

# The Trotter

Teignbridge Trotters Newsletter

Number 13

January 2014



Anna Langler



Rachel Pallant

*Dartmoor Discovery Saturday 7th June –  
Your club needs YOU again!*

# News Desk

## Chairman Roger Hayes reporting.

THUD!... A sound I became familiar with, indeed a sound that shaped my day. It was a sound I longed to hear. In fact, I was so excited I could barely sleep in expectant anticipation! However, waiting for that THUD to occur each day was far from a happy experience; it was torturous, almost brutal, but when it occurred, the hairs on the back of my neck stood up, for I knew they had arrived - the DD entries were on my carpet! 83 on that first day, followed by 68 the following day.

Say what you like about on-line entries, but there is something very special about opening an envelope containing a race entry, not knowing who it's from, or indeed how many are in there. Long live postal entries! This year's DD sold out in six days, a new record. Roll on June...



**THUD! - postal deliveries make the Chairman's day...**

The Trotters AGM (last year's minutes on page 8) will take place on Wednesday 26th February at 8pm when we will elect members for the committee and non-committee posts in the club. Because of this, training will start at 6.30pm that night. The committee form the backbone of our club. They meet on the second Monday of each month. Meetings usually last for a couple of hours. If you would like to stand for any of the positions (all are available) then please add your name to the list that is currently on our noticeboard at Coombeshead Academy. Alternatively, let Mark Becker, our secretary, know. All nominations need a proposer and a seconder.

Fizz has decided not to stand again for the role of press and publicity officer, having done the job for a number of years. If it's something you might like to consider doing then please check page 7 to find out a bit more of what's involved.

There are also non-committee posts that need to be filled: Men's and Ladies' Captains, Welfare Officer, Child Protection Officer, Social Secretary, Cross Country Officer and the aforementioned Press and Publicity Officer. The meeting will take place upstairs in Newton Abbot Leisure Centre. Please make every effort to attend.

Hopefully by now most of you will have received a copy of the new member's welcome magazine. It's been a long old process trying to hand out as many as I possibly could. I'm left with a further 25 or so that will need to be posted. The experience brought it home to me how much better it is now that the Trotter is on-line. OK, you may not prefer it, but believe me, it is the quickest and easiest option.

Tarquin, our social secretary, has done a great job putting together a variety of events this year. Full details can be found on our website via the social events tab on the left-hand side of the home page. One such event is the Trotters Summer BBQ, which this year is being hosted by Rob & Nicky Cowling. Weather permitting it will take place on 3rd August, during the Sunday afternoon after the Totnes 10K. Another popular event is the annual Lads Weekend Away: see page 11 for more details. Depending on the response, we might well end up hiring a small coach, complete with driver!

Your first chance in 2014 to grab yourself a marshal point comes at the Westward League Bovey Tracey Cross Country, which takes place on Sunday 9th February. Because the ladies' and men's races are at different times, it is possible both to take part and to marshal, so there really are no excuses. Mark Wotton is the chief marshal. If you are able to help, please let him know ASAP via [mark.wotton7160@live.co.uk](mailto:mark.wotton7160@live.co.uk)

Finally, the lucky members to be pulled out of the hat for our club's London Marathon places were; Mike Jones, Nathan Elphick and Rod Payne. Good luck with the training guys.



Editorial strategy for the new year is to explore every possible avenue that might lead to improving Trotter circulation...



## Phew, what a scorcher!

A bold and brazen bevy of Page 3 beauties raise their glasses, and our spirits, at the Trotters' Annual Awards and Dinner-dance night.

What's all this about? Well, sleek and scantily-clad Skippy, 28\*, seen here showing off his snowy white top (along with several others likewise), recently qualified to join the hallowed ranks of the **Tattooed Trotters**.

*[\*Not his age - he's the 28th Trotter to receive a Teignbridge Trotters tattoo.]*

## CLUB TRIP

Club Trip organiser [Kevin Besford](#) provides the latest on next May's awayday special.

It's that time of year for me to start pestering you all to get your entry in for the Club Trip.

This year we are going to the Swimbridge 10k on the 18th May. The double-decker is booked so now we have to fill it.

Entry forms should be returned to me at any training night. Entry is free if you have two marshal points from helping at Trotter races in 2013. If you have to pay the race entry, I have negotiated a £1 discount and this should also be given to me rather than sent in direct.

Details of bus pick-up points and times will be announced much nearer the date.

At the end of January, we have the onerous task of checking out the selected pub to ensure the food and beer is good. It's a tough job but someone has to do it.

If you haven't been on a club trip before and are not sure if it is for you, then just ask any of the many Trotters who enjoy the trip each year and they will convince you to join our great day out.

**Upcoming minibus details:** check out below and opposite if you're planning to run in either the Bideford Half-marathon on Sunday 2nd March or the Gloucester 20 on Sunday 16th March. Both are Club Championship races:

## Bideford Half Marathon Minibus Sunday 2nd March

Two minibuses have been arranged to take the Trotters up to the Bideford Half-Marathon, on Sunday 2nd March.

One 17 seater minibus will be departing from Newton Abbot Leisure Centre (Dyrons) at 0720hrs, picking up from the bus stop at the top of Vicarage Hill, Kingsteignton on the way. A second 16 seater minibus will depart from Ashburton at 0720hrs and pick up from Drumbridges roundabout at 0730hrs.

We presently have one space left on the Dyrons bus and nine spaces left on the Ashburton/Drumbridges bus. If you would like one of these places, please let Tarquin know ASAP. The cost will be £8.

## Gloucester 20 Minibus Sunday 16th March

Two 17 seater minibuses have also been arranged to take the Trotters up to the Gloucester 20, on Sunday 16th March. Both minibuses will depart from Newton Abbot Leisure Centre (Dyrons) at 0645hrs.

One minibus will then pick up at the Ten Tors, Kingsteignton, before heading up the A380 and the second will go via Drumbridges, and pick up from there at 0700hrs.

We presently have no spaces left on either minibus, but we are operating a reserve list. If you would like to go on the reserve list for one of these places, please let Tarquin know ASAP. The cost will be £10.

## ...something completely different...

Don't miss out on the cultural event of the year... the Teignbridge Trotters Art Exhibition at the Teignmouth Arts Action Group (TAAG) Gallery in Teignmouth (Google it). Private viewing on the evening of 8th February for Club members and the show goes on till Friday 14th. On display will be works by a diverse range of artists, including: Ewan Walton, Peter Blakesley, Caroline 'Oodie' Hayes, Kathy Ross, Julia Proctor, Steve Rawlinson and John 'Skins' Skinner. More details from [jskins@tiscali.co.uk](mailto:jskins@tiscali.co.uk)



### MINIBUS ONE

Pick-up Dyrons at 0720hrs

Pick-up Vicarage Hill 0725hrs

	NAME	PAID?
1	Tarquin - Driver	Yes
2	Helen Anthony	Yes
3	Jacki Woon	Yes
4	Dave Dunn	Yes
5	Chairman Rog	Yes
6	Monkey	Yes
7	Skinns	Yes
8	Dennis Milstead	Yes
9	Tamsin Cook	Yes
10	Jo Billyard	Yes
11	Travis Wood	Yes
12	Jess Whitehouse	No
13	Ruth Johnson	No
14	Gary Watson	No
15	Fizz Bowman	No
16	Kirsty Bowman	No

### MINIBUS TWO

Pick-up Ashburton at 0720hrs

Pick-up Drumbridges at 0730hrs

	NAME	PAID?
1	Hugh Bellamy - Driver	Yes
2	Tim Hassell	No
3	Mark Hutchins	No
4	Sharon Hutchins	No
5	Keith Anderson	Yes
6	Stuart Moulson	Yes
7	Guy Roberts	Yes



**SEVEN!:** Geoff Davey celebrates his seventh place in the Oh My Obelisk race, 12 January 2014.

### MINIBUS ONE

Pick-up Dyrons at 0645hrs

Pick-up Ten Tors at 0650hrs

(routed via A380)

	NAME	PAID?
1	Tarquin - Driver	Yes
2	Ruth Johnson	Yes
3	Dave Dunn	Yes
4	Helen Anthony	Yes
5	Fizz Bowman	No
6	Kirsty Bowman	No
7	Jacki Woon	Yes
8	Bruce Campbell	Yes
9	Donna Walker	Yes
10	Abigail Blee	Yes
11	Travis Wood	Yes
12	Smokes	No
13	Lance Mason	No
14	Rob Cowling	No
15	Chris Cleave	No
16	Dennis Milstead	Yes
17	Roy Brown	Yes

### MINIBUS TWO

Pick-up Dyron at 0645hrs

Pick-up Drum Bridges at 0700hrs

(routed via A38)

	NAME	PAID?
1	Gary Clark - Driver	Yes
2	Tim Hassell	No
3	Mark Hutchins	Yes
4	Sharon Hutchins	Yes
5	Hugh Bellamy	No
6	Stuart Moulson	Yes
7	Guy Roberts	Yes
8	Keith Anderson	Yes
9	Eleanor Taylor	Yes
10	Wilf Taylor	Yes
11	Mike Jones	Yes
12	Derek Blackford	No
13	Adrian Handley	No
14	Geoff Davey	Yes
15	Phil Perry	No
16	Emma Percy	Yes
17	John Tweedie	No

...continued from front page...

# ***Your help could make all the difference to the DD - Dartmoor Discovery - in June!***

Chief Marshal **Tarquin** makes his appeal:

Last year's Dartmoor Discovery was another outstanding success and the Teignbridge Trotters are known throughout the UK racing/running scene for organising quality events. However, it would not be possible without the help, hard work and enthusiasm of every one of you that give up your time and roll up your sleeves, playing your part in making an event such as this work. Whether you were one of those out on the course, marshalling (sometimes in the middle of nowhere!), or at a drink station, as part of a team ensuring that each runner gets his/her personal drink or just water and a sponge; or back at Princetown on car park duty (being the first face of the Teignbridge Trotters that a nervous runner will see when he or she arrives); or on one of the many essential behind the scenes nitty gritty jobs; you were again all magnificent!

Your help, in whatever capacity it may have been in, was absolutely essential. Everyone played their part in ensuring that the whole event went off in an organised and successful way.

It takes a lot to organise an event such as the Dartmoor Discovery and it is not an event that can be run by just one or two people. Your hard work and enthusiasm was again much appreciated by all of the participants in the race last year. A number of runners (and their supporters) came up to me and thanked me for how well the race was organised. Most of all, the runners said how much they appreciated how supportive the marshals were. The encouragement and dedication of the marshals, out on the course, really shone through. This is one tough race to participate in (I know, I've run in it twice) and the biggest thing that can get a runner out on the course is their mind. So having marshals to cheer the runners on and offer encouragement, certainly makes all the difference and can literally tip the balance between a person pulling out of the race or finding the mental toughness to carry on.

Here we are in a new Trotter year and thoughts have now turned to the planning of this year's Dartmoor Discovery ultra marathon. I will again take up the role of chief marshal and it is my job to find willing volunteers to assist with general marshalling duties around the course and to run the various drink stations.

I need your help again this year please. The race will need approximately 85 marshals, covering the ten feeding stations, the numerous cattle grids on the course, the busy town of Ashburton and the small matter of various key points along the 32 and a bit miles. A number of you have already approached me stating your willingness to assist – thank you if you are one of those. I now need more of you to come forward and offer your services.

Can you please check your diaries and see if you can be available on Saturday 7th June to again help make this year's Dartmoor Discovery another resounding success? The actual requirements are not that onerous: although the race time limit is 6½ hours, marshals will certainly not be expected to stand out there for that length of time! Even if you can only spare a couple hours of your time, then that would still be a great help

Please text me or drop me an email on either 07513 544938 or [teignbridgetrottertarquin@btinternet.com](mailto:teignbridgetrottertarquin@btinternet.com)

Your help will be greatly appreciated. Remember, without your help, our great club simply would not be able to stage an event such as this!



**Just two of the finely honed athletes who appreciated the help given on the day last year. Neil Pallant and Keith Anderson demonstrate their irrepressible post-race joie de vivre.**



# Superheroes Wanted!



Do you see yourself as a [Clark Kent](#) or (depending which way you button your cardigan) a [Lois Lane](#)? This could be your big chance! The post of **Press and Publicity Officer** has fallen vacant - mind you, it has been said: it's a hard act to follow!

Retiring reporter [Sharon 'Fizz' Bowman](#) explains the role.

Fancy a go at reporting what the Teignbridge Trotters get up to at the weekends, when they turn up at all these different places? Well, this may be for you!

You don't need a degree in journalism or "A" level English, just the time to check out race results and do a little bit of background information about the race.

Many of the results are on the internet and Dave Dunn has a diary he keeps up to date on our Trotters' website. You can find information about the races on the entry form or if you run it yourself you have great knowledge.

It is important to do all the Championship races but for any others it's really up to the individuals who run in them to supply information and possible photos to back the report up.

The reports are mailed to Mid Devon Advertiser and Herald Express by the Monday pm for inclusion in that week's edition of the paper (Thursday HE / Friday MDA). Any results that are not published in time will have to be included in the following week's news. You will then need to upload this report to the Teignbridge Trotters web page for people to read. This has space for three photos and is user friendly.

If you want to know more then please ask me, Fizz, and I am happy to help with the first few reports before you feel confident to "FLY SOLO". It may even be good to share it with a friend so you can take it in turns to do the reports.

Without a Press and Publicity Officer how can we show other clubs how fantastic we are?

Come on, don't be shy!

## **WANTED!** **An ENERGETIC, ENTHUSIASTIC** **& WELL ORGANISED** **person for the role of club** **SOCIAL SECRETARY**

The Teignbridge Trotters is renowned for being a running club with a vibrant and varied social scene. Many of these social events are organised by the current social secretary, Tarquin, who has developed the role, making it a position in its own right and an officer of the club.

Tarquin is now looking for someone to take over the reins from him and expand this role further.

If you think you may be interested in taking on this exciting and very important club position, then please speak to Tarquin for further information.

## **Do you race regularly?**

**Are you interested in getting to know your fellow male Trotters?**

**Do the running ambitions of others interest you?**

**Then you could be ideal for our next**

## **Men's Captain!**

For the last four years Tarquin has been our men's captain. However, he has now decided to stand down so as to allow someone new to take up the helm.

This position is open for nomination from any male member of the club and would be appointed at the forthcoming AGM.

If you think you maybe interested in standing for this role, then please speak to Tarquin, who will explain what is involved.

# Notice of Meeting: Teignbridge Trotters Annual General Meeting Wednesday 26th February 2014 8.00pm Newton Abbot Leisure Centre.

Below are the minutes of last year's AGM, held on Wednesday 27th February 2013.

CHAIRMAN  
Roger Hayes

TREASURER  
John Caunter

SECRETARY  
Mark Becker

PRESS/PUBLICITY  
Rod Payne  
Sharon Bowman

PRESIDENT: Mr. G.Terrill

Minutes of the Annual General Meeting held at Newton Abbot Leisure Centre  
Wednesday 27th February 2013 at 2000hrs

## **PRESENT**

Roger Hayes, Mark Becker, John Caunter, Ewan Walton, Jim Donovan, John Tweedie, Graeme Baker, John Skinner, Jo Becker, Noel Fowler, Stuart Moulson, Stewart Dunn, Roger Hales, Lance Mason, Rob Cowling, Tamsin Cook, Sharon Hutchins, Mark Hutchins, Dennis Milstead, Bruce Campbell, Jacki Woon, Buzz Terrill, Dave Dunn, Tina Caunter, Rod Payne, Gary Clark, Graydon Widdicombe, Keith Anderson, Sharon Bowman, Kirsty Bowman, Gary Watson, Kevin Besford, Eleanor Taylor, Wilf Taylor, Sarah Schutte, Phil Perry, Alan Boone, Guy Roberts, Sarah Seymour, Daryl Milford, Catherine Barnes, Eyvoll Aston and Peter Aston.

## **APOLOGIES**

Adrian Youngman and Clare Youngman.

## **MINUTES OF THE 2012 AGM**

The minutes were accepted as a true record and signed by Roger Hayes (Chairman).

## **CHAIRMAN'S REPORT**

Read out at the time.

## **SECRETARY'S REPORT**

Read out at the time.

## **TREASURER'S REPORT AND APPROVAL OF 2012/2013 ACCOUNTS**

The Treasurer's report was read out at the time.

Gary Watson asked whether more club money should fund charities. It was decided that enough of the club's funds go towards charities.

## **PROPOSAL 1:** Read out at the time.

This was proposed by Roger Hayes and seconded by Mark Becker.

A vote was cast and this was carried unanimously.

## **PROPOSAL 2:** Read out at the time.

This was proposed by Roger Hayes and seconded by Mark Becker.

Peter Aston said that this could not be allowed as it went against the England Athletics rules. After discussion, it was agreed that the proposal would not proceed.

## **PROPOSAL 3:** Read out at the time

This was proposed by Daryl Milford and seconded by Rod Payne.

A vote was cast and this was carried unanimously.



## **ELECTION OF OFFICERS/COMMITTEE**

The proposed officers were as follows:-

CHAIRMAN – Roger Hayes

VICE CHAIRMAN – Tina Caunter

SECRETARY – Mark Becker

TREASURER – John Caunter

MEMBERSHIP SECRETARY – Dave Dunn

CLUB CHAMPIONSHIP – Daryl 'Tarquin' Milford

In his capacity as club president, Graham 'Buzz' Terrill asked if there was any objection to the nominations of the proposed officers. As there was no opposition, it was agreed that they were elected *en bloc*, seconded by Rod Payne. This was carried unanimously.

The proposed general committee members were as follows:

Sarah Schutte

Keith Anderson

Stewart Dunn

Jacki Woon

Sharon Bowman

Dennis Milstead

Gary Clark

With seven places available a vote was not necessary and the proposed general committee members were elected accordingly.

PRESIDENT – Jose Waller

The following nominations had no opposition to their positions and it was agreed that they were elected on block seconded by Rod Payne. This was carried unanimously.

CHILD PROTECTION OFFICER – Lucy Payne

LADIES' CAPTAIN - Catherine Barnes

MEN'S CAPTAIN – Daryl 'Tarquin' Milford

PRESS/PUBLICITY OFFICER – Sharon Bowman

WELFARE OFFICER – Jo Becker

CROSS COUNTRY OFFICER – John Crocker

SOCIAL SECRETARY – Daryl 'Tarquin' Milford

The meeting closed at 8.58pm.

**Letter of thanks: the following appreciative comments were recently received by the Club:**

I have now returned to Eastleigh from my extended holiday in Newton Abbot. I would just like to thank your club for making me feel so welcome. I really enjoyed the training sessions that I attended on the Wednesdays. All of the coaches were top drawer; you have an abundance of quality runners (not to mention great future prospects in regards to your juniors) and really great characters (it would be unfair to single anyone out). So again, many thanks and farewell for time being.

James Johnson

P.S. If I spot anyone in the B&Q Eastleigh 10k in March wearing a Teignbridge Trotters top, I will be sure to give them a big cheer.

# Coaching Update

Coach Coordinator [Rod Payne](#) explains the thinking behind the revamped sessions on Mondays and Wednesdays.

We are now well on our way into 2014 and entering our spring training quarter. For many of us our thoughts are now turning to marathon training but for others the new year brings new ambition.

As February approaches, I have met with the rest of the coaching team to organise the next 3 months of training and the new schedule will be up soon. We hope to keep things as fresh as possible but many of the old favourite sessions are there for you all to enjoy. At our meeting we discussed at length our Monday schedule and Wednesday's Improvers group. We are mindful that some of you are struggling to identify what group you should be going out with, so here are some guidelines as to what each group sets out to do:

## ***Monday Groups:***

**Beginners** – The beginners group is just that and you will not be allowed to languish in the beginner's group if you are coming back from a short-term injury or wanting an easy night. If you have had a long-term injury and are just getting back then speak to us to discuss whether it is appropriate to go out with the beginners.

**Improvers** – This is effectively a fifth group that we are introducing to Mondays. It will operate in the same way as the Wednesday Improvers group operates at present. The group will typically cover 3-5 miles and is designed to provide a stepping stone for those advancing from the beginners group.

**Recovery Run** – This group will operate exactly as it does at present, covering a distance of 5-6 miles. It is for those wishing to have an easier run, perhaps following a weekend race or a long training run. There will be a lot of regrouping and the faster runners will be encouraged to loop back regularly and to offer encouragement and support to your club mates.

**Main Group** - We are now calling the old training group, the main group. This group will generally operate at a slightly faster pace than the recovery group but it is worth emphasising that you do not have to be one of the faster runners to go out with this group. It will cover a distance of 6-8 miles and will move continuously, with regrouping at key points. In this group you should be able to comfortably run 8, potentially hilly, miles continuously; the group will not stop moving.

**10 Mile Group** – This group seems to have evolved as a run for the more 'elite' of our runners; however from time-to-time we may just throw in a slower paced 10 miler so watch out for this.

## ***Wednesday Groups:***

**Options 1 & 2** – These are our main training options and will continue to operate exactly as they have done in the past.

**Step-Up Group** – The step-up group is a lighter option for those who are improvers and it offers a transition into the main training groups. The group is also ideal for those returning to running after a lay-off or for those returning from injury. This is a group where you can build your confidence in a more formal training environment so we will be discouraging our faster members from joining in with this group. If you are more experienced and want an easier run then go with the main group and speak to the coach about doing fewer repetitions.

**Social Run** – This is the main change we are making to a Wednesday. The old Improvers group will now be a social run that anybody can join in with. It will cover a distance of 5-6 miles but if you wish to go out with this group be aware that the group will operate at the pace of the slowest runner so there will be a lot of regrouping.

**10 Mile Group** – This group will continue exactly as it does at present.

I hope that you find this explanation to be helpful and we look forward to welcoming you all at training. As always we welcome your comments and constructive criticism so share your thoughts with us. You can talk to us on a training night or if you want to email us. Our contact details are listed on the Teignbridge Trotters' website.

Good training - Rod.



# LADS WEEKEND AWAY

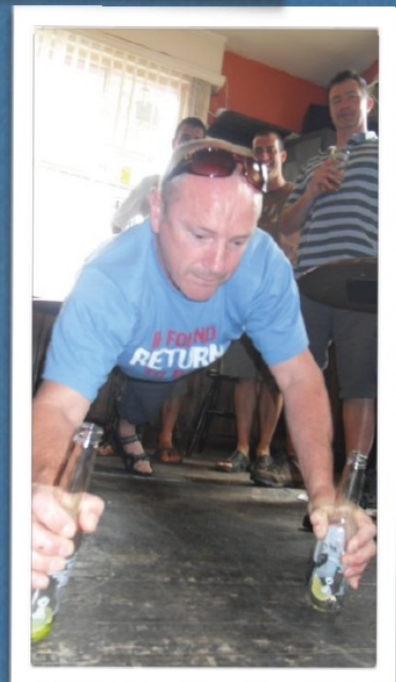
Fri 27th - Sun 29th June



*With 2014 being a world cup year, it means we're going back to Shropshire to take on the Callow 5-mile fell race. We'll be leaving at 6pm on Friday evening, arriving in Church Stretton for last orders! We'll either be camping or staying at Colin's (Watsa's mate) new bunkhouse!*

*Saturday morning is spent taking part in the worlds only tandem triathlon. 1K swim (one person) followed by a 35K cycle and finishing with a 10K run (one person). We can hire the tandems up there, fancy dress is optional.*

*Sunday morning sees the start of the fell race, followed by some lunch before the long journey home. The first 17 names to Chair, with a £15 deposit, are the ones guaranteed a place on the minibus.*





## Trotters! It's all in the name...

Roger Hayes digs deep and discovers that we're not as common as we thought we were!

My old mate, Skinns, and myself were chatting one day, the subject being our running club, as it so often is. We were discussing our great name, the Trotters, and wondered how many other clubs were out there who shared our magnificent name. We concluded, probably loads. Time for some research! Here's what I came up with...



I'm sure you'll have heard about our friends from Cornwall, the Tamar Trotters. They were founded in 1996 from a small band of local runners that met at Saltash Rugby Club. Turn the clock forward 18 years and they are now one of the largest running clubs in the West Country. They currently have over 300 members, including a thriving junior section.

Like us, they pride themselves on the social side of the club. A May Ball, the Midsummer Madness and Turkey Trot (days out in fancy dress visiting various pubs) and comedy nights are just a few of the things they get up to.

Membership costs £20 per year, excluding the EA licence. They organise the popular Magnificent Seven road race, which takes place the day after our Haytor Heller race. They also help to organise the Saltash Half Marathon.



The Gillingham Trotters are another West Country based running club, originating from North Dorset. They were founded 30 years ago and have a current membership of 100 runners. Like ourselves, they don't have a junior section. They train once a week on a Tuesday night, meeting at Gillingham Leisure Centre.

Their membership costs £20 which includes an EA competition licence. They stage a really impressive selection of races. They are: Pen Selwood 10K, North Dorset Marathon, Wessex Ridgeway (52 mile ultra), Gold Hill 10K and the Gillingham Hilly 7.5. I'm sure you'll agree, that that puts quite a few of the so called bigger clubs to shame!

Although they are a club with enthusiastic runners, they're proud of the fact that they don't take themselves too seriously, as you can see from the club logo; pigs flying over Gillingham Church.





Next up are the Hogweed Trotters from Chipping Sodbury, a small market town about 10 miles north-east of Bristol. They are yet another West Country club, that makes four of us! They were formed in November 2000 and have since seen a steady increase in their membership, with it now standing at over 200.



They don't have a junior section and their membership fees are also £20 (EA licence is extra). What they do have, that most running clubs don't have, is a club house. OK, they have to share it with the local cricket and football side, but nevertheless, it's a home with a bar!

They meet for training on a Wednesday and Friday evening and then again on a Sunday morning. They organise the Hogweed Hilly Half Marathon, Hogweed 10K Trot and the Hogweed Cotswold Cross Country Challenge.

As for their name: their club chairman informs me that whilst out running on some of their more rural routes, they have these 'Giant Hogweed' plants growing alongside the verges, and they thought why not call ourselves after them. It seemed ideal, as they wanted to differentiate from the run of the mill athletic club status. It certainly does that!



The Thrift Green Trotters were formed in 1987 and are based in Brentwood, Essex, which is located in the London commuter belt, 20 miles east north-east of Charing Cross and near the M25 motorway. They currently have around 350 members and have recently started a junior section, catering for 15 to 18 year olds.

Like ourselves and the Hogweeters, they meet for training on a Wednesday night. They also have numerous different groups that go out on a Sunday morning. Their HQ is the Brentwood Leisure Centre. Membership fees are £45 if you're a new member and £30 if you're renewing. Both these fees include the £10 EA licence.

They used to organise the Brentwood 10K (on a notoriously hilly course) but the route became too dangerous. They are currently looking at a new route for 2014. As avid fans of the Grizzly, the TGT make an annual pilgrimage to Devon to take part in what they describe as a real challenge (perhaps we should introduce them to the DD!). Being so close to London, they are able to man one of the water stations at the London Marathon. They've done this for a few years and in return they get a number of places into the marathon - this year they got eleven!



## Potters Trotters



Last up are the Potters Trotters, who are based in Stoke-on-Trent. They were the only club not to get back to me following my request for information. Perhaps it was my desire for a group photo that sealed my fate. You see, the Potters Trotters are a ladies only running club! They were formed in 2008, having previously been the North Staffordshire branch of the WRN. They currently have 80 members.

Training takes place on a Tuesday and Thursday evening at 6.30pm. They meet at the Trent Squash and Country Club. Membership is £20 and this includes the £10 EA licence. I'm afraid that's all I know about the ladies in pink.

# The Trotterview

DD veteran [Ewan Walton](#) has come up trumps or picked the short straw. Whichever, it's his turn for the Trotterview...

**1. What is your name?**

Ewan Walton

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

Ewan

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

Anything bad has probably been out of earshot; being a Walton, I've been called John-boy in some jobs; and Ewan McGregor in others, but neither bothers me!

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

I was quite a good all-rounder in athletics at school, but preferred the sprints to the long stuff. During university I occasionally went for a run (as we know it) and dabbled in Sunday league football (fast with a decent shot, but otherwise a bit of a donkey). My first race was the St. Andrews fun run in 2001. The Trotters entered my radar in 2002, when I did the Marldon Apple Pie run (road version). I made a mental note to join a club at some point, which came to fruition in April 2003.

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

I was pretty fast at school, so I suppose it stemmed from there. In later years it was the challenge of running further that appealed and I have always been very competitive – mostly with myself, the hardest person to beat!

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

Finding new places and routes on foot, being able to use running as a means of transport, escapism, relaxation, feeling fit, competition, camaraderie, loads of stuff. It's a great way to learn about yourself and push the boundaries. I like the reactions you get from non-runners when you've done something a bit 'out there'.

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

Hmm, so many! Suppose your first marathon is a big milestone; mine was London 2004. Chairman Rog selflessly paced me round it to keep me from sprinting off. It was a decent debut at 3:22:23, cheers Rog! And we were on telly.

Another contender is a run I did with Dangerous Dave. He asked me if I wanted to join him on a run he'd dreamt up from Haytor to Lydford and back, over the high moor. I did. It was off the scale.

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

Anything that involves caning it round Brunel in the winter.

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

The Callow. [If you're unfamiliar with the Callow, see page 11; if you're male and want to know more, join the Lads' weekend away! - eds.]



Graham Penn

Running on air: Ewan competing in the Dartmoor Discovery Ultra June 1st 2013.



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

No particular individual above all others, but an assortment might include Usain Bolt, Paula Radcliffe, Michael Johnson, Joss Naylor, Emil Zatopek, the Brownlees and David Rudisha.

**11. What music inspires you?**

All sorts, but for running it's normally something heavy. I talk metal with Mark Becker, prog with Skinns and a mixture of the two with Mark Hamling. I never listen to music when I'm actually running though; I like to have all my senses available to me. Just me and the surroundings.

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

I'm not really that fussed about films; I might watch a couple a year. Gladiator was a quality production, but I also like the cult silliness of Wayne's World and Austin Powers type stuff.

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

Do the maths. If you're training well, you know what time you're going to run before the gun goes off. Break it down into minutes per mile/km/whatever and ignore what everybody else is doing. That said, for 10 miles or less it's sometimes fun just to follow Smokes' advice... GLFAHO!

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

Dartmoor Discovery.

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

I used to have a lot more disasters; 1:58 at Torbay Half in 2003 was fairly spectacular. I struggle in the heat, so DD 2006 was a particularly long day out. I'm not a big fan of Plymouth Hoe 10; it's a necessary evil.

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

1:19:30 at Bideford Half 2013. I paced it perfectly, which is almost unheard of for me. I've also done 10 Dartmoor Discoveries, but I've never done it justice on the clock.

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

I tore a hamstring in the 100m at school when I was about 13. I was out of action for months. Touch wood, I have been fortunate so far in my distance running endeavours. Apart from the occasional over-use niggles, nothing's hindered me too much.

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

The fact that it's cold, wet and dark. I'm more likely to slack in summer. At the time of writing the clocks have gone back and I'm just back in from my first official winter run; very wet and dark, but not cold!

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

To go sub 3 in the marathon. I'll have a bash in Valencia on November 17th. Apart from that, just to get faster and build on last year's good work. I'd love to set a senior men's club record, but I don't know how realistic that is! I've got five and a half years left. I also want to nail the Discovery rather than just get round.

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

I'm using two pairs of old knackered trainers that were in the garage. I read 'Born to Run' and changed my style which meant there was no need for fancy cushioning. One pair is Brooks: the toe has worn through but they're really comfy – my racing slippers. I can't remember what make the other pair is, but they still work. They must've done 5000 miles between them, the soft grey stuff is showing through the soles.

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

Decent socks. Stop watch is great too.

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

I've recently started swimming lessons to improve technique. But I'm still way too crap to think about triathlon.

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

Painting and drawing; I'm a self employed artist as well as enduring the day job. Obviously I love to spend time with Zilpah! Other pastimes include walking, ale, music, reading... all the usual stuff really.



Graham Penn

Ewan with Zilpah, Dartmoor Discovery last June.



# Captain Tarquin's Corner



## Men's Captain Tarquin celebrates recent achievements in his final report.

Here we are in January and the start of another year – happy New Year to you all!

With running, we don't really have a 'close season', giving us time to recover, as no sooner does one racing season end, we find we're on the starting line for the first race of the new season, and so it was as I stood on the starting line of this year's First Chance 10k on Sunday 5th January. This race is always seen as the traditional curtain raiser for the new race season. It's also a race where a lot of people do considerably better than they had feared they would do, considering the potential for Christmas/New Year excesses and the fact that their training might not have been of the same quality as normal during the December period. However, the chance for PBs had been scuppered, as the course had to be altered due to flooding, which resulted in a sub-standard distance of roughly 9.7 KM, instead of the exact 10k. It was a race for a lot of new faces to the Trotter racing scene and I was pleased to see so many on the start line. For the men, it was the chance to meet some new young guns, with Kieran Crewes and Nigel Barnett running in their first ever race. They joined recent junior addition of Tom Besford to make an exciting sight of three new juniors in royal blue vests. Kieran ran a very controlled race, despite his racing inexperience, and finished in a time of 37:44 and 40th place, being 2nd Youth Male to finish. For those of you who normally run in the main group on a Monday club night, Kieran is one of two youngsters (along with his mate Adam Batt) who are seen dashing off into the distance, before looping back at a similar high speed. Many youngsters in their first race have been known to run off with the leaders and then 'blow up' half way round, so it was heartening to see Kieran run a very sensible race.

Tom Besford was the next of our trio of juniors, finishing in a time of 41:34, whilst Jamie Barnett pushed him hard, with a finishing time of 41:58. Tom and Jamie regularly attend the Friday Club training session in Teignmouth, so I have been able to have the pleasure of training with them and watching their development. Kieran, Tom and Jamie, along with Adam Batt, are to make up the Trotter's first junior team at the forthcoming Armada Relays on Sunday 16th February – this will be a taster for their team performance in the Erme Valley Relays in July.

Craig Churchill, Bruce Campbell, Rob Cowling, Graydon Widdicombe, Gary Watson, Stephen Morfey, Keith Anderson, Pete Hayward, Kevin Besford, Derek Blackford, Nigel Barnett and Rod Payne also opened their accounts at the First Chance.

Without even chance to catch breath, many of the Trotter men were back in action again one week later, at the ever popular Oh My Obelisk race, in Dawlish. This 11.5 mile off-road event is a perennial Trotter favourite and takes the runners on a gruelling climb from Dawlish leisure centre, up to the Obelisk, in Haldon forest, and back.

Fine performances by Geoff Davey (7th), Lance Mason (16th) and yours truly (4th) ensured that the Trotters clinched the 1st male team award here. Geoff pushed me extremely hard up the speedy road climb to the Obelisk and then harried me all the way back down again; this shows his hard winter training is paying off and I tip Geoff for greater things this year. These tougher courses suit Geoff, who is a very gritty and muscular runner and always excels when the quad muscles need to be used. Geoff was also awarded the 1st Senior Male award.

Craig Churchill, Travis Wood, Jon Grimes, Rob Cowling, Ian Langler, Keith Anderson, Pete Hayward, Graydon Widdicombe, Stewart Dunn, Neil Pallant, Jimmy Donovan, Dave Dunn, Derek Blackford, Mark Wotton, Stephen Wallace and Guy Roberts also tackled the Obelisk and acquitted themselves well. It was great to see Ian Langler and Stewart Dunn back on the racing scene and I look forward to seeing them at a few more races this year. Craig Churchill finished in a fine time of 1:32:47 and 40th place; he has been having a personal battle with Helen Anthony and again chased her hard, as he did at the First Chance 10k.

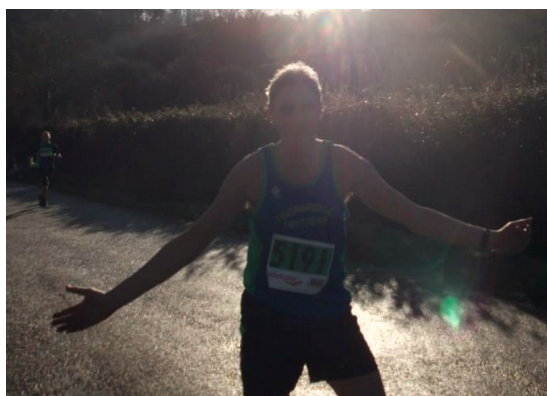
Mark 'Wurzel' Wotton provided us all with another amusing story, as he ended up taking a wrong turn somewhere on the return section of the course and ended up running around Dawlish town centre – what's even more amusing is that he took his sister (Ruth Johnson) and a number of other runners with him! Surely this should see him gain quite a few Horses Arse points!

## "unmetalled roads..."

The following weekend, the Trotters were back in action again at the Axmouth Challenge in east Devon. This quiet race is proving to be more and more popular and this year attracted 21 Trotters which was great to see, especially when you consider that it only costs £8 to enter this 10 mile event and they lay on free soup, tea/coffee and cakes. The race supports a local good cause, so it's all the more heartening to see a good turn out. Although the course was mostly over country roads, about a ¼ of the course was run over off-road sections. Most of these off-road sections were over 'unmetalled roads', so it didn't really warrant off-road shoes; however, a small section took us over a steep field, and this section caused quite a few difficulties, with many of us taking a slippery tumble. Myself (1:04:13) and Lance (1:16:36) led the Trotters home, with Lance coming home as the 1st MV50 and 7th overall. Making a welcome return to championship racing was our club chairman, Roger Hayes, who slipped and slid in as the third Trotter home, in a time of 1:11:04 and 19th place overall. It was great to see Chair taking part in general racing again, after completing his 100 marathon challenge in June last year and he said that he thoroughly enjoyed it, despite taking a massive tumble in the mud!

Craig Churchill again took up his battle with Helen Anthony, for the third weekend running, but was again chicked by her. Craig finished in 24th place, with a time of 1:13:06.

Gary Watson, Keith Anderson (also running in the three races over three consecutive weekends), Pete Hayward, John Skinner, Mark Wotton, Rod Payne, Steve Rawlinson and Guy Roberts also represented the Trotters at Axmouth. John 'Skins' Skinner made a bit of a fool of himself, just 200 yards from the finish, when he stopped to have his photo taken by Wilf Taylor, who was supporting us. David Bailey, Wilf is not and he took some time to get the right shot. Skins lingered, offering various poses, but during this pause Pete Hayward shot past him and grabbed his place. Skins could not then chase Pete down before the line, so came home looking and feeling rather embarrassed. Massive Horses Arse points for you Skins!



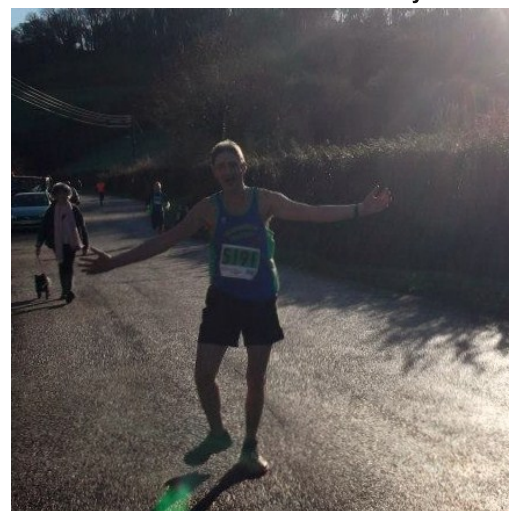
**...second, milk it for all it's worth - it may be the best chance you get...**

on that day. As the Ladies' and Men's races go off at different times, we ask that the men arrive early, so as to marshal the Ladies' event please.

Looking back to the Trotters End of Year Awards (Dinner & Dance), may I wish Tom Besford (Most Promising Male Newcomer) and Keith Anderson (Most Improved Male) many congratulations. Tom has been a consistent performer at our Sandygate Loop series, over last summer and has been showing great promise at training nights. Tom also tackled three 10k races at the end of the summer and improved in each one of them. I look forward to seeing him go from strength to strength as the new year progresses.

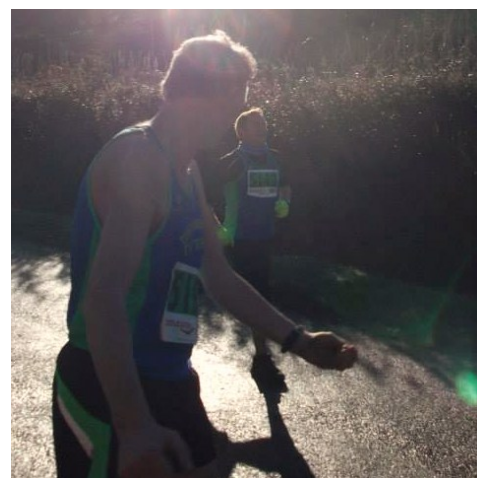
The award for Most Improved Male Trotter was a close run thing and Allen Taylor was a close second to Keith. Allen has been magnificent with the way he has progressed: after starting in the Beginners Group two years ago, he has progressed rapidly and is now a regular ultra-distance runner. His greatest achievement last year was winning the 56 mile Kennet & Avon canal Ultra marathon. Allen also set PBs in many events and has had a thoroughly cracking year; a result of a lot of hard work and training. However, on the night there could be only one winner and Keith was the one who received the most votes from the committee. Keith too has vastly improved and

Photos: Wilf Taylor



**The rule of three, John 'Skins' Skinner style: first of all, glad-hand the photographer...**

The racing now continues in earnest, with the Braunton 10 having been completed by the time you read this and then the Fulfords 5 on Sunday 2nd February. Following that, we have our own Bovey Tracey Cross Country, on Sunday 9th February. We organise this event and we ask that you offer your services to help marshal



**...and third, allow that young Pete Hayward get in front.**



has set PBs at every distance/type of race in 2013, bar one. At the ripe old age of 63, this is no mean feat and what really shows through with Keith is the way that he can race, weekend after weekend (and during the week too), without any noticeable drop in performance, or injury.

Congratulations to club champion Garry Smart, who also achieved the fastest marathon time, of 2:50:53, which was set at the London Marathon. The fastest 10k and half-marathon times were set by former member, David Tomlin, who decided to not renew his membership at the end of the 2012/13 year. However, whilst he was still a member he recorded these fastest time at the First Chance 10k (in January 2013) and Bideford Half (March 2013).

This will be the last Captain's Corner I will write, as I have decided to stand down. After being the Men's Captain for four years, I believe it is now time for someone new to step forward and lead the men into battle. I have written a separate article, to advertise this, but if anyone is interested in taking over, please come and speak to me, or simply put yourself forward by writing your name on the nominations sheet that will be made available at club nights for the next few weeks.

## Captain Catherine's Corner

With her final report as Ladies' Captain, [Catherine Barnes](#) describes some outstanding recent achievements.



Catherine (right) with Angela Blakesley last summer, enjoying the Dartmoor sunshine.

Although a bit belated, I'd like to wish you all a happy New Year. I hope January has started well for you all and that you're enjoying getting back into training and racing again.

Many of you were at the Dinner & Dance back in December and I'd like to congratulate Jacki Woon for winning the Ladies' Championship in 2013, Helen Anthony for winning the Most Improved Female and Abi Blee for winning the Most Promising Newcomer. We had 13 ladies complete the Championship and the top 9 were awarded prizes for their achievement.

Over Christmas and New Year there were a few races and Sally Ingledew and Sharon Bowman ran their last marathon of the year at Portsmouth. Rain and headwinds made it a difficult route although some of the views compensated a little bit. Sally was home in 4.26.54 and Sharon found it slightly harder and was back in 5.06.14.

Just after Christmas was the Stoke Stampede, a 10k race in Stoke Gregory near Taunton. After the dreadful weather we have had, there were rumours it might be cancelled due to flooding but in fact the weather on the day was fine. Five ladies entered and Helen Anthony was the first Trotter home. Emma Percy was next in a great time of 50.11, inching ever closer to her goal of a sub 50min 10k. She was followed by Sharon Bowman, Katrina Zapple and Kirsty Bowman.

Always a popular race and part of the championship is the First Chance 10k. Again, there were possibilities of the race being cancelled due to flooding and the organisers had to alter the course and change the start time to ensure the route was safe. In the end the course was not an accurate 10k which was frustrating for runners looking for a PB, but Helen Anthony and Jacki Woon won 3rd F35 and 3rd FV50 respectively. Other ladies braving the miserable weather were Abi Blee, Sharon Bowman, Ruth Johnson, Kirsty Bowman, Donna Walker, Cath Pilton, Bev Dennis, Lucy Payne and Nicky Cowling.

Sally Ingledew's commitment to marathon running drew her to Milton Keynes to run the Winter Enigma double



## I wonder if this year will see a shake-up in the club championship?

marathon. Not only did she have to run two marathons in two days she also had to keep running round the same lake again and again. Being mentally and physically strong, Sally completed the Saturday race in 4.24.40 and the Sunday race in 4.36.23.

On the 12th January, the Dawlish Coasters held the Oh My Obelisk race, which started at Dawlish Leisure Centre. This tough, hilly race is part of the championship and attracted a number of ladies. Our team of Helen Anthony, Tracy Elphick and Jacki Woon won the ladies team prize and it was great to see Tracy back racing and in such good form. Our ladies team was followed in by Tamsin Cook 1.44.54, Sally Ingledew 1.56.24, Kirsty Bowman 1.56.36, Abigail Blee 1.56.40, Donna Walker 1.57.57, Ruth Johnson 1.58.12, Sharon Bowman 2.02.35, Bev Dennis 2.07.23 and Cath Pilton 2.11.37. Ruth's time is particularly impressive considering she ended up doing extra miles after trusting that her brother Mark Wotton knew where he was going, when actually he didn't!

Up at Westward Ho!, Hylda Stewart continued with her plan to complete the series of Brooks Westward Cross Country League races. Hylda successfully finished the 5,600m course in 34.04 and hopefully she might win an age category prize.

It's been very interesting to see who has entered the Dartmoor Discovery, which will be on the 7th June 2014. We host this ultra-marathon of 32 miles on Dartmoor's roads and every year it sells out in a few days. Sharon Bowman, Lucy Payne, Sally Ingledew and Jacki Woon have all secured places and they have all run it before (although I'm not sure this makes it any easier!). I scarcely believe that Emma Percy and Eleanor Taylor have entered before and I admire their courage in doing so. Ruth Johnson, who has consistently improved since she joined us last year has also decided to give it a go. Kirsty Bowman will be tackling her first DD in 2014 and may possibly be the youngest entrant in the race. I am sure the training will soon start in earnest and I look forward to hearing how you are all getting on. As always we will be looking out for people to help marshal on the day, so if you are free and want to help, please let Tarquin know. It really is a great day and inspiring to see all the runners tackling this challenging course.



**Ready for the off: Donna Walker, Abi Blee, Tamsin Cook, Jacki Woon, Cath Pilton, Helen 'Zippy' Anthony, Sally 'MQ' Ingledew and Tracy Elphick at the start of 'Oh My Obelisk!'**

I wonder if this year will see a shake-up in the club championship? We have already had two championship races and some of our newer members have been out racing. Remember, you don't have to say that you are entering the championship, you just need to complete the races (wearing your Trotter vest) and you'll automatically be included. It's good fun, a little bit competitive and very satisfying at the end of the year to look back at your achievements. If you have any queries on the championship please let me or our championship secretary Tarquin know.

Spring marathons, including London, are looming and I am sure the Saturday social runs will start again in earnest. These runs are a great way to build up your miles in the company of others and have greatly benefited people in previous years. We already have away runs organised around Ipplepen and Haytor but we are always looking for people to come up with new routes and make the miles more interesting so if you can help just let us know.

It will soon be time for our Annual General Meeting in February. At this meeting, the officers, committee and non-committee members for the following year will be elected. I have enjoyed being Ladies' Captain for the past year and it's been great to see how much you have all improved. However, I don't intend to reapply for the position as I simply don't have enough spare time to develop the role as much as I would like, so if you haven't already thought about putting yourself forward as ladies' captain (or any other elected role), then please consider it. The nomination sheets will be going up on our noticeboard at Coombeshead College soon. If you have any queries on what the role currently comprises then please let me know.

I wish you all successful running; let's hope the weather perks up!

# And finally...

Some astute observations from a relative newcomer to the Trotters - but who is the author? A small, worthless prize will go to the first correct, honest guess - please ignore if you have inside knowledge! A clue: the mystery person is in this group photo of the post-Xmas run in December.



In no particular order, these are 10 things I've noticed after a year of being a Trotter... is this normal?

1. 90% of our household washing is now running gear.
2. The vet doesn't tut at how overweight the dog is when he has his annual pet check: if I have to run, so does he!
3. I now know that Chair is a person and not something like 'The Claw' from Toy Story, being liable to reach down from above at any moment (although the name should be said with a similarly reverent tone of voice).
4. We celebrated the fact that our holiday plans mean we're back in time to meet Tarquin's call to arms and marshal at the DD.
5. I know what 'DD' is without having to look it up!
6. I still don't know what a parluff is but have a feeling I'm going to find out!
7. I've been known to run round the car park on the return from a run just to get the extra 0.1 miles for my monthly total.
8. I still feel like other people's months must somehow be longer than mine when they publish their mileage totals.
9. My new year's resolutions are to do things I previously said I had no intention of EVER doing and, thanks to all the support and encouragement received, I now believe just might be possible.
10. I'm happy to say that my Facebook 'friends' page is dominated by smiling faces wearing blue vests!

## 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 14th February**. As a general rule it will be the Friday following the second Monday in the month.

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 buy lunch for the editors? We'd love to hear from you.

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