

# The Trotter

Teignbridge Trotters Newsletter

Number 11

November 2013

## There's Dublin - and there's Doublin'...



Above and right: Rod and Lucy Payne, Nick Warren of Haldon Trail Runners, Sally Ingledew, Emma Pearcy and Tarquin celebrate success in the Dublin Marathon.



Below and left: Sharon Bowman and Sally Ingledew have what it takes to complete two marathons in two days at Caldecotte Lake, Milton Keynes.



See page 4 for a personal perspective of Dublin from Jess Parkes and turn to page 6 for Fizz's account of her epic double marathon in the company of Sally.

# News Desk

Chairman [Roger Hayes](#) reporting.

Well folks, not long to go now. No, not Christmas! - the annual Trotters award and presentation night. If you've never been before, get yourself a ticket, dig out your fancy dancing gear and get yourself down to the British Legion on Saturday 14th December for a night not to be missed. It's a great chance to see your running buddies wearing something other than shorts and a vest. Believe me, we scrub up pretty good!

Tickets are on sale priced at £10 each, and are available from John Caunter, Tina Caunter and Tarquin. You can pick one up at training on a Monday or a Wednesday. The night gets under way at 7pm, with the presentations starting at 7.30pm.

Lucy Payne is organising the raffle. Tickets for that will be available at the John Scott Trophy and can also be bought before or after our midweek training nights. There are some fantastic prizes on offer. Remember - all ticket sales are used to buy prizes, the more we sell the better the prizes!

I'm pleased to report that the Templer Ten was a great success. Numbers were slightly down on last year, but those who took part had nothing but praise for the race. It was Ian Langler's first year as Race Director, and between himself and Jan Caunter (chief marshal) they did a great job. If you still have a marshal bib left over from the race, please let Jan have it back ASAP.

I've collated a few statistics from our 2013 races. Hopefully you'll find them interesting. The difference between the unattached entry at the DD and the Totnes 10K is certainly staggering, proving that most ultra runners are club members. Our friends from Torbay AC certainly enjoy our races - they were the best supported club by some margin at Totnes and the Templer. However, the Exmouth Harriers were the only club (apart from ours) to feature in the best supported clubs at four of our races.

You'll see on page 11 a list of marshal points gained during the year. If you have four or more points and would like to be entered into the draw for one of the club's allotted London Marathon places (hopefully three), then please let me know before the 12th December. You must have every intention of running in the 2014 race and you cannot transfer your number to anyone else. The draw will take place at the annual awards and presentation night. Please note, you do not have to have an official rejection from the main ballot to be considered for our draw.

Please check out the opening times for Coombsehead College (see page 17), and when there will be training over the Christmas period. On Monday 16th December we will have to meet at our old home, Dyrons (Newton Abbot Leisure Centre), as the College is closed that night.

The Trotter baby boom continues: congratulations to Manda and Felipe Da Silva on the safe arrival of their baby daughter.

And finally, a massive well done to a Trotter legend, Mr Dave Dunn, on the completion of his 50th marathon. Dave ran the Nice to Cannes marathon with his son, Matthew. A Wannabe\* at last!

*[\*The editors had to ask what a Wannabe is. We're informed that a runner who completes 50 marathons can join the 100 Marathon Club as what's called a Wannabe! Good luck Dave!]*



# Membership Report

Membership Secretary [Dave Dunn](#)

introduces new members and recognises some notable birthdays.

Our membership total continues to climb steadily as each week passes, currently standing at 245. I am still getting enquiries by email from prospective new members on a regular basis, and we see new faces almost every week coming through the doors at Coombeshead. What is encouraging is that we are attracting fresh blood from a very wide cross-section of ages and abilities, from right across the Teignbridge area, and sometimes just beyond.

Let me introduce the latest intake of newbies for you.

Stephen Morfey (33) and his partner Nicola Keightley (21) are from Newton Abbot. Stephen works with Mark Hamling at SWH, and was encouraged to join us by his work colleague. Stephen recently ran the Berlin Marathon and also has a half-Ironman on his CV. Girlfriend Nicola, though I think she prefers Nikki, is a relative novice when it comes to running, but is looking to run a half marathon in 2014.

Father and son, Nigel and Jamie Barnett are from Kingsteignton. Nigel (42) ran 1:25 in our own Templer Ten earlier this month just before signing on the dotted line, an improvement of 4 minutes on his 2012 time. I'm sure that Nigel will improve even more markedly over the next 12 months as he benefits from our training sessions.

At 15, Jamie is one of our youngest members, albeit only on a second claim basis for now, as Jamie is currently a first-claim member of Newton Abbot AC. Jamie recorded 45:51 in the Dartmoor Vale 10K last month.



Dave with son Matthew on completion of the Nice-Cannes Marathon. Matthew's first and Dave's 50th. (Matthew is the good-looking one; Dave is on the left.)

James Wetherell (22) from Chudleigh has been attending our Monday evening sessions. As a consequence of my grumbling achilles, I haven't yet been able to catch up with James, and so I can't enlighten you with a little snippet or two about him.

Adam Batt from Newton Abbot is only 16 and is a close friend of Kieran Crewes who joined us only recently. Adam, like Kieran, has demonstrated a great deal of potential, which heralds a bright future for both himself and our club. I've never known us to have such strength in depth within the junior ranks as we presently enjoy.

Club Secretary Mark Becker and his lovely wife Jo, our Welfare Officer, will both be 50 within a few days of each other during December. We wish them both a very happy birthday and every success in their new veteran categories.

# PURE GENIUS

[Jess Parkes](#) describes her personal experience of the Dublin Marathon.

The morn of the day before the Dublin Marathon I awoke to the beginnings of a virus. My voice was on its way out and, by the time we flew out that night, I had a temperature and wasn't feeling my best. I took some pills and had about six hours sleep! Thankfully I woke up on the Monday morning feeling marginally better, with a combination of nerves and excitement.

Approaching the start, it suddenly occurred to me that it was the first time I had ever begun a race on my own. I had no partner-in-crime to while away the miles with idle gossip and chit chat. Even my Garmin didn't want to be my friend that day - after trying to find a signal for almost three miles, I switched the blasted thing off and decided it wasn't the end of the world, I would run to 'comfort'. Something of an oxymoron! The first few miles, passing the statue of Molly Malone, known locally as the Tart with the Cart, then across the River Liffey into O'Connell Street, were tough and if I'm honest, lonely. My throat and chest were burning and as

I glanced up at the Dublin Spire I could feel that my voice had gone. On reflection perhaps it was a good job I had no one to chat to then. It was at this point, so early on in what was to be my third marathon, I thought what a long way I had to go. It took me a few miles to warm up and find my stride, but eventually I relaxed into it and began to take in my surroundings. It was a beautiful sunny morning and running through the vast Phoenix Park was certainly a highlight for me. I looked out towards my left and I could see for miles into the distance. It was the stunning view which made me smile and start to enjoy the event itself. My mantra became 'enjoy, not endure'.

My first target was to get to mile 11 as this is where I knew my support team, Graham, would be waiting for me. Seeing him was a huge relief! I stopped for a quick breather at which point he administered a Strepsil. I took on a gel, dumped my water bottle, had a hug and got promptly sent on my merry way.

At mile 13 the funniest thing happened - the 3:50 pacer passed me! This meant one of two things – either miraculously I was on for a pretty decent time or I had been running way too fast (the downside to being Garmin-less). There's being hopeful and there's being over ambitious! Needless to say, from that point on, my pace got progressively slower.

By mile 20, well to the south of the city, my body wanted to stop. I ached and just wanted the whole thing over with. I



Jess proudly displays her medal at the finish.



...after a stern talking to and a kick up the bottom I was off again...

A good reason for a visit to Dublin: to drink the black stuff through the white stuff. Jess addresses her carb-deficit whilst demonstrating an impeccable sense of colour co-ordination.



had taken it upon myself to stop and walk on the odd occasion, which I have to admit was a welcome relief but we all know, once you walk it's so difficult to get going again.

As I continued through miles 22 and 23, it all became a bit of a blur. It was now a case of struggling through to the end by any means possible. At one stage, I even had visions of crawling over the finish line.

As the route brought us back towards the city-centre, at mile 24, out of nowhere, my support team made a second appearance and I cannot tell you how thrilled I was to see him. It was certainly the boost I needed to get me through the final two miles. I stopped, and if it wasn't for the firm shove I got, then I wouldn't have got going again. After a stern talking to and a kick up the bottom I was off again. Hunger was setting in, as it so often does with me. Even at this late stage I was chomping on a cereal bar to keep me going. My motivation was now the medal. That and the huge slice of cake that awaited me, of course. As we passed round the perimeter wall of Trinity College, the finish line slowly came into view and, after what seemed like forever, I finally crossed it in 4 hours 23 minutes, to collect the fabulous medal and good quality long sleeved technical top.

On the back of an injury and being far from my best fitness-wise, and a little under par in terms of health, getting to that finish line was an immense relief. I was over the moon to have completed it. How you marathon runners do this sort of thing week-in, week-out is beyond me. You are super stars and I take my hat off to you.

In summary, it is an extremely well organised city marathon with a scenic, flattish route (what I can remember of it!). The crowd support was fantastic the whole way around. Our names were on our fronts along with our numbers, so every so often someone would shout 'you're doing brilliantly Jessica' or words to that effect. I thought that was a nice touch.

Of the other Trotters in Dublin, I saw Sally Ingledew and Emma Percy briefly before we started. Emma caught up with me during the race, at about 20 miles, and we had a brief exchange of encouragement for one another. We both said how we were feeling shattered and having to really dig in. I then watched her fade into the distance ahead and felt pleased for her knowing she was on target to achieve the time that she had wanted.

I would highly recommend the Dublin City Marathon as an event to enter in years to come.

# DOUBLE TROUBLE

Two marathons on consecutive days. Only mad people do this. Sharon 'Fizz' Bowman explains.



Sometimes you wonder how you get yourself into things. I have known Sally Ingledew for several years now, and since she joined the Trotters we have struck up a friendship through our running. To most, she is known as the “Marathon Queen,” totalling 100 marathons at Dublin last year! I have run with her in several of these and have now become her “princess” in the marathon game.

After a training session earlier in the year, we chatted about the Enigma Quadzilla, which is four marathons in four days around Caldecotte Lake in Milton Keynes in February. The entries were online this particular evening with only a few spaces left. After a barrage of texting from Sally, I found myself hitting the “enter online” button on the Enigma running site. That was it then. I was in! Four marathons in four days on a course of 7 laps per race. Sally had already completed it twice before and Chairman Roger Hayes had run it too. Whatever was I thinking? The last few marathons I had completed I could hardly walk the next day let alone run another race!

Since then I have put it to the back of my mind until a certain “Queen” entered me for the Enigma Firework double marathon on 9th and 10th November this year. Although I was shocked, I realised I had to do this event to see how I would fare. With the lovely summer and an awful Roseland August Trail black 32 miler run

(out there for 10 hours!), I hadn’t done much distance running. My main focus was for the Dawlish Triathlon at the end of September. I found myself swimming in the sea several times a week and cycling long mileages too, along with a scattering of local races and Trotters Wednesday training. Before I knew it, the event was only a few weeks away so I pushed my mileage up to 12, 15 and then 17 miles and just hoped my cross-training fitness would help.

On Friday 8th October, we travelled to Milton Keynes to stay in the Premier Inn right next to the lake. After checking in, we went to eat and in true Trotlette style had a bottle of red wine between us. The next day came all too quickly and we were on the start line with 53 other runners. It’s all so laid back it was just like starting a long run with your friends from the Pen Inn. So that was it, we were off on our first lap of the lake. The weather wasn’t great but didn’t dampen our spirits. The things we chatted about soon passed the time and every time we went past the finish Sally would make a point of saying how many laps were left. Before we knew it the race director had rung a bell to say it was our last lap. We had already lapped a few runners but also some had lapped us. I put my iPod on for the last 3 miles and this helped to keep me going; around the last bend and the finish was in sight. There was no major finishing funnel or big crowds, just a few



people huddled under umbrellas, but they cheered us in. The time was 4.31 and we were both very happy with that.

Usually, after a marathon I would have a shower and celebrate, but knowing I had to do it all again tomorrow was a very weird feeling, so Sally suggested we went swimming! Hadn't we done enough exercise for one day? I wasn't going to argue with her so off we went to swim with a pool full of screaming excitable kids but it did feel relaxing up to a point.

Then it was feed and rehydration time. Once again, the Trotter trait of alcohol had to be adhered to so 2 pints of lager later and half bottle of Cava each we retired to watch Saturday night TV in the hotel room; oh, and a couple of ibuprofen too.

Once again, the next day arrived all too soon, not helped by me waking up at 2am starving and only having Jaffa cakes to eat (they are very noisy that



Unstoppable: Sally and Fizz completing the Cornish Marathon, 17th November, only one week after their epic double.



time of the night according to the Queen!). Porridge eaten, kit on and down to see the lake again and all its lovely wild life. With a remembrance poem at the finish we walked to the start to have a Groundhog Day of 26 miles and off we went around the lake, but this time the sun shone, although in places the wind was quite strong. Before we knew it, 10km had been completed, half marathon and then the dreaded 20. At 18 miles I could see we were only 10 minutes slower than the day before so that gave me encouragement to plod onwards. My legs felt pretty good considering and my thoughts were all positive and happy which I am sure kept me going. The bell went again and that was it; we were off on the final lap with a spring in our step and music in our ears. For me, the feeling of achievement at this point was terrific. Never had I felt so amazed at what I had achieved in running. The fact I had not hit the wall or gone into a negative spiral in any of the 52 miles I had run during the weekend. I wasn't going to let myself or least of all my club and Queen down. I had done it with Sally .....A marathon double! Now to repeat that twice in February .....watch this space!

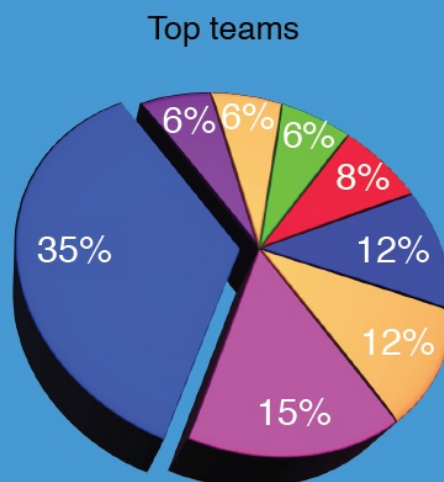
Each year Teignbridge Trotters organise five races plus the Bovey Tracey stage of the Brooks Westward Cross-Country League. Below are all the statistics for the five main races.

# Race stats

Who entered our races in 2013?  
Some clubs just can't seem to get enough of them!

## Dartmoor Discovery

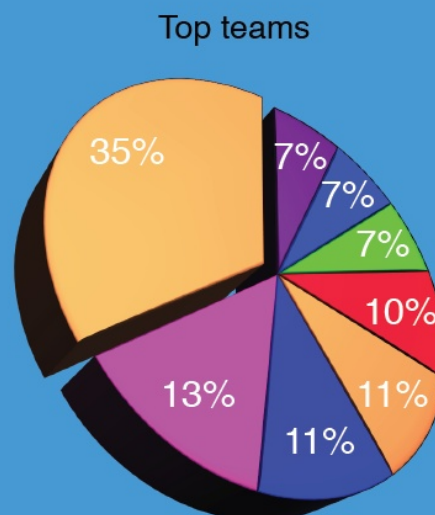
226 entries  
183 finishers  
175 male  
51 female  
38 unattached (16.81%)



- |                           |                           |
|---------------------------|---------------------------|
| ● Marshal Milton Keynes 5 | ● Mud Crew 5              |
| ● Yeovil Town RRC 5       | ● Running Forever RC 6    |
| ● Tamar Trotters 9        | ● Little Down Harriers 9  |
| ● Plymouth Musketeers 12  | ● Teignbridge Trotters 27 |

## Haytor Heller

300 entries  
235 finishers  
171 male  
129 female  
106 unattached (35.33%)



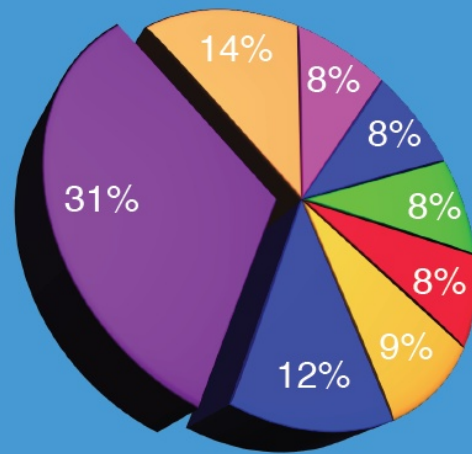
- |                             |                              |
|-----------------------------|------------------------------|
| ● Erme Valley Harriers 8    | ● Okehampton RC 8            |
| ● Teignbridge Trotters 8    | ● SWRR 12                    |
| ● Exmouth Harriers 13       | ● South Molton Strugglers 14 |
| ● Exmouth running Belles 16 | ● Somer AC 43                |



## Totnes 10K

496 entries  
441 finishers  
307 male  
189 female  
287 unattached (57.86%)

Top teams

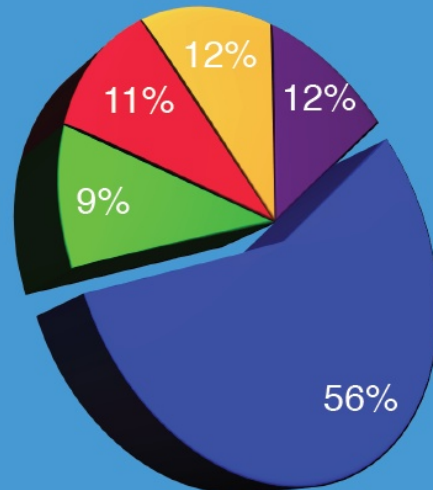


- Dartmouth AC 9
- South Molton Strugglers 9
- SWRR 10
- Torbay AC 33
- Dawlish Coasters 9
- Teignbridge Trotters 9
- Exmouth Harriers 13
- South Devon AC 15

## Ladies' 10K

184 entries  
164 finishers  
83 unattached (45.11%)

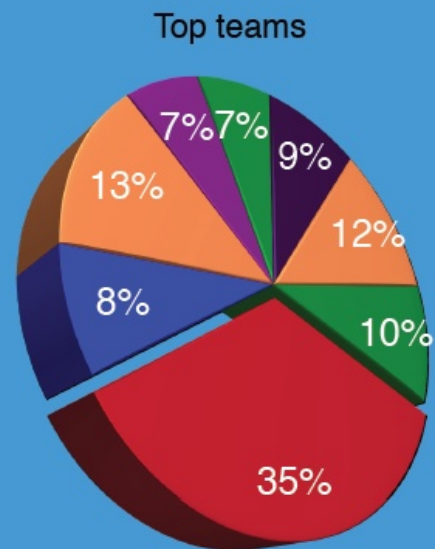
Top teams



- Exmouth Harriers 7
- Brixham Harriers 5
- Tamar Trotters 7
- Teignbridge Trotters 32
- Torbay AC 6

## Templer Ten

238 entries  
210 finishers  
141 male  
97 female  
95 unattached (39.92%)



● Dawlish Coasters 9	● Haldon Trail Runners 12
● Exmouth Harriers 10	● Torbay AC 35
● Tamar Trotters 8	● SWRR 13
● Teignbridge Trotters 7	● Dartmouth AC 7

## Trotters GIANT Christmas Card

*Save yourself writing endless cards to fellow Trotters, why not sign our giant one and make a donation to 'Bowel Cancer'. A charity dear to the heart of Mr Dewhirst; the owner of Dornafield, the home to our Ladies 10K.*



*The club will match the total raised.*



# MARSHAL POINTS

Here are the final points for marshalling and assisting at Trotters-staged races. If you want to be in the draw for London Marathon places contact Chairman Roger Hayes before 12th December.

NAME	CROSS COUNTRY	DARTMOOR DISCOVERY	HAYTOR HELLER	TOTNES 10K	LADIES 10K	TEMPLER 10	TOTAL
JAMES DONOVAN	1	1	1	1	1	1	6
JOHN SKINNER	1	1	1	1	1	1	6
SARAH SEYMOUR	1	1	1	1	1	1	6
ROGER HAYES	1	1	1	1	1	1	6
JOHN TWEEDIE	1		1	1	1	1	5
MAURICE PIPER	1	1	1		1	1	5
NEIL PALLANT		1	1	1	1	1	5
ROD PAYNE		1	1	1	1	1	5
ROGER HALES	1	1	1	1	1		5
RUTH JOHNSON	1	1	1	1		1	5
STEWART DUNN		1	1	1	1	1	5
TINA CAUNTER		1	1	1	1	1	5
TRAVIS WOOD	1		1	1	1	1	5
CRAIG CHURCHILL		1	1		1	1	4
DAVE DUNN		1	1	1		1	4
DENNIS MILSTEAD			1	1	1	1	4
EWAN WALTON	1			1	1	1	4
GARY CAUNTER		1	1	1		1	4
GRAEME BAKER			1	1	1	1	4
GRAYDON WIDDICOMBE		1	1	1	1		4
GUY ROBERTS	1		1		1	1	4
IAN LANGLER			1	1	1	1	4
JACKI WOON		1	1	1		1	4
JOHN CAUNTER		1	1	1	1		4
KEITH ANDERSON			1	1	1	1	4
KEVIN BESFORD		1	1	1		1	4
LUCY PAYNE			1	1	1	1	4
MARK WOTTON	1		1	1	1		4
MICHAEL JONES		1	1	1	1		4
NATHAN ELPHICK		1		1	1	1	4
NOEL FOWLER		1		1	1	1	4
ROB COWLING		1		1	1	1	4
RYAN ANTHONY	1		1	1		1	4
SALLY INGLEDEW	1		1	1		1	4
SARAH SCHUTTE	1	1	1			1	4
WILF TAYLOR		1	1		1	1	4

NAME	CROSS COUNTRY	DARTMOOR DISCOVERY	HAYTOR HELLER	TOTNES 10K	LADIES 10K	TEMPLER 10	TOTAL
ADRIAN YOUNGMAN		1			1	1	3
ALAN BOONE				1	1	1	3
ALLEN TAYLOR			1	1		1	3
CAROLINE HAYES		1	1	1			3
CATHERINE BARNES		1		1		1	3
ELEANOR TAYLOR		1	1			1	3
GARY WATSON		1	1			1	3
JOANNA BECKER		1	1			1	3
MARK BECKER		1	1			1	3
MARY GOULDEN		1	1	1			3
TOM BESFORD				1	1	1	3
VICKY HALES	1		1	1			3
ANDREW LUDLAM				1	1		2
BEV DENNIS				1		1	2
BRYAN HAYES			1	1			2
CHRIS WRIDE				1	1		2
CLARE YOUNGMAN		1	1				2
DARYL MILFORD		1			1		2
DAVE FOSTER		1				1	2
EMMA PEARCY				1		1	2
HAYLEY BROWN		1		1			2
JANICE CAUNTER				1		1	2
JEAN TERRILL				1	1		2
JESSICA PARKES			1	1			2
JOANNE HAYNES		1		1			2
JOSE WALLER		1			1		2
JUDY SMALLSHIRE		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
PETER ASTON		1				1	2
PHILIP PERRY					1	1	2
ROSA BLOOMBERG				1		1	2
SHARON BOWMAN	1					1	2
STEVE RAWLINSON		1				1	2
STUART MOULSON			1		1		2

# Club Championship 2014

With just a hint of what's in store for us, [Tarquin](#) gives a hint of next year's Club Championship programme.

The races to make up next year's club championship have now been finalised and will be published in next month's Trotter. Until then, the chosen races will remain a closely guarded secret and no amount of bribery will make me spill the beans!

However, two races in next year's championship that will take place right at the start of the New Year, are the First Chance 10k (Sunday 5th January) and Oh My Obelisk! (Sunday 12th January). The First Chance 10k, in particular, fills up fast so I strongly suggest that you get your entries in soon to avoid disappointment.

Another one of next year's club championship races that I must highlight is the new Barnstaple Half marathon. Entries have been open for a couple of weeks already and it is now publicised as being full. However, our friends at the North Devon Road Runners have very kindly agreed to hold open a few more places for the Teignbridge Trotters. Therefore, if you were not able to get a place in this half marathon, please let me know. I am collating any entry requests from our club and will forward to them in about four week's time.

## CLUB CAMP 2014

Trotters Club Commandant [Dennis Milstead](#) shares some details of next summer's spectacular camp venue.



This year's club camp will take place at Woolacombe Bay Holiday Parks in North Devon from 13th to 14th June 2014.

<http://www.woolacombe.co.uk/devon-holiday-parks/woolacombe-bay>

The camp is open to all Trotters and their immediate families. If you have never been to Club Camp before, it provides a chance to socialise with your club mates over a weekend. There will be some optional running organised or alternatively you can do your own thing if you would prefer. The Club has run these camps for many years and they are always great fun.

The camp site, which has views across the water to Lundy Island, is located 15 minutes' walk away from Woolacombe beach. Surfing equipment available for hire. The facilities at the park are superb: heated swimming pools, steam rooms and sauna, 10 pin bowling, pitch and putt and many more.

The Club have managed to negotiate a fantastic price. The price will be £10 per night for the two nights of camp. The price allows up to 8 people per pitch. We will have grass pitches with electrical hook up facilities. It will also be acceptable to put up a pup tent within your pitch for an additional fee of £3 per night. Dogs are also welcome for an additional payment of £1.50 per night.

If you are interested in coming I will need a £10 deposit to secure your place before the end of November and a second payment of £10 in January 2014. We are collecting the payments early because we need to pay for the camp before 31st January 2014 to secure our heavily discounted rate.

If you have any questions please raise them on Facebook or ask at Club training on a Monday or Wednesday night.

Hope to see you all in North Devon in June!



The value of hi-viz: Trotters on the Ladies10K recce run.

# The Dark Arts of Winter Running

Sharon 'Fizz' Bowman shares some sensible tips for training in the dark evenings (and mornings!)

Now that the clocks have gone back, our evenings are darker and many of us will now run in the dark. It's time to take safety even more seriously. Running safely is always an issue in the dark so here are 10 tips I picked up from a women's running web site ([runningforwomen.com](http://runningforwomen.com))

## **1. Get Road ID**

Carry your name, medical details and an emergency contact name and number (at the very least) whenever you head out for a run. There are ready-made tags and devices on the market, or you can make your own. If you can, carry a mobile phone at night.

## **2. Tell Someone Where You're Going**

Make sure your significant other, neighbour, or someone close to you knows where your running route will take you and when you can be expected home.

## **3. Update Your Kit**

Reflective bits of kit, bright colours, kit with fluorescent or reflective piping and panels, and perhaps even a small light designed for runners (white to the front, red to the back) are a must in the dark. Don't forget, a reflective bib is compulsory at Trotters training sessions during the winter months.

## **4. Don't Run In Dark Colours**

Try not to dress entirely in blacks and greys. Don't underestimate how difficult it is to see a lone runner in the dark. Make it as easy as possible for motorists and other road users to see you.

## **5. Stay Alert**

Make sure you are on the alert for cars, cyclists, dog walkers, other roads users, and vehicles coming out of hidden driveways and exits.

## **6. Music!**

It's not a good idea to run wearing headphones in the dark or in poor light conditions. You need all your senses to protect you against potential risks.

## **7. Never Assume**

No matter how bright your kit, how much reflective piping it has, or how alert you are, don't assume that road users have seen you. In fact, we always think it's best to work on the assumption that they haven't.

## **8 What Would You Do?**

What if you or your training partner fell and sustained an injury? Or if you got lost in the dark? Brush up on your first aid knowledge, make sure you have emergency contact numbers to hand, and carry some money in case you find yourself somewhere with poor mobile network.

## **9. Don't Take Risks**

Now is not the time to spontaneously head off down a new running route, or to take a short cut down an alleyway, or to quickly nip down a rural footpath just as dusk is falling. Don't take any extra risks out running at this time of year.

## **10. Assess The Conditions**

Take extra care at this time of year to assess weather and road conditions. There's a lot for runners to contend with: sudden darker evenings, along with weather changes, leaves and branches underfoot, puddles and potholes.

Above all, enjoy your running and try and stay safe.



# The Trotterview

Victim number eleven in this popular series is [John 'Skins' Skinner](#).

**1. What is your full name?**

John Charles Skinner

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

Lord Skinly please.

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

T\*&\$%r

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

When I was 2.

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

I can't remember exactly, but I think I'd pinched a lemon curd tart, and mummy was chasing me.

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

I love the freedom, the at one with naturalness of it but, above all, it led me to the Trotters who have enriched my miserable existence immensely.

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

Cresting a hill in the DD [Dartmoor Discovery Ultra] alongside Simon Mayo, the whole world stretching out before me. Equally, winning the three-legged drinking race with Steph.

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

1k loops at Brunel in the driving rain, or 45 min 3 hill challenge in the driving rain.



Don't ask #1.

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

Squad [John Ludlam] running into a lamp post was pretty funny. Also, Squad falling into a puddle like the vicar of Dibley. Squad lost in the woods was hilarious, you should have heard the expletives! Another time I was out running with Sq...

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

Female – Steph. Male - Smokes. Real life - Steve Ovett and Paula.

**11. What music inspires you?**

Obviously, Joni Mitchell is the guvnor, but

Don't ask #2.

Stevie, Marvin Gaye, Kate Bush, Earth Wind and Fire, Bobby Womack, anything from Zappa to Zeppelin. As Duke Ellington said, 'There are two types of music - good and bad'.

The Shed are the best though. May 26th 2014 Coast view caravan park, a night to remember. Put it in your diary.

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

West Side Story, To Kill a Mocking Bird, or anything with Clint or Caine in.

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

In the words of Smokes, 'Run like fl\*k and hang on'. There really is nothing else.

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

DD

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

I don't really think like that, I reckon every race has something. Torbay half.

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

I'm afraid it's mainly three-legged related, although I'm quite proud of 1.26 half marathon, achieved strictly through graft.

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

We had entered a relay team in the Maratak at Exeter arena. I took the baton from Watsa in a totally mal-coordinated fashion, sending my fragile back into spasm. I had to sprint the 400m in abject agony, but I did it for the Trotters. I couldn't sit, lie, stand, sleep, walk for weeks.

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

Friday club, or Wednesday nights, especially if it's Brunel in the driving rain.



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

None.

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

Lidl's

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

Trotters vest.

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

These days, nothing. Football was my thing. I used to think I was pretty good, but in retrospect, I suspect I was merely mediocre.

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

Paint pictures, decorate Bar Mario, build pretend cities, socialise on licensed premises, read novels and the boxing news, walk the dog, attend 'hell in a hand cart' with Steph and friends, but above all, go on family holidays.



## Captain Tarquin's Corner

The month has flown by, but there's still plenty to report from Men's Captain Tarquin.

This last month seems to have flown by without much fanfare but our Trotter men have been out at quite a few events, including the Exmoor Stumble, the South Molton Struggle, the Tavy 7, the Dublin Marathon, the Yarcombe Yomp, the Abingdon Marathon, the Bideford 10 mile, the Plymouth 'Get up and Go' 10k, plus a couple of rounds of the Ironbridge Runner Winter Track 3k series. On top of that, father and son Trotters travelled to France to take part in the Marathon des Alpes Maritimes. So, it's actually been a very full and action packed month!

It was our very own membership secretary, Dave Dunn, who partnered up with his son Matthew to take part in a marathon over in France. For both, the marathon was a milestone; Matt taking part in his very first and Dave is 50th. On top of this, the marathon fell on Dave's 60th birthday. It's not been an ideal marathon build up for him as he was out of any sort of real training for the months leading up to it, due to an achilles injury. Choosing to run his 50th on his 60th put an awful lot of pressure on Dave to take part and complete, but having his son alongside him in the race, going for his first marathon, gave Dave a lot of inspiration and encouragement. He did it and Dave is now considering planning another 50 to reach the 100 landmark! Congratulations to you Dave and to you Matt for completing No.1.

Other highlights for the men over the last month happened at the South Molton Struggle, where both Wilf Taylor and Graeme Baker were amongst the age



Tarquin in the 2013 London Marathon.

category prizes, with Wilf claiming the 1st MV60 and Graeme the 1st MV70. Craig Churchill, Gary Clark, Gary Caunter, Mark Becker, Jimmy Donovan, Pete Hayward, Stuart Moulson, Gary Watson, Keith Anderson, Derek Blackford and Guy Roberts also flew the flag for the Trotters at this event.

On the same Sunday, at the other end of the county, the Tavy 7 saw a welcome return to Royal Blue colours for David Evans, who has rejoined the Trotters with his wife Angela, after a year away. David ran the race alongside his wife and together they battled pretty testing weather conditions over the edge of the moor. Another Trotter making a welcome return to racing at the Tavy 7 was Stephen Wallace, who has had a quiet racing season this year. Steve Rawlinson also joined in the fun too.

Wilf Taylor was back in the prizes the following week, at the Yarcombe Yomp. This hilly and muddy two lap race is a great little event with a really local feel. Although the course is pretty tough, the event is very well organised and the hospitality is superb, with soup, cakes and tea all laid on for free. The race is cheap to enter too, and all profits are in aid of the local village hall. Travis Wood, John Tweedie, Craig Churchill, Gary Clark, Jimmy Donovan, Keith Anderson and Mark Becker all did the Trotter men proud by representing the club and supporting this superb little event, although Mark had to unfortunately retire due to injury. I wish Mark a speedy recovery and hope he will be back racing soon.

## "Gowaan there Big Man, that's the way to do it!"

A 'Big Man' I must mention is our very own coach co-ordinator, Rod Payne. It was only two years ago that Rod was told that he would probably never be able to run again, after developing a serious back issue. Rod went through some quite extensive and invasive surgery to sort out his back problems and this resulted in two of his vertebrae being fused together and two metal bars inserted into his lower back. However, Rod is a real fighter and simply refused to give up on the activity that he loves so much. He continually pushed himself and, little by little, he got himself back to running, completing the Torbay Half Marathon last year, but Rod wanted more and was determined to complete a marathon again. He did this at the recent Dublin Marathon and did the club proud by finishing in a fine time of 4:54:47, cheered all the way by the very supportive Irish crowds with the cries of 'Gowaan

there Big Man, that's the way to do it!' Well done Rod, you have shown what being a true Trotter is all about.

Finally, can I remind you all of the Trotter's end of year awards evening and bash (aka the Dinner and Dance). Held on Saturday 14th December, it is a lovely evening to celebrate another year of racing and personal achievements. Awards are given for the 'Most Improved Male Trotter' and the 'Most Promising Male Newcomer' and I will shortly be making my nominations to the committee for these two awards, so even if you are new to the club, you could still be in with a chance of landing a trophy.

The event is for ALL Trotters and tickets are now being sold at the price of £10. If you are new to the club, can I especially encourage you to come along – don't be shy!



Trotters at the Yarcombe Yomp, 2nd November: Keith Anderson, Jo Becker, Eleanor Taylor, Mark Becker, Craig Churchill, Travis Wood, Jim Donovan, John Tweedie, Wilf Taylor, Ruth Johnson and Gary Clark.

## ***Festive Season Training Dates***

Mon 16 Dec ~ Training as normal\*\*

Mon 23 Dec ~ Mince Pie Marathon\*

Mon 30 Dec ~ Training as normal\*

Mon 6 Jan ~ Training as normal

Wed 18 Dec ~ Training as normal

Wed 25 Dec ~ No training

Wed 1 Jan ~ No training

\* Coombeshead College will be closed

\*\* Meet in Newton Abbot Leisure Centre as Coombeshead will be closed



## Captain Catherine's Corner

A month filled with personal achievements and new challenges - Ladies' Captain Catherine Barnes reports.

Another month has passed by and although our ladies haven't won so many prizes this month there have been some real personal achievements with new distances tackled and PBs earned. It's inspiring to see our ladies trying new challenges and enjoying the results of their hard work.

On Sunday 27th October was the delightfully sounding South Molton Struggle which is a 7.8 mile undulating course over different terrains. Helen Anthony had another great run coming home third lady overall and first FV35 in 57.07. Just behind Helen were Jacki Woon 1.04.42, Ruth Johnson 1.11.32, Eleanor Taylor 1.13.58, Tina Caunter 1.14.04, Jo Billyard 1.17.03, Bev Dennis 1.17.06 and Jo Becker in 1.17.54.

Another tough run is the Tavy 7 which was run in challenging weather conditions. Well done to the four intrepid Trotters who completed this race - Angela Evans (first Trotter home) in 1.00.06, Selina Snow 1.09.31, Katrina Zapple 1.11.08 and Heather Snow 1.12.07.

The winter 3k series organised by Ironbridge Runner began again at the end of October. This gives runners the opportunity to test themselves on the running track at Exeter Arena and see how they improve over the series. On Monday 28th October Helen Anthony stormed round in 11.39 and Jo Becker did 15.19. Although only 3k it takes mental strength and fitness to keep pushing on round and round the same track for lap after lap. On the 11th November both Helen and Jo recorded faster times with Helen finishing in 11.26 and Jo in 14.21. Despite having disliked the event last year Jo Billyard also chose to race on the 11th November and finished in 14.41.

Monday 28th October was a Bank Holiday in Ireland and a small group of Trotters travelled over to take part in the Dublin Marathon. This is a really popular



True grit: Katrina Zapple completes the Templer Ten race, 3rd November.

event with great support from the crowds watching. Emma Percy was the first lady Trotter home getting ever closer to her sub 4 hour marathon target in a strong 4.04.08. Sally Ingledew was next home in 4.17.47. Jess Parkes, who has been struggling with injury since completing the DD, enjoyed her trip to Dublin and completed the 26.2 miles in 4.23.12. Jess was followed in by Lucy Payne in 4.42.19.

The weekend of the 2nd and 3rd November provided a number of racing opportunities one of which was the Yarcombe Yomp multi terrain 10 mile race on the Saturday. As some of you know this is my least favourite race ever involving two laps over challenging terrain and last year it was such a mud bath that I was punched in the face within the first half mile as everyone struggled to keep on their feet. This year



Total composure: Cathleen Pilton finishing the Templer Ten race.

just three ladies chose to enter and Ruth Johnson ably brought them home in 1.45. Eleanor Taylor was 1st V50 in 1.51 and Jo Becker successfully completed both laps this year, after having to pull out after one lap last year due to injury, in 1.53. Well done ladies you certainly earned your soup and cakes.

The Templer Ten held on the 3rd November was once again successfully organised and marshalled by our club. The weather was a bit variable with sunshine and showers but the course condition wasn't as bad as had been expected. Many of our members kindly braved an early Sunday morning start, wrapped up against the changeable weather and hiked across muddy fields to marshal the course. We also had a few members run and Donna Walker brought the Trotters home in 1.25 with a very determined run in ensuring the runner behind her didn't catch her at the finish line. Donna was followed in by Sharon Hutchins in 1.29, Cathleen Pilton in 1.30, Stella Imong in 1.31 and Katrina Zapple running her first race post injury in 1.38. The final Trotter in was Heather Snow who showed just how much she has improved by producing an amazing sprint finish to record 1.43 which was also a PB at this distance of over 25 minutes!

On the same day Maggie Anderson was the only female Trotter to complete in the Plymouth 10k Get Up and Go race. Maggie had an excellent run and not content with coming home under the hour in 59.27 she also has a new PB for the distance by improving on her previous time by over 3 minutes.

For many of us the thought of completing a marathon is a far off dream but Sally Ingledew and Sharon Bowman chose to really go for it and take part in the Enigma Fireworks Double Marathons around Caldecotte Lake in Milton Keynes on the 9th and 10th November. Not only did they complete two marathons in two days; they ran round the same three mile loop around the same lake 14 times to complete the double! They ran together on both days recording very solid and consistent times of 4.31.47 on the Saturday and 4.41.50 on the Sunday. I'm sure you will all agree that both have done superbly to complete such a challenge.

There are a few more races to be run this year and of course the Club Championship results to be revealed at the Dinner & Dance on the 14th December. I hope to see you all there; if you've never been before then do come along as it's a great night out and a bargain at £10 per ticket!



Flying: Heather Snow shows her form at the finish of the Templer Ten.



# John Scott Trophy Sunday 24th November 3.00 p.m.

Vital information from Race Director [Steph Ross](#).

Here are the details of the *main event* in your annual Trotting diary, which is the John Scott Trophy!

This is our annual 4 mile handicap race where runners are set off according to their predicted times. If everyone runs to form, you should all cross the line together. It will be held at Abbrook Farm in Kingsteignton, TQ12 3PS, otherwise known as the WBB club, on Sunday 24th November at 3pm. Entrants should email their intentions to take part to [stephanieross17@tiscali.co.uk](mailto:stephanieross17@tiscali.co.uk). Can I remind you all that Trotters club kit needs to be worn as this is a championship race.

If you haven't taken part in the Sandygate loop or the recent 5K at Brunel, it would be useful if you could provide me with some information pertaining to your recent times for similarly short distances. Failure to do this will result in a stiff, possibly even punishing, handicap!

Following the 4 mile out-and-back race, it is the tradition that we reconvene at a local hostelry, The White Hart, Newton Abbot, for a fabulous Sunday carvery. It is also the tradition that all entrants should be armed with an attractively packaged Christmas gift, to the value of approximately £5, for the presentation.

I hope to see you there. It is always a lovely event, a prelude to Christmas.

Please be advised however, that fancy dress is strictly prohibited (unless you really want to!).

## The Trotter

Editors: Sarah Seymour and Keith Anderson

Many thanks to everyone who has contributed to this issue of **The Trotter**. Please note that the copy date for the special Christmas issue is **Friday 6th December** - earlier than usual.

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? Would you like to sack the editors? We'd love to hear from you.

Contact us on Facebook or email: [mag@teignbridgetrotters.co.uk](mailto:mag@teignbridgetrotters.co.uk)