery were stunning!). On another sweltering sunny day all the runners were grateful to be able to cool down afterwards with a swim and shower at Tim's hotel followed by a few beers on the terrace. I would encourage anyone to join any future events as running in new locations can really re-invigorate your zest for running.

I'd like to remind everyone about the Teignbridge Trotter Ladies 10k race on the 15th September starting at Dornafeld Caravan Park, Ipplepen. Those of you who have done it before know that it's a challenging course but it's a great race and is one of the few women only races. Hopefully this year the weather will be considerably better than the torrential downpour of last year! The Trotter ladies always support this race but I would like to encourage as many to enter as possible (particularly those who haven't run it yet). Lucy Payne is the Race Director and she and her team put in a lot of hard work to ensure the successful running of this event. Plus of course you get "a unique memento" by "celebrated local artist John Skinner" (as he has been known to describe himself!) for completing the course. If you could all spread the word and encourage friends and family to enter that would be great. Entry forms are on our website.

By the time this goes to print the Torbay Half will have taken place. This is a championship race and always popular with the Trotter and I wish all our runners well with this two lap course.

Club Championship Report

Tarquin gives us the latest update.

Here we are, halfway through the year and over halfway through this year's Club Championship season, so where are we now? Well, 38 Ladies and 56 men have now completed at least one championship race, with 16 Ladies and 17 Men having completed at least five.

What has happened since my last update? Well, there has been quite a bit of movement for the ladies and the men. The Beckers are now firmly in charge at the top, with Jo leading the ladies' and Mark the men's championships. Both Mark and Jo are the first, and only Trotters so far, to have completed 12 races each and have thus completed the necessary races to finish the championship, although I'm sure they will carry on racing to look to improve their points this season. Jo and Mark have proved the point that getting your races in early can take all the pressure off.

Jo's two immediate rivals for the top spot are Sharon 'Fizz' Bowman and Eleanor Taylor, who have completed 11 and 10 races respectively. Fizz has recently completed the Dartmoor Discovery, so it shows how committed to racing she is by how she has been able to fit in 11 championship races, as well as train for the DD (which also included running in two 'warm up' marathons on the way!). Eleanor is another gutsy racer and usually has a carefully laid out strategy for each year's championship. Currently lying in 3rd position, we will probably not know until the final few races, in November, to see if that strategy pays off.

Two ladies who could upset the top contenders are Sally Ingledew and Tina Caunter. Currently lying in 4th & 5th places, they have shown what they can do, with an average points-per-race of 48.55 and 47.22 respectively. They have so far completed 9 races each and, if they carry on their form for the other 3 races needed, they will provide with an interesting prospect and more than likely seriously challenge the top 3.

Sally has quietly clocked up 9 championship races and, with an average of 48.55 points per race, she should end up in the top 3. However, as with last year, Sally's marathon quest could well get in the way and may prevent her from completing the 3 races still required. That would definitely be a shame, as Sally is a great all-round runner and it would be good to see

this reflected in her championship standing.

However, two ladies who could jump over everyone's heads are Helen Anthony and Jacki Woon, who are currently waiting in the wings after completing 7 and 5 races respectively. Both ladies have been regularly picking up the maximum 50 points for each race they complete, so must be the main two to watch. However, a lot can still happen between now and the end of November!

Myself and Alan Boone are now lying in 2nd and 3rd positions for the men, with 10 races completed each. Both have been picking up points at an average of 49.20. From here on in the championship for the men will get very interesting, especially as the other contenders will be catching up too. Plenty of new players are now coming into the fold and, with age-graded percentages always favouring our veterans, it will be harder to find those races to attain more certain 50 & 49 points. Ewan Walton has now been pushed back to 4th place, but has had other distractions with the DD. With an average score of 48.11 for his 9 races completed, he is still a serious contender for a top 3 placing.

Wilf Taylor is currently lying in 6th position, after completing 8 races, and with an average of 48 points over those 8 races, he is definitely one to watch! The battle for the top spot will be a very interesting one indeed....

Finally, I have to mention two changes to a championship races. We have just been informed that the Churston Flyer has been cancelled, which was scheduled for Sunday 6th October. We are currently considering a replacement for this race, which is in the 'Short Misc' section and are working on an idea of running our own 5k race around the Brunel Industrial Estate, which will be held around the same time in October, most probably on a Wednesday evening. Once we have finalised the details for this, I will update further.

Also, the August round of the Sandygate Loop has been put back one week to Friday 6th September, so as to remove the clash with the Forest Flyer. All dates and times of the Sandygate Loop races are on our website.

Girls just wanna have fun!

[Sarah 'Otter' Seymour](#) comes up with a proposition no Trotlette can afford to refuse.

Calling all Trotlettes! The lads have been having a weekend away for years, now it is our turn to have a bit of fun. However, rather than going out on the Saturday evening then trying to race on Sunday morning, we will be getting the race out of the way on Saturday morning, leaving the rest of the weekend for socialising and fun.

On Saturday 12th October, we will be heading to Bude in Cornwall and taking part in 'The Mouth to Mouth' Sandymouth 10km-ish off-road trail race. This is organized by the Bude Rats and starts at 11am. It is advertised as having stunning views on coast path, up and down hills, through woodland and over farmland.

After the race, we will head into Bude, where we will stay at the North Shore hostel, which is reasonably priced, nice self-catering accommodation. I will get more information on this soon but it will not be too expensive. The plan is to then sample the delights of Bude's pubs and clubs. Let's hope they are ready for the Trotlettes on tour!

Rather than booking a minibus, we can travel to the event by car share so we do not rely on having a certain amount Trotlettes to be able to go.

If you are interested then let me know. You can contact me on Facebook (Sarah Otter Seymour), email sjseymour@hotmail.co.uk or 07576301396. Alternatively, speak to me at training on a Wednesday. If you could also let me know if you are able to/willing to drive that would be great.

Don't forget to enter the race – Max. 200 entries. Entry form is on our race diary on our website.



Sarah (right) with Kirsty Bowman at the Haldon Heartbeat, 27 April, 2013.

The Trotter

Editors: Sarah Seymour and Keith Anderson

Many thanks to everyone who has contributed to this issue of The Trotter. There won't be a July edition (even Trotter editors need a holiday) but we'll be back in August, when the copy deadline will be **Friday 16th August**.

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