

# The Trotter

Teignbridge Trotters Newsletter

Number 10

October 2013



Following the hugely successful Totnes 10K and Fun Run held on Sunday 4th August, Club Chairman Roger Hayes presents a supersize cheque to Bob Alford of Totnes Caring, accompanied by (from left) Teignbridge Trotters Lucy Payne, Jan Caunter, Tina Caunter, Ruth Johnson, Jess Parkes and Catherine Barnes.

# News Desk

Chairman [Roger Hayes](#) reporting.

It's getting to that time of the year when I start to think about ordering trophies for the club championship and fastest times etc. I know there have been a fair few of you who have decided to give this year's club championship a go. The excitement will mount the closer we get to the final race. This is enhanced by Tarquin, our club championship secretary, not revealing the final few age graded race results. The look of genuine surprise on some member's faces when they learn they have won something is great to see. This year's presentation night is on December 14. Full details can be found on page 20.

Going back to the subject of trophies; the committee agreed with me when I proposed to stop awarding the majority of the perpetual trophies, of which there are 17 in total. Every year I would have to round them all up, get them engraved, present them, collect them all in and return most of them back to the White Hart trophy cabinet. Some of them had used up all their space for engraving and, rather than add another unsightly plinth, the decision was taken to transfer all records of who has won what over the years to our website. We will, of course, continue to award trophies that you'll be able to keep.

Thank you to all those that responded to the Sandygate Loop survey. We had a great response with 94 of you taking the time to complete it (see page 7 for the results). It's a great tool to be able to use to gain the thoughts of our members, something I'm sure we will use again in the future. Many thanks to Noel Fowler for organising it.

The John Scott Trophy will take place on Sunday 24th November, starting at 3pm. Due

to the work being carried out by Sibelco, we are unsure at this stage whether we will be able to use our traditional four mile route. A decision will be made nearer the time and we will let you know in the next edition of the Trotter. Whatever route we choose, the format will be the same.

Another popular upcoming event is the Mince Pie Marathon, a 5-6 mile social run, stopping off at members' houses for a glass of mulled wine and mince pie. To give it a real Christmas feel, this year it will take place on Monday 23rd December. More details will be in your next edition of the Trotter, including the new twist to it for this year!

I've been working on creating a 'new members welcome pack' and I'm pleased to say it's now finished. It's an eight page colour magazine, crammed full of things about the Teignbridge Trotters. I'd like to think that there is something in there to interest all of you; for instance, the name of our race before it was re-named the Haytor Heller! So with the committee's backing, you will be receiving a copy within the next month or so.

I've had a few members enquire about next year's foreign marathon. Not wanting to let anything out of the bag and keeping to my word, you will hear about it first in the Trotter. All I can say is that Stef and myself have (hopefully) found a real beauty.

Before I sign off, congratulations are in order; Stewart Dunn & Vicky Seaman and Simon & Emma Boobyer are expecting babies next April. This Trotter baby boom shows no sign of slowing up, who is next I wonder!



# Membership Report

Membership Secretary [Dave Dunn](#)

introduces new members and recognises some notable birthdays.

We're now more than halfway through this particular membership year – how time flies! Our membership total currently stands at 239, almost exactly the same number as we had at this time last year. Our coaches, under the leadership of Rod Payne, seem to be doing a wonderful job in designing training sessions that appeal to a wide cross-section of our membership, resulting in healthy attendances at Coombeshead, and more importantly, a fairly even spread across all the sessions on offer. This allows us to carry on recruiting – for the time being at least.

Let me introduce this month's batch of Trotter recruits to you.

Young Kieran Crewes (16) from Newton Abbot is a very promising prospect. Kieran, together with the likes of Tom Besford, Jake Moran and the Boone brothers, should ensure that the club has a very long and successful future ahead of it.

Ricahrd Keatley (34) from Ogwell has just started his second stint with the club. First time around Richard liked to get out and race, and I'm sure that once we've helped Richard regain his fitness, this time around will be no different.

With Kim Price (30) from Newton Abbot signing up, the Hamilton Drive area of town is not only one of the best winter training grounds, but it must also house the greatest concentration of Trotters, with Jacki Woon, Marsha Garrard, Steve Rawlinson and myself already separated by no more than a short sprint.

We've waited 30 years for a Kim to join us, and then we get two in the space of a few days! Kim Place (51) from Newton Abbot is fast earning herself a reputation for running in through the gate at Coombeshead, in the style of Cathy Burgess or Eyvoll Aston, just as everyone else is about to head out the other way.



'Steptoe' Stuart Moulson on form at Taunton 10k, 29 September.

New member Ann Donnelly (57) from Combeinteignhead was once on Torbay AC's books, and during her time there earned a UKA coaching award in "Fitness in Running & Walking". This qualification makes Ann a very useful addition to our ranks, and I'm sure that Rod Payne will be using his powers of (gentle) persuasion so that we'll see Ann leading groups out from Coombeshead in the not too distant future.

Finally, we welcome James Johnson (32) from Newton Abbot, but who hails from the Southampton area, and has joined us on a second claim basis while he works in our area for the next few months before returning to his first claim club, Eastleigh RC.

The following Trotters will be celebrating a landmark birthday in November – Stuart Moulson (pictured above) turns 45, Janelle Penfold becomes a vet at 35 and Hattie Mann will be 40, whilst yours truly reaches the grand old age of 60 (I know...I don't look it!). Happy birthday to us all, and may we enjoy success and good fortune in our new veteran status.

# ***BRUNEL 5k - A venture into unexplored territory (well, Brunel Ind Est) for the Trotters:***

Brunel 5k club championship race was a resounding success. Here are the full results, with age category and percentage grading for those Trotters in a position to complete this year's club championship. For more information on what the percentages mean, please go to the Trotters website and check out the Club Championship page. See opposite for Tarquin's update on progress so far in the Club Championship.

Brunel 5k

Wednesday 16 October 2013. 7:30 pm

Provisional Results for All Competitors in finish order.

| Place | Time    | Name                  | Age Category | Grading |
|-------|---------|-----------------------|--------------|---------|
| 1     | 0:17:22 | SMART, Garry          | M49          | 82.99%  |
| 2     | 0:17:49 | WALTON, Ewan          | M34          | 72.82%  |
| 3     | 0:19:14 | JOHNSTONE, Adam       | M34          | 67.45%  |
| 4     | 0:19:17 | JOHNSON, James        |              |         |
| 5     | 0:19:25 | LANGLER, Ian          | M34          | 66.82%  |
| 6     | 0:19:37 | KEMPLEY, Rupert       |              |         |
| 7     | 0:19:41 | WOOD, Travis          | M31          | 65.91%  |
| 8     | 0:19:50 | CHURCHILL, Craig      | M35          | 65.65%  |
| 9     | 0:19:51 | ANTHONY, Helen        | F35          | 73.16%  |
| 10    | 0:19:52 | CLARK, Gary           | M42          | 68.83%  |
| 11    | 0:19:55 | TWEEDIE, John         | M49          | 72.37%  |
| 12    | 0:20:50 | LUDLAM, Andrew        | M52          | 70.87%  |
| 13    | 0:20:52 | CAMPBELL, Bruce       |              |         |
| 14    | 0:20:54 | HALES, Roger 'Smokes' |              |         |
| 15    | 0:21:01 | MORSEY, Steve         |              |         |
| 16    | 0:21:03 | TAYLOR, Wilf          | M62          | 76.72%  |
| 17    | 0:21:17 | GRIMES, John          | M37          | 62.03%  |
| 18    | 0:21:41 | DONNELEY, Lizzy       |              |         |
| 19    | 0:21:54 | PALLANT, Neil         | M44          | 63.36%  |
| 20    | 0:21:57 | MOULSON, Stuart       | M44          | 63.21%  |
| 21    | 0:22:01 | MORAN, Jake           | M16          | 58.93%  |
| 22    | 0:22:07 | WOON, Jacki           |              |         |
| 23    | 0:22:28 | ASTON, Eyvoll         | F41          | 67.82%  |
| 24    | 0:22:30 | SCHUTTE, Sarah        | F35          | 64.54%  |
| 25    | 0:22:32 | SKINNER, John         | M54          | 66.62%  |
| 26    | 0:22:33 | ANDERSON, Keith       | M63          | 72.33%  |
| 27    | 0:22:43 | ASTON, Peter          | M42          | 60.20%  |
| 28    | 0:22:50 | BLAKESLEY, Peter      | M54          | 65.75%  |
| 29    | 0:23:04 | BOWMAN, Sharon        | F48          | 70.17%  |
| 30    | 0:23:13 | DA SILVA, Filipe      | M36          | 56.47%  |
| 31    | 0:23:22 | JONES, Michael        | M43          | 58.95%  |
| 32    | 0:23:26 | BLEE, Abigail         | F25          | 61.43%  |
| 33    | 0:23:44 | BESFORD, Kevin        | M52          | 62.21%  |
| 34    | 0:24:39 | JOHNSON, Ruth         | F49          | 66.26%  |
| 35    | 0:24:44 | ROBERTS, Guy          | M29          | 52.45%  |
| 36    | 0:24:55 | TAYLOR, Eleanor       | F54          | 68.73%  |
| 37    | 0:25:04 | INGLEDEW, Sally       | F52          | 67.01%  |
| 38    | 0:25:24 | PILTON, Cath          | F48          | 63.72%  |
| 39    | 0:25:42 | CAUNTER, Tina         | F55          | 67.29%  |
| 40    | 0:25:44 | BOWMAN, Kirsty        | F21          | 55.94%  |
| 41    | 0:25:48 | PAYNE, Lucy           | F62          | 72.28%  |
| 42    | 0:25:57 | BAKER, Graeme         | M72          | 69.63%  |
| 43    | 0:26:30 | DENNIS, Beverley      | F49          | 61.63%  |
| 44    | 0:27:11 | DONNELEY, Anne        |              |         |

\* RaceMaster98 from Sport Systems +44(0)870 5123 [www.sportsystems.co.uk](http://www.sportsystems.co.uk) Webresults on [www.runnerswebuk.com](http://www.runnerswebuk.com) \*

Results produced by Teignbridge Trotters.

# Club Championship update

Tarquin serves up the latest portion of news, sprinkles a little spice over the remaining races and refuses to spill the beans regarding next year's championship programme.

The club championship is entering the final month of the 2013 season and so far 11 Ladies and 14 men have completed the minimum twelve races from the necessary seven categories needed to complete the championship. Another five Trotters (3 men; 2 ladies) have only one or two more races to do in order to also complete, with either the South Molton Struggle, or the Yarcombe Yomp being the key races here. In actual fact, it is only Travis Wood who still requires two races, with Jacki Woon, Helen Anthony, Graeme Baker and Gary Watson needing just one of those mentioned races from the Long Off-road section to wrap up the championship. Outside of these five, Sharon Hutchins is the only other Trotter who could possibly complete the championship, but she would still require to finish another four races, which would take up quite a bit of her November free time.

All being well, it looks like we should have 13 Ladies (which is down on last year) and 17 men (up on last year) completing this year's club championship. Trophies will be awarded to 70% of those finishers, for both the ladies and the men, up to a maximum of 10th place. That will mean that the top 9 Ladies and top 10 men will be awarded a trophy at this

year's Dinner and Dance. Whilst we now know who should complete the club championship this year, final individual finishing positions are still something to be fiercely fought over. To add a little more intrigue and spice to the end of the championship year, I will not be publishing any more updates to the championship, so as to provide some suspense until the final finishing positions are announced at the Trotters' Dinner and Dance awards evening, on Saturday 14 December. (see p.20 - eds)

I have now finalised my proposed races for next year's championship. I intend on shaking things up a bit and bringing in some new and different races, with the return of a couple of old favourites. Some of them may require a bit of travelling, but we do seem to have become very good at car sharing, which makes the extra bit of travelling not such an issue (from a financial point of view). Next year's races will be published in the December edition of the Trotter, so you'll have to wait until then for further details (and no amount of bribery will cause me to spill the beans!). However, in next month's Trotter, I will let you know what championship races will be held in January, so that you will have plenty of notice to get your entry in.

## Club Records update... Dave Dunn reports.

Jacki Woon wasted no time in improving her own FV50 10K club record which she'd set in August, trimming another 11 seconds off it with a time of 45:28 set in our own Ladies 10K last month. An unseasonably warm, humid morning probably prevented any new records being recorded at the Dartmoor Vale series of races recently. It is hard now to see any further attempts at record-breaking for the remainder of 2013, particularly with Tarquin carrying an unfortunate injury that makes his participation in the imminent Dublin Marathon hang in the balance.

However, this calendar year has seen 14 new records set. In part, this is due to the very high standards of fitness maintained by our leading runners, but it must also be because we are all getting older!! I'm sure that 2014 will see a similar number of records broken as our club continues to go from strength to strength.

# The Sandygate Loop

## PB's set in 2013

|                 |       |
|-----------------|-------|
| Ewan Walton     | 23:07 |
| Helen Anthony   | 26:33 |
| Craig Churchill | 26:41 |
| Tom Besford     | 27:32 |
| Neil Burns      | 27:50 |
| James Ayling    | 27:59 |
| Rob Cowling     | 27:59 |
| Sarah Schutte   | 28:36 |
| Keith Anderson  | 30:42 |
| Tamsin Cook     | 31:47 |
| Ruth Johnson    | 32:18 |
| Sarah Seymour   | 32:27 |
| Derek Blackford | 32:50 |
| Guy Roberts     | 33:19 |
| Jo Billyard     | 35:12 |
| Hayley Brown    | 35:41 |

A fair amount of discussion has taken place recently in connection with the monthly summer club race known as the Sandygate Loop. The Loop is totally dependent on the generous commitment made by the volunteer race officials, so it is important that it attracts high and consistent interest from club members.

It's part of the Club Championship and there's lots of information about this on the Trotters website. If you want the latest news on Championship progress, turn back to page 5 of this newsletter.

On this page are some interesting statistics about the Loop - as it has panned out in this and previous years - and the pages that follow give the results of our recent Sandygate Loop Survey. Our thanks to Noel Fowler. You'll see that the comments include a wide range of opinions, so it will not be an easy task to decide about the Loop's future shape.

## Total number of Trotters taking part in 2013

|       |    |
|-------|----|
| April | 9  |
| May   | 13 |
| June  | 34 |
| July  | 10 |
| Sept  | 18 |
| Sept  | 15 |

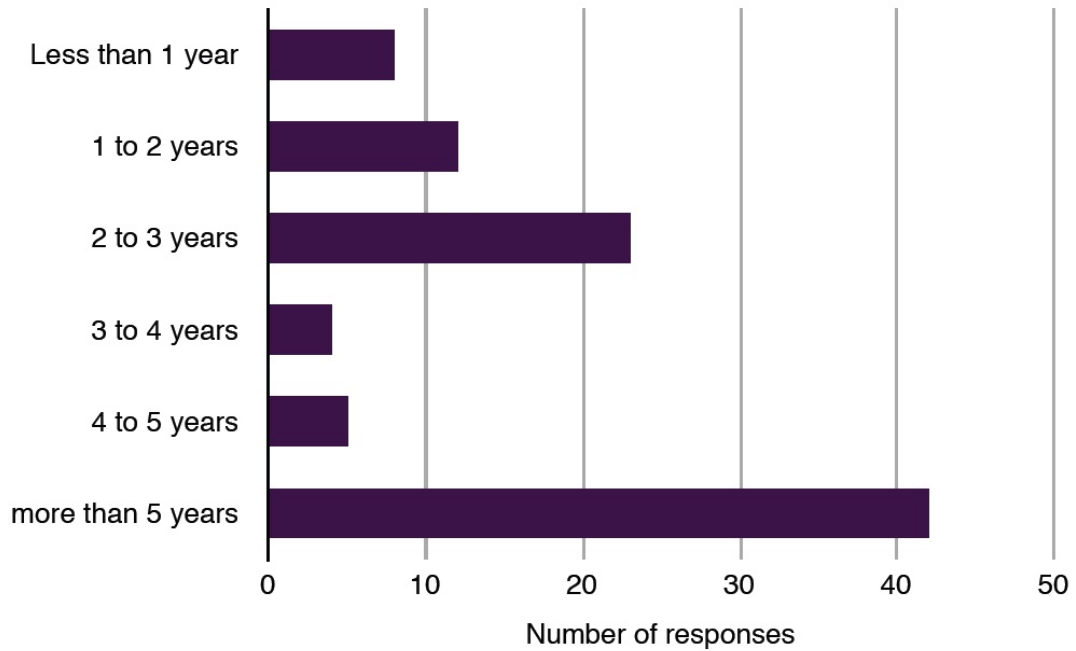
## Number of Trotters running one or more Sandygate Loop

|      |    |
|------|----|
| 2004 | 49 |
| 2005 | 65 |
| 2006 | 33 |
| 2007 | 44 |
| 2008 | 56 |
| 2009 | 41 |
| 2010 | 46 |
| 2011 | 67 |
| 2012 | 70 |
| 2013 | 55 |

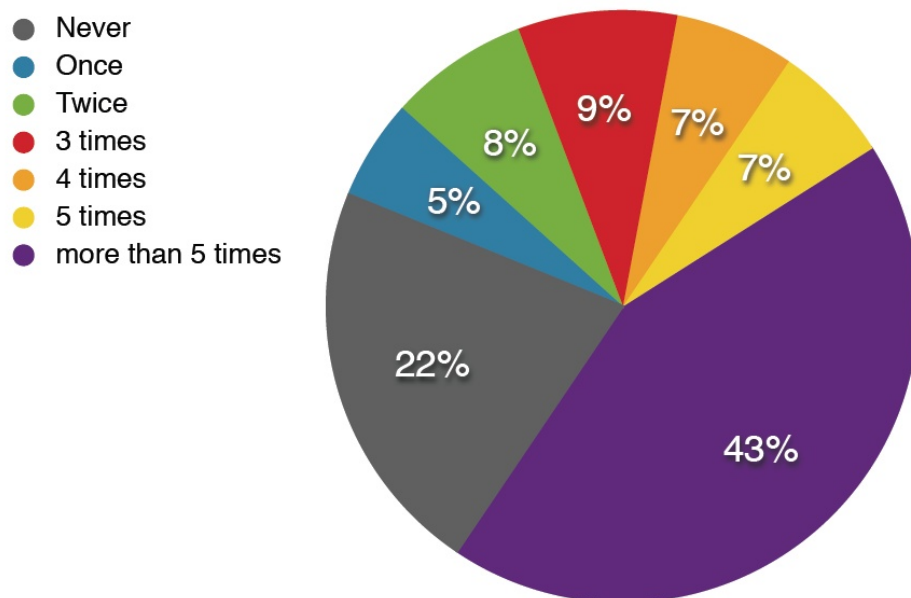
## Sandygate Loop Survey

94 people responded, 89 knew about Sandygate Loop and 2 said that they didn't. (2 did not answer Q2). 20 had not run the Loop whilst 40 had run it more than 5 times.

### Q1. How long have you been a member of the Trotters?



### Q2. How many times have you run the Sandygate Loop?





### Q3. Please tell us what you feel about the Sandygate Loop?

|  | Agree strongly<br>— | Agree<br>—   | Disagree<br>— | Disagree strongly<br>— | No view<br>— |
|--|---------------------|--------------|---------------|------------------------|--------------|
| <b>It is one of my favourite races</b>     | 6.90%<br>6          | 27.59%<br>24 | 25.29%<br>22  | 4.60%<br>4             | 35.63%<br>31 |
| <b>I try not to miss it</b>                | 6.90%<br>6          | 25.29%<br>22 | 24.14%<br>21  | 10.34%<br>9            | 33.33%<br>29 |
| <b>It is too short</b>                     | 1.15%<br>1          | 3.45%<br>3   | 34.48%<br>30  | 35.63%<br>31           | 25.29%<br>22 |
| <b>It is too competitive</b>               | 1.15%<br>1          | 6.90%<br>6   | 34.48%<br>30  | 36.78%<br>32           | 20.69%<br>18 |
| <b>I like the social aspect afterwards</b> | 24.14%<br>21        | 48.28%<br>42 | 4.60%<br>4    | 1.15%<br>1             | 21.84%<br>19 |
| <b>It is a nice course</b>                 | 20.69%<br>18        | 55.17%<br>48 | 5.75%<br>5    | 2.30%<br>2             | 16.09%<br>14 |

### Q4. Please tell us anything else you like or dislike about the Sandygate Loop

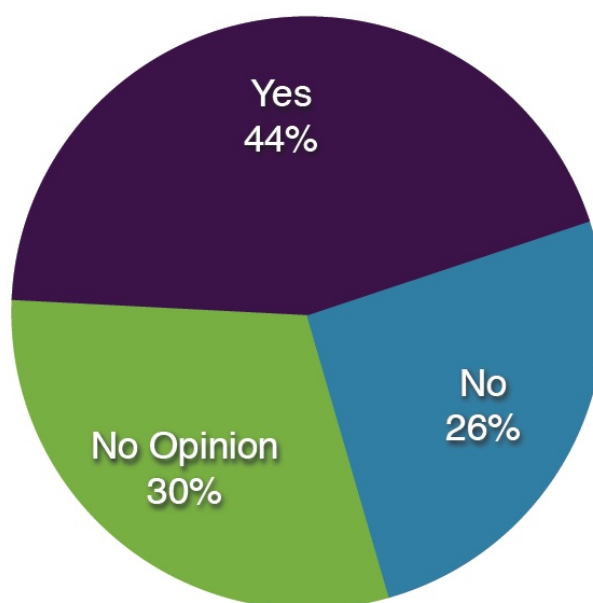
- I like that there is no pressure to attend but people are always welcome. Long may it continue. Although, if there was an option to run a greener/wooded monthly run I would be more likely to attend and recommend. Love the social aspect and summer opportunity to better ones time.
- Like: Good as a gauge to see how fit/unfit you are. Good crack in the pub. Dislike: running it in reverse!
- Too competitive for me... but understand that others want to be competitive! Wonder whether more than one start time would be an idea? Slower people set off 10 mins earlier?
- I think it is a great event for trotters. You pit your wits against your fellow trotters and your own best time on a challenging but fixed course. I would like to see it continue
- It is what it is - it hurts because it is short and you have to push yourself, but that is why it is good for you. I wouldn't say I like it but then I don't like short races, however any longer and you lose the point of it.
- I think it should always run anti-clockwise. The championship uses each persons best time for the year but if one runner could only do it on an anti clockwise night and another



runner only on a clockwise night, their Times are really for 2 different courses and shouldn't be compared.

- The loop is a bit short compared to what we usually do, but that's the novelty of it!
- For a short 'race' it is too hilly!
- I strongly like ALL Loops. The reverse Loop is aesthetically 'improper' since it is a corruption of original concept - THE PROTOTYPE. However, it offers the player pace and energy education. Therefore I conclude : Backwards Loop has VALUE. If the Loop was longer it may compromise players seeking to wreak HAVOC in Sunday contact. If you 'engage' in THE LOOP it is hard not to SPANK, which may cost 40 hours later.
- Even though it is a short course you can find yourself isolated and with nobody to race, due obviously to the number of people competing
- It can't be too competitive, it either is or is not. That's racing.
- It's a great little tough race which if done regularly can be a measure where you are in your training and fitness. Long may it live!
- I like that it is the same course and it is held at the same time each month

**Q5. Last year we introduced running the Sandygate Loop in opposite directions in alternate months. Do you think this is a good idea?**



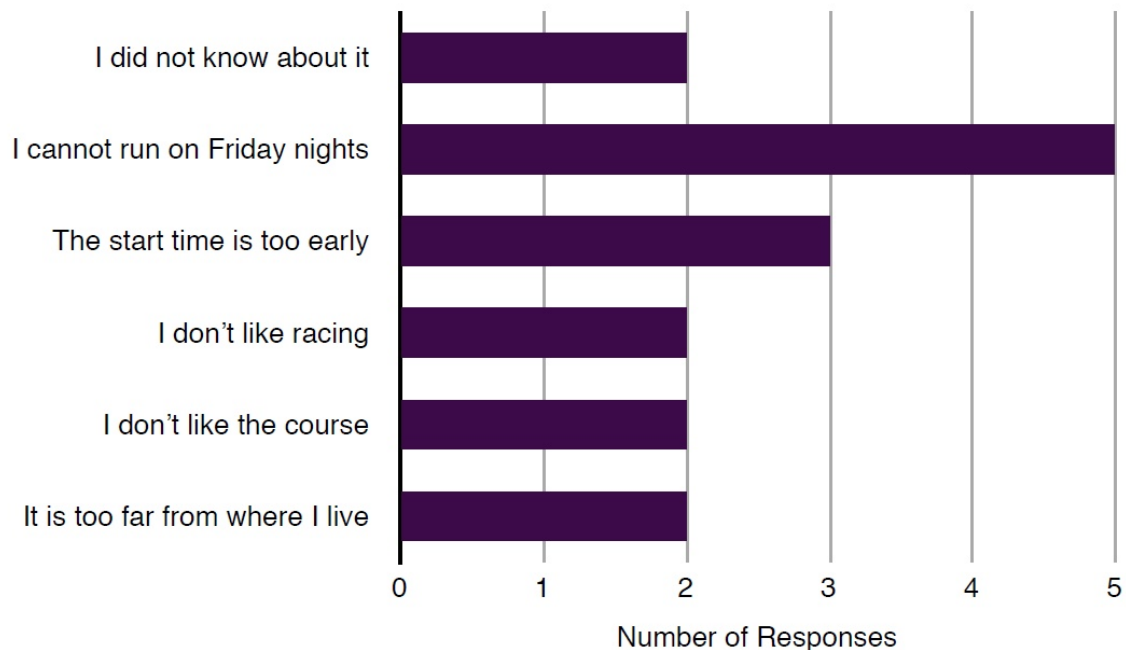
#### **Comments**

- Being a shift worker, I can only run the Loop 3 or 4 times during the season. However, I can't gauge any improvements (or otherwise!) if some are clockwise and some anti-clockwise.
- I have noticed that people do differ in which way around is the favorite to run so this is fab!
- I think keeping it in one consistent direction is best.
- Prefer the same direction every time, preferably clockwise
- I would prefer to fix in one direction only

- Same way round is better for comparison month on month.
- It makes a change to run it either way and as long as the direction is changed on a monthly basis performance on either direction can still be assessed.
- It's difficult to measure if you are improving when you are running a different course on alternate months and you can only make it on one or two occasions in the year.
- Great idea. Please stick with it.
- It's easier clockwise but more challenging anti - hard to choose.
- Got used to the clockwise direction over the years but did the anti-clockwise for the first time this year and I don't think it really matters which way it is really
- Although it starts and finishes the same place anti clockwise seems more of a challenge
- unless u run it every month u cant compare the times on the opposite ways
- Each way probably suits different people.

**Q6. If you have not run the Sandygate Loop please tell us why not.**

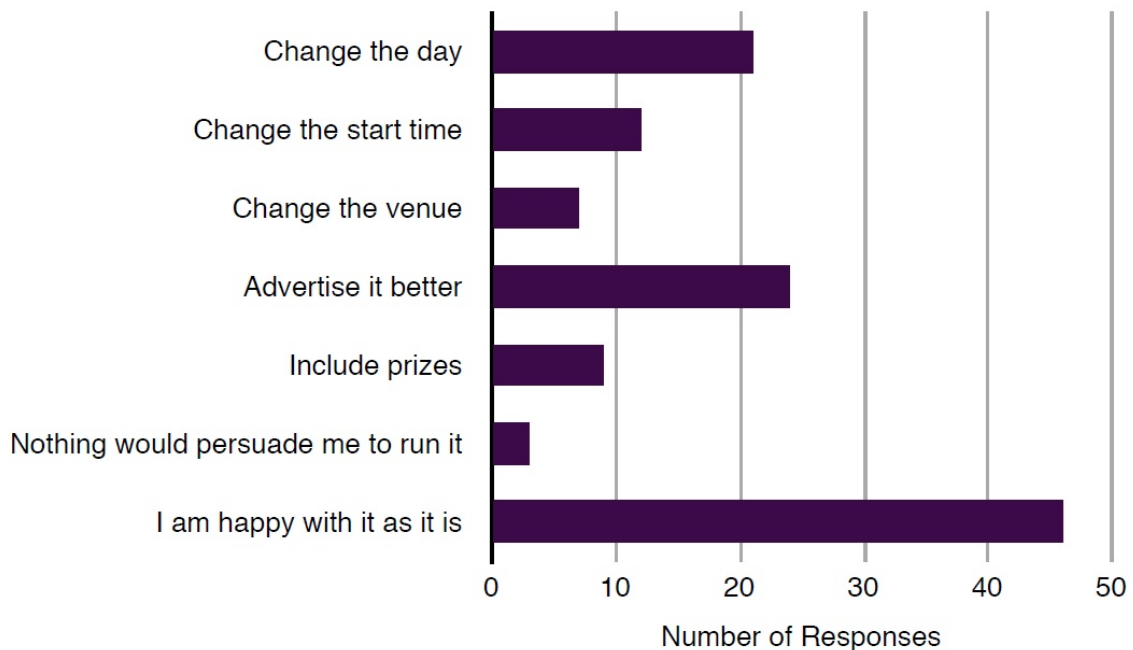
15 out of the 20 who said they had not run the Sandygate Loop completed this question.



**Comments**

- Busy social life, though may be prepared to take part.
- Wasn't entirely sure how to get involved or what was required. Bit nervous as a new member!
- I wasn't clear on what the meeting place/arrangements were as I couldn't see it on the website
- Only recently became aware of it and will enter in 2014
- I would prefer it earlier on a Friday night so it does not effect the evening
- Friday is too close to weekend races. It is uncanny how often it clashes with weekend races

### Q7. What could we do to encourage more members to run?



#### Other ideas

- I think it would be worth explaining what it is a bit more on Wednesday nights in the shouts – otherwise I think new members probably don't know what you are on about.
- It's a really good traffic-free run, and a good measure of fitness. I think it is advertised sufficiently at the club, on the website and Facebook. With it being such an established run, it has got a little stale. Perhaps the course could change. For instance, going clockwise, the course could continue along Gappah ridge and then return. That way you'd get to see the faster runners coming back and encourage each other. Having started going on Saturday morning social runs makes me less inclined to participate, but that's a personal thing.
- Free beer afterwards!
- A trophy for 1st, 2nd, 3rd each month that are handed back the following month. Make it all year round by running it on Saturday AM (say 9.30 am) in the winter months.
- I think it should be left as it is; those people who want to do it will do it and there is usually a reasonable turn-out.
- Maybe incorporate it into a Wednesday evening session; I enjoy it as it is but realise the need to get more people doing it or losing it.
- Consider running it on a club night as a time trial, then it would not be close to a weekend race.
- As a club we have more than enough prizes up for grabs. Please don't introduce them for the Sandygate Loop. It would be a total overkill.
- Run it as a handicap event. This would be more to administer but should make it more competitive.
- It's a testing route; please don't change it.
- Maybe offer token or novelty prizes (even just an honorary prize which is returned each month) in categories – highest placed newcomer – roll of honour for those who beat their PBs – a wooden spoon prize for ??? All light-hearted, to promote fun aspect of the event.
- Make a bigger play of it in the Trotter. Have a large poster on our noticeboard. Consider a staggered start, i.e. slower runners off in a group, then middle, then fastest.
- Maybe it could be done as a Wednesday or Monday group session once a month. I know sometimes trying to get to training on a Monday, Wednesday and then a Friday for the loop is difficult.
- It's already in the club championship, so it can help members win a trophy, therefore additional prizes are not needed.



# Marshalling points - full details to date:

This is how the marshalling points stand at present. If you're not sure what this is all about, then briefly it is as follows: each time you help out at a Trotter-run race you get a point. You'll see from the empty column that much will depend on who assists at the Templer Ten race on Sunday 3rd November. Members with 4 points (or more) will be entered into the draw for one of our club's places in next year's London Marathon. Members with at least 2 points will be entitled to free entry to the race chosen as the club trip the following year, together with free coach travel to that race, and bring a maximum of three guests free of charge.

Many thanks to Stewart Dunn for collecting the details. Any queries to Stewart: s.dunn13@hotmail.co.uk or via Facebook.

XC = Bovey Tracey Cross Country; DD = Dartmoor Discovery; HH = Haytor Heller; TO = Totnes 10k; LA = Ladies' 10k, Dornafeld; TE = Templer Ten.

|                    | XC | DD | HH | TO | LA | TE | TOT |
|--------------------|----|----|----|----|----|----|-----|
| JAMES DONOVAN      | 1  | 1  | 1  | 1  | 1  |    | 5   |
| JOHN SKINNER       | 1  | 1  | 1  | 1  | 1  |    | 5   |
| ROGER HALES        | 1  | 1  | 1  | 1  | 1  |    | 5   |
| ROGER HAYES        | 1  | 1  | 1  | 1  | 1  |    | 5   |
| SARAH SEYMOUR      | 1  | 1  | 1  | 1  | 1  |    | 5   |
| GRAYDON WIDDICOMBE |    | 1  | 1  | 1  | 1  |    | 4   |
| JOHN TWEEDIE       | 1  |    | 1  | 1  | 1  |    | 4   |
| MARK WOTTON        | 1  |    | 1  | 1  | 1  |    | 4   |
| MAURICE PIPER      | 1  | 1  | 1  |    | 1  |    | 4   |
| NEIL PALLANT       |    | 1  | 1  | 1  | 1  |    | 4   |
| ROD PAYNE          |    | 1  | 1  | 1  | 1  |    | 4   |
| STEWART DUNN       |    | 1  | 1  | 1  | 1  |    | 4   |
| TRAVIS WOOD        | 1  |    | 1  | 1  | 1  |    | 4   |
| CAROLINE HAYES     |    | 1  | 1  | 1  |    |    | 3   |
| CRAIG CHURCHILL    |    | 1  | 1  |    | 1  |    | 3   |
| DAVE DUNN          |    | 1  | 1  | 1  |    |    | 3   |
| DENNIS MILSTEAD    |    |    | 1  | 1  | 1  |    | 3   |
| EWAN WALTON        | 1  |    |    | 1  | 1  |    | 3   |
| GARY CAUNTER       |    | 1  | 1  | 1  |    |    | 3   |
| GRAEME BAKER       |    |    | 1  | 1  | 1  |    | 3   |
| GUY ROBERTS        | 1  |    | 1  |    | 1  |    | 3   |
| IAN LANGLER        |    |    | 1  | 1  | 1  |    | 3   |
| JOHN CAUNTER       |    | 1  |    | 1  | 1  |    | 3   |
| KEITH ANDERSON     |    |    | 1  | 1  | 1  |    | 3   |
| KEVIN BESFORD      |    | 1  | 1  | 1  |    |    | 3   |
| LUCY PAYNE         |    |    | 1  | 1  | 1  |    | 3   |
| MARY GOULDEN       |    | 1  | 1  | 1  |    |    | 3   |
| MICHAEL JONES      |    |    | 1  | 1  | 1  |    | 3   |
| NATHAN ELPHICK     |    | 1  |    | 1  | 1  |    | 3   |
| NOEL FOWLER        |    | 1  |    | 1  | 1  |    | 3   |
| ROB COWLING        |    | 1  |    | 1  | 1  |    | 3   |
| RUTH JOHNSON       |    | 1  | 1  | 1  |    |    | 3   |
| RYAN ANTHONY       | 1  |    | 1  | 1  |    |    | 3   |
| SALLY INGLEDEW     | 1  |    | 1  | 1  |    |    | 3   |
| SARAH SCHUTTE      | 1  | 1  | 1  |    |    |    | 3   |
| TINA CAUNTER       |    | 1  |    | 1  | 1  |    | 3   |
| VICKY HALES        | 1  |    | 1  | 1  |    |    | 3   |
| WILF TAYLOR        |    | 1  | 1  |    | 1  |    | 3   |

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| ADRIAN YOUNGMAN  |    | 1  |    |    | 1  |    | 2   |
| ALAN BOONE       |    |    |    | 1  | 1  |    | 2   |
| ALLEN TAYLOR     |    |    | 1  | 1  |    |    | 2   |
| ANDREW LUDLAM    |    |    |    | 1  | 1  |    | 2   |
| BRYAN HAYES      |    |    | 1  | 1  |    |    | 2   |
| CATHERINE BARNES |    | 1  |    | 1  |    |    | 2   |
| CHRIS WRIDE      |    |    |    | 1  | 1  |    | 2   |
| CLARE YOUNGMAN   |    | 1  | 1  |    |    |    | 2   |
| DARYL MILFORD    |    | 1  |    |    | 1  |    | 2   |
| ELEANOR TAYLOR   |    | 1  | 1  |    |    |    | 2   |
| GARY WATSON      |    | 1  | 1  |    |    |    | 2   |
| HAYLEY BROWN     |    | 1  |    | 1  |    |    | 2   |
| JEAN TERRILL     |    |    |    | 1  | 1  |    | 2   |
| JESSICA PARKES   |    |    | 1  | 1  |    |    | 2   |
| JOSE WALLER      |    | 1  |    |    | 1  |    | 2   |
| JULIA PROCTOR    |    | 1  |    | 1  |    |    | 2   |
| KIRSTY BOWMAN    | 1  | 1  |    |    |    |    | 2   |
| LANCE MASON      | 1  |    |    |    | 1  |    | 2   |
| LORNA MARTIN     |    | 1  |    | 1  |    |    | 2   |
| MARSHA GARRARD   |    | 1  |    |    | 1  |    | 2   |
| NEIL BURNS       |    | 1  | 1  |    |    |    | 2   |
| NICKY COWLING    |    | 1  |    | 1  |    |    | 2   |
| NIGEL PENWARDEN  |    | 1  |    |    | 1  |    | 2   |
| STUART MOULSON   |    |    | 1  |    | 1  |    | 2   |
| TOM BESFORD      |    |    |    | 1  | 1  |    | 2   |
| ADAM CAUNTER     |    |    |    | 1  |    |    | 1   |
| BEV DENNIS       |    |    |    | 1  |    |    | 1   |
| BRUCE CAMPBELL   |    | 1  |    |    |    |    | 1   |
| CATHLEEN PILTON  |    |    |    | 1  |    |    | 1   |
| CHRIS CLEAVE     |    | 1  |    |    |    |    | 1   |
| CINDY BROOKES    |    |    | 1  |    |    |    | 1   |
| DANIEL WRIDE     |    | 1  |    |    |    |    | 1   |
| DAVE FOSTER      |    | 1  |    |    |    |    | 1   |
| DEREK BLACKFORD  |    |    |    |    | 1  |    | 1   |
| EMMA PEARCY      |    |    |    | 1  |    |    | 1   |
| FELIPE DA SILVA  |    | 1  |    |    |    |    | 1   |
| GRAHAM TERRILL   |    |    |    | 1  |    |    | 1   |
| HATTIE MANN      |    | 1  |    |    |    |    | 1   |

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| HELEN ANTHONY      |    | 1  |    |    |    |    | 1   |
| HOWARD COTTON      | 1  |    |    |    |    |    | 1   |
| IAN WOOLLEY        |    |    |    | 1  |    |    | 1   |
| JACKI WOON         |    |    |    | 1  |    |    | 1   |
| JANICE CAUNTER     |    |    |    | 1  |    |    | 1   |
| JOANNA BECKER      |    |    | 1  |    |    |    | 1   |
| JOANNE HAYNES      |    |    |    | 1  |    |    | 1   |
| JOHN LUDLAM        |    | 1  |    |    |    |    | 1   |
| JON GRIMES         |    |    |    |    | 1  |    | 1   |
| JON MARTIN         |    | 1  |    |    |    |    | 1   |
| JUDY SMALLSHIRE    |    | 1  |    |    |    |    | 1   |
| JULIAN HEAD        |    | 1  |    |    |    |    | 1   |
| KATRINA DUIGNAN    |    | 1  |    |    |    |    | 1   |
| MAGGIE ANDERSON    |    | 1  |    |    |    |    | 1   |
| MARK BECKER        |    |    | 1  |    |    |    | 1   |
| MELANIE DUNN       |    |    | 1  |    |    |    | 1   |
| PETER ASTON        |    | 1  |    |    |    |    | 1   |
| PETER BLAKESLEY    |    |    |    |    | 1  |    | 1   |
| PETER ROYLE        |    | 1  |    |    |    |    | 1   |
| PHILIP PERRY       |    |    |    |    | 1  |    | 1   |
| RACHEL PALLANT     |    | 1  |    |    |    |    | 1   |
| REG TOLE           |    |    | 1  |    |    |    | 1   |
| ROBERT COOPER      |    | 1  |    |    |    |    | 1   |
| ROSA BLOOMBERG     |    |    |    | 1  |    |    | 1   |
| SARAH HIMPSON      |    |    |    | 1  |    |    | 1   |
| SARAH ROSS *       |    | 1  |    |    |    |    | 1   |
| SARAH WHALLEY      |    |    |    | 1  |    |    | 1   |
| SCOTT STEPHENS     |    |    |    | 1  |    |    | 1   |
| SHARON BOWMAN      | 1  |    |    |    |    |    | 1   |
| SHARON HUTCHINS    |    | 1  |    |    |    |    | 1   |
| STEF ROSS          | 1  |    |    |    |    |    | 1   |
| STEPHEN BARKER     |    |    |    | 1  |    |    | 1   |
| STEPHEN WALLACE    |    |    |    | 1  |    |    | 1   |
| STEVE RAWLINSON    |    | 1  |    |    |    |    | 1   |
| TAMSIN COOK        | 1  |    |    |    |    |    | 1   |
| TIM HARTLEY        |    | 1  |    |    |    |    | 1   |
| TONY STEPNEY       |    |    | 1  |    |    |    | 1   |
| TRACY ELPHICK      |    | 1  |    |    |    |    | 1   |
| VICTORIA RATCLIFFE |    |    | 1  |    |    |    | 1   |
| WAVELL VIGERS      |    | 1  |    |    |    |    | 1   |
| ZILPAH WALTON      |    | 1  |    |    |    |    | 1   |

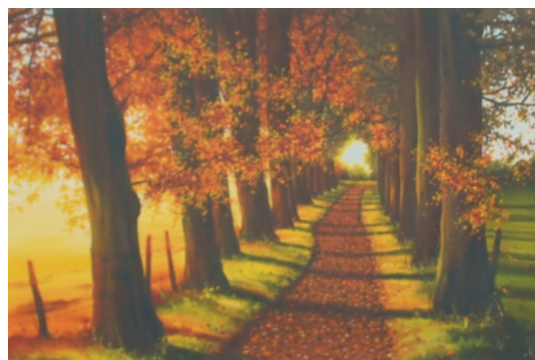
## Putting the ART into FARTLEK, etc... Trotters' Artist in

Residence [John 'Skins' Skinner](#) announces a visual treat for us all.

It was ever thus for the artist: the art of procrastination. Sharpen pencils, ponder worthy projects, anything but squeeze the brain and deliver any worthwhile work. In my experience there is nothing like a deadline to force the issue. With this in mind it gives me great pleasure to announce the forthcoming Teignbridge Trotters art exhibition. The TAAG Centre in Teignmouth has been booked for 8th-14th February 2014, with a private view on the evening of the 8th for club members. From within our ranks, a wealth of talent has been unearthed and high quality work will be on view, so why not come along, have a glass, and peruse the delights on show.

The current line up offers a diverse range of artists, namely Ewan Walton, Peter Blakesley, Caroline 'Oodie' Hayes, Kathy Ross, Julia Proctor, Steve Rawlinson and myself, John Skinner.

This got me thinking: with nearly 300 members, surely there must be other talent within. If you fancy jumping on the bandwagon, e-mail me at [jskins@tiscali.co.uk](mailto:jskins@tiscali.co.uk), or simply approach me on a Wednesday evening.



A taste of what will be on view at the TAAG Centre, Teignmouth, next February.



# The Trotterview

Supreme athlete [Sarah Schutte](#) has kindly agreed to be exposed to the public gaze as victim number ten.



**1. What do you like to be called?**

Sarah.

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

I've been called many things, generally because people can't pronounce my surname, so it's things like Sarah Scooty, Sarah Shut etc. My sister was once announced over loudspeaker at a horse show as Nicola Shiter....

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

I always enjoyed running at school, although I did prefer sprinting and hurdles to cross country. I then didn't really run for years after leaving school until about 9/10 years ago when I used to run a bit with my friend Mary (Goulden). I then joined the Bournville Harriers in Birmingham where I had moved to work and trained with them for my first 10k (Torbay 2005).

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

I was starting to need bigger clothes and wanted to get fit.

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

I love a run with a view and being outside in the fresh air. I'm stuck in an office during the week, so it's great to get out for a run to clear my head. I love exploring the local area and finding new places to run.

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

Running the DD this year alongside Jess was

absolutely fantastic: the support of the marshals and the sense of achievement at actually finishing was amazing. I also love the Trotters long runs at the weekend, where you can pass several miles without realising because you've been chatting!

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

I love a speed session where you really feel like you've given it everything you've got and you know it's going to hurt just as much tomorrow as it does during the session! The track sessions at Forches Cross during the summer are great for that.

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

Not that funny at the time but probably very funny for the observer... falling over. I've been knocked over a couple of times by dogs (once by my own dog and once by someone else's).



Sarah relaxing in leafy Lustleigh this summer.



"I've definitely seen and like The Shawshank Redemption, Moulin Rouge and Lord of the Rings."

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

Seb Coe.

**10. What music inspires you?**

All sorts, although for running you can't beat a bit of old school house music to get you going.

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

I'm not very good at remembering if I've seen a film until about halfway through, so I don't really have a favourite! However, films I know I've definitely seen and like include Shawshank Redemption, Moulin Rouge and Lord of the Rings.

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

Give yourself plenty of time before the race to get parked, warm up etc. There's nothing worse than running late and being in a panic before the start, (I need to take my own advice on this one).

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

I really like off road stuff like the Otter Rail and River 10k, Drogo 10, and Oh My Obelisk, but then a couple of road races that I really enjoy are the Teign Valley Toddle and of course our own Ladies 10k.

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

The Redruth Cross Country. It took hours to get there and then we had to run around some school playing fields a few times – not my cup of tea, I absolutely hated it!

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

Completing the DD.

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

I've been really lucky so far and have only had a few niggles that have been sorted with a couple of weeks rest.

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

The guilt I'll feel if I don't go, and also the self satisfied feeling I'll have when I get home after I have been.



Sarah in fighting form for June's Dartmoor Discovery 32 miler.

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

A sub 45min 10k, sub 1.40 half marathon and get a good for age place at London (sub 3.45). So just a few things to aim for!!

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

Asics.

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

Probably my Garmin.

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

Snowboarding, Cycling.

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

Dog walking and going on holiday as much as possible.

## Captain Tarquin's Corner

A busy month for racing achievements is summed up by Men's Captain [Tarquin](#).

It's been quite a full month of racing, with something going on every weekend. On Sunday 22nd September I led a small group of Trotters at the inaugural Armada Half marathon in Plymouth. This is a new half marathon on the local race circuit and one that the organisers hope will become a yearly event. The course is mostly traffic free and takes the runners along the cycle path that now follows the route of the old Great West railway line to Tavistock. This route provided us with a long steady climb, for about three miles, before we doubled back and traversed the same route back to the finish. This gave the opportunity for runners to see each other as they passed in opposite directions, which always provides for a bit of excitement. Of note was the performance of Mike Jones, who recorded his best half marathon time for three years with a time of 1:47. Mike was pleased with his performance and used this as a mental build up for his aim to achieve a PB at a spring half marathon next year. Making a very welcome return to racing for the Trotters was Tom Burman. Tom has been a previous junior ten mile club record holder, but has had some time away from running due to work commitments. He very selflessly took part in this event to pace his father-in-law round in his first half marathon.

The following weekend, we were off to the Taunton 10K, where a number of Trotters took part. Garry Smart led the Trotters home with a finishing time of 36:33. He finished in 6th place overall and was also the 1st MV45 runner.

A runner who has benefitted from the drop in the membership age limit is young Tom Besford, who has been enjoyed running in a Trotter vest since he turned 15 in August. At the Taunton 10K, he chopped five minutes off his 10K PB, to record a new time of 42:50. His new 10K PB came only two days after he took another two minutes off his best Sandygate Loop time, during the last 'Loop' of the year, where he recorded a challenging time of 27:32. Tom has done very well in

his first, albeit short, year as a Trotter, but I can see him really going on to great things next year.

Keith Anderson also had a good run at Taunton, achieving a new 10K PB with a time of 47:41 and this too came after a PB run at Sandygate on the previous Friday. Keith recorded a new Sandygate Loop time of 30:42.

This brings us to an annual autumn Trotter favourite: the Teign Valley Toddle. The 'Toddle' attracted a large Trotter showing and some good personal times were recorded. Ewan Walton had a storming run and finished in 3rd place overall, in a time of 65:08. This also achieved him 2nd place in his age category. Also of note was super-vet Wilf Taylor, who was 1st MV60 with his finishing time of 77:09. The 'Toddle' is a great course, but quite tough and afterwards the cakes and other finishing treats makes the hard work over the hilly course worth while!

Sunday October 13th saw the running of the revamped Great West Run. This year the annual event has been taken over by new organisers, who have moved it from its historic spring time date to a more attractive autumn one. A new course was also devised, which gave the runners a long single lap around the streets of Exeter, instead of the old two lap offering. This attracted quite a few Trotters, some of whom gave up their time to run as pace makers for set finishing times. The organisation of the event was superb and the new course proved a hit, although it was quite challenging, with its fast downhill start and then long downhill after the halfway point. All of the Trotters acquitted themselves well, but of note was Chris Rogers, who recorded a new half marathon PB of 1:56:14.

May I personally thank all of the Trotters who gave up their time and offered to support the event as a pace runner, or a marshal – you did our club proud and flew the flag for us very well.



## Dartmoor Vale... an eagerly awaited challenge.

On Wednesday 16th October we organised and ran our first internal Brunel 5K race around the Brunel Industrial Estate. This race event was the brain child of our club treasurer, John Caunter, who offered to devise and measure out a proper 5k course around Brunel Estate and then lay on the event for us, with the support of our coach co-ordinator, Rod Payne. The course took the runners over two long laps of the estate, followed by one small lap, to provide the exact 5k distance. John provided official timing, to a tenth of a second, using our new 'Altrak' timing system. Due to the cancellation of the Churston Flyer, we then used this 5K event as a replacement for the Club Championship and it proved a hit with the Trotters, especially as it was offered as one of the normal Wednesday evening training sessions. The finishing times appear elsewhere in this edition of the Trotter, (page 4) but many of the Trotters taking part achieved personal bests, or season best times for the 5K distance.

The event has proved to be such a hit that we will plan to hold another one in either January or February next year. If this second event also proves another success, we will endeavour to organise a proper four race series over the winter of 2014/15, with all races run as club championship races. My thanks go to John and Rod and to the handful of other Trotters who gave up their evening to help marshal the course. Your support for the next event would be greatly appreciated too.

The weekend just gone has seen the running of the Dartmoor Vale races, with the usual 10K, half marathon and marathon distances offered. This, again, is another Trotter favourite and provided an eagerly awaited challenge for all those who took part. However, the course proved to be a hard one to play and our Trotters had mixed results, with many not achieving the times that they had hoped for. The half marathon and marathon courses are run over very challenging routes and no one should feel disheartened if they didn't achieve the time that they



Dramatic: Keith Anderson takes to the stage at Redruth Cross Country 13 October.

were hoping for. One Trotter man who did do rather well was Keith Anderson, who recorded a season best time, despite complaining of a back injury during the week previous and publicly stating on the Trotter Facebook group page that he'll be "out of action for some time!" Keith then proceeded to race at the Redruth XC, followed by the Brunel 5k. He then recorded a season best time of 1:56:02 at the Dartmoor Vale Half – less drama and more reserved running please Keith!

*Editorial comment: if anyone thinks this was over-dramatic they need to experience my Sally Albright impression - KA.*



## Captain Catherine's Corner

All-round improvements form the essence of this month's report from Ladies' Captain [Catherine Barnes](#).

Once again it's been a very successful month for our ladies and many have shown just how much they have improved their running.

The Taunton 10k on Sunday 29th September is pitched as a PB course, as it's a fairly flat route through a residential area of Taunton then out onto country lanes. As a result the entries fill up quickly. This year only four Trotter ladies entered and there were some great achievements. Tamsin Cook was determined to record a 10k time under 50 minutes and stormed her way around the course to a PB of 49.15. I was the next Trotter lady back (some way behind Tamsin!) in 55.16 and was followed by Rachel Pallant who despite being injured produced a very gritty performance and was back within the hour in 59.20. After working her way up from the Beginners Group to the Improvers and also going out for training runs by herself, Maggie Anderson chose Taunton as the venue for her first ever 10k race. Maggie smiled all the way to the finish and recorded a fantastic time of 1hr and 3 minutes.

Sunday 6th October was a lovely sunny day for the 14th Teign Valley Toddle at Christow. Once again, and showing her prowess at races on Dartmoor (after the Moretonhampstead 10k and Lustleigh 10k) Sarah Schutte brought the Trotter ladies home in 40th place in a time of 81.19. Following Sarah in over this tough 10.25 mile course were Jackie Woon in 82.00, Sharon Bowman in 92.41, Eleanor Taylor 92.43, Tamsin Cook 92.43 who was chased hard by Emma Percy in 92.45, Ruth Johnson 97.26, Beverley Dennis in 103.06, Sharon Hutchins in 103.22, Sally Ingledew in 103.42, Stella Imong in 105.26 and Hayley Brown in 107.07. All earned championship points and then got to sit in the sun, eat lots of cake and recover!

Also on Sunday 6th October was the Cardiff Half marathon which I chose to run. This was my first "city" race and I was just one runner in a field of over 14,000 people. I realised just how big it was when the starter klaxon went and I couldn't move for about 5 minutes. I normally run local races and am not used to having to jostle for a position as there's not usually much competition at my end of the field. I struggled with the constant pace change and sheer volume of people around me all the time. As at the Teign Valley Toddle it was very hot and the main highlight was being tapped on the shoulder by ex-Trotter Kirsty Chrysanthou who appeared out of nowhere at the 8 mile mark and kindly jogged with me for a bit before disappearing off into the distance. It was disturbing to pass people being given medical treatment on the side of the road and I was very relieved to finally finish. On the plus side I'd never been to Cardiff before and found it to be a lovely city and well worth a visit.



Maggie Anderson in her debut race: Taunton 10k.

Abi Blee entered the Royal Parks Half Marathon in London. With over 15,000 entrants the course took in a number of London landmarks and Abi produced an amazing PB finishing in 1hr 43 mins, taking a massive 7 minutes off her previous best time for a half marathon. Abi is fairly new to the Trotters but has already raced as a Trotter at the Ladies 10k and as well as

attending the regular training sessions she has also joined in the Saturday social runs. It seems to me that if Abi chooses to continue racing then she will soon be producing some excellent results for both herself and the club.

The last Sandygate Loop of the year attracted Jackie Woon, Eleanor Taylor, Sarah Schutte, Ruth Johnson and Sue Hewings. All ran well and both Ruth and Sarah just missed off improving on their PBs set in June (Ruth) and April (Sarah).

The new look Great West Run is a half marathon around Exeter starting in the city centre, taking in a number of the city landmarks and also going out into the countryside. The roads were closed to traffic and there were plenty of supporters out on the route to cheer the runners on. Although traffic free it was a challenging route and just two of our ladies entered. Sarah Whalley was very comfortably back under two hours in a time of 1.53.05 (844th place) and Cathleen Pilton was home in 2.11.51 (1621th place).

Wednesday evening training on the 16th October was replaced with the first ever Brunel 5k time trial. Organised in the main by John Caunter and Rod Payne this new event replaced the cancelled Churston Flyer in the 'short miscellaneous' section of the club championship. The course was almost two and a half laps around roads on the industrial estate and proved to be highly popular. 16 of our ladies entered and Helen Anthony was the first lady home in an excellent 19min 51 seconds. I marshalled the event and it was fantastic to see so many people taking part. The feedback to date has been very positive and hopefully we will be able to offer this again.

Helen is on such good form over the shorter distances at the moment so she took a trip down to Redruth to participate in the Brooks Westward cross country league on the 13th October. The course was laps around a 4,900m route and Helen was joined by Hylda Stewart. Both did very well with Helen coming home in 21.13 and Hylda in 26.47.

The last races I'll cover in this Captain's Corner are the Dartmoor Vale series. Held on a fairly blustery Sunday 20th October there were three options – marathon, half marathon and the 10k. All started at Sibelco UK in Newton Abbot and then headed off in different directions.

Our ladies did really well and won many prizes. Sally Ingledew was 2nd V50 in the marathon in a time of 4.33.58 which is her best ever time on this route. In the half marathon Jacki Woon was 1st V50 lady in a time of 1.44.11 (63rd). Sarah Schutte was next home in 1.49.57(90th). Eleanor Taylor was 3rd V50 lady in 1.59.53(139th) and Ruth Johnson was 2nd V45 lady in 2.02.10(144th). Beverly Dennis bettered her time from



Abi Blee celebrates her success in the Royal Parks half-marathon.

last year by nearly 1.5 minutes and was home in 2.06.55(164th). Jo Billyard had to run the half marathon to complete the championship and did so in 2.11.04 and 175th and was also awarded 3rd V55 lady.

The 10km had 223 entries and Helen Anthony proved once again how well she is running, bringing the Trotters home in a personal best time of 41.42 in 19th place. Not only was she the first Trotter; she was also the 1st V35 lady and the 3rd lady home overall. It's good to see Tracy Elphick back on the racing circuit and she was 1st V40 lady in 46.00 (48th). Susie Ashley-Thomas was 2nd V60 lady in a very handy 57.41 (129th).

A number of you have now completed 12 championship races and are probably looking to see if you can improve on your points in the few remaining races and edge up the rankings. I wish you the best of luck and I look forward to seeing the final standings at the end of the year. For those of you doing the upcoming Yarcombe Yomp - my least favourite race ever (I'm still missing many of the toys that I threw out of the pram at that race!) - I wish you the best of luck! On the plus side the soup, cakes and tea afterwards almost make it worthwhile...



# Disco Disco Fever! Fever!

Bang this date  
in your diaries!  
NOW!

**14/12/13**



A night not to be missed! The Kingsteignton Royal British Legion is the venue for this years presentation and awards night: SATURDAY 14 DECEMBER.

Tickets are £10 each and available from the 3rd November (the day of the Templer Ten). Included in the price is a cold buffet and the legendary disco!

They will then be available to buy at training from either John or Tina Caunter on a Wednesday, and Tarquin on a Monday. Last date for sales is Wednesday 11th December.

Rod Payne will be selling raffle tickets from the beginning of December. There are some fantastic prizes on offer, be sure not to miss out!

## 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 15th November**.

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)