

# The Trotter

Teignbridge Trotters Newsletter

Number 14

February 2014



## Quadzilla Success!

Super-marathon princess, [Sharon 'Fizz' Bowman](#), tells the story of her four marathons in four consecutive days.

Back in November 2013, I did a double marathon at Caldecotte Lake with marathon queen Sally Ingledew. At the time this seemed total madness but I completed it with her and it was all in preparation for my next mad thing this year - The Enigma Quadzilla. "What is that?" I hear you say, so let me explain and put you in the picture. It's four marathons run on consecutive days around the same lake. It's in its fourth year and only ninety people to date have ever

# News Desk

## Chairman **Roger Hayes** reporting.

Rain, rain and more bloody rain! When will it ever stop? I don't know about you lot, but I'm fed up to the back teeth with it. Day after day of relentless storms, surely as some sort of payback, we're due a good summer?

The underfoot conditions at the recent Bovey Tracey Cross Country certainly reflected the weather we've had. To say it was tough going in places was an understatement. On behalf of Howard Cotton, the RD and Mark Wotton, the chief marshal, a massive thank you to all those who helped marshal and in particular to those that helped mark out the course and pack it all away.

That was the last year that both Howard and Mark will be at the helm, as they're standing down from their respective rolls. It means we're now looking for two members to fill those positions. If you are interested and would like to know a little bit more of what's involved, please speak to me. What I would say is that both jobs aren't quite as onerous as being an RD or chief marshal for any of our other races.

You'll see I've collated a table (right) showing the overall total of men and ladies who have taken part over the past three years. It also shows the total of Trotters who ran the race. Looking back I noticed a certain Mr Anderson, who finished last in 2012; just goes to show what a massive improvement our co-editor has made.

Could I please remind all our first claim members that you're allowed to take part in only two Trotter races per calendar year, plus the Bovey Cross Country, and that you're encouraged to help out whenever possible. You've always been very good in offering your services, please continue to do so during 2014.

Our races NEED YOU! (dates of this year's races are: Dartmoor Discovery - Sat 7th June; Haytor Heller - Sat 19th July (6.30 pm start); Totnes 10K - Sun 3rd August (11.00); Ladies 10K - Sun 14th September (11.00); Templar Ten - Sun 2nd November).

By the time you read this our AGM will nearly be upon us. Hopefully you will have received an agenda. Please make every effort to attend. It looks likely that there will be a need for a vote to ascertain who will serve on the committee for 2014/15. The meeting will take place upstairs at Newton Abbot Leisure Centre at 8pm on Wednesday 26th February. Training will start at 6.30pm that evening.

For those hoping to take part in the Swimbridge 10K (our club trip) please let Kevin Besford have your entry, as he will be sending them all off together at the end of this month. Entry forms are available in the key box on a training night or from our race diary page on our website. Remember, if you gained two marshal points last year, you're entitled to a free entry.

One of the many uses our Trotters Facebook page has, is to give members the opportunity to swap race numbers over. Most weekends there are numbers being advertised. If you can't run a race, it's a great way to re-coup all/most of your entry fee and at the same time make someone happy! If I could remind anyone doing this, please make sure you clear it with the race organisers: they will obviously need your details as well as the person who you are swapping with. As a club we take a very dim view of any members failing to follow this procedure!

Having been 'away' on the marathon circuit for a few years, I'd forgotten just what a great competition our club championship is. Having decided to give it a go this year, I have to say, I'm loving it! If you have never completed it before, I urge you to give it a go, it might be just what you've been needing!

Bovey Tracey Cross Country			
	2012	2013	2014
Men's Total	105	94	116
Trotters	5	10	15
Ladies Total	54	56	62
Trotters	5	8	6



# Membership report

**Membership secretary [Dave Dunn](#) welcomes some newcomers to the Trotters and celebrates some illustrious birthdays.**

There is only a matter of a few weeks left in this membership year, and in next month's edition of The Trotter I will be giving details of the process for renewing your membership. Next year's subscription fees will be set at our upcoming AGM on 26th February. Your committee will be proposing that they remain at their current levels, as our finances do not warrant any increase. However, this healthy state of affairs is only possible through the sheer hard work of our various race directors and you, our members, who give up your time voluntarily to help stage our six events.

We haven't had to welcome too many new members over the past couple of months, with only three names being added to our membership database since Christmas. This brings the total number of members to exactly 250, as I have to report that Gary Caunter, who has served our club as Secretary, and who was my predecessor as Membership Secretary, decided to terminate his membership at the turn of the year.

However, we are very pleased to welcome Derek Skinner, Mark Walker and Kate Lenthall into our fold. Derek, 52, from Newton Abbot, has been very active since signing on the dotted line, going out with the Wednesday 10 mile group and joining in some of the weekend "A" Group training runs. Derek, who has already completed three marathons and an ultra, looks like he will be a more than useful addition to our veteran ranks.

Mark is the other half of member Donna Walker. Mark, 50, from Chudleigh, is "Pistol" Pete Aston's boss, and his company Webselect hosts the Trotters' website. Mark, like Donna, is a Tae-Kwon-Do black belt and a first responder for the Ambulance Service, and so may prove very useful in more than one capacity at some of our events!

Last Wednesday I ran in the same 6 miles Social Run as Kate, 25, from Kingsteignton, and I was very impressed by her consistency of effort throughout the run for someone with less running experience than most. Kate will only improve further as the year progresses.

There are only three notable birthdays among us Trotters during March. "Pukey" Peter Blakesley will be 55, Jessica "Perky" Parkes reaches 35 and the aforementioned Donna Walker will celebrate her 45th birthday. Happy birthday to all of you, and may you enjoy running under your new veteran status.



**Birthday celebrations:  
Perky Parkes, Pukey  
Peter and the  
aforementioned Donna.**

# ***Enigma Quadzilla - continued from front page:***

completed it. On completion you are able to come back the following year with a prestigious green number, of which Sally is number 14! I will now be 106 if I decide to do it again.

This particular adventure began on Wednesday 5th February when we travelled up to Milton Keynes to the Caldecotte Premier Inn which is right by the lake we had to run around. Due to flooding, the Enigma boss, David "Foxy" Bayley, and his amazing race director Karen "I have to stand around for hours ticking little boxes off as laps are run" Webber had made the decision to change the venue to Furzton Lake. This was a few miles away so we upped and moved ourselves to the Premier Inn there on the Thursday morning before the first marathon: not ideal preparation. Also, this lake was smaller and we would need to run around 17 times each day instead of 7 laps at the other venue. In hindsight, I actually found this lake more sociable and easier and at least the event didn't have to be cancelled.

## ***DAY 1 - It's only another marathon!***

I knew a few faces at the start but not many so stood rather nervously awaiting a quick race briefing and leaving my supplies in a little tent that we went past every lap. A count-down from Foxy and off we go, all 53 runners.

It was strange as I started, thinking about what lay ahead on the other days, but I just treated it like another marathon. I kept the pace nice and steady and ran with Heather who was doing 10 in 10 marathons (and I thought I was crazy!). We had lots in common and the only thing that dampened our spirits was the rain that set in after about 10 miles. 15 miles in and Heather was pulling away. I was having an argument with my "shotblok" so I let her go. I did a few miles on my own but I was feeling good. I met up with Emily. Little did I know how much fun we would have and, for the rest of the laps and miles, we laughed and chatted with other runners. She met another runner called Davey and they both sang to me. It was a top karaoke moment, just like being in the White Hart.

Day 1 was complete - 4.47.55 and 38th.

**Track of the day** – *We Are Family.*

**Food of the day** – shotbloks and gels (Ikea meat balls and mash potato).

## ***DAY 2 - Realisation is hitting – I have done a double before!***

After Day 1 I felt really good. Sally and I had swum after the run so my legs felt good. Off we went again. Although the weather wasn't too bad, the wind had picked up on one side of the lake. I spent a few laps once again with Heather and on the third one I saw Emily running. She was in a flap as had got stuck in traffic and her time had started at 9.30. After around 9 miles, I started to feel like someone had hit me with a hammer. I told Emily to go and she and Heather trotted off. I felt in a bad place and chatted to a few runners. They all seemed to be suffering. My friend Claire had arrived from Brighton to photograph the event and support me and other Enigma friends she had made at the double last year but even her spirits didn't lift me! It was time to plug in and listen to music. Because it's traffic free we can safely use headphones and what a difference it made. By mile 14 I was a different runner. I was smiling and singing, feeling strong and started passing runners that thought they had seen the back of me.



**Sharon cruising with Emily Hanlon and husky Boyska.**

After I got back to our room, I decided to have some toast but turned the knob the wrong way and instead of making the toast lighter, I burnt it and set off the fire alarm! Sally couldn't stop laughing and posted that straight on Facebook while I held the door open and explained my stupidity to the manager. The policy was to evacuate and the fire brigade were called to reset the system, so off to the fire assembly point it was with other runners and postings on Facebook about "someone burning toast." Lesson learnt - don't take a toaster to the Premier Inn!

Day 2 complete - 4.56.17; 33rd.

**Track of the day** - *Things Can Only Get Better!*

**Food of the day** – gels and crisps (roast turkey and beef and all the trimmings) [No toast then, Fizz? ...Eds]



### **DAY 3 - No man's land but half way through!**

There was a different feel about today. Friendships were being cemented and many conversations were of laughter after my "toaster" incident and my marathon brain. They were all glad to know I had porridge for breakfast! Off we all go again, round and round the lake. The wind was really strong and some wintry showers hit us but the morale wasn't dampened and my first 10km was spent with Emily and her husky, Boyska, who kept me entertained as she had him on a harness around her waist. Every dog he met he tried to sniff. He also seemed to develop a fascination for geese and swans. I am surprised I didn't have to yank him out of the lake! Once again I started feeling tired and my legs were a little heavy (something to do with 52 odd miles in 3 days) so Emily and her dog went off. I found myself a little alone but once again it wasn't for long and I made some more friends, two of which were from Taunton and one from Ashburton. Time to plug the music in. Claire wobbled beside me on her bike and I broke into song with an ELO hit, Mr Blue Sky, and as we looked over the lake a fantastic rainbow had appeared. This marathon was in the bag, I knew it, and once again finished strong smiling from ear to ear.

Day 3 complete - 5.01.22; 39th.

**Track of the day** – *Mr Blue Sky*.

**Food of the day** – Twiglets and gels (roast turkey and ham and all the trimmings).

### **DAY 4 – The lap of honour for the Quadzilla 2014.**

On day 4 I felt on such a high I thought I would burst. After day 3's run I had got back to the room and had become very emotional. The tears had flowed from me but, after talking with my daughter Kirsty and a few texts to my family and friends, I felt better. My legs were doing well so just 26.2 miles to go and 17 laps for the coveted hoodie we wanted so badly!

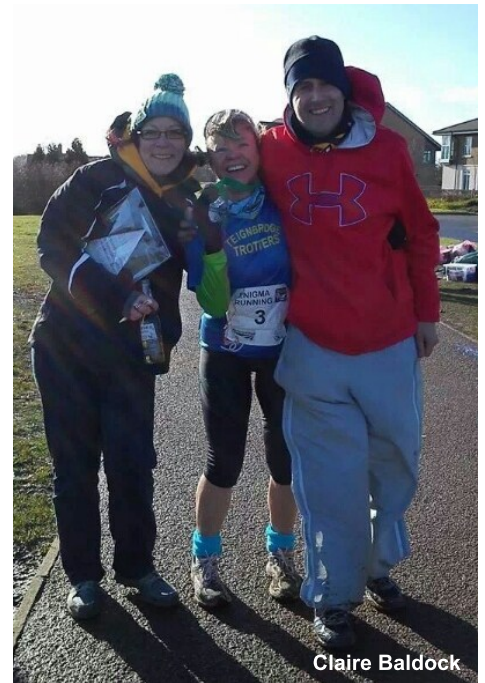
The wind was strong but we all felt like flying anyway so off we went once again, Emily and me chatting about our evening and Heather talking about her new niece and nephew twins being born the previous night. The Enigma family felt so good and Foxy and Karen kept us all going once again as they had on all the other days. Claire was snapping all the moments and, as I ran into my third lap I saw a Mini pull up that I thought looked like Kirsty's. My mind drifted wishing it was her and ...hang on ...a girl stepped out with blonde hair. It was Kirsty and her two mates, Dan and Em, who had driven up to see me! I was running on air the next lap so I could make sure it was her when I got to the next lap. She put her running kit on and joined me for several laps and I was made up. Then it was time to get down to the final 7 laps. Plugged in and focused, it was down to business and before I knew it 7,6,5,4,3 laps had passed. The penultimate lap was a weird feeling but getting to the last one was so close. Emotions were hard to keep in check but the last lap was here. What would somebody do, after 67 laps and over 76 miles, on their final lap? - sprint and run like you have never run before. It was like I was on fire and I raced past many others on their last lap but this time I just tapped them and said, "Well done, let's get this baby over." There was the finish with Foxy, Karen, Kirsty, Dan, Em and Claire waiting for me! Wow, I had done it and, as Kirsty put my last medal round my neck and Foxy gave me my hoodie that said "I survived the Enigma Quadzilla," the emotions ran!

Day 4 completed - 5.06.54; 32nd.

**Track of the day** – *We Are The Champions!*

**Food of the day** - peanuts (someone ate all the twiglets) and gels (Domino pizza - and all the trimmings!)

**TOTAL TIME FOR 104.8 MILES = 19.52.28 AND 68 LAPS OF FURZTON LAKE!** The 106th competitor to complete the "Enigma Quadzilla"! Only the second Trotlette (Sally Ingledew has done three now) and the third Trotter after Roger "Chairman" Hayes.



Claire Baldock  
Sharon 'Fizz' Bowman with race director Karen and Enigma organiser Dave 'Foxy' Bayley.



Claire Baldock  
What daughters are for: Kirsty greets Fizz near the finish.





# EA AND ARC

## ALL YOU NEED TO KNOW!



First things first, let's be clear what EA and ARC mean; EA stands for England Athletics and ARC is the Association of Running Clubs. EA are our governing body and are in partnership with UKA (UK Athletics) and Sport England. ARC was formed by a group of volunteers unhappy with the way EA was being run, they wanted to provide an alternative for running clubs. The Teignbridge Trotters took the decision to affiliate to both.

### So, what are the differences?

For starters ARC are a not for profit company, unlike EA. ARC is run by volunteers, unlike EA, who have a large workforce and a wage bill to match.

This is where it gets slightly confusing. UKA offer the race permits and have their own set of race rules. EA offer the competition licence, allowing you the discount at UKA races. Both offer comprehensive insurance. ARC offers both the insurance and the race permits.

However, the main difference is in the bureaucracy. The requirements needed in obtaining an EA permit are far greater than those needed for an ARC one.

### Do they get along?

They didn't when ARC first arrived on the scene. EA fail to recognise their existence but as the years have gone on and ARC's membership has grown

(116 clubs in 2007 to over 300 in 2013) EA have had to wake up to the fact that they have a competitor. ARC races allow EA members the £2 discount; EA races do not allow ARC members the same discount. I guess you could say there is room for more recognition on behalf of EA.



### Our current battle with EA.

Noel Fowler and myself have worked long and hard, with the backing of our committee, to try and get UKA to make a change to the rulebook.

We wanted the rule changed to allow members of EA affiliated clubs without a competition licence, to be able to enter EA races, pay the extra £2 and still be recognised as a member of Teignbridge Trotters. We believed that by paying the extra £2 they were in fact buying a temporary licence. What was happening was that EA races were entering our members as unattached, even though they clearly weren't. At best they were being entered as non-scoring Teignbridge Trotters (unable to count in a team).

Unfortunately EA voted against our proposal and we are in the same boat as before.

### So what happens now?

Race Directors of EA races are still in the awkward position of not knowing quite what to do with club runners who choose not to have an EA licence. This is the copy of the email I received from John Temperton from EA;

*Club affiliation is a must in all circumstances and individual registration is a "must" for national championships and "should" be for all other team competitions. There will also be a new line in the definitions at the front of the rulebook where "should" will be defined as "expects" rather than "hopes". As ever there will be a degree of interpretation behind the rule for open team competitions.*

As you can see, unlike national championships where EA competition licences are a 'must' with other team competitions it's a case of 'should, expects and hopes'. This is just so typical of EA; it will create nothing but utter confusion.





### **I guess the battle is lost?**

Not as far as I'm concerned! I won't be renewing my EA competition licence this year. Most of our club championship races are ARC ones anyway, so I won't need it. By the way, if you enter an ARC race and it asks you for an EA number, ignore it, it shouldn't be on the entry form!

If I enter EA races, I will pay the extra £2. If they choose not to enter me as a member of Teignbridge Trotters, I will make it my business to ensure they do!

Of course if I try to enter online, most of the companies

who deal with such matters, won't allow me to enter as a member of the Trotters unless I have an EA number. I've tried to get that altered but guess what – no joy!



### **My summary.**

I strongly believe that ARC's membership will continue to grow, as will the amount of

races that apply for an ARC permit. I also believe that the cost an EA competition licence will steadily increase to eventually catch up with Scottish Athletics members who pay £18 for their licence.

Will clubs even bother to affiliate to EA? That remains to be seen.

Rog Hayes  
Chairman



Churchy having fun at the Fulfords 5



# Tempest and Famine!

**Coach-Coordinator and Renaissance man Rod Payne gives his own perspective of training's trials and tribulations.**

It's lunchtime at work as I sit in my metal Portakabin office on Torquay sea front. I am listening to the wind howling but at least the torrential rain of this morning seems to have stopped (for now).

Lucy and I are travelling up to Hampshire this weekend but it is touch and go as to whether our race on Sunday, the Bramley 20, will go ahead. We have already lost the Mad March 20 to the weather on 2 March and have quickly replaced that with the Bideford half-marathon. Bideford is a chance to get in another championship race but not what we need in preparation for our spring marathons at London and North Dorset, which are both stepping stones to the big one, the Dartmoor Discovery in June.

We are creatures of habit and we always look to supplement our long spring training runs with three 20 mile races: the 2 aforementioned races and also the Cranleigh 21 in mid-March. It is a real blow when a race falls foul of the weather as there is no substitute for a bonafide race to boost the confidence and to gauge where you are in your preparation.

On our training nights at club, the weather on the whole has been kind as on even the foulest of days the storms have abated by 7pm to allow us to get out, and the numbers of brave souls turning up at Coombeshead on a Monday and Wednesday have been impressive.

We must not dwell on the atrocious weather though, and to her credit Lucy is turning out in conditions that once upon a time would frighten her to observe from an opening in the curtains. Is this really my Lucy, my hitherto fair weather friend? Being a Teignbridge Trotter has uncovered in her a competitive streak she never knew she had, a stubbornness that I knew she had but still surprises me and above all she has an interest in a sport she is genuinely good at. Add to this all of our fellow members that we now count amongst our mutual friends; so on the whole, life is good for this pair of ageing Teignbridge Trotters.

Lucy can only wonder what she might have achieved had she taken up running as a youngster. I tell her that, with only 4 years of running in her legs, she should be grateful that she is not carrying all of the wear and tear injuries that us old crocks who have been at it for donkeys years suffer. She can strive for personal bests but we can only bore people with stories of how the standards are not so good these days.

For me 2014 is my renaissance year, time to fight back. The year so far has started with a good diet, hard training and some tough targets that I want to achieve already jotted down. I am unsure whether or not this tired old hulk will stand up to the rigours of training and racing but I am going to have a damned good crack at it.

So if you see me in front of you then it may just be time for you to start working hard too.

See you all out there!

Rodders



**Famine rewarded: Rod and Lucy at the Bramley 20 on 17th February.**



**AGENDA FOR ANNUAL GENERAL MEETING  
WEDNESDAY 26TH FEBRUARY 2014, 8.00PM  
at NEWTON ABBOT LEISURE CENTRE**

- 1. Apologies**
- 2. Minutes of the 2013 AGM**
- 3. Chairman's Report**
- 4. Secretary's Report**
- 5. Treasurer's Report & Approval of 2013 Accounts**
- 6. Election of Officers/Committee –**

Chairman – Roger Hayes  
Vice Chairman – Tina Caunter  
Secretary – Mark Becker  
Treasurer – John Caunter  
Membership Secretary – Dave Dunn  
Club Championship Secretary – Daryl 'Tarquin' Milford

General Member – (there are 7 positions available, 11 members wish to stand)

**1. Sarah Schutte**

I've been a Trotter since 2006. This year has been my first year on the committee and I have been amazed by the work that goes on behind the scenes to keep our great club running smoothly and I'd love the chance to be part of it again this year.

**2. Keith Anderson**

I started as a beginner with the Trotters three years ago, and have now run most race categories, from 3K track to Dartmoor Discovery Ultra. This amazing club has such a positive influence on my running that I want to do what I can to help it continue to thrive.

**3. Stewart Dunn**

I have been on the committee for three years and I have been marshalling races and participating in social events for over 20 years. The Trotters is like a family to me. I feel very strongly about keeping to our core values such as coaching and delivering successful races.

**4. Jacki Woon**

I've been a committee member for the last 2 years, and club kit holder for a year. Being a committee member is a way of representing fellow club members by raising issues and putting forward views and ideas on how to improve the activities and general running of the club.

**5. Sharon Bowman**

I have been with the trotters for around 4 years (I think) and seen the club develop and go from strength to strength. I have written the club publicity reports for 3 years and ladies captain and a coach. I feel I can continue to be part of the best running club!

**6. Dennis Milstead**

I have been a Teignbridge Trotter since 2006 and have served on the General Committee for the last two years. I have organised the last three Club Camps. I graduated from Bath University Business School in 1985 and I then worked for an American Investment Bank for 15 years.

**7. Gary Clark**

**8. Nathan Elphick**

I am very passionate about our club, I'm honest and hardworking and extremely motivated. I'm usually found behind the scenes at our races running around getting things done. I'm not afraid to speak up if I feel it is required. I rarely get much chance to race but I have always been there for the club in whatever capacity is needed.

**9. Stuart Moulson**

I have decided to put myself forward for club committee. I have been a member of the club since 2006. I have served on the committee previously and I would now like the opportunity to serve again. Teignbridge Trotters means a lot to me and I would enjoy having more input into this great club.

**10. Neil Pallant**

I'm Neil (Big Mac) Pallant and wish to be elected for the Club Committee post. I have been with the club since 2010 where I started in the beginners and now a coaching leader feel it's time to get more involved with workings of the club and hopefully keep it moving it forward.

**11. Tamsin Cook**

After three years membership my personal circumstances have changed and I have taken a more active interest and now regularly attend training nights, weekend social runs, Friday Club and the White Hart! I would love to represent the members at Committee and would work hard for benefit of the club.

President – **Jose Waller**  
Child Protection Officer –  
Cross Country Officer –  
Ladies Captain – **Caroline Clark**  
Mens Captain – **Rod Payne**  
Press & Publicity – **Graydon Widdicombe**  
Social Secretary –  
Welfare Officer – **Jo Becker**

Nominations will be accepted from the floor on the night for any vacant positions.

# Club Trip

A polite reminder from Club Trip organiser  
**Kevin Besford.**

Entries for Club Trip are starting to trickle in so if you haven't got your entry form yet it is here in the Trotter. Remember if you have the two marshal points from 2013 your race entry is free. If you have to pay then please remember I have secured a £1 discount on the fee printed on the entry form.



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**Davisons**  
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**ROAD RUNNERS**

## 10k and 3k Entry Form Sunday 18th May 2014

Under ARC Rules Permit No: Pending

### Venue

Glebe Recreation Field, Barnstaple Hill, Swimbridge, North Devon  
Parking — toilets — refreshments — first aid — stewards — insurance

### 3k Fun Run (8-14 yrs)

Entry fee: £3.50 (additional £2 if entering on day)

The 3k starts at 10.30 am from Swimbridge to Hannaford return.

### 3k Fun Run Prizes 1st, 2nd and 3rd, in 4 categories

8—11 yrs M

8—11 yrs F

12—14 yrs M

12—14 yrs F

In addition, prizes for Swimbridge runners

### 10k Run (min age 15 yrs)

Entry fee: Affiliated Running Club Members (ARC) £10.00 / Non affiliated £12.00  
(additional £2 if entering on day)

10k Run starts at 11.30 am up and over Swimbridge hills—part road, part track, stream crossings, woodland paths and stunning views — via the old silver mines and Daffodil Valley passing through the picturesque hamlets of Hannaford, Hearson, t  
Wrimstone and Dennington.

### 10k Run Prizes in 6 categories

16 yrs+ M 1st 2nd 3rd

16 yrs+ F 1st 2nd 3rd

Veterans 40+ M 1st / F 1st

Veterans 50+ M 1st / F 1st

In addition, prizes for Swimbridge runners

### Closing date for postal entries: Monday 12th May 2014

Alternatively, you can register online at:

<https://www.sportsystems.co.uk/ss/event/SwimbridgeFunRun12>

(additional online registration charge)

In aid of Swimbridge Jubilee Hall Registered Charity No 300983



Seats on the bus are free and this year after a few drinks at The Jack Russell near the race HQ we will stopping for a carvery at a nearby venue on the way home. First batch of entries will be sent in at the end of this month with any later entries to follow in April.



# 10k and 3k Entry Form Sunday 18th May 2014

Name: .....

DOB (DDMMYY): ..... AGE: ..... M/F .....

Address: .....

Email: ..... Postcode: .....

Contact No: .....

Name of affiliated club (if applicable): .....

Emergency Contact name & tel no: .....

Do you have any illnesses/medication the organisers should be aware of: Y / N .....

If yes, please give details: .....

Please circle category entered: parent/guardian to sign for under 18's

3K fun run at 10.30am      Male    Female      8-11yrs      12-14yrs

10K fun run at 11.30am      Male    Female

Cheques payable to: "Swimbridge Jubilee Hall". Send entries together with a large SAE to the Race Administrator: Stephanie Bull, 14 Oskdale Avenue, Swimbridge, Barnstaple, Ex32 0QW

Contact: 01271 830701 / 079 6663 9868 / e: stephbullhello@hotmail.com

I agree to abide by the rules and understand that the organisers will not be held responsible for any injury, illness or accident to myself or loss of my property as a result of my participation in this event. Furthermore the information you have provided on this entry form will be used for the purpose of producing race results and for health & safety purposes only. This information will not be passed onto any other person or agency. To respect landowners wishes, no dogs on route. Parents are not permitted to run with their child/ren in the 3k.

Signature of all applicants: .....

Signed consent of parent/guardian of applicants under 18's .....

I give consent for my / my child's photograph to be used in the promotion and publicity of the event

Signature..... Date: .....

# The Trotterview

This month's lucky Trotter is Cross Country connoisseur **John Crocker**.

**1. What is your name?**

John Crocker.

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

"Crocks," but I'll answer to anything.

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

"Fat," by my kids when they want to wind me up.

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

About 20 years ago.

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

I needed to find a new sport as I had just given up cricket and needed to keep fit. A friend at work suggested I went running so I did, with Instinctive Sports in Plymouth just as a taster and never looked back.

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

Companionship with fellow runners, especially Trotters and the sense of achievement after a run whether that be training or a race.

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

There's too many to pick out one specifically. Probably finishing the Dartmoor Discovery.

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

I would have to say Friday Club's 12 x 45 secs hard with 45 secs recovery but then I would say that, wouldn't I?

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

Whilst running my second Paris Marathon, nearing the finish I was really on my last legs when a couple of people from the Marathon De Medoc ran up to me and asked if I wanted a glass of wine. Taking the glass and downing it in one they shouted "Bravo Monsieur!" and it gave me enough energy to finish.

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

Emil Zatopek for what he achieved winning the 5k, 10k and Marathon Olympic Gold medals at the same Olympics and for his inspiring quotes. Also Haile Gebrselassie who is just a fantastic runner whose smile just makes you want to get out and run.

**11. What music inspires you?**

It depends but I always have a song that I like to play before a race. At the moment, it's Midnight Show by The Killers where I change the words in my head from drive faster to run faster. At the start of a race, I always have Child of Vision by Supertramp in my mind as it really gets you going. At other races, I have had Keane in my mind, playing their first album in my head. During training I tend to listen to Divine Comedy as Neil Hannon writes fantastic music but always tells a story and it takes my mind of the pain of running.

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

Casablanca - a classic, great story, fantastic actors and stirring music and don't forget the whole film has classic quote after classic quote.

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

Listen to all the advice people are prepared to give you and take the best bits that suit you personally. All advice is good but might not be right for you. Also sometimes the smallest tips are the best such as accelerating around a corner or running hard until you are 10 yards over the top of a hill before you relax.



Crocks at the Plymouth XC, March 2012.





Still up for it: John 'Cocks' Crocker performing at the recent Bovey Cross Country.

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

That is a difficult question. Past races such as Cheddar Half, Jeremiahs Journey and Weston-Super-Mares Christmas Caper all come to mind. If pinned down I would have to say of the current races on offer Taunton Half is my favourite.

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

Great West Run - I never enjoyed it whatever the course. Mind you, Torbay Half on the current course comes a close second.

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

Probably the first time I ran 1 hour 20 minutes for a half marathon at Bideford. I won senior mens bronze medal in the County Half Marathon champs which I was proud of considering the competition at the event that day.

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

I've been really lucky with injuries. The worst and only real injury is an Achilles injury which I had when I ran the Toddle. It started to hurt at 3 miles. By 6, I was virtually limping but raced hard to the finish. When I stopped I then found I could not walk on that leg at all, the pain was so great.

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

The fact that by training I'm going to be fitter than if I don't.

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

To train hard and try and recapture some sort of form is my main aim but my real goal is to reach 100 half marathons. I've done 81 so far.

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

Nike.

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

Probably my Nike racing shoes.

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

Nothing else anymore. I used to play cricket for Plympton and Plymstock but I'm a bit too old for that now.

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

Most of my time is taken up with family and business but I do like photography and have managed to sell a few photos. I also like watching professional sport particularly football and cricket.

# Club Championship update

## The Maestro - Club Championship secretary **Tarquin** - gives us the latest low-down on progress so far in Championship 2014.

The start to the 2014 club championship season has been fast and furious, with seven championship races completed already. There has already been a record number of Trotters who have taken part so far: 10 ladies and 14 men have completed at least four races each, which means that they have already completed a quarter of the required twelve races to fulfil the requirements of this year's championship. This is very good going, in only the first six weeks of the year.

Five men and two ladies have completed five races with two men and one lady having completed six. However, Craig Churchill has been on a championship mission this season and has completed all seven!

In total, 22 ladies and a whopping 48 men have completed at least one championship race so far but for all those who have yet to start their championship campaign, do not despair; it's a long season and it's only just started.

The leadership of the ladies championship has chopped and changed, with last year's champion, Jacki Woon being overtaken by Ruth Johnson, Sally Ingledew and Bev Dennis; all three of whom have done a spell at the top. Beverley is the current leader and is also the only lady to have completed 6 races this year. As the season goes on, however, we look set to see a very exciting three-way battle between Jacki, Helen Anthony and three time championship winner, Eyvoll Aston. After having a quiet couple of years off, mostly due to a knee injury, Eyvoll is back on the racing scene and has set her stall out to complete the championship and to challenge the new order. Although Jacki has won it for the previous two years, she is not going to have it her own way again this year; Helen has certainly shown already this year that she can close the gap on Jacki's domination. On top of that, two time champion Tracy Elphick has also entered the ring, with 50 points gained at the Braunton 10 and 48 at Oh My Obelisk. With many other ladies also nipping at the leaders' heels, it is shaping up to be an interesting year for the ladies.

The men's championship is looking a bit more clear-cut, with myself and Lance taking it in turns to pick up the 50 points; however, Lance has so far beaten me to the 50 points on each time we have gone head-to-head. I turn 41 in April, so that will tilt the age-graded percentages in my favour, but Lance then turns 54 in July, so the advantage will swing back to him again. However, Lance has now committed to completing the fantastic milestone of 100 marathons, so it will remain to be seen whether he can juggle the strains of going for that and still give the championship his full attention; history shows that he is more than capable of doing so. I may have to settle again for the runner's up spot, as I continue to be the Ivan Lendl of the Trotters' championship! However, it may not be as clear cut as that, as the season pans out. A rejuvenated Chairman Rog has this year returned to the normal racing scene, after successfully finishing his charge to complete 100 marathons, in June last year. Two time champion Chairman has fully committed to going for this year's championship and has been chasing Lance and me hard at each race this year. Chair has already completed five championship races and has picked up 48 points in each one, with the exception of the Bovey XC, where he snaffled 49 points. Chair is gradually getting back into form, after taking some well earned rest from his marathon challenge and is showing that he is getting faster as the season progresses. Lance and I will certainly not have any sort of easy ride of it, with Chair gaining on us in each race (and training session).

Will it be as easy as calling it a three-horse race for the men's championship? Certainly not! Craig Churchill is currently in second place and has shown that the rigours of completing seven consecutive races over six weeks do not phase him and that his body can stand up to it well. How fast you can run only plays one part in a successful championship campaign; choosing your races carefully and then being able to stand up to racing regularly are also important parts. Another man who has shown a particular aptitude at this is our 2013 'Most Improved Male Trotter' Keith Anderson. Keith has shown that age is just a number, demonstrating remarkable resilience, and has thought nothing of completing consecutive races and still be placed highly. With an average age-graded percentage of 69.64 over the 5 races he has completed this year, he is also one to watch.

Gary Watson is another quick Trotter, who also has age-graded on his side. Gary is currently in third place and after completing six races (one of only three men who have completed at least six) has also shown that he is able to handle consecutive races.

There's a interesting battle building up in the mid-table: long term Trotter, John 'Skins' Skinner, has this year committed to tackle the championship and has shown great enthusiasm for it too by completing four races so far. He has developed what is turning into quite a comical battle with relatively new Trotter, Pete Hayward, and at each race they re-join what has become a grudge battle with each other. Although Skins seems to get the better of Pete, Skins allowed himself to get involved in a spot of 'show boating', at the Axmouth Challenge and was overtaken by Pete, whilst he posed for the camera. 'Pride comes before a fall', hey Skins!



# Trotters Raise Money for Bowel Cancer UK Charity.



**Trotters Tina Caunter and Lucy Payne present Mr Peter Dewhirst with the cheque.**

Newton Abbot based running club Teignbridge Trotters organised a charity Christmas Card collection during the period leading up to Christmas and at a recent visit to Dornafield Touring Park a cheque for £530 was presented to Park owner Mr Peter Dewhirst for Bowel Cancer UK charity.

Each year in December the Newton Abbot based running club encourages members to write greetings to each other in a huge Christmas card and at the same time make a charity donation. This is instead of sending cards to each other individually. This year the members donated a record £265 and the management committee of the club once more kindly agreed to match the sum, resultant from which the club were able to make a £530 donation to their nominated charity.

The nominated charity this year is Bowel Cancer UK and at the weekend club vice chairman Tina Caunter and Ladies 10k race director Lucy Payne visited Dornafield to present a cheque to owner Mr Peter Dewhirst.

Since Mr Dewhirst tragically lost his wife to Bowel Cancer over 17 years ago he has been a staunch supporter of the charity and over the period has raised an amazing amount of money for the cause. It is clearly evident when talking to Mr Dewhirst that the memory of his wife Tina is painful and still foremost in his mind. Losing her to this cruel condition still weighs heavily upon him.

The latest donation from the Trotters has brought the total amount raised by Mr Dewhirst to a magnificent £27,000 and the club is proud to have made some significant contributions towards elevating this sum over the years.

Each year Mr Dewhirst, son Simon and the team at Dornafield Touring Park very kindly allow Teignbridge Trotters to use the facilities at the park as their headquarters for the Dornafield Ladies 10k Race. The club donates £2 from each entry received to Bowel Cancer UK.

Over the years a genuine friendship has been forged between Teignbridge Trotters and Mr Dewhirst and the club is looking forward to staging this year's race on 14th September.

# Club Kit aka Trotters Independent Traders

Club Kit holder **Jacki Woon** reminds us what's in store.



Graham Penn



Nigel Penwarden



Sharon Bowman

**Fashion parade: Roger 'Smokes' Hales models the men's vest; Caroline Campbell and Victoria Ratcliffe in ladies' vests; and Tamsin Cook and Kirsty Bowman show the hoodies even go with jim-jams.**

For the unaware amongst you (where have you been?), the Trotters have a selection of club kit available to all members. Club kit is required to be worn if you wish to race as an affiliated Teignbridge Trotter club member and for your time to be counted towards the club championship (this also includes some of our internal club races such as the Sandygate Loop and the Brunel 5k's).

The most popular items for running kit are the vests (£15) and T shirts (long sleeve £20 & short sleeve £15). There are also shorts available, and crop-tops for the ladies. The hoodies are ideal for keeping warm before and after races (£20) and you will generally be able to identify the Trotters by the sea of blue at most local races.

Any kit you require can be obtained through me (contact details below and on the website). I keep a supply of most items in stock and can arrange to bring things along to club for you to collect as required. I don't bring items with me unless pre-arranged as I live very close to Coombeshead Academy so I generally run to/from club.

Last year we obtained a small one-off supply of soft-shell jackets, which are both warm and waterproof. There are just six of these left: three men's size small, two ladies' size medium and one ladies' size small. They cost £31.95. We will only order these again if demand is high enough as there is a minimum order requirement, so if you want to get your hands on one of these last few, get a move on - it's first come, first served!

Club kit is not just for members though. Your supporters can be part of the team as well by wearing a hoodie to keep warm at the race side, and how much easier it is to pick out your supporting family/friends in a crowd when you're racing by seeing them holding a Trotters umbrella aloft!

Details of all kit costs and sizes are on the website. Any queries, just contact me:  
Jacki Woon 01626 201860 jacki.woon22@gmail.com

## The Trotter

Editors: Sarah Seymour and Keith Anderson

Many thanks to everyone who has contributed to this issue of **The Trotter**.

Do you have a Trotters story to tell? Is there a feature you'd like to see included? We'd love to hear from you.

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