

The Trotter

Teignbridge Trotters Newsletter

Number 15

March 2014

The New Trotter Juniors!



Adam Batt.

Report
by
Tarquin.



Tom Besford.



Jamie Barnett.

Photos
by
Jackie
Besford.



Kieran Crewes.

The Teignbridge Trotters running club has been going since 1982. It was created by a small group of would-be runners who wanted to train for the newly created London Marathon. Since then the club has grown exponentially and has gone from strength to strength. The Trotters has always been a predominately adult running club, with only a handful of runners in their very late teens/early twenties. However, at last year's AGM Chairman Roger Hayes submitted a motion to reduce the age limit of the club to 15, which ties in with the current age limit for a road 10k event; this motion was carried and last summer saw the first of our new breed of juniors come through.

News Desk

Chairman **Roger Hayes** reporting.

That's another AGM done and dusted, many thanks to the 51 members who attended. For those that didn't, you'll find the main officers' reports within this edition of the Trotter. A couple of the vacant non-committee posts were filled on the night; our thanks to Tarquin and Lucy Payne for that. Unfortunately we're left without a Cross Country Captain. If you enjoy your cross country and fancy giving it a go, I would love to hear from you. A warm welcome to Tamsin Cook, who gained enough votes to make it onto the committee. Commiserations to those who missed out on getting a place, but thank you for standing and giving our members a choice - always a good thing.

Talking of Cross Country: some better news, we have a new Race Director! Wavell Vigers has very kindly taken on the role and is now looking for a chief marshal to work alongside him. If you think that's something you might like to do, please drop me a line. As I've mentioned previously, it's not too onerous a job.

Marsha Garrard has stood down as chief marshal for the Ladies' 10K and Emma Percy has replaced her. Our thanks to Marsha for her time in the role and good luck to Emma.

Yet more good news: after my plea for volunteers to help out on the Sunday morning cooking breakfasts for the campers from the previous night's Haytor Heller, I'm delighted to report that Nigel and Liz Barnett, Sarah Seymour and Emma Percy, have all agreed to lend a hand - thank you.

Our Trotters Facebook administrators have asked me to pass on the following message: please can we ask members to refrain from posting requests for personal sponsorship in the Teignbridge Trotters Facebook group?

Can I please ask all members who train on a Monday and/or Wednesday night to continue wearing their reflective bibs until Easter Monday, which is the 21st April. If you've borrowed a bib over the winter months and not returned it, can you please let Rod Payne have it back ASAP? We seem to have had a few go missing!

With the introduction of the Brunel 5K and the ongoing Sandygate Loop, we are looking for someone to oversee both events, as a sort of a mini Race Director. It would mean confirming the presence of our merry band of time keepers, arranging for a few marshals at the 5K and uploading the results onto our website. Currently this is done between Rod Tarq and myself, and to be honest I think we probably do enough already! If you are interested and would like to know a bit more, please get in touch with me.

Finally, I would like to take this opportunity to say a huge thank-you to our editors, Sarah and Keith. This will be their last edition in the hot seats as they have decided to stand down. They've done a marvellous job since taking over from John Ludlam. I know a lot of time and effort goes into producing our club magazine, and as a club I'm sure you'll agree that we are very fortunate to have such a wonderful publication. I know it's a big hole to fill, but it's one we've got to try and fill. Please check out page 23 for the run down on what's involved in producing the Trotter.



Wavell, twenty miles into the DD, unaware what the future might hold for him.

Membership report

Membership secretary Dave Dunn draws attention to some important membership information, welcomes new members and celebrates some big birthdays.

Listen up – this is important!

If you look carefully at the email which alerted you that this particular edition of The Trotter was waiting to be read, then you will notice an attachment which is the form everyone is required to complete and submit with their membership subscription for 2014-15. Completion of this membership renewal form is mandatory as it is the only means we have of ensuring that we have your full correct contact details so that we can continue to keep you informed of everything that is happening within our great club.

At the recent AGM, membership subscriptions were held at £12 for individuals and £20 for families, irrespective of whether you are first claim or second claim. They have been at this level for more years than even I care to remember! *[That is a LOT of years - eds.]* The net result is that your total subscription payment will be either £12 if you are an individual member who doesn't want to be registered with England Athletics as a competing member of the Trotters, or £22 if you do. For families, the subscription is just £20 irrespective of how many family members there are, just so long as they all live under the same roof. There will be an additional £10 to pay for each family member who wishes to be registered with EA. All cheques are to be made payable to Teignbridge Trotters.

You have up until 30th April to get your renewal form and payment to me, after which date anyone who has not renewed will no longer be considered to be a member of the Trotters, and would have to pay the £5 joining fee in addition to the subscription due if they then wish to re-join.

Now that I've got the formal business out of the way, I can introduce our latest batch of new members. Nine have signed up since the last edition of this magazine, bringing our membership total up to a new record of 261.

Maggie Bishop (44) from Kingskerswell has been attending training in our Monday evening Beginners Group. Maggie's goal is to work towards building up her confidence, and her fitness, so she can also take part in some of our Wednesday night sessions. 30 year old Jemma Patterson from Newton Abbot knocked 10 minutes off her 10K time in the First Chance where she was encouraged by some of our members to come along and try our training nights. Jemma had already started a small running group at her place of work, but felt that she would benefit from being part of a club. I think that we can predict that Jemma's 10K time will tumble still further. Rob Readfern, also 30, from Wrangaton near South Brent, has followed Jemma along to the Trotters. Rob finished about 90 seconds behind Jemma in the First Chance, and will no doubt be working hard to turn the tables sometime soon... but not if Jemma has anything to do with it!

Vicky Buxton (27) and her friend Kelby Peters (24), both from Newton Abbot, are lined up to race for the first time in Trotter colours in the Age UK 10K in Exeter, and by the time you read this, we'll know how they fared. Kelby, incidentally, is also lined up to become Sharon "Fizz" Bowman's daughter-in-law. John (49) and Jackie Webber (56) have moved to Dawlish from Hampshire, having previously been members of Portsmouth Joggers. They actually live on the race route of the Oh My Obelisk!, but whether that proves to be an advantage, only time will tell. 16 year old Kayleigh Zab from Widecombe-in-the-Moor is a close friend of Natalie Hutchins. It's good to see that we're developing a promising crop of young ladies to complement the fast young guys in our club.

Finally, we welcome back Keith Jellyman into our fold. Although now living in Staffordshire, Keith has decided that his heart still lies with the Trotters rather than any of his local clubs. Many of our more recent members won't realise that we have Keith to thank for instigating our Monday night training runs, as prior to about 9 or 10 years ago, we only offered club training on Wednesdays.

There are five notable birthdays among us Trotters during April. Both Garry Smart and new member John Webber will celebrate their 50th birthdays, Peter Kirby will turn 65 and John Skinner will reach 55. Happy birthday to all of you, and may you enjoy running under your new veteran status. Congratulations are also due to Rachel Besford who will be given the key to the door when she becomes 21 on London Marathon Sunday.

Continued from the front page:

Tom Besford, Kieran Crewes, Adam Batt and Jamie Barnett are the names of four 15 and 16 year olds that have burst onto the Trotter scene and here is a bit about them:

Tom Besford had been around the club for a while before he was actually 15, being the son of our club trip organiser, Kevin. Through his dad, Tom became more and more interested in getting fully involved with the club and once the new age limit came into force he only had to wait a matter of months before his 15th birthday in August when he would become the youngest ever Trotter (15 years and 4 hours old) to train with the club. Tom was set to hit the ground running, as he had already taken part in some unofficial training sessions (accompanied by his dad) and a couple of our Sandygate Loop races. Tom showed considerable promise in these and was able to take this experience into his first 10k at the Torbay 10k, which was held only a matter of days after he turned 15. Since then, Tom has never looked back and has completed a number of 10Ks in his brand new Trotter racing vest. Tom's aims this year are to keep improving and to go for the Junior Male 10k record, which is currently held by Jack Baker. Looking into the future, he would like to run a sub-four hour marathon and to complete the Dartmoor Discovery one year.



Towards the end of last summer, a new young face started coming along to training nights at the Trotters and caused a stir straight away; although I wasn't able to see him, due to me running in the ten mile group, people would mention to me (in my role as men's captain) about this new junior who was tearing everyone's legs off. He even had the name to fit with his speedy running style! Kieran Crewes sounded like the next hot thing on the running scene, so I made it my business to find out who he was. In December I made sure I took part in the same runs and training sessions as him and found that he was certainly a very promising and exciting prospect indeed! However, Kieran wasn't alone: he had brought a friend. Adam Batt was attracted along by Kieran and between them they have been dubbed 'The Dynamic Duo'. I took part in the main group run, on a Monday evening in December and witnessed two young men speeding off of the front of the group and then just as speedily looping back to the rear of the group. They carried this on over the whole of the 8 mile run; they probably clocked up well over 9 miles.

In taking an interest in our new juniors I was able to find out a little more about them and their aims for the future. Kieran got into running through school. He always did well at sports days at secondary school in the middle distance races and also represented his school at cross country. Once he started his A-levels, he wanted to take up a sport to keep fit. His cousin Abigail Blee had just joined the Teignbridge Trotters and encouraged him to come along too.



Kieran turns 17 in May and his aim for running is to build up his stamina and strength, improve his times and to compete. Eventually his aim is to complete a marathon.

Adam got into running because he wants to join the Royal Marines and for that it's important to be fit and being good at running is also a big bonus. Adam became bored of only running on his own, so his friend Kieran suggested he joined the Trotters. His immediate aim is quite short term: he needs to pass the Potential Royal Marines Course (PRMC) so he can start recruit training. This requires a good and broad level of fitness so he's not just focused on running or any one element of running, although running is heavily

involved in various ways. Take a look at the video on the following website link, to get an appreciation of what he will be required to put himself through: <http://www.royalnavy.mod.uk/Careers/Royal-Marines/How-To-Join-the-Marines/RM-Potential-Royal-Marines-Course>

So we only have Adam with us for a short time; he turns 17 in June and is planning on taking the Potential Royal Marines Course in the summer. I'm sure you'll join me in wishing him the very best of luck with this. It's certainly great to know that our training sessions at the Trotters will be helping him in his aim to get into the Royal Marines. Until then, I'll enjoy seeing him do our club proud on the local race scene.



In November last year, another new junior face joined us. Jamie Barnett had been a member of Newton Abbot AC and had already taken part in middle-distance track running for their club. Jamie got into running through his school and took part in track and cross country running there. He was inspired by seeing the London Marathon on TV and watching Mo Farah at the Olympics and wanted to take his running to the next level and start to run over longer distances. Jamie was attracted to the Teignbridge Trotters because he believed that we would offer the sort of training and coaching he needed to take his running further, so he moved over to the Trotters with his dad, Nigel. Since November, Jamie has seen a real improvement in his running and even since the start of the year his running has improved amazingly. Jamie took part in his first 10K at the First Chance 10K in January and followed this up with a gutsy run at the Fulfords 5, in early February. Jamie is a regular attendee at both Monday and Wednesday club nights and is now also a regular at Friday Club, where he pushes me hard at the front of the pack. I have seen first-hand that Jamie is willing to push himself and has a real thirst to improve.

Jamie has recently turned 16 and his aim this year is to keep training hard and see his times improve. Next year, when he's 17, he will aim to complete some half marathons, as this distance attracts him. He'd also like to run in inter-county championships. If he keeps up the hard training and the level of commitment that he has shown so far, I can see this goal being realised for this very promising young man.



Armada Relays – Sunday 16th February

The Teignbridge Trotters put up teams at the annual Erme Valley Relays, which are held each July. However, the same organisers decided to stage a sister event in February, down at Central Park, in Plymouth. Given the name the Armada Park Relays, this new event would follow the same format as that of Erme Valley Relays (teams of 4, with each individual running a 2.5 mile leg). Not enough time was given for the Trotters to field full scale teams and in any case, the timing of this event would not fit in with a lot of the people in the club, who were training hard for marathons. It was decided to use the event as a trial run for our new juniors, to see how they perform as a team.

After discussion with the four boys we decided that Adam would lead the team out for the first leg, Tom next, followed by Jamie with Kieran taking the final leg.

Here's what Tom said about the event...

"A Sunday morning and the sun was actually out, hanging up in the sky, clearing all the frost in the way. The Armada relays at Plymouth's Central Park was where the Teignbridge Trotters U18 team was making its debut. Running our first race as a team, the four youngest members of the club were ready to go outside Home Park, the home of Plymouth Argyle. I was running the B leg and when Adam had come around the corner to finish, I was off. Down through the park and up a narrow pavement on the left, which a lot of people were slipping on, a short journey down to the bottom of the park, avoiding all the dogs that were being a nuisance running across the path, getting in the way, and then along the bottom of the park, past a fallen tree (slight detour onto the grass) and bush. Then round a sharp corner at the bottom of the park, before a steep hill all the way back to Home Park with corners everywhere. I got back to the top of the hill and finished, setting Jamie off as our third member."

Here's what Jamie said...

"I thought it was hard because of the hills - I didn't know the course so I wasn't ready for the hills when they appeared. I really enjoyed it though and would definitely do it again. The course was a bit slippery in places and there were a number of dogs that got in our way! I felt that I wasn't going as fast as I could but I was really pleased with my time and our overall time. I think we did really well as a team - I think that the running order was just right. I hope that we will do even better at the Erme Valley Relays in the summer. The Armada relays in Plymouth was a good experience for our team; we did well for our first race together and I'm sure we can improve on it in the next one."

The four of them did the Teignbridge Trotters proud. They finished as second U18 team, in an overall team finishing time of 64:22. That was a tremendous achievement for their first outing together as a team and certainly bodes well for the Erme Valley Relays in July!

But Tom has laid down a challenge to the whole club by saying, right after the event: "Any other Trotter teams want to try and beat us next year?"

Photos at the Age UK 10K event, Sunday 23rd March, by Graydon Widdicombe.

What is the true meaning of P&P?

New Press and Publicity Officer, **Graydon Widdicombe**, spills the beans.



Roy Brown

Graydon in relaxed mood at 'Oh My Obelisk', 12 January.

In case you're not aware, Sharon "Fizz" Bowman decided to stand down from the Press and Publicity role and my nomination to take over the position was accepted at the recent AGM. Fizz has kindly offered to support me whilst I get up to speed, but I thought I'd write a quick message for the Trotter to introduce myself, set out what I'll be doing in the role (no different from what Fizz has done previously, really) and mention a few things that I may need from you.

Firstly, for those who may not know me, I joined the Trotters in September 2012 and I've been hooked ever since! I wanted to try and get a bit more involved with the club and the position came up so I decided to go for it. In terms of writing experience I don't really have much, except I do run my own blogs on a couple of different topics, so I thought I could turn my hand to the Press and Publicity role.

What does the role involve?

Local Press

The role is to keep people up-to-date with what is going on in the Trotters in terms of events that people participate in. In summary, it involves sending regular (where possible, weekly) updates to a couple of local papers: the Herald Express and Mid-Devon Advertiser. Space is fairly limited in the local press so those reports need to be succinct at 450 words maximum (from the length of this message, you've probably worked out this is something I may struggle with!).

The report has to be ready by Monday AM for the Herald Express (I've been told 9am, which for some reason has been brought forward 24 hours, although I am querying that) to be in with a chance of making the newspaper that week, but this is dependent on when race results get published. **Therefore, if you have anything that you want in the report can you let me have it by 8pm on Sunday, but generally the earlier the better.** If results are delayed and they miss that week's edition of the paper I'll endeavour to get the report into the next week's edition.

Club website

As well as contacting the local press, the role involves keeping the "News" section of the website up-to-date with what is going on at events that Trotters attend. For this, there is more scope for writing larger reports, and I will aim to get the reports put on the site as soon as possible after an event. Generally, information will be published to the site before it gets published in the local press.

I remember when I was looking to join Teignbridge Trotters that I thought the club's website was very good as it was very up-to-date in comparison to many. I see the Press and Publicity role as helping with that, by ensuring that the content is relevant and current.

Content of reports

I plan to continue to prioritise the club championship races and events where I know a large number of Trotters will be in attendance, but will try and fit in other races that Trotters participate in where possible.

Therefore, if you have participated in an event that is not part of the club championship or is one that is not well attended by Trotters but would like it to be considered in a report please let me know. If possible, please also provide some information on the event so that it can be published on the Trotters website and/or in the local papers.

As everyone knows, “a picture paints a thousand words” so if you have any photos from race events you have participated in please email them to me in JPG format, with a few words about the event.

Contact details

If you have anything that you want considered for a report, please email me at gwiddicombe@icloud.com

What else do you need to know?

In case you're not aware, the reports can be accessed from the Trotters website. When a new report is added, the banner at the top of the page changes and you can click on that link to access that news item. Also, you can click on the “News / Updates” link on the side menu from the homepage to access the latest news items and also the archive.

A SPECIAL ANNOUNCEMENT from Jacki Woon, Keeper of the Club Kit.



Charlie's Angels: Kirsty Cameron Diaz, Emma Lucy Liu and Jacki Drew Barrymore, in action somewhere in Gloucestershire.

Advance Notice of Kit Sale in April!

I have various items of kit that will be on sale in April at reduced prices. The sale will include men's and ladies' shorts, ladies' crop tops (special Charlie's Angels run-faster design) and various other items. Ideal for hot, summer running!

The sale starts on 16th April, when these fabulous bargains will be available for viewing and purchasing at the Easter run that evening, and will continue for the remainder of April.

More information will be on Facebook nearer the time.

(If you are interested but not on Facebook, please contact me directly to discuss).

AGM Reports 2014.

Here are the three Committee Officers' reports as given at the AGM, Wednesday 26th February 2014. Below is the Chairman's report from [Roger Hayes](#); this is followed by the Secretary's report from [Mark Becker](#) and Treasurer's report from [John Caunter](#).

Chairman Roger Hayes:

Good evening everyone and welcome to this year's AGM. As you will see from the agenda, there aren't any resolutions put forward this year. However, we have 11 Trotters standing for 7 general member committee positions; you will be able to vote on that later. There are also the vacant positions of social secretary, child protection officer and cross-country captain to try and fill.

2013 was yet another successful year for the Trotters. The Haytor Heller sold out six weeks before race day, proving what a popular race it now is on the running circuit. The Totnes 10K fell just four short of getting 500 entries. The fun run had a record number of 114 take part in the 1 mile dash around the Park. Both the Ladies 10K and the Templer Ten had slightly disappointing numbers, with 184 and 238 respectfully. Hopefully last year was just a blip and they both enjoy a bumper entry this year. We will need a new chief marshal for our Ladies 10K, as Marsha has stood down. We also need a new race director and chief marshal for the Bovey Tracey Cross Country, as both Howard and Mark have called it a day. Our thanks to all three of them for their efforts over a number of years. If you are interested in any of the positions, please speak to me.

The DD had 183 finishers; we're slowly edging closer to that 200-finisher mark that we have set as one of our targets. Another one of our targets was to sell out within a week. We managed to do that this year, as it took us just six days. That was despite increasing the entries to 240. Last years DD was a very special weekend for Smokes and myself. As I'm sure you know, it was our 100th marathon. I think the occasion got to us both, as we had our worst runs ever! The Trotters certainly did their bit in ensuring it was a weekend never to be forgotten. Thank you one and all.

Thankfully we have many members who are only too happy to put themselves forward when a request goes out for marshals. They've bought into the fact that marshaling is their way of giving a bit back to the club. Apart from that, they enjoy it. I'm sure they feel proud to be part of a club that knows how to stage a race and stage it well. Thank you to all those members who fall into that bracket, without you we wouldn't be able to do it. To those members yet to 'buy in' please try and make 2014 the year you start.

The club's training nights have had another very successful year. A steady trickle of new group leaders has helped ease some of the workload on our coaches. However, all our sessions need someone at the helm, and that someone has been our coach coordinator, Rod Payne. Rod has been doing the job for a number of years now, but feels the time is right to stand down from his role, something he will do at the end of next month. I would like to take this opportunity to thank Rod for all his work and dedication and present him with a bottle of his favourite tippie.

Our membership total shows no sign of diminishing. It currently stands at around the 250 mark, which is very close to our all time record that we set last year. With the reduction of the joining age to 15, we have attracted a group of lads who are as keen as mustard and who seem to be improving almost on a weekly basis. It's great to see and hopefully we will see a similar thing happen with our junior ladies.

2013 saw Jacki Woon and Garry Smart crowned as club champions. There were numerous club records set, with some excellent times achieved.

As a club we're blessed with being kept up to date on how are members are performing week in week out. The job of press and publicity officer is never an easy one. Having done a fantastic job over the last 3½ years, Fizz has decided to stand down. I would like to take this opportunity to say thank you and present her with her a bottle of her favourite tipple.

Of course the job of producing our club magazine is equally important. Our editors, Otter and Keith, have done a great job since taking over from Squadie. Thank you guys.

The social side of the club continued to thrive. The Blakesley's did us proud with their summer BBQ. There were the fantastic 'pie and pint' nights after the Totnes and Ladies 10K reccie runs, the club camp, club trip, lads weekend away, JST and minibus trips to races, all of which were well received. I guess the blue ribbon event of each calendar year is the awards and presentation night. The evening was certainly enhanced with Skippy revealing his Trotter tattoo, the first one we've had for a couple of years.

Last May saw Dave Dunn clock up 20 years serving on the committee. In doing so he joined Reg Tole, as the only other person to achieve such an amazing milestone.

Your committee is the backbone of the club and I would like to thank my fellow members for their support and dedication during the past 12 months.

Secretary Mark Becker:

Good evening everyone and thank you for attending this year's Annual General Meeting.

Committee meetings have been well attended since the last AGM with an overall attendance of 87%. I am pleased to say that all General Committee members have put themselves forward for nomination again along with four others. I can fully recommend a spell on the committee and am sure that you would be surprised at what is discussed.

Over the past year we have once again been affiliated as a club to both England Athletics and the Association of Running Clubs. This is always reviewed and being affiliated to both has been a good way of keeping an eye on developments within these organisations. Many clubs share our views and are also affiliated to both national bodies. At the end of last year we were granted three club places in the London Marathon. The successful winners in the ballot at the Dinner and Dance were Mike Jones, Nathan Elphick and Rod Payne. I hope their training is going well despite the recent bad weather and that they enjoy this club privilege when the big day arrives.

The Club Championship was once again well supported and won by Garry Smart and Jacki Woon. Congratulations to them both on a fine effort. I'm sure you'll agree, Tarquin, as Championship Secretary, puts in a lot of time and effort to make the Championship work and monitors the races well. Coaching sessions continue to be varied and exciting with emphasis on fitting the needs of the abilities of all runners in the club. My thanks go to Rod Payne and his team of coaches for their regular commitment on training nights. Rod is standing down as Coach Co-ordinator at the end of this membership year. I'm sure you'll agree he has done a fantastic job in raising the profile of coaching at our club.

Sarah and Keith have done a great job editing and producing the Trotter magazine each month which involves a lot of work. This is the first port of call for Trotter news and details of events although the Trotter Facebook Group is still popular and continues to be a way for members to organise car sharing for races and to arrange away runs at weekends. This has also proved helpful as a forum for discussing race equipment and dealing with race related injuries.

All our races were once again successful during the past year which is a testament to all the hard work put in by each

race organiser and their team including all of you who answer the call to marshal at each event. We are currently working with England Athletics in arranging a Traffic Management course at Teign School. We couldn't encourage enough participants from other clubs to make this go ahead last year but I am pleased to say that we have exceeded the attendance figure required and this course will be held at the end of next month.

Since the club joining age was lowered to fifteen at the last AGM, the profile of the younger members in the club has been raised due to their participation at training and in races. I would hope that their development is monitored and improvement encouraged. On a similar note, the welfare of club members on training nights has come under scrutiny over the last year. I want to assure you that the committee takes this very seriously and any problems out on the road are always dealt with appropriately. We are fully aware how accountable we are to our members and also as a club to governing bodies and the law.

The Social side of the club continues to be very active. Dennis Milstead did a great job in organising club camp last year and is doing so again this year. It looks set to have a large turnout of Trotters and their families and should be a great event. Kevin Besford organised the club trip again last year, which was a great day out with an enjoyable off road race followed by good pub food afterwards. Peter and Angela Blakesley kindly staged the Trotter barbeque last year, which was well attended, and a lovely afternoon in the sun.

I would like to finish by thanking all my colleagues on the committee for all their work and support over the past year. Once again I wish you all a great year's running.
Thank you.

Treasurer John Caunter:

Good evening Everyone

Most of you will know that I try my best to present the accounts to show the performance of our races and where we would be without them. This year it is very difficult to present any meaningful figures from the balance sheet because the DD income for 2014 was in 2014, not the previous year as for 2013 and 2012, and the Templer Ten accounts were not finalised. This means that the 'Race profits for calendar year' are not very relevant when looking back over previous years. Indeed as you can see the DD shows a minusfigure. They are however a true reflection of what happened in 2013. To the right you will notice that I have listed the actual profits from the last 2 years of races regardless of which year they were accounted in. The figures are a true reflection of our races performance (excluding the Templer Ten for 2013).

The balance of funds at the end of 2013 was £22785 and at the end of 2012 was £30849, the differences almost entirely due to the DD.

To try and summarise our position, if we take an average expenditure of £13500 and an average income (without races) of £6000, then our races would need to raise £7500 for the club to break even. As you can see this was achieved in 2012 and should be reached for 2013. So, as I have said many times before it is the profit from our races that keeps this club solvent, allows us to keep our subscriptions so low, and to make charity donations which last year amounted to £1983; now £16106 over the last 10 years.

Regarding the finer details of income and expenditure there is very little to say as the figures for 2013 are within the usual year on year variations.

The club kit in stock at the end of 2013 was £3167 (£3325 at end of 2012 and £3476 at the end of 2011)

As always a big thank-you to all our Race Directors for their hard work and enthusiasm, and along with this a big thank-you for the willing support of all the Trotters who help. Finally, a thank-you to the officers and committee for their support during the last 12 months, and to wish the club and all its members every success in 2014.

If there are any questions I will be more than happy to answer them and I would propose that subscriptions for 2014-15 remain as 2013-14.

Club Records Update

Custodian of the Club Records, [Dave Dunn](#), celebrates a couple of beauties and raises a matter for discussion:

We had to wait six months since the Ladies' 10K for one of our club records to be broken, and then two came along at once. The race in question was the Bideford half marathon, where Lance "Skippy" Mason smashed his own MV50 mark with a time of 1:21:12, while Jacki Woon took away Gia D'Aprano's FV50 record by slicing a massive 5 minutes off it with her time of 1:37:34.

I'm writing this ahead of Sunday's Age UK 10K in Exeter, but whether any times run there would qualify as a club record is a point for debate. When the IAAF ratify world records for road races, they stipulate that the course must not have an overall downhill gradient greater than 1:1000, ie 1m per km. For times at the Exeter race to count for a world record, the course would have to drop no more than 10m between its start point and its finish. I doubt if this is the case.

Furthermore, for a road race world record, the distance between the start and finish, when drawn as a straight line between the two points, must not be more than 50% of the race distance. In other words, courses run from point to point can't just go in one direction, presumably to take out any possible advantage from a following wind.

Whether we apply the same criteria as the IAAF when judging times for club records is something your committee may have to grapple with. However, it's not just club records at stake, but also the year's fastest times for which prizes are awarded.

I'll leave you to debate these issues amongst yourselves - hopefully over a pint or two!

Editorial apology: we are very sorry that the picture of Victoria Ratcliffe did not appear alongside Caroline Campbell on the back page of last month's Trotter. It was the lay-out editor's fault - he should have checked more carefully. Anyway, here it is Victoria - and apologies for the omission!



Nigel Penwarden

All smiles: Victoria competing in last September's Dornafeld Ladies' 10K.

And another thing: readers will recall, from the back page of January's issue, an amusing little piece by an anonymous author. Following a startling response to the 'guess the writer' competition, we are able to disclose that it was our very own, mellifluous Nicky Cowling.

The Trotterview

This month's victim barely needs any introduction: **Sharon 'Fizz' Bowman**.



Fizz enjoys a pre-race tippie (of beetroot juice!).

1. What is your name?

Sharon Bowman

2. What do you like to be called by?

Fizz

3. When did you start running?

After I had my daughter Kirsty Bowman in 1992.

4. Why did you start running?

I looked at the Christening photos and saw how fat I had got!

5. What do you like about running?

The freedom and fresh air.

6. What is your best memory of running?

My Sub 4 MARATHON in London in April 2012 dressed as a ladybird!

7. What is your favourite training session?

Any really. Pretty much find all of them tough but rewarding!

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

That would have to be at the "Dalwoods 3 Hills " a

few years ago. Chatting to a bloke when as I passed him he had written on his t-shirt: 'I am not ignoring you, I am deaf!' Oh well I generally talk rubbish while racing anyway!

9. Who is your running hero?

Paula Radcliffe

10. What music inspires you?

Up beat tracks and dare I say it: Cliff Richard and AC/DC – mmm... ok (waits for comments at next club night)

11. What is your favourite film?

Love Actually

12. Give us a tip for racing.

Smile through the pain!

13. What is your favourite race?

Not really got one as done so many.

14. What is the worst race you have done?

Dalwoods 3 Hills and Drogo 10!

15. What running achievement are you most proud of?

My sub 4 marathon but also getting a club record at the Easter Bunny 10km in April 2012 for vet 45, that had been held for years (then Jacki W came along and took it coz she's much quicker than Fizz!)



Fizz flying in the Dornafeld Ladies' 10K, 15 September 2013.

Nigel Penwarden

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

Just get on with the usual niggles and aches; had plantar fasciitis for months but just ran through it.

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

Knowing I can do that while other people can't but would love to.

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

It was to complete the Quadzilla - 4 marathons in 4 days, but I've done that! Now it's to get my daughter Kirsty around her first marathon in April this year and then the DD.

19. What running shoes do you favour?

Asics.

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

Arm warmers.

21. What other sports do you take part in?

Swimming and cycling – duathlon and triathlon and aquathons.

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

Now that would be telling! Oh, and there's drinking and eating!



On the Enigma
Quadzilla beat, 6-9
February 2014.

Claire Baldock

We'd like to offer [Derek Skinner](#), a relative newcomer to the Trotters, our very best wishes for his upcoming overseas marathon, which he describes in this note to the editors:

Hi... Don't quite know how this goes but I thought seeing as this will be my first marathon abroad as a member of the Trotters (fourth all told) it might be a bit of interest for the mag. So this will be the 34th ABN AMRO Rotterdam Marathon taking place on the 13th April 2014. Along with 13,500 other runners (and this is a record for the event), there are 3,000 runners from 74 different countries taking part. The marathon has been awarded the IAAF Gold Label by the International Athletics Federation.

The Kenyan, Eliud Kipchoge, who is sixth in the all-time world rankings and has run a personal best of 2.04.05 (...so I should be just behind him, ha ha) is taking part.

I ran the Amsterdam marathon in 2012 and the Dutch people are amazing at supporting such events and create such an atmosphere along the way that the miles just get eaten up. The best thing though will be that I will be running with my brother (for a while, anyway, as I am a bit faster ...but he has been training hard) and he lives and works in Holland.

[And we know where you'll be on 2nd November, Derek!...eds.]



Graydon Widdicombe

Derek heading for the finish of the Age UK 10K in Exeter, 23 March.

Club Trip

Club Trip shaman **Kevin Besford** is drumming up interest in what promises to be a terrific trip this summer.

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 marshall 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. Seats on the bus are free and this year after a few drinks at The Jack Russell near the race HQ we will be 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.



Sponsored by
Davisons
Chartered Accountants and
Business Adviser



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 Wrimestone 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

Here's the entry form to print off. There will also be plenty of paper copies around on club nights, or have a word with Kevin.

A bus ride, run and a pub for a meal with a few drinks. The club trip is coming around fast and with cracking weather already booked it's time for you to enter the race and get your seat on the Double Decker. This year it's the short journey upto North Devon, Swimbridge to be precise, on May the 18th. Two marshall points and you have a free entry whilst one pound discount for those without the required points. A fun day for everyone. Don't miss out; be there or be square!



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 Oakdale 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:

Trotters nail* the Swimathon

In the swim with Bath Chair man Roger.

I received an email from the Dawlish Coasters a few months ago, asking us if we would be up for a challenge – is the sea blue!

The challenge was a swimming race, done in teams of five, over a distance of 5K (40 lengths each). The request for swimmers went out via the Trotters Facebook page and such was the response that I quickly assembled two teams. The hard bit was then deciding who should be in the A team and who would swim in the B team.

The event was the Swimathon in aid of Sport Relief. The venue was Dawlish Leisure Centre. The challenge was on.

Saturday 22nd March – RACE DAY...

Once registered we were issued with a swimming cap, each team member had the same colour - (A green, B yellow). Our two teams shared the same lane, which conveniently was next to the lane with the Coasters A team and B team, which incidentally was made up of ex members!

It was great to see those Trotters who came over to support us, although it's not the most riveting sport to watch! A special mention to Trotter Pete Hayward, who swam solo for 100 lengths.

Our times are listed below:

A TEAM		B TEAM	
Tracy Elphick	18:58	Roger Hayes	20:00
Stephen Morfey	16:24	Sarah Seymour	21:43
John Caunter	19:47	Abi Blee	27:01
Adam Caunter	16:05	Keith Anderson	22:41
Nicky Quant	19:06	Sharon Bowman	19:30
Total swim time	1hr 30:20	Total swim time	1hr 53:25

Unfortunately no one from the Coasters was timing their teams. However, I can confirm that both our A and B teams finished before both of their teams.

So, the challenge was won. I have a feeling there might be another one in the pipeline. Watch this space...

Chairman Rog

Swimmers at Dawlish Leisure Centre: Nicky Quant, Adam Caunter, Sarah 'Otter' Seymour, Abi Blee, Stephen Morfey, Sharon 'Fizz' Bowman, Keith Anderson and Chairman Roger Hayes.



*Perhaps this should read: "tooth and nail"...eds.

Captain Caroline's Corner

In her first report as Ladies' Captain, Caroline Clark lavishes praise on some fabulous achievements.

Here goes with my first Captains Corner, and where to start? Since I took on the role of ladies' captain at the AGM there have been some really fantastic race achievements from our ladies. So many of you are training hard for half marathons, marathons or even the DD, making full use of the structured training sessions and weekend long runs. All the hard work is certainly evident in the race results. It is also great to see so many ladies taking part in the club championship. I am really looking forward to following the progress of this over the rest of the season.

At the end of this report I will provide details of the ladies' race results for February and March; please accept my humble apologies for any errors or omissions. If you spot any please let me know and I will make sure they are corrected or mentioned in my next report. In the meantime, here is a summary of some of the races that have taken place together with details of PBs and prizes etc.

Firstly, I would like to thank Catherine for all her help and support as ladies' captain over the last year. I took over as ladies' captain at the beginning of March. However, I think that it's important that I rewind to February to mention a few fantastic achievements. It has already been covered in a previous edition of the Trotter but I would just like to add my congratulations to our Marathon Queen and her Princess, Sally Ingledew and Sharon Bowman for the completion of the Quadzilla: 4 marathons in 4 days - a truly amazing achievement. Helen Anthony became the first Trotter lady to achieve a sub 1hr 30min half marathon since 1999 with a time of 1:29:29 at the Exeter Half Marathon. She also was 3rd lady overall and 1st F35. Well done to all ladies who took part in the Fulfords 5 and thank you all for your support in what was my first race since September 2012. There were great performances from our ladies at the Bovey Tracey XC and the Dalwood 3 Hill Challenge, and lone Trotettes Emma Percy and Lucy Payne, ran strongly at the Hestercombe Humdinger and Bramley 20 respectively. Both are entered in the DD in June and are clearly focused on their training. Katrina Zapple completed the Cornwall and Rescue Service Half Marathon with her friend and ex-Trotter Sarah Ross.

The 2nd March saw the staging of the ever popular Bideford Half Marathon. As always this race was well supported by the Trotters. Jacki Woon broke the FV50 club record by over 5 mins to record a time of 1:37:34. Helen Anthony further improved her time from the Exeter Half Marathon in February to record a PB of 1:29:08. Tamsin Cook knocked a massive 10 mins off her previous PB, breaking the sought after 1hr 50min goal convincingly to record a time of 1:48:11, and Kirsty Bowman also achieved a massive PB, smashing her sub 2 hour target to record a time of 1:55:59. Lucy Payne earned 3rd FV60 with a time of 1:58:07. On the same day, Donna Walker took part in the Bath Half Marathon and recorded a PB of 1:58:11. Hylde Stewart was rewarded for her strong performances in the Brooks XC league by being awarded 2nd V55 for the series. She completed the final XC in the series at Plymouth in a time of 33:04.

On 9th March the notorious Grizzly took place. Four Trotter ladies - Tracy Elphick, Kirsty Bowman, Tamsin Cook and Ruth Johnson - took part in this very challenging and hugely popular multi-terrain event of around 20 miles with Lorna Martin taking on the Grizzly Cub which, still challenging, is around 9 miles. Well done to all who took part in both races; you have my complete admiration. Not being a fan of off-road races, I have never been brave enough to take the plunge (literally in some places by all accounts!) with this one. However, it seems everyone who does run it really enjoys it and becomes hooked to take part again and

again. Also on the 9th March it was great to see Sarah "Otter" Seymour back in action after long term injury. Sarah, together with Sharon Bowman, took part in the Sidmouth Aquathlon.

On the 16th March, eleven Trotettes travelled to Gloucester to take part in the Gloucester 20. The 3 lap, 20 mile event provided the perfect preparation for those taking part in Spring marathons and indeed those who are going to take part in the DD 32 mile Ultra Marathon in June. Helen Anthony was awarded 3rd V35 with a time of 2.27.03. Well done to all who completed the race. I think the results speak for themselves, showing that all the hard work you have put in is paying off. I believe that we will be looking at some really impressive marathon performances very shortly so well done to all the ladies (and gents!) who took part and I would like to take this opportunity to wish you all the very best of luck in your marathons. Whilst we are on the subject of marathons, also on 16th March Sally Ingledew recorded a PB of 4.03.32 in the Barcelona Marathon. Sally now has completed an amazing 133 marathons!!

Bringing things right up to date the Age UK 10K took place on 23rd March. This was a very well supported race from our club and 14 of our ladies took part. A strong headwind in the last couple of miles made the final part of the race hard going but, despite this, our ladies recorded some great performances. Hannah Jones brought the ladies home in a time of 47:29 with Abi Blee close behind 47:39, fine times by both. Sally Ingledew posted a PB time of 48:54, earning her 3rd V50. Cathleen Pilton also recorded a PB of 52:13 and Lorna Martin ran strongly to finish in 51:57. Another PB from Sharon Hutchings; she recorded a time of 53:16. I was pleased with my time of 54:44 and Bev Dennis bravely ran on the day despite feeling unwell and still recorded a very respectable time, 55:27. Continuing the run of PBs on the day was Nicky Cowling with a time of 58:03 and making a welcome return from injury was Angie Blakesley who finished in 58:15. Julie Proctor also recorded a strong time of 59:03. Having taken over a year off running, I have more or less come back to the club as a new runner and have had the pleasure of running with some great ladies in our beginners and improvers groups who are getting better all the time. Three such ladies are Kate Lenthall, Victoria Buxton and Kelby Peters. I was delighted to see all three ladies choosing this race to make their Trotter debuts and they didn't disappoint. Kate made a great debut recording a fantastic time of 50:11. Victoria and Kelby also showed great promise of things to come by finishing in the very respectable times of 1:05:39 and 1:06:05 respectively. I hope you enjoyed your race ladies and it has inspired you to take part in more.

Well I hope I have covered everything; there certainly has been a lot! Below, as promised for anyone that I haven't mentioned, are full race results for all ladies for February and March to date. Best of luck to anyone racing over the next month. I am especially looking forward to cheering our team mates (and husband in my case!) on at the Virgin London Marathon. The support will, as always, be very apparent on our facebook page I am sure. Definitely worth a look if, like me, you are supporting from home.

Take care and enjoy your running.



Cathy Pilton, heading for a PB at Age UK 10K, Exeter, keeps Sally 'Marathon Queen' Ingledew on her toes.

Ladies Results

February 2014:

2nd February - Fulfords 5 (5 Mile Road Race) - Helen Anthony 31.55 (41st), Eyvol Aston 34.45(88th), Kirsty Bowman 39.15(143rd), Sally Ingledew 39.19(145th), Eleanor Taylor 42.10(178th), Bev Dennis 42.37(185th), Lucy Payne 42.43 (186th) Caroline Clark 44.20(197th)

2nd February - Hestercombe Humdinger (9.5 mile road race) - Emma Percy 1.25.10 (139th)

6th February - Quadzilla (4 Marathons in 4 Days!!) - Sally Ingledew 4.19.51 (24th), 4.22.56 (18th and first lady), 4.24.10 (20th) and 4.37. Sharon Bowman 4.47.55(38th), 4.56.17 (33rd), 5.01.22 (39th) and 5.06.

8th February - Endurance Life - South Devon Coastal Half Marathon - Helen Anthony 3.03.44 (260th)

8th February - Bovey Tracey XC- Eyvol Aston 23.38 (25th), Hylda Stewart 27.35(47th), Cathleen Pilton 29.25(51st), Tina Caunter 29.35(52nd), Beverley Dennis 30.08(56th)

16th February - Bramley 20 (20 Mile Road Race) - Lucy Payne 3.11.10 (611th)

16th February - Exeter Half Marathon – Helen Anthony 1:29:29 (3rd lady/1st V35)

23rd February - Dalwoods Three Hill Challenge (Multi Terrain Race of around 10 miles) - Sally Ingledew 1.55.18 (86th), Lucy Payne 2.01.25(102nd) and Eleanor Taylor 2.07.55.

23rd February - Cornwall and Rescue Service Half marathon (Multi Terrain) Katrina Zapple 2.38.12

March 2014:

2nd March - Bideford Half Marathon - Helen "Zippy" Anthony 1:29:08 PB, Eyvoll Aston 1:35:31 (205th), Jacki Woon 1:37:34 (236th), Tracy Elphick 01:41:04 (313th), Abigail Blee 01:45:33 (382nd), Tamsin Cook 1:48:11 (421st) PB, Sally Ingledew 01:53:45 (520th), Kirsty Bowman 01:55:59 (551st) PB, Sharon Bowman 01:56:15 (560th), Ruth Johnson 01:57:28 (584th), Lucy Payne 01:58:07 (601st/3rd V60), Sharon Hutchins 02:01:47 (661st), Beverley Dennis 02:05:18 (711th)

2nd March - Bath Half Marathon - Donna Walker 1:58:11 (5888th) PB

2nd March - Plymouth XC- Hylda Stewart 33:04 (2nd F55 for the series)

9th March - The Grizzly (20 Mile off Road Event) - Tracy Elphick (574th, 3:48:27), Kirsty Bowman (951st, 4:16:47), Tamsin Cook (953rd, 4:16:55), Ruth Johnson (1100th, 4:26:08),

9th March - The Grizzly Cub (9-mile event) - Lorna Martin (169th, 1:48:45).

16th March - Gloucester 20 (20 Mile Road Race) - Helen Anthony (68th, 02:27:03, 3rd V35), Tracy Elphick (101st, 02:34:27), Jacki Woon (138th, 02:40:33), Laura Cooper (162nd, 02:45:33), Abigail Blee (208th, 02:52:47), Emma Percy (265th, 03:02:38), Eleanor Taylor (310th, 03:12:27), Kirsty Bowman (337th, 03:18:47), Ruth Johnson (354th, 03:24:56), Sharon Hutchins (359th, 03:25:55), Sharon Bowman (393rd, 03:35:04)

16th March - The Barcelona Marathon - Sally Ingledew 4.03.32 (PB)

16th March - Cranleigh 21 (21 Mile Road Race) - Lucy Payne 3.23.16 (123rd)

Captain Rod's Corner

Also with his first report in his new role, Men's Captain **Rod Payne enthuses over some great recent results.**

Hopefully most of you reading this have seen me at club on a Monday or Wednesday so I am not a complete stranger to you.

Firstly, may I thank you all for entrusting me with the honour of representing you as Men's Captain for the forthcoming year. I hope that I prove to be a worthy captain as I want to represent you all by example. I also wish Caroline well in her post as Ladies' Captain. I hope that we can work well together and, over the next year, we can benefit from each other's knowledge and experience and thereby interacting to the betterment of the club.

I would like to thank Tarquin, my predecessor, who is a hard act to follow as he has done some fantastic work during his appointment. Amongst his successes I believe is that he so quickly latched on to the young talent we now have in the club. I look forward to harvesting the raw enthusiasm of our youngsters and, through our coaching and mentoring, work with them as they develop into mature athletes.

Also, as captain I am here to represent you so if there are any issues (preferably running related) that I can help any of you with then please do not hesitate to contact me or preferably take me aside at club and have a chat.

Now I guess it's down to business. Since taking over at the recent AGM, the race scene has been moving on at a pace. Trotter men have been out in numbers weekly, spread widely over the country in many races. There are some notable successes to report.

First up was the Dalwood 3 Hills Challenge which, not surprisingly following the atrocious weather we have had, turned out to be a real mud bath. This was a real shock to some of our less experienced runners and particularly the thoroughbreds in our midst. There were 152 finishers and Lance 'Skippy' Mason stormed home 6th and 1st MV50 in 1.20.27. Travis Wood was next 1.30.10 (26th), Mark Hutchins 1.31.21 (29th), John Tweedie 1.35.15 (40th), Derek Skinner 1.39.31 (52nd), Jim Donovan 1.39.58 (53rd), Stephen Morfey 1.43.15 (60th), Ian Langler 1.43.47 (63rd), Rod Payne 1.45.24 (66th), Gary Watson 1.49.31 (86th), Nigel Barnett 1.59.48 (96th) and Kevin Besford 2.04.19 (108th).

We were admirably represented in the Dalwood Mini Challenge by Jamie Barnett and Tom Besford who seemed to find conditions to their liking as they finished 3rd and 6th out of 32 finishers in times of 26.21 and 27.38 respectively. Well done Jamie and Tom.

Whilst we were wallowing in the mud, Allen Taylor and Mark 'Wurzel' Wotton were in the New Forest taking on the tough Heartbreaker Marathon. Out of 164 finishers Allen clocked 3.44.11 (40th) and Wurzel 4.33.50 (112th).

Just one week later, 28 of us were out in a blaze of royal blue again this time at the Bideford Half Marathon (the home of the light blues). In a high quality line up of 935, Tarquin led us home 18th in 1.20.17 and 3rd V40. Star of the day again though was Lance Mason who was amazingly beaten into 3rd V50 place whilst clocking a stupendous club record of 1.21.17 and 25th overall. Other times were Mark Hutchins 1.32.57 (158th), Travis Wood 1.33.45 (169th), Bruce Campbell 1.33.58 (186th), Gary Clark 1.34.53 (190th), Craig Churchill 1.35.44 (204th), Stew Dunn 1.35.13 (206th), John Tweedie 1.37.55 (243rd), Graydon Widdicombe 1.39.06 (255th), Gary Watson 1.40.34 (282nd), Monkey Ludlam 1.40.55 (304th), Peter Kirby 1.41.04 (306th), Tim Hassell 1.40.59 (318th), Keith Anderson 1.41.24 and a PB by a staggering 12 minutes (326th), John 'Skins' Skinner 1.43.41 (349th), Nathan 'Lovely' Elphick 1.43.54 (356th), Pete Haywood 1.43.53 (373rd), Adrian Handley 1.45.15 (379th), Stu Moulson 1.46.55 (376th), Rod Payne 1.47.21 (414th), Dennis Milstead 1.49.57 (449th), Kevin Besford 1.49.45 (452nd), Nigel Barnett 1.50.31 (467th), Dave Dunn just back from France and suffering back problems 1.53.12 (508th), Guy Roberts 1.58.07 (590th), Steve Wallace 2.03.10 (692nd) and Tony Stepney 2.20.40 (854th).

Also in action on the same day at the Bath Half Marathon was Derek Blackford 1.52.18 (4,261st), Richard Keatley 2.07.12 (6,557th) and Peter Royle back after a long lay off 2.29.10 (9,091st). There were 11,176 finishers.

Tim Hartley was our only representative amongst the 14,261 who completed the Reading Half Marathon where he was 11,418th in 2.20.07.

The 8th March saw Lance Mason in marathon action when he joined 45 runners at The Groundhog Marathon, a mentally challenging 105-lap track event, where he finished 3rd in a very handy time of 3.04.



Here's a picture of an aging wreck; whilst in the foreground, Tarquin is flying in the Age UK 10k, 23 March.

On 9 March it was off to East Devon for the eagerly awaited and gruelling 20-mile daddy of them all The Grizzly. Eight of our men proved their worth and successfully mastered the course. Garry Smart had an amazing run and mixed it with the top athletes in the event to finish an impressive 18th out of 1,541 finishers in an enviable time of 2.39.05. Dartmoor Discovery here he comes! Our other tough guys were Mark Hutchins 3.25.43 (290th), Stu Moulson 3.29.56 (329th), Keith Anderson 3.54.18 (667th), Stephen Morfey 3.58.59 (740th), Adrian Handley 4.04.12 (795th), Neil 'Big Mac' Pallant 4.17.29 (965th) and Derek Blackford 4.30.36 (1,158th). Every self respecting Grizzly has a Cub and this took the form of a tough 9-mile version of the big one. Jon Martin lined up at the start with wife Lorna and completed the course in 96th place in 1.39.26.

On the same day as The Grizzly, Allen Taylor found his own tough guy challenge at Salisbury as he took on the course and a field of 80 for the 33-mile Imber Ultra. He finished 30th in a cracking time of 5.25.58.

On 15th March Mark Wotton travelled to Stratford upon Avon for the Shakespeare Spring Marathon where he finished 56th in 4.40.03.

On Sunday 16th we took 2 mini bus loads of Trotters to the Gloucester 20. Tarqs was spearheading the attack again with an 8th place and 2nd V40 finish in 2.07.36. Skippy Mason continued his great form with 24th place and 1st M50 in 2.15.06 followed by Geoff Davey 29th in 2.16.26 and Chris Cleave 31st and 3rd M50 in 2.17.05. Gary Clark clocked 2.36.45 (117th), Bruce Campbell 2.36.56 (118th), Peter Kirby took 3rd M60 in 2.39.36 (134th), Rob Cowling 2.40.10 (136th), Travis Wood 2.42.02 (143rd), Tim Hassell 2.46.04 (164th) John Tweedie 2.47.54 (173rd), Nathan Elphick 2.51.56 (201st), James Ayling 2.51.57 (202nd), Stuart Moulson 2.51.58 (203rd), Keith Anderson 2.55.38 (223rd), Roger 'Smokes' Hales 2.57.31 (236th), Dave Dunn 3.07.53 (288th), Michael Jones 3.10.49 (301st), Derek Blackford 3.18.02 (331st), Dennis Milstead 3.20.02 (341st), Mark Hutchins 3.25.56 (360th) and, following his marathon the previous day, Mark Wotton clocked 3.39.44 (401st).

Whilst the lads were taking on Gloucester, I was with Lucy in leafy Surrey where we took on the Cranleigh 21 mile road race. I was 218th across the line in 3.01.20.

Well done to all of us lads as I end my first report as your captain and it has turned out to be a bit of a marathon in itself. I hope to report on further success next month.

In the meantime keep the reports coming in to our new Press and Publicity officer Graydon Widdicombe and make sure that any PBs you may achieve are shouted from the rooftop. They are a precious commodity and are as rare as hen's teeth when the wrinkles set in for us old has-beens.

Run hard, run fast but above all else have fun.

Valediction

Sarah 'Otter' Seymour bids adieu as joint Trotter editor.

As you will have read in Chairman's News Desk, I have decided to stand down as joint editor of The Trotter. I have enjoyed working with Keith over the last year and a quarter to put together the magazine for the club but I'm finding it increasingly difficult to fit in around my other commitments. My job has changed since taking on the role of joint editor and this, along with family and other commitments, has meant I am no longer able to give as much time to the magazine as I feel it needs.

I have really enjoyed reading all your articles you have sent in and am looking forward to having a flick through The Trotter at leisure again!

Keith will explain more about what is involved in the editor's job but I will just say that it is a great way to get more involved in the club.



Staff photographer

Fancy yourself as an editor?

Retiring joint editor Keith Anderson runs through the tasks involved, in the hope that a sparkly new editor (or editors) will step forward.

I too am standing down as joint editor of The Trotter (Sarah 'Otter' Seymour and I have produced 15 issues together; how Sarah has put up with me for so long is beyond my ken, but thanks anyway... for me at least, the journey is the reward). As a way of signing off I thought I'd try to say something about what the job entails. So, in roughly chronological order:

First, you have to agree on copy deadlines. The Friday following the second Monday in each month has worked for us. (Already this may seem bizarre, but Club Committee is on the second Monday of each month, so it makes sense to follow this. It also gives us just enough time to publish before the end of the month. The editor puts a message on Facebook reminding everyone of the forthcoming deadline (and it goes on the back page of the magazine).

As articles reach the editor – and it's rare to receive items much before the copy-date – they have to be converted into correct format and edited. Editing is not just a matter of clicking on 'spellcheck' – the article has to be in readable English and has to make sense. Sarah and I have also thought it important to have consistency across an issue – as little duplication as possible and no contradictions. All names (people, venues, events, techniques, trade-names etc.,) have to be correct, as do dates, distances, details of races.

Articles can get delayed (sometimes for good reason, like waiting for weekend race results) so patience and forbearance are necessary virtues for an editor. Also the content of prepared items may have to be changed at the last minute to accommodate events (in the 'Events, dear boy, events' sense.)

Next starts the process of laying out the material on the pages, using whatever DTP package suits. I've been using a free download called Scribus. I've spent a lot of time and energy farting about with it and manage to make it work for me, up to a point. One reason I'm standing down is that I don't think my skills are quite up to doing as good a job with layout as I'd like. I don't love Scribus but I'm afraid I'm not prepared to go through a painful learning process with another package that would be completely new to me.

Is there a Trotter out there with the time and the right skill-set? I bet there is!

Page layout can be an interesting and rewarding challenge. I won't go into all the details here, but I will say that much of the work is fun, but time-consuming. Getting the print on the pages is fairly straightforward; it's the photos that have caused me the most grief over the months. I've tried to find pictures that are fresh and topical (not done-to-death on Facebook) with a reasonable balance between men and women. It's hard not to come up with the same personalities each month because those competing in races tend to be from the same cohort of runners.

Then there's actually fitting text and pictures together in the right number of pages (don't forget: there's a print version of the mag so pages must be multiples of four). Then dream up some captions and don't forget the credits. Finding who to credit with a picture can take an age in itself. Some of our best pictures are taken by Trotters and others who use their skill as a source of income. They deserve to be properly credited, even in our fairly modest journal, but it can be the devil's own job trying to determine who took which picture of whom.

When that's all done there's a final proof-read, then another just to be sure. I'm lucky that Maggie is prepared to give it a final, final check (where she usually finds the errors I've missed, but some typos even get past her punctilious scrutiny).

Then it's done! Except that copies have to be emailed for hard-copy printing and website publication.

HADRON COLLIDER

Monkboy is on the Firm so: LISTEN UP! Firstly: use the Thesaurus in your head or find hard copy or go online. Contemplate the following words or phrases: Innovative, Under The Radar, Subliminal, Pavlovian, Association, Perceived Pace, Time and Space, Relative Velocity, Tasty, Smile, HURT.

Promoter = Stewart Dunn. Logistics = Vicky Seaman

Now...you may be aware of my unconditional love for the 'Killing Fields' of Brunel...however this was taken to a new level.

Wednesday afternoon I met Lance Skippy on my street. He said "oh monkey, you are going to LOVE the Brunel Stew session." I am now already twitchy...issit !!

Warm up = long run out + normal stuff on site. Good instruction NOT to over stretch on leaps/bounds.

The Gíg. 6 x 1k loops, 90 sec recover. NOW pay attention.

"We ALL start at THIS CAR. We ALL do our FIRST loop as a RANGE FINDER. You will ALL run your first loop clockwise for 3:45. This means that mid quality runners will get back to the start point (car) in the allotted time (one loop). If you are fast you go PAST the CAR....if slower you finish INFRONT of the CAR. PLOT your position ACCURATELY. While you do your Range Finding I will be going in the opposite direction and complete 2 loops in the allotted time on my Bike. 90 sec rest. NOW stand at YOUR Finish Point and run ANTI -CLOCKWISE back round the loop and strive to get back to CAR in 3:45. I will be on bike going clock-wise to complete 2 loops in 3:45...finish at CAR."

Like all good sessions: this one absolutely includes all abilities AND a total get out clause if you MESSED up your initial RANGE FINDER. Tooooo optimistic ?...tough it out as best you can...then simply shorten the distance by moving starting point forward. Tooooo easy or feeling strong ?...move your starting point BACK for a tougher ride.

EXTRAS. You will be crossed twice by the bike, you will see Stew Barreling towards you, he will bellow goodness at you. You WILL pick up your pace. You will not perceive 'how fast' he is going.....or....will you ?

mmmm...maybe in the moment of passing perpendicular to your motion where the rate of change of closing velocity is most noticeable ...but in hind site : twice as fast as you. Plus a bit more when Stewart was nailing it. Notice his corners taken wide due to large forces of Angular Acceleration. If you were on the inside you may have perceived this. Viewing Graft, Speed and Danger is intoxicating. It can help you forget or distract or engage your mind with OTHER THAN your own Homeostasis. The external can exert influence on your system by blocking standard feedback paths.

In the middle of the session we had some excellent BUNCHING at finish. This is one of my most favourite things, coz i do not like splitting + i like to feel the weight of Crew absorbing me and its mass growing and at NIRVANA we have collected up ALL Particles of our Firm into one Max Momentum of Trotter.....the Proton Bike whizzes past. Skippy was not wrong. Hardcore. Love from monkey....xx

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