

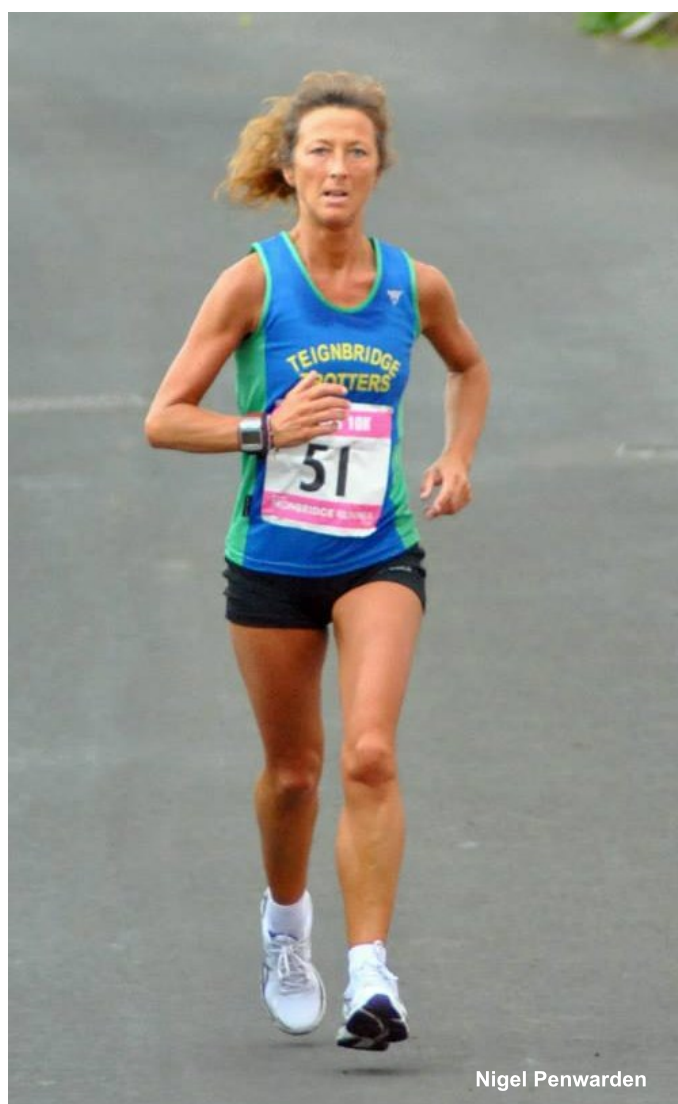
The Trotter

Teignbridge Trotters Newsletter

Number 12

December 2013

It's Jacki and Garry!



Nigel Penwarden

Jacki flying in the Ladies' 10K, 15 September.



Garry at Redruth Cross Country, 13 October.

The triumphant winners of this year's Club Championship are **Garry Smart** and, for the second consecutive year, **Jacki Woon**.

For details of all the other awards in this year's Roll of Honour, turn to page 3; see page 6 for Tarquin's full report on the 2013 Championship and, for a very special award to a very special Trotter, take a look at page 12.



Most promising newcomer: Abi Blee sports the Trotter colours for the Royal Parks half-marathon, where she chopped 7mins off her previous best time.



A picture of concentration: Helen Anthony, here running in the Ladies' 10K in September, has raised the bar high for all fellow Trotters.



Tom Besford

A view we'll all have to get used to: most promising newcomer Tom Besford finishes his first race as a Trotter - the Torbay 10K - in 42.50.



Sharon Bowman

Meanwhile Keith Anderson searches for a dry stretch of path on the Club Trip Jack'n'Jill Challenge.

Roll of honour

Who won what in 2013?

Men's Club Champion: Garry Smart

Ladies' Club Champion: Jacki Woon

Men's Fastest Marathon: Garry Smart (2:50:53)

Men's Fastest Half Marathon: Dave Tomlin (1:14:22)

Men's Fastest 10K: Dave Tomlin (34:13)

Ladies' Fastest Marathon: Helen Anthony (3:21:35)

Ladies' Fastest Half Marathon: Helen Anthony (1:34:21)

Ladies' Fastest 10K: Helen Anthony (41:42)

Most Improved Male: Keith Anderson (nominees: Craig Churchill,
Alan Boone, Garry Smart, Allen Taylor)

Most Improved Female: Helen Anthony (nominees: Jess Parkes,
Ruth Johnson, Maggie Anderson)

Most Promising Male Newcomer: Tom Besford (nominees: Neil
Burns, Paul Dainton, Peter Hayward, Kieran Crewes)

Most Promising Female Newcomer: Abigail Blee (nominees:
Heather Snow, Rosa Bloomberg, Nicky Cowling, Cath Pilton)

Committee Cup: Tarquin (nominees: Tina Caunter, Sharon Bowman,
Jimmy Donovan, Rod Payne)

John Scott Trophy: Jamie Barnett

Ross Cup: Nathan Elphick

Dave Dunn Trophy: Nigel and Jamie Barnett

News Desk

Chairman **Roger Hayes** reporting.

I guess that it's fair to assume that a large percentage of you will be reading this month's Trotter with a bit of a thick head, what with it coming out the morning after our Trotters' Christmas bash. I'm sure a great night was had by all those who went. For those who didn't, you can catch up with who won what on page 3.

Many congratulations to all our trophy winners, in particular to our club champions, Jacki and Garry and also to Helen Anthony, who has had an amazing year on the road, winning all three of the fastest time trophies, a feat last achieved back in 2006 by Bridget Scofield.

One other person who deserves a special mention is the winner of this year's committee cup: a man who works tirelessly for the club, filling such roles as social secretary, club championship secretary, men's captain, chief marshal for the DD and just for good measure a club coach. It is of course, Tarquin. I'm sure you'll agree a very worthy winner.

One winner who may not be so pleased to get a mention is this year's winner of the Horse's Arse trophy, Eyvoll Aston. It's been a while since we had a lady lift the trophy, which incidentally is hand crafted by our very own Jimmy Donovan (thanks Jimmy). You can read all about why our lovely Eyvoll romped home: check out page 12.

I've been asked by the committee to remind you that our Trotters Facebook group was set up with the intention of being used for all things running related, broadly speaking. What we don't want to start to see is posts advertising wardrobes for sale or flats to rent. Please keep those sorts of messages for your own private FB posts. By and large, our closed group works really well, and provides a great outlet for info, organising runs etc.

The first Trotter organised event of the year is the Bovey Tracey Westward League Cross Country. This takes place on Sunday 9th February at Parke Estate, Bovey Tracey. Mark Wotton is the chief marshal and would love to hear from you if you're able to help, either via email: mark.wotton7160@live.co.uk or phone: 07521 299363. With separate men's and ladies' races, it's one of the few runs you can take part in and marshal.

As promised, details of the 2014 foreign marathon are announced in this edition of the Trotter (page 13). It would be fantastic to attract similar numbers as we did for Venice a few years ago. The added bonus is that the weather in Portugal at that time of the year should be half decent.

It's been another great year in the life of the Teignbridge Trotters. May I take this opportunity to wish you all a very happy Christmas and a healthy and prosperous New Year. Don't eat and drink too much, and remember the DD entries open on the 7th...



Helen 'Zippy' Anthony with some other dodgy Santas at the Otterton Reindeer Run, 7 December.

Membership Report

Membership Secretary **Dave Dunn** introduces a quartet of new members and recognises some notable birthdays.

As the calendar year draws to a close, we still have just over 3 months left in this membership year. It has only been a few short weeks since I wrote my last report, but in that time we have added four more members to our total which now stands at 249.

Jo Clarke (50) from Littlehempston first made an appearance on one of our Saturday morning training runs early in the year, but unfortunately Jo sustained a knee injury which kept her off the road for some months. Jo, introduced to the Trotters by Ruth Johnson, has now made a full recovery and is enjoying our Wednesday evening sessions to the full.

Hannah Jones (35) from Exeter is a work colleague of our Coach Co-ordinator Rod Payne. Hannah joined in on our Ladies 10K practice run back in September and then tackled the race itself. She has just recently completed the Bicton Blister.

Christopher Broadbent (39) from Bovey Tracey was running in the Westward League cross country fixture at Exeter within 48 hours of putting his membership application through my letter-box. The last person I knew to be this keen to put himself through the pain of cross country so soon after signing on was Roger "Smokes" Hales!

Yann Rebour (39) lives in Newton Abbot but hails originally from Brittany. Yann has been an active participant in our Monday and Wednesday training runs these past few weeks, and having paid to be registered with England Athletics, one assumes that Yann is going to be donning the royal blue vest in competition before too long.

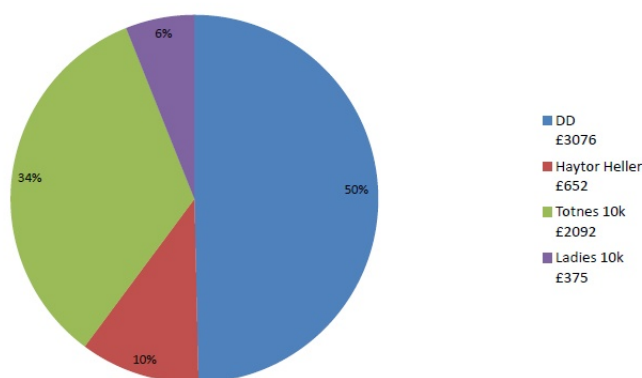
There are only three notable birthdays among us Trotters during the first month of 2014, with Susie Ashleigh-Thomas reaching 65, John Caunter celebrating turning 60 and Mark Gilligan will be 45. Happy birthday to all of you, and may you enjoy running under your new veteran status. I must also congratulate Andrew Mawson, son of Adrian, on his 21st just a few days before Christmas.

On the subject of Christmas, may I wish all Trotters and their families a very merry Christmas and a happy New Year!

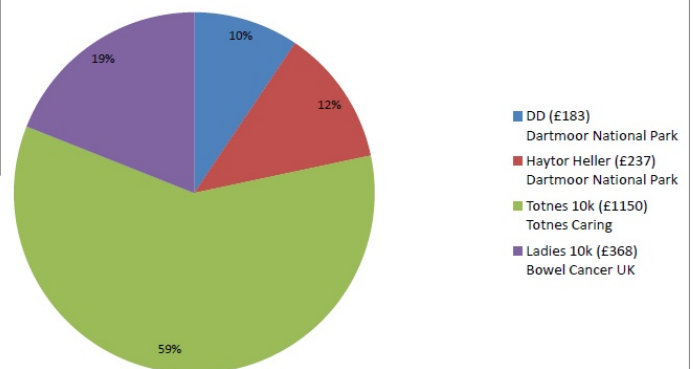
Some stats from the Club Treasurer

Treasurer **John Caunter** has kindly provided the pie-charts below which give some food for thought regarding our charity donations and profits from races in 2013.

2013 Profit from club races (excludes Templer Ten)



2013 Charity Donations from Club races



Please note that these figures are subject to approval and are to the nearest £

2013 Club Championship Report

Club Captain [Tarquin](#) reveals the full breakdown of this year's hotly fought club championship.

Jacki Woon and Garry 'Smartie' Smart are this year's club champions, after another strong showing of Trotters trying their hand to completing the championship. Exactly equalling last year's numbers, 13 ladies and 17 men have completed the championship again this year.

Last year's ladies champion, Jacki, left her charge until almost the final couple of races, before closing on the prize again, to prove that she is an exceptional all round runner. Jacki hasn't had such a runaway lead this year however, as even though she has scored the maximum 600 points, Helen 'Zippy' Anthony has finished only 3 points behind, to show her credentials as a serious emerging talent demonstrating that she will be the hot favourite in next year's championship. To illustrate this point, although Zippy also finished second last year, this year she has finished with a lot more points: 597 points, compared to 585 last year.

Jo Becker led the ladies for most of the year after a concerted effort to do as many of the championship races as possible. One must not underestimate the effort it takes to race most weekends and it is testament to Jo's running ability that she was able to do this and stay injury free. It wasn't until the end of the summer that Jo lost the lead and this proves that early season points are very important.

Eleanor Taylor finished in 3rd spot, her highest placing since 2009, although back then only four ladies completed the necessary sections to finish the championship. Back in 2009 Eleanor finished with 286 points, so to finish this year with 288 points, against so many other strong contenders, shows the gritty year of determined racing she has had. Chasing her hard was Sharon 'Fizz' Bowman, who has had to settle for 4th place for the third year running, although this year she has finished with a very impressive 583 points, compared to 580 points last year; she would undoubtedly have gained more points, but has also been fitting in a number of marathons, including a 'double' over a weekend in November.

After taking a break from the championship for a year, our 'Marathon Queen' Sally Ingledew has finished this year in 5th position, with 571 points. Given that Sally runs on average two marathons a month, even completing the championship is a feat in itself! Ruth Johnson (6th in her first full year as a Trotter), Sarah Schutte (7th), Tina Caunter (8th), Tamsin Cook (9th) and Jo Billyard (10th) complete the top ten. Congratulations also to Jo Becker, Bev Dennis and Catherine Barnes for also completing the championship.

Here's the table for the finishing ladies:



Maybe 2014?

Name	Total points	Position	Scoring races completed	Average age-gra % per scoring race	Average points per scoring race
WOON, Jacki	600	1	12	73.15	50.00
ANTHONY, Helen	597	2	12	67.78	49.75
TAYLOR, Eleanor	588	3	12	62.33	49.00
BOWMAN, Fizz	583	4	12	63.91	48.58
INGLEDEW, Sally	571	5	12	60.08	47.58
JOHNSON, Ruth	570	6	12	60.64	47.50
SCHUTTE, Sarah	567	7	12	62.18	47.25
CAUNTER, Tina	565	8	12	62.08	47.08
COOK, Tamsin	564	9	12	57.93	47.00
BILLYARD, Jo	562	10	12	61.98	46.83
BECKER, Joanna	559	11	12	57.86	46.58
DENNIS, Beverley	538	12	12	57.28	44.83
BARNES, Catherine	518	13	12	51.46	43.17

I must also mention Kirsty Bowman, who narrowly missed out completing in her first year as a Trotter, after running 11 out of the 12 required races. Also I must also mention Lucy Payne (9 races), Sarah 'Otter' Seymour (10 races) and Sharon Hutchins (9 races) for getting so close and making a good effort. Hopefully they'll return next year.

Turning to the men, two 'old' Trotters have lit up the leader board, after deciding to do the championship for the first year. Although Garry Smart and Alan Boone have been in the Trotters for many years, this has been the first year that they have seriously considered the championship and have been able to complete the necessary races. Alan Boone has led the men's championship for a large part of the year, although he was pushed back into second place during the summer by Mark Becker, who took the top spot for a couple of months. In the end, Garry Smart, who has proved that age will not hold him back, has run fantastically well and taken the championship in the last couple of months.

Alan unfortunately suffered with painful sciatica after completing the Dartmoor Discovery and this in the end caused him to have to scale down his running towards the end of the summer. Despite this, Alan has finished in a very creditable and commendable 3rd place, but even then only after a tie-break decider with me using our average age-graded percentage figures, after we both finished on 593 points.

Wilf Taylor made a late charge, but in the end couldn't quite capitalise on Alan's running injury and bridge the gap, finishing in 4th place, for the second year running, with 588 points.

Another welcome re-appearance in the championship rankings was made by Ewan Walton, who, having last competed in 2006, when he came 9th, decided to turn his attention to completing the necessary twelve races this year. Despite some very cracking race time and performances, in the end his younger age counted against him with his 'senior male' category (the first four places are all taken up by 'veterans': MV45; MV40; MV55 & MV60). However, Ewan still finished in a very creditable 5th place with 575 hard earned points.

John Tweedie (6th), Keith Anderson (7th), Graeme Baker (8th), Gary Watson (9th) and Mark Becker (10th) complete the top ten.

Congratulations also to Gary Clark, Noel Fowler, Craig Churchill, Jimmy Donovan, Derek Blackford, Guy Roberts and Stuart Moulson for completing the championship.

Here's the table for the finishing men:



It's a deal!

Name	Total points	Position	Scoring races completed	Average age-gra % per scoring race	Average points per scoring race
SMART, Garry	600	1	12	80.43	50.00
TARQUIN	593	2	12	74.07	49.42
BOONE, Alan	593	3	12	72.61	49.42
TAYLOR, Wilf	588	4	12	72.41	49.00
WALTON, Ewan	575	5	12	68.25	47.92
TWEEDIE, John	563	6	12	66.65	46.92
ANDERSON, Keith	560	7	12	65.46	46.67
BAKER, Graeme	559	8	12	66.67	46.58
WATSON, Gary	554	9	12	67.96	46.17
BECKER, Mark	552	10	12	64.13	46.00
CLARK, Gary	548	11	12	65.23	45.67
FOWLER, Noel	532	12	12	62.65	44.33

I must also mention Travis Wood, who narrowly missed out finishing the championship, after completing 11 out of the 12 required races, as well as Neil Pallant, after completing 10 races and Rob Cowling, Ian Langler, Dave Dunn, Rod Payne and Kevin Besford for all completing 9 races. Well done for getting so close and making a good effort.

May I say a big WELL DONE to all Trotters who completed the championship! I know from my own experience of completing it this year that it is not easy, with many other things getting in the way of planning a strong, but consistent championship campaign. There are many Trotters who have tried very valiantly to compete this year, but for one reason or another they just weren't able to finish the necessary races. For some it has been a very frustrating year, with work or family commitments taking priority over racing; for some an injury has curtailed their running aspirations. I have mentioned a few Trotters who did give it a go, but didn't quite finish. There are more and they should know that their efforts were appreciated – I know how hard you all tried! Remember, if you need any advice or just encouragement on how to complete next year's championship, just get in touch.

So, what about next year's championship?

I have included many of our usual favourites and as always I have looked to support our local 'neighbour clubs', but for next year I have attempted to include as many ARC licenced races as possible, so we shall have an interesting mix, with many new and different races.

Regular favourites, like the Bideford and Taunton half marathons; the First Chance and Easter Bunny 10Ks; and the Chudleigh Carnival 6 are included, as well as all of the three races organised by our friends at the Dawlish Coasters, plus the two races organised by Torbay AC and the race that the Haldon Trail Runners lay on. The Braunton 10 has come back in again, as this has been popular in recent years, as has the Fulfords 5 in Exmouth.

To add a little new interest, I have included races such as the Cotleigh Canters 10k, which is a great little race in east Devon, and the Umborne Ug which is a cracker of a short off-road race run as part of the East Devon Community series – both races support good causes and have pretty reasonably priced entry fees. Another race that supports a good cause is Age UK's Wrap Up & Run 10k in Exeter. This event has proved to be popular with a lot of Trotters, so it seems only right to include in the championship.

I had hoped to include again the Duchy 20, which has been very popular with Trotters during the last few years, as it is ideal for those training for a spring marathon. However, I have this month been advised that this great race is not going to be held next year. With that in mind, I have found another superb 20 mile race in the same month. Unfortunately, this race is in Gloucester but in fact it's not really much further in travelling time than the Duchy 20. We do intend on organising a minibus trip, which will make the situation easier. Having a race in a different area will also add a bit of variety away from the usual local running scene.

We will also be organising some more of the popular 5k events around the Brunel industrial estate and these events will be in the championship for next year. We plan to stage three events, in January, October and November, and they will again be held as part of the normal Wednesday evening training sessions.

So there we are - the rules stay the same: still seven sections, and the requirement to complete twelve races, with at least one from each section. The championship hits the ground running from the very first weekend in January (I've already given you a heads up of the First Chance 10k in last month's Trotter) and then the races come thick and fast, so get planning now!



At Torbay 10K: From left, Rod and Lucy Payne, Mike Jones, Fizz, Jon Grimes, Tom and Kevin Besford, Ruth Johnson, Jacki Woon, Bruce Cambell and kneeling, Keith Anderson and Craig Churchill.

Before it all starts again, we all have time to relax and enjoy Christmas, so may I take this opportunity to wish you all a merry Christmas and a happy New Year.

Tarquin

AND HERE ARE THE RACES SELECTED FOR NEXT YEAR'S CHAMPIONSHIP...

SECTION 1 – HALF MARATHONS	DATE
Bideford Half	2 February 2014
Taunton Half	6 April 2014
Torbay Half	29 June 2014
Barnstaple Half	28 September 2014
Dartmoor Vale Half	Mid October

SECTION 2 – 10Ks	DATE
First Chance 10K	5 January 2014
Wrap up & Run Exeter	24 March 2014
Easter Bunny, Yeovilton	21 April 2014
Torbay 10K	Late August
Cotleigh Canthers 10K	Late September
Dornafeld Ladies 10K	14 September 2014

SECTION 3 – SHORT OFF-ROAD	DATE
Bovey Tracey Cross Country	9 February 2014
Umborne Ug	Early June
Otter River & Rail 10K	July
Forest Flyer 5 (<i>Friday eve</i>)	Late August
Colyton Fiver	Late October

SECTION 4 – SHORT MISC.	DATE
Fulfords 5	2 February 2014
Sandygate Loop (4 miles) – any from April to September, best one to count	Last Friday of Month, Apr-Sept
Erme Valley Relays (individual lap time to count) - <i>Friday evening</i>	First Friday in July
Chudleigh Carnival 6 (<i>Friday evening</i>)	Mid July

SECTION 5 – LONG MISC.	DATE
Axmouth Challenge	19 January 2014
Braunton 10	26 January 2014
Gloucester 20	16 March 2014
Wellington 10	Mid July
Teign Valley Toddle (10.25 miles)	Early October

SECTION 6 – LONG OFF-ROAD	DATE
Oh My Obelisk, Dawlish	12 January 2014
Dalwood 3 Hills Challenge	23 February 2014
Haldon Heartbeat (8.5 miles)	26 April 2014
Yarcombe Yomp	Early November
Bicton Blister	Late November

SECTION 7 - MIXED	DATE
Dawlish Dash (4 miles) (<i>Thursday evening</i>)	Early June
Swimbridge 10K (<i>Club Trip</i>)	Mid May
Dalwood Fayre 10K (<i>Wednesday evening</i>)	Mid August
Lustleigh 10K (<i>August BH Monday</i>)	25 August 2014
John Scott Trophy	Late November



Ross Cup winner Nathan 'Lovely' Elphick, Jon Grimes and Club Champion Jacki Woon at the Teign Valley Toddle, with Sarah Schutte in hot pursuit.

Pre-race levity at Haldon Heartbeat 27 April: Sarah 'Otter' Seymour, Neil Pallant, Keith Anderson, Phil 'Latte' Perry and Jo Billyard (among others!).



*** TWELVE RACES MINIMUM MUST BE COMPLETED**

*** RUNNERS MUST COMPLETE A MINIMUM OF ONE RACE FROM EACH OF THE SEVEN SECTIONS**

*** IF MORE THAN TWELVE RACES ARE COMPLETED, THE RUNNER'S BEST TWELVE WILL COUNT**

*** IN THE EVENT OF A TIE, THE AVERAGE AGE-GRADED PERCENTAGE OVER THE TWELVE BEST RACES WILL COUNT**

Speak to Tarquin (Daryl Milford) if you need to discuss any issues – 07513 544938

Club Championship - why bother?

Tarquin discusses some pros and cons of taking part in the Club Championship and comes down firmly in favour of "having a bash" at it!

To many people it is an out and out competition, a chance to test yourself against other runners in the club. For some, it is the chance to win a trophy at the end of year dinner and dance. To many others, all that competitiveness just puts them off even bothering with the championship. However, it is a chance to test yourself, a way to see how good you can be and then give yourself a benchmark to beat next year. What with work and family commitments, fitting the required number of races does prove difficult. This can then be especially difficult as some Trotters also plan on running a couple of marathons too, which will undoubtedly overshadow a lot of what they do next year, running-wise.

The club championship does grab some Trotters' interest and many have already decided that they definitely want to complete all of the sections – they've got their whole race campaign laid out in their diary for the whole of next year! Maybe it just suits the Trotters love of facts and figures, but to see their name on the championship spreadsheet, with points against completed races, always gives a sense of achievement. After all, racing is hard work. All that training that you have to put in, followed by the hard graft on the race day. Surely you would then want a record of what you have done and where you are within the club standings?

What's the point if you can't win? The likes of the speed merchants are always going to be up there, providing they complete the necessary sections. However, the old mantra of "you've got to be in it to win it" is so true here. It takes effort, training and planning to be able to complete the required twelve races. There are seven sections, each with a different distance or running discipline; one race needs to be completed from each of these sections. So, we're only talking about twelve races...ONLY? It's never that simple! Most of us don't all just live for racing here. Managing to attend at least one race from each section, and to make sure you complete twelve overall, can be difficult with all the other things we've got going on in our lives. But you do not have to take it seriously! Just do it out of personal interest.

How does it work?

The club championship consists of 35 races (36 for the Ladies, to include the Ladies 10k). Twelve of these races must be completed, of which at least one must be from each of the seven sections, in order to qualify for the championship.

These races are selected each year, by the club championship secretary (me) and approved by the committee. The races selected try to create a wide range of competition amongst club members, over a variety of distances and terrain and to encourage Trotters to participate in local races without creating a demanding racing schedule. All scores for these races are awarded on an age-graded basis with points being awarded for each: 50 points will be awarded for the best age-graded performance with 49 for 2nd, 48 for 3rd and so on.

THE BORING RULES!

The club championship is open to first claim members only.

All competitors must enter the race as affiliated to Teignbridge Trotters.

You must be wearing a Teignbridge Trotters royal blue vest, t-shirt, long sleeved shirt, or crop top bearing the Trotter logo and name.

You must have an official number in your name, for the selected race in which you are competing.

Runners are responsible for organising their own entries to all races - no member of the committee will assist in obtaining race entries. Please be aware that some of the more popular races do reach limits early.

In cases where two races fall on the same date, the runner is responsible for the decision as to which to enter.

Any problems with individual's race results remain the responsibility of the runner to resolve.

Races are subject to change by the committee (but only if due to certain unforeseen circumstances and at least two months notice will be given).

Points will be awarded based on percentages calculated by the 'racemaster 98' software.

At the end of the competition, in the event of a tie on points, the winner will be the competitor with the highest overall average age-graded percentage over the twelve races used to calculate their points. .

All runners compete in races at their own risk.

Any members who have not renewed their membership by the annual due date, will have all points awarded during the period of lapsed membership removed and will not be awarded future points until their membership has been renewed.

PRIZES.

There are separate championships for men and ladies. Trophies will be awarded to 70% of those completing the required twelve races, for both male and female categories, up to a maximum of 10 in each.

If you find all that too confusing, or just can't stand reading a list of rules, just come and have a chat with me on a Monday or Wednesday evening.

See you out on the start line!

A Competitor's View

As she prepares for her return to the fray, erstwhile contender and now proud mum [Caroline Clark](#) describes her Champs experience.

For those of you who are fairly new to the club and don't know me, I am Caroline Clark and I'm just returning to running after having my son 6 months ago. I was until then a regular face at races together with my husband, Gary.

When volunteers were sought to write a piece about their experience of taking part in the club championships, I thought that I would be an ideal person to step forward. I joined the Trotters in 2010 after running for many years with the Women's Running Network. The WRN had recently folded and my husband had joined the Trotters a few months before. Although I was already an experienced runner, with many 10k's and half marathons under my belt, I felt that my race times were as good as they were going to get and I was more than happy to join the Trotters under my husband's shadow and quietly train for my first marathon which was looming a few months ahead.

My training went surprisingly well and I found myself particularly enjoying the structured training on Wednesday evenings. In the lead up to my marathon, I seemed to be in good form and entered a few races to sharpen up my fitness. My first race in a Trotter shirt was the Taunton Half Marathon and I was shocked to achieve the sub 1hr 50 min time that I had felt was beyond me a few months before. I also was only a few seconds off a sub 50 min 10k too. A couple of weeks later and I went on to complete the Shakespeare Marathon in a respectable 4hr 13mins!

The club championship hadn't entered my head until Gary and I met up with Tarquin and Chair for a post-marathon drink. Tarquin did a good job in persuading Gary and me to consider taking part, especially as we had already made a reasonable start; as it turned out, most of the races we had completed in the run up to the marathon were included in the list of races for the championship.

To say that I had my reservations about the championship would be an understatement. I was aware of its existence but, like many people, had assumed that only the fastest runners need apply. The other thing that worried me was that it had an off-road section. Now, anyone who knows me knows that I hate off-road running, just don't get it, all that mud, sweat and tears stuff, stopping and starting, climbing over gates and stiles. I just don't get it! My nickname in my last club was Tarmac and I earned that nickname for a very good reason. I was however looking for a new goal to keep me motivated so I decided to give it a go and started to train again, enjoying club night training and becoming a regular at the unofficial training night, Friday Club (a speed session which I would also recommend to everyone).

I was still worried that I wasn't fast enough but I soon realised that speed isn't everything. I was getting good points for consistently taking part in races and doing my best on the day. I discovered that once the age graded percentages were applied I often did better than I expected.

The strangest thing happened: I actually started to really enjoy it, even the races that took me completely out of my road race comfort zone. I found myself embracing the friendly competition with my team mates and we brought out the best in each other.

I can honestly say that the season I took part in the championship was by far my most successful. I achieved the sub 50 min 10k that I had been chasing for years, I took part in races that I would never have even considered entering and enjoyed them. It introduced me to great new races like the Dalwood 10K and the Deviock Bounder which are both now firmly in my top 10 favourites and I was rewarded at the end of year with 6th place (one place higher than hubby achieved in the men's championship too, always a bonus!) and a beautiful engraved glass to mark my achievement. I would recommend everyone gives it a go if they enjoy taking part in races and commit to running 12 from the list of qualifying races shown on page 9 and on the website. You may be surprised at how well you do, I was!



Raring for the off! Riley with part of his support team.

Horse's Arse Trophy

Chief adjudicator [John 'Skinns' Skinner](#) discloses this year's worthy winner of the Club's most coveted award.

Well here we are then: another year, another Horse's Arse.

Controversial? I don't think so.

Eyvoll Aston - in actual fact she came to us as a double barreller: Liddel-Kerr, or something like that, so early potential straight away! I well remember Eyvoll's first ever session, believe it or not, she arrived late, taking the walk of shame, swaggering through 'Chairman's shouts' in the manner that would become so familiar week in week out for years to come. She just has that special talent, there's something about her.

Eyvoll's performance at the Templer 10 just about put the tin hat on it for 2013. Breezily doling out two mementoes for each finisher, thus rendering hundreds of the slower runners empty-handed, as they eagerly sought their highly coveted coasters. A towering example of all things Horse's Arse. So it's well done Eyvoll on her famous victory.

Perhaps a special round of applause, when, inevitably, Eyvoll next makes the 'walk of shame'.



Serenity personified: Eyvoll enjoys a moment of cerebral calm.



Last year's happy winner, Mark 'Wurzel' Wotton.

ROCK AND ROLL TROTTERS!



LISBON MARATHON - 5 OCTOBER 2014

The Trotters love a foreign marathon, having visited Amsterdam, Budapest, Athens and Venice, to name but a few. Next year the chosen destination is Lisbon. Rog Hayes and Stef Ross tell you all you need to know...

So there you have it, Lisbon in the Autumn, Portugal's historical, beautiful capital city. The choice was an easy one in the end, the race ticked all the boxes. Realising that a marathon is not everyone's cup of tea, Lisbon offers a half marathon and a six-miler. All three races take place on Sunday 5 October.

Both the half marathon and 6-miler start on the Vasco Da Gama Bridge (pictured on the right), which is the longest bridge in Europe and the ninth biggest in the world. The marathon starts in Cascais (pictured bottom right) the route takes you parallel to the Atlantic Ocean, passing through the town of Oeiras, before crossing the hugely impressive Vasco Da Gama

Bridge and making your way into Lisbon. There is free transport to the start of all three races.

There are over 30 live bands on the marathon course to keep you pumped up, not to mention the free concert at the finish! - hence the race's official name; Lisbon Rock 'n' Roll Marathon.

Entries are now open. The marathon costs 55 euros and the half marathon, 33 euros. Last year there were 1836 finishers in the marathon and 4620 in the half marathon.

EasyJet flights are available from Bristol airport, although at the time of writing, you could only book flights up to the end of September 2014. As with all EasyJet flights, the earlier you book them, the cheaper they are. Our advice is to keep an eye on their website and as soon as they are available, book!

How long you go for is entirely up to you. I would imagine the majority of those going will fly out on the Friday and come back on the following Tuesday.



As for the accommodation; after hours of research, we've got our shortlist down to two. Both are hostels and we agreed we would be happy to stay at either property.

However, because we couldn't decide which one was the better option we have put together a small presentation of both. You'll find this within the email informing you when this Trotter was ready to view. If you are keen to come along next year, then please let us know which hostel you would prefer to stay in. We'll collate the responses and let you know which one comes out top. Rock and Roll...



The John Scott Memorial Trophy

Sunday 24th November

The list below, put together by Men's Captain [Tarquin](#), shows the runners in finishing order and gives the times that they ran over the finish line from the very start of the race, their individual handicap time and their actual personal finishing time, calculated from when they actually started.

POSITION	NAME	FINISH TIME FROM START OF RACE	HANDICAP	ACTUAL INDIVIDUAL TIME
1	Jamie BARNETT	33:51	9:20	0:24:31
2	Nathan ELPHICK	33:59	6:30	0:27:29
3	Caroline CLARK	34:01	0:00	0:34:01
4	Mark HUTCHINS	34:22	9:30	0:24:52
5	Kevin BESFORD	34:41	6:30	0:28:11
6	Pete HAYWARD	35:01	8:15	0:26:46
7	Nigel BARNETT	35:03	5:10	0:29:53
8	Jo BILLYARD	35:04	3:30	0:31:34
9	Eleanor TAYLOR	35:07	4:30	0:30:37
10	Kirsty BOWMAN	35:17	4:00	0:31:17
11	Sharon HUTCHINS	35:25	3:15	0:32:10
12	Ruth JOHNSON	35:34	6:20	0:29:14
13	Keith ANDERSON	35:38	8:00	0:27:38
14	Beverley DENNIS	35:45	3:30	0:32:15
15	FIZZ	35:46	7:00	0:28:46
16	Guy ROBERTS	35:55	4:30	0:31:25
17	Neil PALLANT	35:57	9:30	0:26:27
18	Craig CHURCHILL	35:58	11:45	0:24:13
19	Wilf TAYLOR	35:59	11:00	0:24:59
20	Gary WATSON	36:01	10:15	0:25:46
21	Tom BESFORD	36:01	11:00	0:25:01
22	Stuart MOULSON	36:02	9:00	0:27:02
23	John SKINNER	36:03	9:00	0:27:03
24	Rob COWLING	36:07	10:30	0:25:37
25	CHAIRMAN ROG	36:21	11:30	0:24:51
26	Garry SMART	36:31	15:30	0:21:01
27	Peter ASTON	36:46	8:30	0:28:16
28	Rod PAYNE	37:15	4:50	0:32:25
29	MONKEY	37:54	10:00	0:27:54
30	Eyvoll ASTON	39:11	9:00	0:30:11
31	TARQUIN	40:11	15:30	0:24:41
32	Vicky HALES	42:05	0:00	0:42:05
33	Roger 'SMOKES' HALES	42:05	10:15	0:31:50

Captain Catherine's Corner

Since the last edition of the Trotter, there have been just a few events and not many ladies have been racing. However, Helen Anthony has continued her excellent form and recent achievements include winning 1st FV35 at the Bicton Blister, a 10 mile multi-terrain race on Woodbury Common. At the Exeter Winter 3km Helen also collected 1st FV35 for the series of 3 races and she may have the Brooks Westward League Cross Country series in her sights as she has completed 3 of the 6 races so far currently putting her in 5th FV35 place.

The Drogo 10 is a very tough course around the Castle Drogo estate on Dartmoor. This race attracted just three Trotter ladies – Ruth Johnson who has been consistently racing all year and brought the Trotter ladies home in 1.43, Ann Donnelly, who did a great time on this challenging route, was back in 1.53 and then Katrina Zaple (who no doubt chatted the whole way round!) in 2.05. As Katrina has only recently come back to running after being injured this was a great achievement.

It seems that once you start running marathons then you have to keep on doing them as Sally Ingledew, Sharon Fizz Bowman and Eleanor Taylor proved at the Cornish Marathon. Both Sharon and Sally have managed to do an amazing three marathons in just eight days and Sharon also found the energy to target and pass a certain male Trotter (I won't say who!) [*your secret's safe with us, Catherine - eds.*] to finish in a time of 4.25.30. Although Eleanor found the going tough, she pushed on and was the first female Trotter home in a time of 4.22.37. Sally was just behind Sharon in a great time of 4.32.01.

Here we are, at the end of the year already, with Christmas just round the corner. You have all done so well this year and I hope you can look back over the past 12 months and be proud of your running achievements. Everyone has different goals and I believe it is important that you don't compare yourself with others; rather that you focus on what you have enjoyed and what you have achieved. One of the great things about the Trotters is the unquestioning support from your fellow members and the sheer range of advice available should you want it.

Some of the positives to running are not necessarily related to speed or distance – a highlight for me this year was at the Haldon Heartbeat when I had to stop running as a herd of 20 plus deer crashed down the hill through the undergrowth and sprinted across my path. It was an amazing sight and if I had not been running I would have missed it. I hope that you all have similar good memories for the year.

To those of you who have sustained injuries this year which have hampered your running I wish you a speedy recovery and I hope you are soon out and about running again.

I would like to wish you all a Happy Christmas and here's to a great New Year!

Catherine

Ladies' Captain Catherine Barnes reports for the final time in 2013 and picks out some fine achievements.



A championship reminder from 2013, for the men as well as the ladies: the line-up before the First Chance 10K - in sultry January conditions.

Men's Captain Tarquin has taken a well-earned rest from Captain's Corner this issue - but tireless Tarquin never rests - see page 6 for his report on the 2013 Club Championship and some further encouraging comments on the event on page 10.

Trotters Annual Mince Pie Marathon

Monday 23rd December ~ 7pm start from Coombeshead College



The route has been chosen, the carols have been printed, the countdown begins...

Many thanks to Fizz, Jess Whitehouse, Becky and Keith George, Jacki Woon and Caroline and Gary 2 pints Clark, who have all very kindly agreed to be our official feed stations for the night.

Our editors (Otter & Keith) and perhaps one or two other members will be bringing their musical instruments along, just to help us get into tune!

The chosen carols for the night are:

Oh Come All Ye Faithful
Hark the Herald Angels Sing
We Three Kings
Jingle Bells
Good King Wenceslas

Time to get practising!

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 next issue is **Friday 17th January**.

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