

The Trotter

Teignbridge Trotters Newsletter

Number 8

August 2013



TOTNES 10K SUCCESS!

Chairman Roger Hayes gives us his report on this year's Totnes 10K Race, run in conditions only slightly less wet than in 2012.

I'm pleased to report that this year the day passed off pretty smoothly (unlike last year). This was despite the unfortunate wet weather. It was the third year in a row that we've experienced rain.

- We had 496 enter the 10K and 114 enter the fun run (a new record), compared to 501 and 84 respectfully in the previous year.

- We had 132 enter on the day. Interestingly, the previous three years on the day entries have been; 131 – 133 – 138.

News Desk

Chairman **Roger Hayes** reporting.

It's been a while since the last edition of the Trotter, what with the editors taking a well-earned break, so there is plenty to bring you up to date with.

As you know, we've had a couple of Trotter races during that time. The Haytor Heller was blessed with a lovely dry, fine evening. The 237 finishers all seemed to enjoy their run, with many of them staying on afterwards to sample a burger and a cup of coffee (sadly we weren't allowed to serve alcohol this year). Special thanks to Barney Ross (Steph's son) for stepping in at the last minute to provide us with some cracking songs, whilst playing his guitar.

The race winner was a new kid on the block! The way he flew down past me on the steep hill with its uneven surface was a sight I shall never forget. He was totally fearless and, as I later found out, representing England at orienteering. That would explain his awesome talent.

I would like to say a huge thank you to all who helped out. We are missing a sector leader bib and a set of walkie talkies. If you have either please let me have them back ASAP.

Next up was the Totnes 10K. Unfortunately the weather wasn't as kind as it could have been. You'll find a full race report on pages 1 and 4.

Can I please remind you all that there is a limit of two Trotter races plus the Bovey Cross Country that our first claim members can run in per year. We hope that all our members will help marshal at one or more of our races. The next edition of the Trotter will have an up to date list of marshal points gained so far during 2013.

We have been contacted by the organisers of the Great West Run, which takes place on 13th October. They are after experienced marshals to help out at the race. As an incentive, they are offering a free entry into next year's Plymouth Half Marathon, a t-shirt to keep as a memento and breakfast on race day. There will be a briefing evening in Exeter on Wednesday 25th September (location TBC) for any volunteers that are able to attend. Contact can be made via the GRW website.

Some sad news to report: Jeffrey Brown, the man responsible for the Dartmoor Vale races, recently passed away. He was a smashing bloke, who worked so hard in raising the profile and popularity of the three races; in doing so, raising tens of thousands of pounds for charity.

We now have access to the number of hits our Trotters website receives. The data makes for some very interesting reading. We've had well over 3000 hits since 17th July. Our biggest single day hit was on the 4th August (Totnes 10K) when we had 820. I'm sure we will be able to use this as a great marketing tool to attract more sponsors for our races.

There is an online petition to try and get an all-weather track in South Devon. Go to www.ipetitions.com and search South Devon Track, if you would like to add your name.

Word is that there may be a Parkrun being organised in Bovey Tracey, taking in some of our Cross Country course. Watch this space!

The committee felt it about time we updated the main photo on our Trotters homepage so we have decided to do a mass club photo before training on Wednesday 18th September. Please wear your Trotter kit and arrive by 6:40pm at Coombeshead College. We plan to take the photo on the grass bank behind the college (near the track). It would be great if we could get close to 100 of us there.

And finally, a massive well done to all those who completed the RAT runs last weekend. Having done the 32 miler last year, I know only too well what a tough race it is. A special mention to Ryan, Smokes and Skippy who went for the 64 mile Plague. Unfortunately, Smokes had to pull out after a huge 58 miles but the other two made it - total respect to all 3 of them.

[There will be more on the RAT in next month's Trotter - eds.]

Membership Report

Recent comings and goings are brought to our attention by Membership Secretary [Dave Dunn](#).

In the two months since my last report, we have seen eleven new members and one returning member join our ranks, swelling our membership total to 227. Every week sees more potential new members come and experience what we offer by way of training and camaraderie, so expect this total to climb steadily towards 250 or so as we move inexorably towards winter.

Every month there is usually a new member about whom I struggle to recall any worthwhile detail, and this month it's the turn of Richard Pearce (34) from Teignmouth. I can tell you that Richard asked to be registered with England Athletics as a competing member of the Trotters when he joined, and so I can only presume that he fully intends to pull on the royal blue vest and put his body on the line. It will be interesting to see how he fares.

Steven Scott (24) from Exeter has already done that, having tackled the Chudleigh Carnival 6 as his debut appearance in a Trotters vest. Steven has not long moved to this area, and came across our club through the internet. This goes to show how important an attractive and informative web site can be.

Two others to use the Chudleigh event as their springboard into competitive racing were brothers Brett (19) and Jamie (17) Boone, from Ipplepen. Although Brett and Jamie had quite different race experiences that evening, dad Alan must have been proud to see his sons make their racing debut.

Husband and wife Christopher (45) and Tracy (41) Coyle-Moore from Newton Abbot put their membership application form through my door the day after they had both run in the 10K option at the Wellington 10 event. They had previously been seen at Coombeshead benefitting from Rod Payne's tutelage.

Emma Percy (34) from Exeter is an experienced racer who has just transferred across from South West Road Runners, as she about to move house to Kennford. Emma will be an asset to our ladies team, particularly as she is not too far away from reaching the veteran ranks.

Jason Kidwell (33) from Teignmouth has been cutting his teeth in the Wednesday evening Improvers Group. Jason has been liking it so much that not only has he joined us, but he has also brought along a mate to join in the fun.

Tom Besford from Newton Abbot became our youngest ever member when his dad Kevin enrolled him on the Besford family membership on Tom's 15th birthday the other day. Tom joins sisters Siobhan and Rachel as the fourth member of the Besford clan to be a Trotter.

Donna Millns (44) from Chudleigh is our latest new recruit. Donna is aiming to build her endurance towards next April's London Marathon where she has already secured a charity place, taking in the Bath Half along the way. Donna will benefit greatly from our weekend training runs, where the miles and the minutes pass quickly, if not effortlessly, in the company of others.

I am pleased to report that Louise Bailey has decided to return to our fold, having taken a couple of years out from the sport. The door is always open to those who for whatever reason have decided that, for the time being at least, they need a break from club membership.

There are a number of notable birthdays among us Trotters during the month of September, with founder member Mike Branson celebrating getting to 70, Sue Hewings turning 50, Noel Fowler and second claimer Kevin Thompson both becoming 60, and new member Emma Percy reaching 35.

Happy birthday to all of you, and may you all enjoy running under your new veteran status.

Totnes 10K Race report



- The final accounts show a profit of over £3000.00
- The beer sales were very poor, obviously due to the weather. Thankfully, this year it was donated to us *[the beer, not the weather...eds.]* therefore every penny we took was profit. We took exactly £100.00
- The BBQ fared better, making a profit of £188.94
- Tina's team made a profit of £217.08 on the catering. That gave us a total of just over £500 profit on sales of food and drink.
- Tom Merson from Exmouth Harriers broke the course record and earned himself £50. Three other vet course records were broken, each runner winning £25.
- Torbay AC were the best supported club, with 33 of their runners entering.
- Sadly, the bouncy castle had to pack up and go home due to the wet and windy conditions.
- The new gazebos worked really well as did Dennis's marque (thanks Dennis).
- Dartmoor Medical services were relatively quiet. Two runners were brought back to Race HQ, one by Graeme Baker and the other in the ambulance. Neither needed hospital treatment.
- Alan Boone, in his first year as chief marshal, did a great job (thanks Boonie).
- The results teams did a brilliant job, especially the fun run guys, who had the results done in record time. This allowed me to do the presentations whilst the 10K was taking place.
- Skinns was brilliant on the PA. His commentary certainly adds to the occasion.
- We will be able to present Totnes Caring with a cheque for £1150. Bringing our overall donation to them since we took over the race in 2000 to £10,617.00

As always it's a team effort that ensures our races are successful. However, I would like to single out Noel Fowler, my number two, who was a massive help. I strongly believe that all RD's should have a number two working alongside them. One other person to single out is Nathan Elphick, a real workhorse. Members like these are a credit to the club. That said, everyone who played a part in helping out deserves a massive amount of praise.



Essential ingredients for success:
effective communications from John
'Skins' Skinner and excellent cakes
from Tina Caunter's catering team.
Photos: Rod Payne.



We thought you'd be interested to read the following email received by Chairman Roger following the Totnes 10K:

I took part in your race on Sunday and just wanted to say thank you and congratulate you on such a welcoming and well organised event.

I am a very slow runner (I came third to last!) but was made to feel so welcome and the encouragement from the marshals along the course was fantastic and so enthusiastic. Please pass on my thanks to them as well as I know they have given their time for free.

My 16 year old daughter also took part in the main race and we both enjoyed the fact that this is a real family event with the childrens fun run, good facilities and a race commentator who can make you smile even at the point of exhaustion as you finally get to the finish!

Thank you once again. It is becoming increasingly rare to find a race where slow runners are made to feel welcome and I will definitely be recommending your event to others. I shall wear my medal with pride!

Regards

Chris Scanlon

Newton Abbot (Dornafield) Ladies' 10k

Described on the entry form as: "A scenic 10k route through the villages of Ogwell and Denbury."

In no particular order these are the Trotter entries at the time of going to press:

Heather Snow
Selina Snow
Julie Crump
Mel Dunn
Vicky Ratcliffe
Rachel Pallant
Catherine Barnes
Jacki Woon
Bev Dennis
Jo Billyard
Sarah Himpson
Caroline Clark
Helen Anthony
Kirsty Bowman
Sharon Bowman
Hayley Brown
Eleanor Taylor

In the hope of encouraging further entries to this excellent event, here are some memory-jerking images from last year's race. Thanks to Nigel Penwarden for the photos.



Melanie Dunn



Carrie-Anne Labdon



Tamsin Cook



Bev Dennis



2012 winners after a very wet and windy Ladies 10K - from left to right, Heather Fell (5th), Ellie Sutcliffe (2nd), Emma Lake (4th), Anne Luke (1st), Alison McEwing (3rd)

Captain Catherine's Corner

Ladies' Captain Catherine Barnes celebrates some magnificent recent performances.

It has been another cracking month for the ladies who have turned in some great performances recently. As always the commitment to training and sheer bloody-mindedness has served everyone well.

At the Erme Valley relays back at the beginning of July we fielded three ladies teams and Hayley Brown, Ruth Johnson and Cathleen Pilton joined veterans of this event and gave this race a go for the first time. We had 11 ladies running and all ran well over the hilly 2.5 mile course. Thanks must go to Jacki Woon for running twice for her team and she even managed to be faster on her second leg!

Two of our newer members who have graduated very quickly from the beginners group, Sarah Himpson and Rosa Blomberg, put on their Trotter vests for the first time at our own Totnes 10k. Just like last year, the weather was not favourable but both pushed on battling blisters and stitches and earned themselves great times in their first races. Also racing were Cathleen Pilton, Rachel Pallant, Julie Crump and Sarah Whalley. Whilst they were racing many of our other ladies were also battling the inclement weather doing a sterling job marshalling the event. Thanks to all who were able to help.

At the Haytor Heller, again run by our club, many of our ladies were once again marshalling but Kirsty Bowman in her first Heller ran an excellent race including a sprint finish which no doubt helped her with her RAT training. Not far behind Kirsty was Sharon Hutchins running her second race in two days after having run the Chudleigh Carnival Road Race the night before.

The Roseland August Trail series took place on the 17th August and 11 ladies travelled down to the south west Cornish coastland to take on this very challenging coastal run over a range of distances – Plague (64 miles), Black (32 miles), Red (20 miles) and White (11 miles). I did the White rat last year and it was one of the most exhausting runs I've ever done so I can certainly empathise with what everyone went through. Once again the weather closed in and conditions were pretty miserable at times. However, three ladies entered the white rat for the first time – Sharon Hutchins, Vicky Hales and Melanie Dunn.

Melanie did brilliantly and was 3rd female in the White Rat coming in, in just 1.59.49. The Red Rat (20 miles) tempted more entrants and Jacki Woon brought the Trotter ladies home in 4.10.21. Not far behind were Kirsty Bowman and Tamsin Cook both tackling this distance for the first time and clocking 4.40.32 and 4.43.20 respectively. Sarah Otter Seymour and Jo Haynes crossed the line together in a time of 5.37.11. In the Black Rat Helen Anthony was the first Trotter (beating the Trotter men) home in an amazing time of 5.52.45. Sally Ingledew (10.04.05) and Sharon Fizz Bowman (10.04.08) also tackled this arduous 32 miles and safely completed the course. Some of our runners took part last year and chose to “go up a rat” this time. Does this mean that next year some will attempt the insanity that is the Plague - 64 miles on an out and back route? We'll have to wait and see!

Just a reminder that Sunday 15th September is our own Ladies 10k race. If you haven't already entered and can take part then please get your entry in (form on the Trotter website). Race Director Lucy Payne and Chief Marshall Marsha Garrard have been working very hard to make this a success and it would be great if we can all support them and keep this ladies only race alive.

I look forward to seeing you there!



Debutantes: Sarah Himpson and Rosa Blomberg at Totnes10K.

The Trotterview

Club Champion [Jacki Woon](#) has kindly agreed to be put through the mill as our

1. What do you like to be called by?

Jack/Jacki/Jacs

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

My maiden name was Tucker so take a guess!

3. When did you start running?

I ran at school but dropped it for other interests (which I'll leave to your imagination) then took it up again in about 2004.

4. Why did you start running?

I used to do all sorts of exercise classes - aerobics, spinning, combat etc. then when there were no classes on one Christmas and I was going through a bad time, I got desperate for some exercise. I'd just bought an MP3 player so I plugged that in and hit the streets for a run. It provided a sort of therapy that I needed at that time and I've never looked back.

5. What do you like about running?

The therapy, as mentioned. Sometimes I need to run alone and get into my head, other times it's great to have the company of fellow runners. I like the buzz of the runner's high (and it's cheaper than drugs), and to keep fit and be able to eat chocolate whenever I want to, which is quite often.

6. What is your best memory of running?

There are so many, but completing my first half marathon at Cardiff in 2006, which ended with a circuit of the Millennium Stadium and doing the DD last year with Emma & Tracy are definitely up there.

7. What is your favourite training session?

The 10 milers are my favourite, especially on warm summer evenings, but I know the speed and hill sessions on Wednesdays are good for me and I always feel better after doing them, even if I hate them at the time!



Champion style: Jacki in last year's Ladies' 10k

8. Who is your running hero?

Jane Tomlinson and Paula Radcliffe. Also anyone who pushes themselves and exceeds their expectations, which covers a lot of club members from week to week.

9. What music inspires you?

My i-pod has lots of Muse & Pink, and lots of random stuff with a good heavy beat.

10. What is your favourite film?

Breakfast at Tiffanys.

11. Give us a tip for racing?

Don't forget your shoes. Anything else can be overcome.

12. What is your favourite race?

I don't have one particularly, but it would be a half marathon distance.



Rod Payne

KEEP CALM! Jacki conducts operations in the burger tent at the Totnes 10K, while co-workers Jess and Otter keep their heads down.

13. What is the worst race you have done?

The Grizzly!

14. What running achievement are you most proud of?

The DD, especially as I only entered it 3 weeks before. Perhaps that was better actually as I didn't spend months worrying about it.

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

I have a permanent pain in the arse (I think it's officially called piriformis). It's worse on long runs and can go right down the back of my left thigh, and sometimes feels as though my leg is going to give way under me. I don't think it will ever go now, regular massage helps.

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

The fact that I can. There may be many years in the future when I won't be able to so I feel I have to make the most of it whilst I can. It's good for the soul!

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

To do a sub 3:30 marathon (having missed it at London by 1 min 15 seconds), and as I'm just entering a new age category, see if I can break some of those club records.

18. What running shoes do you favour?

Asics Gel Kayano.

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

I suppose it would have to be a Garmin watch as without it I'd never know the distances or pace I run to know whether I'm on target for a time etc. It's nice to know when I'm nearly done on a long training run when I'm knackered!

20. What other sports do you take part in?

Errr..... do drinking wine and eating chocolate count?

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

Drink wine and eat chocolate.



In more reflective mode.

Captain Tarquin's Corner

A quiet couple of months, but with some significant high points - Men's Captain [Daryl 'Tarquin' Milford](#) reports.

It has been a relatively quiet couple of months, from a racing point of view, with a number of exceptions. Family and other activities always take up so much time at this time of year, meaning that racing quite rightly has to take a back step for many. However, there have been a number of interesting events during this time and our Trotter men have travelled far and wide in order to represent the club in races of various distances and over differing terrain.

Back at the beginning of July, we fielded seven male teams at the Erme Valley Relays. This year, due to being away, I chose to avoid the mad mêlée on the night and instead entered teams in advance. This worked really well and I must thank everyone who took part for ensuring everything went smoothly.

Although we did not win any team prizes this year, everyone showed great team spirit and represented the Trotters in fine style. I was disappointed that I could not field a MV60 team this year but, as I have said earlier, there is always so much going on at this time of year. There was however quite a serious incident that took place during the racing, which brought a dampener on the event. A vehicle towing a trailer around part of the course ran over the foot of one of the runners as he tried to pass the vehicle. I understand that the

vehicle owner was advised about the race and that there were runners along the route, however he still insisted on driving through the course at slow speed, which caused problems for many runners. I have heard that the runner who had his foot driven over is alright (although his racing season is over for the rest of the year!), but this highlights the dangers that can exist during road racing/running. Whilst marshals will do their best to ensure the safety of

runners, it is still up to the runner to ensure his/her own personal safety. Marshals can only warn motorists and ask them to wait, but ultimately, marshals cannot physically stop traffic. I still cannot believe it when I see runners on the start line wearing headphones from an MP3 player, but many do.

A popular local event that also took place in July was the Chudleigh Carnival '6' road race. Measured as 5 miles 544yds, this Friday evening event is held as part of the town's annual carnival and is always a favourite with the Trotters. Garry 'Smartie' Smart led the Trotters home and placed 10th overall winning the 1st MV45 award with a finishing time of 34:02. Alan

'Boonie' Boone also ran well and was awarded the 1st MV55 award. Chris Cleave also put in his usual characteristic gutsy run and was awarded the 2nd MV50 award. Sadly the race director, our very own Eleanor Taylor, is standing down as RD, after organising the event for many successful years. As yet it is unclear who will take over or whether the event will even take place next year.



Nigel Penwarden
Mark Hutchins sprinting home in the Haytor Heller.

Mark 'Wurzel' Wotton has not been seen in many local events recently, but that is because he has been taking part in a number of tough marathons around the country during July. He has completed the Giants Head marathon, Stuart Wild Memorial marathon and the marathon distance at the Bath Festival of Running. Whilst the Bath event might

sound like it would be a gentle trot around the city, it is in fact quite a gruelling and hilly course which takes in the Kennet & Avon canal, the Fosse Way and Little Solisbury Hill. The Giants Head marathon was also a toughie and Wurzel does seem to enjoy this type of gruelling event.

Another Trotter who really enjoys the tougher event is our Allen Taylor. Since starting running, Allen has increased the distances of the events he entered and

is now an established Ultra Marathon runner. On Sunday 11th August Allen, along with Rob Cooper and Phil 'Latte' Perry travelled to Salisbury to have a bash at the Salisbury 5-4-3-2-1 event, which is so named to signify the fact that the event has five different distances catered for (50k, 42k, 30k, 20k & 10k). This mostly self-navigated run leads the runners over the exposed Salisbury plains and can be a very arduous course, especially during hot weather. However, Allen proved how well suited he has become to these longer distance events by finishing in the top 5 for the longest of the five distances. He completed the 50k in an amazing 4:01:56 and came home in 3rd place. However, shortly after he finished, the finish line time-keepers realised that another two runners had finished before him and that put Allen down to 5th. Although this all seemed a little odd, Allen was over the moon with his achievement and he is now spurred onto going further and has set his sights on a 100k event later in the year. Seeing the way that Allen has progressed through different distances, I believe he has found his niche in running at the Ultra level.

Rob Cooper has been another recent addition to the Trotters who is also increasing the distances of his races. Rob completed the 30k event and despite getting a little lost and doing an extra 3 miles still finished in 3:13:43 and was 9th in his MV35 age category. Another Trotter who has made marathon running 'his office' is Phil 'Latte' Perry. Latte took on

the 42k (marathon) distance and came in 10th in his age category in a time of 4 hours 37.

The Trotters seem to be lured by the longer and ultra-distance events nowadays and a new favourite with the Trotters is the Roseland August Trail events. This year's event took place last weekend. Now in its second year, the organisers have added a 64 mile (yes, I did say 64 MILES) distance event, to complement the 32, 20 and 11 mile events, which are all run over the mostly steep and stepped South West Coast Path, along the south Cornwall coast line. Whatever distance attempted, they are not for the faint hearted and are really a different type of running to what a lot of us are used to (on the usual local racing circuit). However, all felt an amazing sense of achievement in completing their chosen distance and from what I have heard all want to come back next year and most want to step up their distance!

Three hardy Trotters braved the 64 mile distance, which meant a midnight start for them. Lance 'Skippy' Mason, Ryan Anthony and Roger 'Smokes' Hales flew the Trotter flag at this insane distance and did the club proud. Mark Hutchins, Travis Wood, Chris 'Smiler' Wride and Dave Dunn took on the 32 mile distance and Bruce Campbell and Stuart Dunn represented the men at the 20 mile distance. I wish all many congratulations for completing their chosen distances.

Club Championship update - August

CHURSTON FLYER REPLACEMENT

As mentioned in last month's Trotter, the Churston Flyer 5 (Section 4 – Short Misc.) has been unfortunately cancelled, due to no one being willing to organise this year's event. As a consequence, this has left us with a hole in the Short Misc. category, which we haven't been able to fill with a suitable local replacement. However, we have decided to organise a replacement of our own, just for the Teignbridge Trotters, much in the same way as we organise the Sandygate Loop races. However, unlike Sandygate Loop, we have decided on staging a 5k race on a properly measured course around the Brunel Industrial estate. The date for this event will be the evening of Wednesday 16th October and it will replace both of the top two usual training sessions at club on that evening.

GENERAL

Can I again ask you to please double check your race entry for any race you enter, to ensure that you have been listed as a 'Teignbridge Trotter'? Also, please check your result and if you find that you are not listed as a Trotter, please let me know straight away. Thanks!

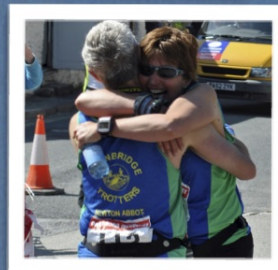
Tarquin

TROTTERS SUMMER BBQ

2013



Angie & Pete are having a BBQ.
Come along and join the fun, bring the kids and a
bottle or two! A proper Trotter family occasion



Saturday 24th August

3pm start

18 Flunder Hill, Kingskerswell. TQ12 5JD 01803 873187

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 next issue is **Friday 13th September**.

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