

# The Trotter

Teignbridge Trotters Newsletter

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Plague Survivor [Ryan Anthony](#) captures the flavour of 64 miles of the Roseland August Trail.

So then... The Plague. When thinking about what to write regarding this experience, I struggled. The training, injuries, excitement, nerves, or start line?

I entered the race after one too many glasses of J2O, but once the realisation of what I had signed up for had sunk in I became excited by the idea of it. Many believed that I would not be able to complete the distance, something I thought myself on more than one occasion during the build up, but I also thought that if my body could hold together in one piece then mentally I could push through anything I set my mind to.

At the start line I think most people were nervous to a point, but I was physically shaking, and then we were off! The night section seemed to pass quite quickly. I made it through the first two check points without a problem, flapjacks, energy drinks and Redbull being

my main diet. I then picked up with a fellow runner by the name of Simon Wengradt and together we beat the 20 mile check by approx 20mins...phew! We continued on together for the next 12 miles, (passing Smokes and Lance who were on the way back) until half way was reached at about 8:15. At this point I was starting to flag so told Simon to carry on whilst I had some pasta and refuelled.

Before the race, I hadn't really paid much attention to what the cut-offs along the way were - I had known the final cut-off but, other than that, I was oblivious to the threat that was ever present in your mind. At first they were a negative but after the 20 mile point you were always concentrating on the next cut-off which certainly focused your mind but also took your mind off other things. In a strange way, I feel now that they were a blessing in disguise!

# News Desk

Chairman **Roger Hayes** reporting.

That was summer! Gone in a flash, now all we're left with is chilly, dark evenings and, no doubt, plenty of rain - such joys! Those dark nights mean reflective bibs must now be worn during Trotters training nights. If you don't own one or you've lost your old one, then you can buy one from Rod Payne, our coach co-ordinator, for £5. He will have a supply of them available to purchase (NOT TO BORROW!) on a Monday and Wednesday night.

The reccie runs were a great success this year. We had just under 50 Trotters turn up for the Heller and Totnes runs but king of the races was the Ladies 10K: an incredible 68 Trotters ran the undulating 10K route on 11 September. This set a new record for a reccie run. It could have had something to do with the pies on offer at the Wellington Arms, as 46 of us enjoyed a meal afterwards at the pub. Many thanks to Tarquin, who organised each of the three reccie run meals. A fair bit of work was involved in organising it all and he did a grand job.

Talking of the Ladies 10K, how lucky we were with the weather! I thought at one stage during the week leading up to the race, that we might experience the torrential rain we had last year. Thankfully, the rain kept at bay and, apart from a strong wind, it was by and large pretty good weather. The race was a great success, despite the disappointing numbers. Those that took part all seemed to enjoy themselves. A big thank you to all those that helped out and special thanks to chief marshal, Marsha Garrard and race director, Lucy Payne. We had 32 Trotterettes enter, compared to 37 last year. Great effort girls and congratulations on retaining the winning team trophy.

You may recall me mentioning the possibility of a Parkrun taking place in Bovey Tracey. I can confirm we were approached by Teignbridge District Council, with a view to staging the weekly event. We discussed this at our last committee meeting and felt it was too much for our club to take on, especially in light of the fact that we already organise six events each year. There was no financial gain to be made and as a club we are certainly not short of members, so attracting

new ones through staging the event was not a good enough reason to take it on (as suggested by Teignbridge). Whether it goes on to happen remains to be seen. Personally, I hope it does, as I'm sure it would prove to be very popular.

We have also been approached by the producers of 'Eggheads' who are keen to have a running club take part in their programme. For those of you unfamiliar with the show, it's basically a general knowledge quiz, where teams of five take on the champion in-house 'Eggheads'. If anyone would like to take this on (pick the team, sort out the paperwork etc.) please let me know. Auditions are taking place during the next couple of weeks, so this would need to be sorted fairly quickly.

Stef Ross and I are currently looking into organising next year's foreign marathon trip. Hopefully we will have something to report in next month's Trotter. Rest assured you'll hear about it first via our wonderful club magazine.

The final Trotter race of the year is the Templer Ten. It takes place on Sunday 3rd November, starting from the Passage House Hotel, Kingsteignton, at 9am. For those of you collecting marshal points, it's your last chance to get one! Jan Caunter is the chief marshal and she would love to hear from you if you are able to help out. Jan can be contacted via [janice.caunter@hotmail.co.uk](mailto:janice.caunter@hotmail.co.uk)

The last Sandygate Loop of the year takes place on Friday 27th September. Please note the start time has been brought forward to 6.30pm. This allows for the fading light! Please run in your Trotters kit and reflective bib.

Finally, I must mention the man of the moment, Mr Allen Taylor, who seems to have found his niche in running. Allen won a 56 mile ultra marathon in an incredible time of 8 hours 15 minutes. Recently turning 40 has obviously done him the world of good - well done mate.



# Membership Report

Membership Secretary [Dave Dunn](#) keeps us up to date with some welcome returners and sparkly new members.

The nights are drawing in, we're already back in bibs and I'm sure that there'll be a training session down at Brunel any Wednesday soon. However, running with the Trotters is just as popular as ever, as evidenced by the superb turn-out for the Ladies 10K practice run, and there seems to be no end to the queue of prospective new members turning up at Coombeshead each and every week. It's only been 4 weeks since I wrote my last report, yet in that time our membership total has risen by 7 to 234, and there are more budding Trotters and Trotettes waiting in the wings.

Four of our latest recruits are actually former Trotters returning to the fold after a brief absence. Craig Hobson and Laura Cooper had decided not to renew their membership in April but, for differing reasons, each has now signed up again. Craig had thought about taking up cycling but has opted to pursue his running ambitions instead. No doubt several Trotters will point out that it is possible to successfully combine both sports. Laura has found motivation difficult when running longer distances and is hoping that the weekend training runs will provide the impetus she's seeking.

Long-time Trotters Angela and David Evans dropped off the members' register eighteen months ago, but they have just re-joined. Angela has been a regular marshal at the Lavender House turn near Ashburton in most runnings of the Dartmoor Discovery. As Angela has opted to pay the extra £10 to gain England Athletics registration, she must mean business over the next 6 months!

Our 3 new members this month are Peter Hayward, Jake Moran and Abigail Blee. Peter (53) from Teignmouth, the partner of Bev Dennis, is a keen triathlete and feels that joining the Trotters can only improve his running. Within days of joining, Peter ran with distinction in the Forest Flyer.



What Trotter membership can lead to: Kirsty Bowman flying in the Club Trip Jack'n'Jill Race earlier this year. See Kirsty's article on the Roseland August Trail on p.6.

Jake from Staverton, is only 16 and has yet to pull on the royal blue vest in competition, but judging by the way that he has applied himself in training, Jake will be a force to be reckoned with in the Junior ranks.

Abi (25) from Kingsteignton has done one Saturday morning "C" group run, followed by the Ladies 10K practice run, and by the time you read this, will have done the race itself on the Sunday. Abi certainly wasn't holding back on the reccie run, and seems the type to give everything she tries 100%.

There are only two notable birthdays among us Trotters during the month of October, with Pauline Newsholme, who still holds 4 club records, celebrating her 75th, and Sarah Whalley reaching 40. Happy birthday to both of you, and may you enjoy running under your new veteran status.

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## Plague Rat Ryan completes his tale.

After about a mile on the return leg, the 32 milers started to come past which was nice, seeing Helen and all the other Trotters....apparently they had been told that a third of the plague runners had already been pulled out, so I think they were pleased to see me. I was certainly pleased to see them! The next 5 to 6 miles went ok although I was now pretty much on my own and, as the rain started to beat down, so did my morale. Not long after the rain started I caught up with the last person enduring the 32 miler, a Carn runner called Wendy, and we tagged along together.

It was around this time that I started the hillier section of the race, but with the company I now had, I seemed to pick up again and push up the hills until there was twenty miles to go. The weather now was horrendous, with heavy and frequent showers and the wind on the tops of the cliffs pushing you in all directions. One main problem I had was the insoles in my Salomons - due to the weather they were continually sliding down the shoe and curling under my feet. I kept trying to readjust them but eventually decided to leave it and just try and ignore the discomfort.

From mile 44, the hills got steeper and muddier due to all the foot fall before me, and the coves on the coastline seemed never ending; you passed around one bend only to see two more in the distance. The good thing with this is you could look behind you and really see how far you had already travelled. The check points didn't seem an issue anymore although I still asked every marshal I saw when the next one was. I didn't want to be pulled out now.

11 miles out and the weather was getting worse, if that was possible. Time was getting on now and part of me just wanted the finish but I knew it was at least four more hours away. I grabbed a big handful of peanuts and some mint aero from a kind runner's wife and got moving again. Over some more hills and steps and more steps and then eventually on to the last checkpoint. At this point I had to sit down for around 10 minutes. I had made the last cut off 45 minutes inside the time...what a relief!

My feet at this point were unbearable; to plant them whilst walking was painful, to attempt to run impossible, so I therefore made the decision to walk the last stint of the race. This part of the course was hilly with plenty of steps and the track conditions were slippery at best but the end was now in sight. As I



Don't mess with these guys: Ryan Anthony, Roger 'Smokes' Hales and Lance 'Skippy' Mason, looking for trouble.

eventually came towards the finish, my emotions got the better of me and, on seeing all the Trotters at the end I was a mess. I then slid off to the ambulance to get my socks cut off!

All in all, this was a brilliant event. The marshals were fantastic and supportive throughout, and the Trotters showed their true grit in all distances undertaken over the weekend....not sure about the dancing though.

As a thought for everyone....I believe that sometimes you need to test and push yourself, just to see how far you can go and how much pain you can endure. Ultimately, is it all in the mind?

So, who's in next year...?



# The White RAT: a run to recommend?

Premier Trotter [Melanie Dunn](#) examines the pros and cons of the entry level Roseland August Trail race.

The White Rat is the infant of the four RAT races, with it being only 11 miles long. The 11 mile course takes in the last section of the other three distances; the run home from Gorran Haven back to base camp at Porthpean.

The course passes through the chocolate box Cornish village of Mevagissey and along the scenic but hilly, Cornish coastline, although the rainy weather conditions on race day didn't do the coastline justice. It isn't a run for the faint hearted or for those who don't like mud!

The race is good value for money and very well organised with transport taking runners from base camp to the start line and not to forget the fuel stops with ample flapjack and jelly babies and the encouraging marshals.

Somehow, I came third lady and am the owner of a slightly odd 'white rat' shaped trophy!



Nigel Penwarden

In fine fettle: Melanie smashing her previous best time in the recent Ladies' 10K race at Dornafield.

## Club Records update.

After a lull of several months, August saw a club record broken when Jacki Woon trimmed just over a minute off Gia D'Aprano's FV50 10K mark with a time of 45:39 in the Torbay Royal Regatta 10K. I am writing this before our Ladies 10K has taken place, where Jacki would have had a quick opportunity to improve that record still further. To find out how Jacki got on, and whether any of our other ladies managed to write themselves into the record books, look out for our race report on our website, log on to our Facebook group, or you could even check out the next edition of The Trotter!

There are plenty of other races in the coming weeks offering the chance of some record-breaking exploits, including Taunton 10K, the 3 races on offer on Dartmoor Vale race day, plus half marathons in Plymouth and Exeter. Wherever you're racing, have a great time, and no matter how fast or slow your time might be, don't forget to tell Sharon "Fizz" Bowman all about it.

# RED RAT!

First time competitor [Kirsty Bowman](#) gives us her personal take on the 20 mile RAT or Roseland August Trail.

Porridge eaten, trail shoes on, bags packed, and on the coach. Nerves were starting to kick in. This was the furthest I had ever run, and if it was anything like the 11 mile white route I had done the previous year, it was going to be tough! After many weekends of training with Otter, wearing sunglasses, hats and putting ice cubes in our camel backs, the weather on the event was the complete opposite. I felt prepared and, to be honest, a sun hat is rather handy to keep the rain from dripping in your eyes. As we set off on our adventure the heavens opened and I was beginning to think this was going to be an awful run. However...

The views from the cliff edge were spectacular, despite the miserable weather. The sea was crashing against the cliffs and the flowers along the Cornish coast were beautiful. Under foot was wet, slippery and very muddy. Many runners around me were not enjoying this, but I was loving it! The 20 mile red route took us along coast paths, over stiles, through kissing gates, up and down many inclines, through fields, along beaches and not forgetting the few steps to climb along the way.

The Red route started at Portloe and we ran back to Porthpean. As my first 20 mile run, I couldn't have chosen a more challenging route. Sharon Bowman and Sally Ingledew, in true camping style cooked pasta to fuel us on the run which obviously did the job as I felt strong throughout the course, not forgetting a good night's sleep in Jess Parkes's Tent which housed Tamsin Cook, Jo Haynes, Sally Ingledew, Sharon Bowman, Jess and myself for the weekend. I'm sure that both the food and accommodation helped me achieve a time of 4 hours 40 - I thought I would be out there a lot longer!

Throughout the course I saw many Trotters, and enjoyed talking to the other runners along the way. Although the weather was not in our favour, spirits were high and all just wanted to get to the finish. At each check point we had to check ourselves in using our chips, and then grabbed a bite to eat and a drink before heading on to the next section of the course. This was a new addition to the RAT race, and enabled us to have a time at the finish, which was absent the year before.

The finishing section of the race was altered from the previous year too. This year, we climbed up through two fields into the campsite where, under a large gazebo, the Trotters and many other runners and spectators greeted us into finish this tough course.

All the Trotters who participated in this year's Roseland August Trail did brilliantly. Those on the white route, Sharon Hutchins, Vicky Hales and Melanie Dunn enjoyed the toughest 11 miles of the whole course. Sarah Seymour, Bruce Campbell, Jacki Woon, Stuart Dunn, Tamsin and Jo joined me on the Red Rat whilst Sharon Bowman, Sally, Helen Anthony, Mark Hutchins, Travis Wood, Chris Wride and Dave Dunn took on the challenge of the 32 mile Black Rat. Not forgetting three Plague runners, Lance Mason, Roger Hales and Ryan Anthony completing a total of 64 miles, something I can never imagine doing. All the Trotters made the weekend one to remember, and all showed determination and true Trotter spirit enjoying a few drinks and a dance in the evening despite the miles they had travelled on their feet in some of the toughest conditions. Well done everyone! Same time, same place, next year?



More pasta! Kirsty offers some culinary advice to fellow RAT-runner Sally Ingledew.



# The Trotterview

This month it's the turn of this journal's esteemed former editor, [John Ludlam](#). Step forward, victim number nine.



Murder in the Marato del Mediterrani: Squad in 2012.

**1. What is your name?**

John Charles Ludlam.

**2. What do you like to be called by?**

Squad.

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

Two local toughs were beating me up by the boating lake in Enfield Town Park, in 1972. As they laid into me, I thought I heard them calling me a

'cub'. I fear it may have been worse.

**4. When did you start running?**

I ran occasionally in my twenties. I took it up again in 1999.

**5. Why did you start running?**

I was rather fat.

**6. What do you like about running?**

It helps to make me less fat.

**7. What is your best memory of running?**

In the park, when I was four.

**8. What is your favourite training session?**

Teamwork relays, fairly short and fast.

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

It wasn't funny for me but I ran into a lamppost once, as a young man. I was jogging on the Town Moor in Newcastle upon Tyne. I was with a group of people and they all thought it was hilarious. I felt sick.

**10. Who is your running hero?**

Steve Ovett.

**11. What music inspires you?**

I like guitars.

**12. What is your favourite film?**

Pulp Fiction.

**13. Give us a tip for racing?**

If you are fairly short and it is windy, get behind someone who is a bit taller and a bit better than you.

You'll be able to keep up with them because they are running into the wind. Then, when they are tired, run past them.

**14. What is your favourite race?**

I haven't done one for a long time but any 10K.

**15. What is the worst race you have done?**

I didn't much care for the Marato del Mediterrani.

**16. What running achievement are you most proud of?**

Finishing the Marato del Mediterrani. After the first 100 yards, every step was vile.

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

Twisting my ankle while training for the Marato del Mediterrani. I had been going well for weeks and was really feeling strong but I wasn't concentrating when running on uneven ground. I was very foolish. My advice would be not to take risks when training for a big event you have invested a lot of time and money in.

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

Layers.

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

Just to keep ticking over.

**20. What running shoes do you favour?**

Saucony, worn with orthotic inserts.

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

Orthotic inserts.

**22. What other sports do you take part in?**

Beach cricket.

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

Eat, drink and be merry.



# Club Championship update

A comprehensive update and the full SP from Championship contender [Tarquin Milford](#).

The Championship is seriously hotting up now, with all the main players on the field and racing for the line. Although it now feels like the Championship is coming to an end, there are still twelve races to go but the options in each section are now quite limited. However, all of the races in the Mixed section have been run, so if you've missed out on this section, you've now had it for this year.

The way I see it, a total of 16 ladies and 20 men can realistically complete the championship now, but that all depends on a few names pulling out the stops to complete the last few required races.

For the ladies: Sarah Schutte and Sarah Seymour need to complete the Teign Valley Toddle (Sunday 6th October), plus one from one of the other categories. Kirsty Bowman must also complete the Teign Valley Toddle and one from the Short Misc. category (there are plenty still to choose from here), plus one other. Sharon Hutchins requires five more and must do either the South Molton Struggle or the Yarcombe Yomp, as one of the five. Hayley Brown could still complete, but has left it all to do, needing to do the Dartmoor Vale Half, the Redruth XC, the South Molton Struggle and/or the Yarcombe Yomp, plus three more. It's infinitely achievable, but would require a lot of time and effort. Selina Snow could also still complete, but it would take a massive commitment to racing over the coming months, as she still requires seven more races.

For the men, nine have already completed the required twelve races, with another four who have completed eleven. Gary Clark has completed ten, with Ewan Walton and Garry Smart having nine, but all three have already targeted the few remaining races they require. Ian Langer and Dave Dunn have completed eight races, but Ian will need to travel to Redruth to do the Cross Country event there, as he still requires a race from the Short Off-road section. Ian and Dave also both need to complete the Teign Valley Toddle. I wish them well and encourage them to finish off the work that they have started!

So, how do we stand at the moment? For the ladies, Eleanor Taylor and Sharon Bowman have been holding up the leader board for the last month or so, after overhauling Jo Becker's storming early lead. For the past couple of months, Eleanor has looked pretty solid in first place but last year's winner, Jacki Woon, is taking a more measured ascent to the top. The Ladies 10k was Jackie's 11th championship race this season, and she now has a maximum 550 points from these eleven races. Currently lying in 7th position, Jacki now only requires to complete one more race to jump straight into top place. However, she hasn't got much room for manoeuvre and must complete either the South Molton Struggle or the Yarcombe Yomp, both coming from a section that she does not prefer. Eleanor has races on the board and it is for Jacki to do the work, but I still tip her to be on the winner's podium again this year. Helen Anthony also requires to race at either the South Molton Struggle or the Yarcombe Yomp to complete the championship. Providing she races to form, she should finish in second place. Helen is an athlete who has masses of potential and she is definitely a future championship winner, if she chooses to set her mind to it.

On the face of it, there has been a two-way tussle at the top for the men, with Alan Boone and myself trading blows to grab the remaining points. Alan has been struggling with injury after completing the Dartmoor Discovery and a number of marathons, as well as going for the championship. However, he is still a very serious contender and the battle between Alan and me has been very exciting. However, there is a new contender who can upset this two-way battle and ensure that we do not have things all our own way. Garry Smart has now set his heart on completing the championship and has been quietly picking up the maximum 50 points at every race he has taken part in. Garry has now completed nine races and has also been very careful to ensure that he ticked off at least one from each section, as early as he could (this is the best tip for completing the championship!). Garry can now pick off the remaining three races he needs at his



Serious competitor: Garry Smart looks strongly placed in the club championship. Here he competes in the Torbay 10K.



leisure, but will keep Alan and myself in suspense, I'm sure. Barring injury, Garry should win this year's championship by a comfortable margin. However, nothing is a done deal, and he still needs to actually race these three required races and run to form. Who knows what could happen to prevent him from racing? Knowing Garry's hectic family commitments, the first place is certainly not a sure thing!

So, there you have it: the end is in sight and everyone is eyeing up their fellow championship contenders for final positions, looking to grab any final points available. With 10% of all finishers (up to a maximum 10 places for the ladies and for the men) being awarded with a trophy at the end of the season, there is still much to race for!

Race hard!



Loopy: a representative selection of the individuals you can expect to mingle with if you take on the Sandygate Loop as part of the club championship. You have been warned!



# Captain Tarquin's Corner

Men's Captain **Daryl 'Tarquin' Milford** reports on some stupendous Trotter achievements.

What a difference the weather makes! Only a year ago, at the Lustleigh Show 10k, a few of us were huddled together watching the rain fall. This year, however, we experienced a mini heat wave as we tackled the hilly off road course. The Lustleigh Show 10k is always a good event to go to, as after the race there are plenty of activities to watch and plenty of food and drink too! On a sunny afternoon, there is no better place to be.

The Lustleigh 10k rounded off a weekend of racing for the Trotters, with four Trotter men (Craig Churchill, James Henderson, Chris Wride and Keith Anderson) having also tackled the Torbay 10k the evening before.

The Torbay 10k brought some good results, personal achievements and a welcome return to racing for a couple of Trotter men. We also had two new Trotters donning their royal blue vests for the first time. Garry Smart completed the undulating sea front course in a cracking time of 37:10 and won the 3rd MV45 award, finishing in 11th place overall. Graydon Widdicombe knocked four minutes off his time last year, to record a finishing time of 45:40. Graydon will now look to target a sub-45 minute time and has highlighted the Taunton 10k as a possible race for this.

Making a welcome return to racing was Tim Hartley, who has not raced since the Bideford Half back in early March. Another welcome return was James Henderson who hasn't been on the Trotter race scene for more than a year, but one race wasn't enough for James, who completed the weekend double of Torbay and Lustleigh. Good to see you back, James.

A young man, who had been eagerly awaiting the Torbay 10k to make his Trotter debut, was our very own Tom Besford. Son of our club trip organiser, Kevin Besford, Tom had recently turned 15 (which is the now the new minimum age limit for the Trotters) and had targeted the Torbay 10k as his first race as an official Trotter. Tom has been training hard at Monday and Wednesday evening training this year and has been sharpening his racing skills at our internal Sandygate Loop races throughout the summer. Tom posted a time of 47:32 for the testing 10k.

New Trotter John Grimes was also in action at the Torbay 10k, which was his first club championship race, although he had made his royal blue debut at the Totnes 10k a few weeks earlier. John was again in action at the Forest Flyer less than a week later, and has signalled his intention to get stuck into the racing scene from the word go. John posted a solid time of 38:29 for this very tough but fast 5 mile off-road race.

The Forest Flyer is another well organised race from our friends at the Dawlish Coasters who lay on three excellent races each year. Although the Forest Flyer is an off road and hilly event, it is known as a fast one due to it's long downhill start, where the chance of a good start can be well exploited. However, there is payback for this downhill start,



A long and winding road: Allen strides out on the Kennet and Avon Canal towpath.

with a long uphill straight after! The race then turns back downhill again, for what seems like miles, before the final long uphill grind to the finish.

The Forest Flyer was also the stage for yet another new Trotter to make his royal blue race debut. Pete Hayward, the partner of Trottette Bev Dennis, is well known on the local triathlon scene but after serious arm-twisting by your Men's Captain, gave in to join our ranks. Pete now feels right at home with his new royal blue vest and posted a time of 39:43 at the Forest Flyer. Although Pete will not be able to make many of our Monday and Wednesday training runs due to his tri training, he has already appeared at a variety of our social events and should be a regular at the local races.



The depth of talent in the Trotters is clearly shown by the number of hardy Trotters who journey far and wide to represent the club in many races, sometimes on their own. Chris Rogers was one of these lone Trotters who represented the club at the tough Treggy 7 on Sunday 1st September, in Launceston. Despite the lack of club mate support, Chris bagged a PB with a time of 59:31 for the tough and hilly 7 mile course. Chris had carried his fine PB-form on from the previous weekend, where he took a minute off his 10k PB to record a new personal best of 48:53 at the Battle of Sedgemoor 10k, the scene of last year's club trip. This was a welcome return to racing for Chris, after a four month break.

Also making a return to racing at the Battle of Sedgemoor 10k was Trotter 'Godfather' Brian Hayes. Father to our very own Chairman Rog, Brian recorded a time of 49:58 in his first race for quite some time.

Tuesday 3rd September saw the last round (of five) of the Run Exe 5k series of races. Run by Ironbridge Runner events, this series of 5k races is run over the flat cycle paths of the Exeter flood relief scheme and is a great way to test your speed over a shorter distance race. However, these races haven't really proved all that popular with the Trotters, which is a shame. The high entry fee was a bit of a turn off though. One Trotter that really threw himself into this series was Craig Churchill, who completed four out of the total five races and in doing so achieved 8th place in the series overall. Craig set himself a goal of getting a sub-20 minute time for a 5k and he achieved this in each one (20:00; 19:50; 19:51; 19:59), which shows consistent performance. Craig can build on this and target a further time decrease next year.

Three Trotter men represented the club at the Bridgwater Half Marathon on Sunday 8th September. Although this was billed as a fast and flat course, finishing times appeared down, with the winner completing it in 1:21:41. Neil Burns had targeted this race for a sub-1:30 time, but in the end completed the race in 1:37:05. Neil has found breaking the 1:30 time quite a barrier and the stress/anxiety of trying to do that maybe actually affecting his race performance in a counter-productive way. It's certainly an issue that most runners face when attempting to break a time barrier for a given distance. Having seen Neil run I believe that a sub-1:30 time (and better) is well within his capabilities, so he should try not to get too hung up on it. Graydon Widdicombe was another Trotter who didn't get the time he was hoping for at Bridgwater. Graydon recorded a finishing time of 1:49:33 which, by his own admission, was ten minutes slower than what he was hoping for. However, Graydon was battling with a stomach complaint and was really feeling it after the ten mile mark. Like Neil, Graydon has the self-belief and commitment to dust himself off and try again. Neil and Graydon's stories at Bridgwater should act as an



Nothing short of heroic: Allen Taylor at Newbury.

encouragement to anyone going for a goal – achieving a goal is rarely straightforward and easy, with the potential for many set backs on the way. However, by keeping sight of the goal and not losing heart, it can be achieved and once it is achieved, the accomplishment is all the more sweet. All goals need to be realistic, of course, but the goals set up both Neil and Graydon are infinitely achievable. It just requires a certain amount of racing experience and then focus to finish the job.

Peter Kirby was also in attendance at Bridgwater and produced a cracking good for age time of 1:43:00.

Another event that hasn't attracted many Trotters for a few years is the Exeter Track 10,000 championships. This year's event, held on Wednesday 11th September, only attracted one Trotter in the shape of Geoff Davey. However, Geoff did the club proud and used the event to record a new PB for that distance of 36:26. Geoff has hit a rich vein of form lately and carried this into the following weekend, where he achieved another PB, coming this time at the half marathon distance; the Bristol Half Marathon saw Geoff record a PB time of 1:20:47. Congratulations to him for these two fine achievements.

Also representing the club at the Bristol Half were Mark Hamling (1:41:20) and Alexander Shearman (1:43:21).

Held on the same day (Sunday 15th September), the Great North Run saw three Trotter men represent the club at what is billed as the countries No.1 half marathon. Making a welcome return to the Trotter limelight was Tony Stepney, who recorded a finishing time of 2:20:34, in windy and testing conditions. Tony was joined by Tim Hartley (2:21:22) and Peter Middleton (2:24:32), who also travelled the long distance to fly the royal blue flag. Peter, who is a regular on our Saturday morning social runs, had been laid up for four days due to a bad cold, in the run up to the event, but battled to finish the race. The race holds a lot of family significance to him, so it was a great personal moment for him to cross the line with his son, after running all the way round with him.

A man who is running longer and longer distances is our Allen Taylor. On Saturday 14th September Allen took part in his longest distance race so far at the Kennet and Avon Canal 56 mile ultra-marathon. Allen has shown a particular aptitude for the longer distance stuff and did so this time in splendid style, by winning the event in a time of 8hours, 15 minutes and 31 seconds. May I use this opportunity to congratulate Allen on this gargantuan achievement and for getting his first 1st place!

Before I sign off, don't forget the final Sandygate Loop of the year. The September round will take place on Friday 27th September. However, this last round will take place half an hour earlier, at 6.30pm, due to the darker evenings.

Finally, can I say a big thank you to all the Trotter men for helping out at the Ladies 10k and for helping Lucy and Marsha to deliver another successful Trotter race.

## Captain Catherine's Corner

Ladies' Captain [Catherine Barnes](#) reports on some impressive recent achievements.



Race Director Lucy Payne with Peter Dewhurst, Dornafield owner, and Club President Jose Waller. Together they hold up the prize picture by locally revered artist and fellow Trotter, John 'Skins' Skinner.

For once the late August Bank Holiday brought lovely sunny weather and the Trotters took full advantage. On Saturday 24th August, Cath Pilton was the sole Trotter at the Jurassic Coast 10k. This race offers fantastic views and differing terrains along the beautiful Jurassic Coast but is not recommended as a PB course. Cath made the best of the lovely weather and successfully ran this challenging route in a very solid 57.29.

On the Saturday afternoon, Peter and Angela Blakesley hosted the annual Trotter barbecue and I'd like to thank them and their helpers for their kind hospitality and hard work in putting on an excellent spread of food (no mean feat when faced with hungry Trotters!) in such a lovely setting.

The Torbay Royal Regatta 10k was held on Sunday 25th August. The 6pm start was bathed in glorious sunshine – ideal for spectating but not so nice for running in! Jacki Woon smashed the existing club V50 record and was home in 45.39 taking 1min and 10 seconds off the previous record held by Gia D'Aprano since 2009. I have no doubt that Jacki intends to challenge the other FV50 records and I look forward to reporting on her success in the future. Also racing in the heat were Sharon Bowman who earned 3rd V45 in 50.12, Lucy Payne who won 1st V60 in 54.10, Ruth Johnson in 54.26 and Beverley Dennis 58.27. Donna Millns is one of our newer members and has shown great commitment to training. She ran the Torbay Royal Regatta 10k as her first race as a Trotter in a very handy 55.04.

Sarah Schutte has been on excellent form and clearly



demonstrated this by being first lady overall at the Mortonhampstead 10k. At the Lustleigh Village Show, held on the August Bank Holiday Monday, she joined the Trotters to take part in the 10k race. This year Lustleigh was bathed in sunshine and the show was heaving with visitors, exhibitors and runners. The course is a challenging one over fields, roads, tracks and rocks with plenty of uphill and downhill slogs. Sarah Schutte was involved with organising the 10k race and was also the first female Trotter home in an impressive 50.33 earning herself 1st Local Lady. Following Sarah in were Tamsin Cook, Sharon Bowman (who had also raced the day before), Eleanor Taylor, Sharon Hutchins, Jo Billyard and myself. An admin error with the results meant that for a moment I was placed 4th in a great time of 39.33 but that was soon resolved and I was back to my correct place at the back of the field!

On the evening of Friday 30th August the Dawlish Coasters held the Forest Flyer which is roughly 5 miles through Haldon Forest. This championship race attracted 11 ladies with Tamsin Cook only just making it to the start by the skin of her teeth with her warm up being the dash from the car to register then onto the start line where she was still pinning her number on as the race started early. Sarah Schutte, showing great form once again, brought the ladies home followed by Jacki Woon, Tamsin Cook, Ruth Johnson, Lucy Payne, Sharon Hutchinson, Eleanor Taylor, Joanna Becker, Bev Dennis and sisters, Selina and Heather Snow.

The Run Exe Summer 5k series finished on Tuesday 3rd September and, as the name suggests this was a series of 5k races in Exeter, held on 5 Tuesday evenings over the summer. During the series, 11 ladies had at least one go at this fast 2 lap route alongside the rive Exe flood relief scheme. Helen Anthony entered the event on four occasions (including racing the day after returning from a two week holiday in Lanzarote – where interestingly she posted her 2nd fastest time) and her commitment to

this and her excellent times earned her 2nd lady overall for the series.

Unusually, the August Sandygate loop was held on the 6th September and 6 ladies, including Jacki Woon, Eleanor Taylor and Sharon Bowman turned up to

tackle the four mile route starting and finishing close to the Sandygate Inn, Kingsteignton. Jo Billyard earned a PB of 35.12, Beverley Dennis near enough equalled her PB of last year and Tamsin Cook did a PB of 31.47. The last Sandygate loop of the year will be on Friday 27th September at the earlier time of 6.30pm. The series is part of the championship so don't forget your Trotter vest.

On Sunday 15th September, our club hosted the Ladies 10k at Dornafeld Caravan Park near Ipplepen. Last year the weather was horrendous and it didn't look like it was going to be much better this year. 30 of our ladies chose to run it and joined the start line with 134 other ladies keen to have a go

at the undulating course around Ogwell and Denbury. This year the rain held off but it was still pretty grey and windy. Helen Anthony, Melanie Dunn, Jacki Woon and Sarah Schutte weren't deterred by the conditions and brought home the first team prize with Melanie taking nearly four minutes off her time from last year. Tracey Elphick and Mary Goulden made very welcome reappearances on the racing circuit. Abigail Blee in her first race as a Trotter did an excellent time of 49.30 and was closely followed in by Sharon Bowman. Emma Percy in her first local race as a Trotter ran hard and clocked 52.01. Ruth Johnson was next and then Jess Parkes also making a return to racing following injury. Eleanor Taylor came in over a minute faster than last year and then there was a tussle for places between Angela Blakesley, Kirsty Bowman (running well despite being slightly under the weather after a late night on Saturday!), Tina Caunter, Caroline Campbell and Beverley Dennis. Kirsty was over 2 minutes faster than last year and Bev was nearly 2 minutes faster. Next in was Steph Ross (who ran in the very first Ladies 10k 16 years ago) followed by



Composure: Nicky Cowling takes the Dornafeld Ladies 10k in her stride.





No laughing matter: a plethora of perky, plucky and pulchritudinous participants in pre-race pose.

Hayley Brown, Jo Billyard and me. Nicky Cowling, who bowed to pressure and finally entered after having watched it for the last 10 years, ran well and was back within the hour. Victoria Ratcliffe took nearly 3 minutes off her last time on the course which has inspired her to enter more races. Rachel Pallant also got a race PB by over 1.5 minutes. Next in were Sonia Hodge then Joanne White followed by Heather Snow. Julie Crump also earned an excellent race PB. Katrina Zapple only decided to enter at the last moment and, despite on-going injuries, finished in good form. Jess Whitehouse struggled with injury from about 2km in but bravely pushed on to bring the Trotter ladies home. Lucy Payne was the race director and, with the help of Marsha Garrard as chief marshal and the Trotter men, successfully organised a great event – thanks must go to them all. Final thanks go to John “Skins” Skinner for the beautiful print, a copy of which was given to each finisher.

Whilst the majority of the ladies were at the Ladies 10k, Stephanie Parker went back to her home town of Cheltenham to run the half marathon with her sister. Despite recovering from injury she was back in a very respectable 2.18.

As you can see, it's been a busy time for racing but of course not all our ladies choose to race and instead concentrate on improving their running through the training options offered. The weekend social runs have been reinstated and there are currently 3 groups on a Saturday offering differing speeds and differences. These are open to anyone and if you want to suggest a route or lead one of these runs then please let me know as it's always great to run new routes or in different areas. Caroline Clark has also

started offering a run on a Sunday morning for beginners/improvers looking to increase their distance and with the aim of joining the Saturday social runs. Details of all runs are posted on the website and on Facebook.

I wish you all well for your training and racing in September and October.



Perfect focus: Helen Anthony shows the meaning of being in the zone at the Ladies 10K.



# Marshalling points - provisional list

These are the current lists of Trotters who have gained points from marshalling and assisting at races managed by the club, ready for the ballot which will allow some happy winners a place in next year's London Marathon. The listings are provisional only and may well change following the Templer Ten Race on Sunday 3rd November. The draw will be done at the Annual Awards Night: Saturday 14th December. If you have any queries, please contact Stewart Dunn at s.dunn13@hotmail.co.uk or on Facebook.

## 1 POINT

MAGGIE ANDERSON  
MARK BECKER  
MELANIE DUNN  
PETER ASTON  
PETER BLAKESLEY  
PETER ROYLE  
PHILIP PERRY  
RACHEL PALLANT  
REG TOLE  
ROBERT COOPER  
ROSA BLOOMBERG  
SARAH HIMPSON  
SARAH ROSS \*  
SARAH WHALLEY  
SCOTT STEPHENS  
SHARON BOWMAN  
SHARON HUTCHINS  
STEF ROSS  
STEPHEN BARKER  
STEPHEN WALLACE  
STEVE RAWLINSON  
TAMSIN COOK  
TIM HARTLEY  
TONY STEPNEY  
TRACY ELPHICK  
VICTORIA RATCLIFFE  
WAVELL VIGERS  
ZILPAH WALTON

## 2 POINTS

MARSHA GARRARD  
MAURICE PIPER  
NEIL BURNS  
NICKY COWLING  
NIGEL PENWARDEN  
STUART MOULSON  
TOM BESFORD

## 3 POINTS

MARY GOULDEN  
MICHAEL JONES  
NATHAN ELPHICK  
NOEL FOWLER  
ROB COWLING  
RUTH JOHNSON  
RYAN ANTHONY  
SALLY INGLEDEW  
SARAH SCHUTTE  
TINA CAUNTER  
TRAVIS WOOD  
VICKY HALES  
WILF TAYLOR

## 4 POINTS

MARK WOTTON  
NEIL PALLANT  
ROD PAYNE  
STEWART DUNN

## 5 POINTS

ROGER HALES  
ROGER HAYES  
SARAH SEYMOUR



Stewart Dunn

Man with a mission: Club Coaching Co-ordinator Rod Payne in the Torbay Royal Regatta 10K.

# Snooker Tournament

This year's tournament is open to all regardless of sex, creed, religion or sexual orientation, as you can already see below.

The games will consist of a preliminary round with 10 players - this will eliminate 5 players. 3 players will get a bye into the quarter finals. All games are best of three apart from the final which is best of 5.

You will be given a date to finish your round by. If your match is not played by this time the winner will be decided by the toss of a coin.

Here is a list of this year's entrants:

Gary Watson \*  
Ian Langer \*  
Pete Aston \*  
Chairman \*  
Lance Mason  
Gary Clark \*  
Shaz Fizz Bowman  
Gary Caunter  
Dennis Milstead  
Ryan Anthony  
Neil Pallant  
John Tweedy  
Keith Anderson



The draw for the preliminary round will take place in the White Hart on the 25th September 2013 the dates for the completion of each round is shown below:

Preliminary Round: 16th October  
Quarter Finals: 6th November  
Semi Finals: 20th November  
Finals: 2nd December

Any queries, please contact Gary Watson. I will post the rounds on Facebook.

## 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 18th October**.

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)