

***This month - in two parts!  
- this is part 1.***

# The Trotter

Teignbridge Trotters Newsletter

Number 6

June 2013

## The Centurians!



Ton-up Trotters Roger 'Smokes' Hales and Roger 'Chairman' Hayes celebrate together on the completion of their 100th Marathon under the Dartmoor Discovery finishing banner.

# News Desk

Chairman [Roger Hayes](#) reporting.

June is one of busiest months on the Trotter calendar: what with the DD and Club Camp both occurring in what should be a very pleasant month weatherwise. The DD certainly timed it right, falling right in the middle of a long dry, warm spell. We had 193 race starters and 183 finished, creating a new record for the most amount of finishers. The feedback we received was as complimentary as ever. I won't go into any more detail as I know the race has been covered pretty comprehensively in this edition of the Trotter. However, before I move on, I would like to thank all those that played a part in making the DD so many runners' favourite race. It filled up in 12 days this year, I think that record might go next year!

Unfortunately, this year's club camp didn't fare so well with the weather. The Friday night was wet and wild. I don't think many Trotters got much sleep that night. In fact, for the first year, certainly that I can remember anyway, four families packed up and headed home on the Saturday. I have to admit we were one of those. Sunday morning's forecast did play a massive part in our decision and the fact that our air bed had a puncture!

That said, in true Trotter style we all made the best of it. A huge thank you to Dennis for organising it and for finding a campsite that ticked all the boxes. Well done to Smokes for winning the club camp trophy.

A reminder to check out our away runs that are coming up over the next couple of months, details of which can be found on our Facebook page and the training tab on our website. They cater for mixed abilities and, more often than not, allow for the opportunity for a bite to eat and a pint afterwards. The away run we had just recently on Dartmoor, organised by Tim Hassell (now nicknamed 'The Hoff' after club camp) was fantastic. We all went back to the Ilington Hotel for a swim, some food and a cold beer and sat on the terrace enjoying the sunshine after a glorious run. This is an experience we hope to mirror when we are invited back there again after the Haytor Heller reddie run on 17 July.

Talking of the Heller: Gary Caunter is the new chief marshal and would love to hear from you. If you are able to help during the evening of the 20 July, then please let him know [garycaunter@hotmail.com](mailto:garycaunter@hotmail.com) or phone 07973 718290. All



those that help will receive a marshal point and a free burger and hot/cold drink.

Two other dates for your diaries; 4 August is the Totnes 10K and 24 August is the Trotters summer BBQ. This year, Angie and Pete Blakesley have very kindly offered to host. More details on both events will be announced soon.

The last couple of editions of the Trotter I've signed off with wedding congratulations *[but through editorial incompetence, a lack of pictures, so a belated attempt to make amends... apologies from the editors to Emma and Simon!]*. This month it is new borns and a cycle jaunt! Congratulations to the proud parents of Riley (Caroline and Gary Clark) and Jasper (Nick and Alex Stevens), and well done Tracy and Nathan Elphick on their Lands End to John O' Groats cycle challenge - that's a long way on a bike! You can read how they fared on the front page of part 2.





# DD Thank you

To all that helped out at this year's Dartmoor Discovery.

My overriding memory from this year's DD will be of all the runners who came up to me, right after they crossed the finish line and received their medal, to tell me how well organised they thought the whole event was and, most of all, to thank me for all the fantastic marshals out on the course. They mentioned how supportive and encouraging you all were and how friendly too. These comments weren't from just one or two runners, who may have happened to have a good run; but were from many runners who came over the finishing line in various states, after pushing themselves to the limits to conquer the DD. To receive praise like this was something that I found very heart warming and it made me proud of the dedication and commitment shown by all of us who gave up our time to help.

The Dartmoor Discovery has once again been delivered in a professional way and is yet again on the map as a high quality event.

However, all of the success of the DD would not be possible without the hard work from each of you, who gave up your time to help out, in whatever capacity you could.

You really have done the Teignbridge Trotters and the Dartmoor Discovery proud – THANK YOU!

Tarquin



Graham Penn

Fresh as a daisy: Phil 'Latte' Perry nears the end of the Dartmoor Discovery.

# Ton-up Twosome!

Co-editor [Sarah 'Otter' Seymour](#) gets to interview the Dynamic Duo.

***Well done both of you! Can you tell us how it went on Saturday at the DD? What was your first thought when you crossed the finishing line?***

**Smokes:** My thought was, "Thank f\*\*\* for that, it's out the way." I went and got my fag, sat down with my feet in water and I was relieved it was over and done with because it's been such a battle for the last couple of years.

**Chair:** I just couldn't believe how bad a run I had had. Probably my worst marathon out of the 100. I got cramp at 22 miles and it just kept going and going and going.

**S:** Both had a lot of that didn't we? Worst one of our lives!

**C:** Absolutely shocking it was. God knows why, I didn't do anything different to what I normally do. We let ourselves down, we let our family down, we let the club down, it was crap!

**S:** It really was. It just proves a point that you can do everything right but things can still go wrong.

**C:** My slowest DD by miles.

***And you didn't do anything different to normal?***

**C:** No. It wasn't tiredness because I did Imery's Clay two weeks before and had a storming run, absolutely flew round.

**S:** I got to the stage where it felt like it was my first marathon because it took quite a while to get there, to the 100, and it might have just overtook me inside. I wasn't listening to what was going on inside.

***Were you really nervous on Saturday morning?***

**C:** No.

**S:** No, usual 10 fags and a cup of tea and I felt pretty good.

***What do you like about the DD then? You must like it if you keep coming back for more!***

**C:** 13 he's done.

**S:** The race that no one wanted to know, honest to God. Nobody wanted to know it when it was 34 miles. Nobody

wanted to know about it, they thought I was off me head. I do like the pain of it and I just love the course. There's nothing you're going to look at twice. Everything's different.

**C:** I love the loneliness of it, just being out there on my own unlike the big city marathons where it's all crowded.

**S:** Looking at concrete's no fun. You may as well run up and



Groovin' Rog at the post-race disco.

down outside here... but now Trotters can't get enough of it. What it is about that run, I will never know.

***Can we go back to the beginning? When did you both start running?***

**C:** Been in the club for about 25 years now. I was running before that, not a lot though. I did a couple of race before I joined the Trotters.

***Why did you join Trotters?***

**C:** I saw them doing these races and thought they looked alright. I got chatting to a few and signed on the dotted line.

**S:** I used to play football but I broke my leg twice and I



wondered what to do next so I thought I'd give running a go. I joined Trotters about the same time as Rog.

***When did you do your first marathon?***

**C:** It was New Forest 1993 in the pouring rain.

**S:** It was my first one too, we done it together. I remember it quite well that run. When they said New Forest Marathon I was expecting trees and forests and all that but I had to go to the toilet halfway round and I couldn't find a tree anywhere. I had to go miles to find one!

**C:** Took you ages to catch me up then!

***When did you decide you were going to go for 100?***

**C:** Years and years later.

**S:** 18 years later!

**C:** It was literally 2 or 3 years ago. I thought, I can't be doing with doing 10 a year for the next 6 years till I get there so I thought I'd just cram it. We only used to do 3 or 4 a year, but I went through a stage of just doing London every year and that was it. Last year we had a big year though didn't we? I did 33 and you did a fair old few as well.



Groovin' Rog at the post-race disco.

**S:** You came up to me, didn't you, and said, "Do you want to go for 100?" because we did our first one together plus we had our tattoos done together. It's strange how it's all worked out.

**C:** We said we would do the DD as the 100th a long time ago.

***What's your favourite marathon?***

**S:** Mine is the DD.

**C:** Mine is North Devon which is at the end of the month and we're both doing it. It's the coastal one, the toughie. I love the scenery, it's tough, it's on coastal path and the views are absolutely stunning. It's always hot and I love the heat.

***What about horrible races?***

**S:** My third London. I could hardly stand up on the start line. I hated it. I was hammered. Halfway round I sat in the toilet listening to people clapping and the footsteps going by and I'm thinking what the hell's up with them.

**C:** I had a double hernia at New York at 18 miles. That was bad. I was in the middle of the Bronx and I had no insurance so I couldn't pull out. They made me sign a disclaimer as I crossed the finishing line. You know what they're like over there! So that was a bad experience.

***What's your worst experiences out of the 100?***

**C:** Canal running was pretty bad wasn't it?

**S:** I don't want to see another canal.

**C:** It was a double we did. We spent most of the time running along the canal. There was a dead body in a wheelie bin by the side of the course. It was the roughest place.

**S:** There were those kids coming out with all that metal pipe and the copper coming out after them on a push bike.

***What's been the hardest thing? Have you ever thought "why am I doing it"?***

**C:** For me, picking up niggles last year, I struggled a bit. A lot of the driving too, for weekends away, the driving was a pain in the arse, going to places like Milton Keynes...

**S:** ...Manchester...

**C:** ...Portsmouth. I won't miss those long car journeys.

***Do you reckon it's something anybody could do?***

**C:** No! You've got to be a bit...

**S:** You've got to be nuts.

## "It's great that the Trotters have embraced marathon running recently"

**C:** It's a lot of running.

**S:** Every day of the week, all you think about is marathons. Marathon, marathon, marathon.

**C:** Put it this way, the end of last year there was only 277 members of the 100 marathon club in the UK.

**What about the best things? Your favourite bits?**

**C:** We've enjoyed our time with the rest of the guys when they've come with us, various trotters.

**S:** They've had a nice journey with us, some of them.

**C:** We took 3 of them to do their first double which was good. Tweedy, Gary and Allen.

**S:** We got them in bed by 9.

**C:** That was a good weekend, introducing them to the world of doubles. Another highlight was when we did the Druids with Marsha. That was a 3 day ultra event.

**S:** That was fantastic.

**C:** It's also great that the Trotters have embraced marathon running recently, especially with the DD. People like Keith...

**S:** ...Angie and Pete.

**C:** They would never have thought about doing it before...

**S:** ...But they've done it now. They've been out there and found out a lot about themselves...

**C:** Which is great! [Yes, they are finishing each other's sentences now! eds.] What other club can have 27 people who are going to start an Ultra marathon? It's unheard of.

**S:** And all them marshals too. When I first done it, all there was was a dustbin, half filled with water with a can of beer in it. The other thing was meeting other people we haven't met before.

**C:** You bump into the same old faces on the marathon circuit. You get to know them really well. We've done all



sorts really. We've done big city marathons, we've done LDWA (Long Distance Walking Association) events where you pay about £6 and get...

**S:** ...fat as a pig at the end of it.

**S:** Cake? Christ! You haven't seen nothing! There's hot meals and everything.

**C:** And there are so many marathons out there nowadays, far more than there was 20 years ago. We have also been known to get lost on some of the self-navigate marathons. 26 has turned into 32 on more than one occasion.

**S:** I'm getting use to following the tracks now!

**Are you going to miss your special weekends away together?**

**S:** We've got very close haven't we? Very close!

**S:** This is what might have happened Saturday.



## "Get in and do a couple of half-marathons..."

**C:** Yeah, we didn't stay together the night before did we?  
Could be.

**S:** We have a routine. Turn the telly off, I have to have a shower first before he has a bath. "Are you having another fag out of that window?!"

**C:** It's been a journey, hasn't it. We're both looking forward to wearing our vests to training. We can't race in them because of club rules and we're only second claim to 100 club. I'm more proud of my Trotter heritage anyway so I'm not too worried but we might have something up our sleeves mightn't we? Trotter exclusive there!

**So what's next?**

**C:** North Devon and the Black RAT are coming up.

**S:** The Plague.

**Are you going to keep doing marathons?**

**C:** Yeah.

**S:** Oh yeah, just cut back. There is something about doing marathons. You get to the stage where you can enjoy them.

**C:** We'll both do the Dartmoor Vale as our local one.

**S:** Yeah, support local.

**C:** And Duchy.

**So you'll still be doing quite a few marathons then?**

**S:** 5 or 6 a year, back to normal isn't it.

**C:** I'll have a go at Club championship next year. I haven't done that for a few years.

**S:** I'm not 100% sure if I'll do that yet, it's too far off for me, next year.

**From all your experience now, what advice would you give people who haven't run a marathon yet?**

**S:** Get in and do a couple of half marathons to get used to starting and running with people and just get right into it.

**C:** I think the Saturday morning runs that we organise now are brilliant so if they can get themselves into that, that's ideal.

**That just leaves me to say thanks guys and a huge well done from all the Trotters on your great achievement.**



# DD perspectives:

A big thing about the Dartmoor Discovery is that every runner has their own take on the event. So we've collected some individual views to fill in the picture.

For starters, [Lance 'Skippy' Mason](#) - YOURS IN SPORT - reflects on his DD experience.

I had entered the Dartmoor Discovery last year but disappointingly had to withdraw due to booked operations on my knees in September, so I decided to marshal and then support all the way round on my bike whilst enjoying the views and the fantastic way the race was laid out. I thought, "This is what I am missing."

Pushing the body that bit further and harder, endurance and mental power come into it, so I nursed my way back to make this my 1st DD and 1st ultra for 20 years to the month. I knew I had the body and mental strength to complete it, but the result, time and rewards were one big surprise.

A week prior to the race, my back went into spasm as it did before the London marathon so I didn't train. I thought I could blag it so went and registered on the Friday still not right and not being able to stand up straight (nothing to do with drink!). I went home and had a good night's sleep. My back was still playing up and I worried about the down-hill sections as this had sent my back into spasms while at work earlier in week. I went to the race just hoping to get round so take it easy was the idea.



A long and winding road: Skippy on the hoof.

BANG! We're off! Brain shut down and the race was on so the plan to take it easy went out of the window (doh, what a numpty). I ran with Smartie (Gary Smart) from the start at a nice pace (and what a fantastic race he had too, someone to look up to, a great runner). When we got to the little hill (mountain) at Dartmeet, we passed 3 bikes and I thought, "That was me last year," so I knew how they felt – it's easier to run it.

Over the hills and far away, still going reasonably strong at 22 mile it was time to say good bye to Smartie. His flat speed took him away from me and I ran the last 10 and a quarter on my own. This is where mental strength and aggression comes in, or stupidity, whichever you think.

In the last mile and half, I was over taken by 1 person. GRRRR. that hurt! It was great to hear Skins doing a fantastic job on the mike, coming up the final straight, chuntering to myself, as you do -one leg in front of the other, push. Now at the round-about by the finish, turn the corner to all the applause. What a fantastic feeling! DONE IT! (Right, where's my Mars Bar?)

It was a great feeling going past all the supporters and marshals out there, not just supporting their club or people but every single one of us from start to finish, so a BIG THANK YOU!



As some people know, I don't take a lot of notice of what's around me whilst racing but I did this time and the support and encouragement goes along way so I apologise if I didn't acknowledge you at the time. I had so many good things said to me about the race and us, The Trotters so be very proud. From the first person to the last to cross the line, we've done the same distance so we're all winners in my eyes. WELL DONE EVERYONE! That includes organisers, helpers, marshals and supporters, so thank you all for making it a great day.

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## Marshals' Feedback

Next [Gail Barker](#) gives us her thoughts from the other side of things - what it was like for her and family to serve all day at a drinks station out on the course.

The Dartmoor Discovery 2013.... The experience of water station ten, manned by Max (12 year old), Rosie (9 year old), Poppy (7 year old) and Gail (now grey with wet flip flops).

It was with dazed wonder we found ourselves at the 2013 Dartmoor Discovery water station number ten. Yes, we had agreed to it. However, we had agreed as a family, but the call of the DD was too much and the main volunteer (Steve 'Ronnie' Barker) jumped ship to run the gruesome 32 miles, leaving the three kids and me to fend for ourselves manning water station ten. "You'll be fine, won't you love," he said!

The rumours wound their way to us, how "she" (the moors) could not be tamed, that "she" (the moors) gives and takes all in one day, how the extremes can be burning sun and then vertical rain. We came armed with jumpers, coats, sunglasses, hats, scarves, flip flops, wellies, and sun hats... Honestly, how hard could it be, just giving out a few drinks?

We decided that a system was needed, to enable us all to function and the runners to get what they needed, and indeed deserved after 30.1 miles. It would include a main road, bananas, jelly babies, runners own drinks, cups of water, a 12 year old, a 9 year old, a 7 year old, a knife for the bananas, oh, and a box of wet sponges.

We decided it was best if we each had a role. The first runners came over the hill and the system worked. We were happily giving out drinks left right and centre, bananas were cut, jelly babies available for all. Each number was being called beautifully by our 9 year old as the runner approached, the drink was found by myself, whilst our twelve-year-old took Trotter photos, before being handed the drink so that he could hand it over to the runner (as he could



Editorial guess: Rosie, Max and Poppy at Water Station 10.

be a bit closer to the road), with the willing yet small hand of our 7 year-old handing out the wet sponges. It was perfection, and then it happened, the children decided to swap roles...

Six runners could be seen in the distance, the pressure stepped up, just as the calling of the numbers became slightly confused (this was now the seven-year-old's role). 169 became 196 and poor number 9 had his number shouted in his ear (just as he bent down to get a jelly baby). Alas, by that point he may not have noticed as the wind blew a big gust, blowing cups of water all over the table (and the 12 year old), while the 9 year old reached in the tub filled with water to get the wet sponge ready, but managed to lean a bit too far and tip the water and three of the sponges all over my feet! At that point, I did question if it might be easier to join the club and next year run the DD myself, leaving Mr Volunteer with the kids on water station ten.... but then again, maybe not!

# The Blakesleys' DD

Angie and Pete Blakesley tell the whole story of their involvement in the Dartmoor Discovery.

## June 2012:

ANGELA: "I really enjoyed supporting the DD. What a great uplifting event. I think I would like to do it next year. What about you?"

PETER: "No."

ANGELA: "I'll put your name down then."

PETER: And so began the journey of mentally and physically preparing for the 2013 DD. I was all right when I could say "it's not until next year", but beware the phenomenon of the elephant in the distance.

Our programme included joining Dyrons Gym, and signing up to fitness sessions including Body Combat, Ab attack, and Army PT (Fizz knows all about these!), not to mention early morning swims.

Training was always scheduled to start in earnest in January, but we hadn't factored in obstacles like Labyrinthitis, which struck me in December, and Angela struggling with a Piriformis injury. All was not well in the Blakesley camp. We struggled through January and February, but continuing the running became part of my rehabilitation – the consultant assured me that I should continue to do things that made me feel uncomfortable.

ANGELA: Like vacuuming and ironing?!

PETER: Our first big test was to be the Duchy Marathon and whilst we both felt ill-prepared, in hindsight I think we were just peaking at the right time. We both finished in reasonable times. Little did I know that the gels and jelly babies that I had consumed on the way round would conspire against me, but not of course until we had all safely got underway in the minibus. I can only apologise again for what happened next, although I am assured that my sick didn't smell as bad as some. Labelled with the

unfortunate title of Pukey Pete, I made a hasty decision to pull out of the DD.

A day or so later, I resolved to use the North Dorset Marathon as a test bed to see whether I could complete the run without any gels or supplements. Skip forward two months to that race and at 19 miles I found that I couldn't. I crashed out, unable to even walk the remaining distance. Not great preparation for the DD.



Dartmoor Discoverers: Pete and Angie in Princetown on race day.

I remain in awe of both Angela and Keith who passed me sat on the side of the road, both looking as bad as I felt, and yet both summoning up the strength and courage to complete the distance. Real character!

I had failed, but I still didn't feel able to abandon the DD. Surely I hadn't struggled over epic runs on Dartmoor where the icicles were frozen horizontally on the bushes, just to give in now? The question was, "had I done enough training, or too much?"

Great advice came forth from Facebook (thank you), leading to much pain as I endured a deep tissue





A glorious achievement and a well-deserved hug for the Blakesleys.

massage and strapping to my shoulders. I was like a new man.

We used all our PMA to remain upbeat and confident that we could defeat the DD, although I must confess that in a dark moment one Wednesday night, just before *The Apprentice*, I did pose the question, “what if we die?”

And so to the day. We prayed for “kind” weather, and were horrified to see the forecast of sun, sun and more sun. In the event however, there was a cool breeze, and conditions felt just about right (no excuses there then!).

There was great excitement before the race, mixed with a large dollop of anxiety, and we both felt a huge sense of occasion as we lined up with our fellow Trotters, some of which were virgins like us, and others, namely Chairman Rog and Smokes (along with new tattoo) were running their 100th marathon (respect), and Sally who was on her god knows what marathon (to infinity and beyond).

Following the North Dorset Village Marathon my

strategy was very clear – I had to finish, and that meant fighting the urge to keep up with the likes of Neil, Jess, Fizz, Keith and Sarah, and so I saw them fading in to the distance. I fell in step with an old mucker of mine, Andy Smith, and reminiscing about old times soon saw us through the first 12 miles down to Ashburton, and feeling good.

ANGELA: Leading up to the race, I really struggled and had to seriously talk to myself to keep the panic at bay. My initial challenge was to get to marathon point under the time limit, and to then push on to the finish line. I set off with Lucy and Guy and the first 12 or so miles to Ashburton went according to plan, keeping everything comfortable. Lucy then decided to kick on, and off she went, up the hill (great respect), and I carried on plodding up the hill, eating my crisps and a Mars bar, mmmm!

PETER: Before the race, Angela had said to me that if she found me on the side of the road she would nag and berate me until I got up and finished the distance. I can’t tell you how often this crossed my mind, and I became quite anxious when various marshals along the route started telling me that Angela was only just behind me! How did they know that?



## ANGELA: "I was comfortable and mentally strong."

The marshals, and support from fellow Trotters was fantastic – although most stopped telling me that I was “looking good” after Ashburton. The miles slowly crept by, with a great deal of walking up the hills, and fatigue was starting to set in at about 20 miles. I had tried eating (although obviously not as much as Jess did!), but this was now churning around in my stomach and I thought I was going to live up to my nick name! As we passed through the marathon stage I was beginning to struggle, and my shoulders were in agony. All conversation had ceased, and I was focused on Andy’s feet as we slowly pounded our way along the long road back to the finish. We were in uncharted territory.

ANGELA: Approaching Widecombe, going down the hill that Keith made us run up in training, was a huge boost! The next section I had already run thanks to a weekend run with Sharon Hutchins, and although hilly, I was comfortable and mentally strong. I was relieved to see 26.2 miles and then run into unknown territory, with my head shouting that it was only 6 miles to go. I kept looking ahead to see if I could spot any other Trotter (Peter), as I had promised to give him “support and encouragement” if I caught up with him. Helen advised me that he was about 10 minutes ahead and this spurred me on even more.

PETER: Mile 30 and near disaster – cramp. The last couple of miles were sheer agony, and in my mind probably added at least an hour to my time! I kept looking over my shoulder, but no sign of Angela – phew!

And so I hobbled in to the finishing straight to the sounds of Skins singing my praises as an artist – (nothing about being a reasonable runner!), and round the bend to the most welcome sight of Rod and then Noel on the finishing line. Unable to speak, I found myself a quiet spot to try and regain some composure.

It was great to see so many Trotters had made it, and I soon had the heads up that Angela was on the home straight. I was delighted to see her turn the corner with a massive smile on her face, and it was clear that she had had a good race – never in doubt in my mind. She nearly knocked me out as she threw herself into

an embrace, and we both felt the relief of having made it.

ANGELA: As I came into Princetown, the finish came very quick and I found myself listening to the announcer only to realise his kind words were about me! Welling up, I crossed the line into the arms of Peter! Relief crashed over me. YEAH!

PETER: As I write this (the day after) I’m not sure that it has totally sunk in yet. We’re both delighted to have taken part in, and finished, such a fabulous event, but our bodies remind us just how hard it has been.

There are too many ‘thank-you’s to mention but, without a doubt, Trotters should take a bow for this one. A truly magnificent event, with unbelievable support. We would also like to thank the B/C group runners who have helped us on our journey over these last 5 months or so – some hard runs, in some atrocious conditions at times, and we would never have done it without you.

We’re not sure if we are the only Trotter husband/wife team to run the DD, but I’m sure we won’t be the last.



DD stars: Sharon 'Fizz' Bowman, Dennis Milstead and 'Steptoe Stu' Moulson, with support rider Stewart Dunn. And blagging their way into the shot, Rachel Pallant and Jessie Parkes.



# Another DD viewpoint:

[Lucy Payne](#), competing in her first Dartmoor Discovery, describes the ups and downs of her day.

Dartmoor is beautiful at 7am on a bright, sunny morning. June 1st was exactly that. As I drove through the sleepy villages, it felt really good to be alive. DD day had finally arrived! A year ago it had seemed a great idea whilst marshalling. This morning my stomach was doing somersaults!

For weeks now my whole life seemed to have been consumed with the race. From early morning till late evening my brain only seemed to register one thing. I ran, went along to the gym, did lots of stretching, tried to eat properly, got a few early nights in and cut out the wine. I was very lucky; I remained pretty much injury free. Although I had a slight cold the weekend before, nothing really deterred me.

Princetown was alive with people as I arrived; many had been there since the early hours, preparing for the big day. HQ was a hive of activity.

I felt a mixture of emotions but my overall thought was, "How lucky am I?!" I had decided to raise some money for a local singing group, 'The Parky Singers' which was set up about two months ago. It is a therapeutic and fun singing group for people with Parkinson's and other neurological conditions. It is also self-funding. One particular lady used to walk miles, getting her walking boots on and venturing out in the fresh air. She has lost that ability, as have so many others, so this was my chance to do just a little something to help.

Before I knew it we were lining up at the start, the air horn went off, the confetti flew and we were off and running. All my nerves disappeared and I decided I was going to enjoy the beautiful weather, the spectacular scenery and the camaraderie. This was my first ultra and, I was told, a pretty gruelling one. I was given lots of advice by many experienced people which I tried to take on board but when it comes down to it, it's your race: you know yourself, your limitations, how your body feels, your mind set. How true it is that when you reach 26.2 miles and venture into the



Cool as a cucumber: Lucy somewhere out on the course.

unknown, it isn't just the body that has to cope, it's keeping the mind completely focused: knowing there is another 6 miles of long, open road that seems to stretch to infinity; when you have just climbed another hill thinking there can't be many more like that, another looms in front. The legs, by this time, are on auto-pilot. Just concentrate on putting one foot in front of the other and count the miles down one by one. When I saw the people lining the road and heard the PA system, I knew I was almost there. The last few minutes all seemed a blur. The exhilaration of finishing, the emotions you feel, the achievement, knowing you have just completed 32 miles 624 yards is so hard to put in to words. Two weeks later, my legs are gradually feeling normal again. The pain has gone but the pride will remain for a very, very long time.

The marshals around the course were brilliant. They cheered, they clapped, gave out words of encouragement – even hugs! Personal drinks were handed over without having to ask. A few marshals in cars passed several times to make sure nothing was needed and we were all ok – what a difference it all made. Thank you. Not forgetting all the supporters as well. I was just running through Widecombe, looked up and saw a lady walking down the road – my thoughts were, "I'm hallucinating (too much sun)!" But no, my friend of many years had come to cheer me on. Thank you everybody, without you all the event couldn't and wouldn't take place.

## *After all that excitement, to some slightly more mundane but not unimportant matters: a message from Jacki and a request from the editors.*

### Newton Abbot Leisure Centre

Many thanks to [Jacki Woon](#) for finding out the following information about possible corporate membership of Newton Abbot Leisure Centre (formerly known as Dyrans). It is assumed that some individuals might decide to get together to take advantage of this.

This was discussed at the committee meeting and I promised Keith I would email the info I have found out so far:

Corporate membership covers all inclusive use of all leisure facilities across the sites in Teignbridge, (i.e. classes, pools, fitness suites, golf etc.). The only exclusion is complimentary therapies.

The usual cost for this is £33 pm but corporate membership is £28 pm for 10-24 members or £25 pm for 25+ members.

The membership for clubs (as opposed to businesses) is currently under review and they have suggested I write to request more info, which I have done. The suggestion was to put some info in the Trotter to see how many members may be interested. I guess it would only cover the club member and not any family members who aren't Trotters, as we would need to show some proof of club membership to apply. I know some club members have corporate membership through their jobs and it may be worth asking them to switch their allegiance to get our numbers high enough if necessary, if their employer's membership is not affected.

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A request about submissions to the Trotter magazine: if you are putting in an article for publication, please, if you possibly can, write it in Microsoft Word; and if you have photos you'd like included then email them separately to [mag@teignbridgetrotters.co.uk](mailto:mag@teignbridgetrotters.co.uk) or [keithanderson50@gmail.com](mailto:keithanderson50@gmail.com). (We really do appreciate any photos we can get!). The reason for this request is the DTP package we use. Word documents are straightforward to import, but anything in Publisher or similar causes problems, as does any fancy stuff involving embedded pictures. Many thanks - and please keep the excellent material coming our way!

## 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](mailto:mag@teignbridgetrotters.co.uk)