

# THE TROTTER

Teignbridge Trotters Newsletter

Number 1

August 2014



## Totnes 10K: Sun Gets Them Out!

At long last, a dry, sunny race day, something we haven't had for the last three years, and what a difference it made. All sorts of records were set, some good and some not so good!

We had 631 enter the 10K and 141 enter the fun run (both new records), compared to 496 and 114 respectfully in the previous year. We had 167 enter the 10K on the day, a new record.

This year we took pre OTD entries for the fun run. We had 25 who took advantage of this. Tom Merson from Exmouth Harriers, broke the course record for the second year running. There were six other

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# NEWS DESK

## Chairman Rog Reports

It's back! The Trotter has made an eagerly awaited return, Jon Grimes is the new editor and I'm sure you'll join me in wishing him the very best of luck with it. Keith Anderson has kindly agreed to help with the editing. Between them, with your support, I'm sure they'll make a splendid job.

A lot has obviously happened since the last edition back in March. There has been the small matter of three Trotter races for starters - all of which set new records for the most amount of finishers. The DD had 202, the Heller had 264 and Totnes had 578. Many thanks to all those that helped out at any or all of them. An up-to-date list of marshal points can be found on page 9.

### **Ladies 10K**

The next race up is our Ladies 10K, which takes place on Sunday 14th September. With so many ladies now members of the Trotters, there should be no reason why we shouldn't have at least 40 of you on that start line. As we go to print there are only 14 of you signed up, so come on ladies get entering and support your club. There will be a recce run on Wednesday 10th September, with two groups setting off (based on ability).

The first group, being the slower one, will be leaving Dornafeld at 6:30pm and the second one (faster) at 6:45pm. There are showers available afterwards and the option for a meal at the Wellington Inn, at Ipplepen, for anyone that would like to join us. The Heller recce run attracted 45 runners and the Totnes 10K enticed 50. Can the undulating, country lanes of the Ladies 10K better either of those totals?

### **Bibs**

I'm afraid those dark training nights are nearly upon us, which means wearing your reflective bib. The first night for digging it out of the bottom of your drawer and putting it on, will be Monday 8th September. It is a club policy for everyone who trains with us to wear one of these bibs. If you don't yet own one, you can purchase one from club member, Keith Anderson, for £5. Remember, no bib = no training!

### **Showers**

We are currently in negotiations with Teignbridge about the poor service we are receiving at Coombeshead College. The showers have been cold for weeks, they're in a filthy state, and the car park that we used to use is out of action for no apparent reason, especially now that the building work has finished. Until we get hot showers, please feel free to use the ones at Newton Abbot Leisure Centre.

Contd

### Team Photo

On Wednesday 3rd September we will be taking a group photo to replace our existing one. Please arrive early and in club kit as the photo will be taken at 6:45pm on the grass bank behind the main building at Coombeshead College. If you're not wearing some sort of Trotters top you won't be in the photo! This photo will be used for the next twelve months, so please try and attend and help swell the numbers - lets show everyone who's the biggest and best club in the West Country.

### Championship

It's great to see so many Trotters having a go at this year's Club Championship. The knock on effect this has at some of the smaller races, where an influx of up to 20 Trotters can really make a difference is great to see. This was highlighted at the Chudleigh 5 miler, when an incredible 54 Trotters crossed the finish line. This was a new record, beating the previous best of 49, set back in 2012 at the Torbay 1/2 marathon. Another record set to go is the most members we've ever had, currently standing at 261. As we go to print, it currently stands at 255.

### Sandygate Loop

Due to the Forest Flyer taking place on the last Friday of this month, the Sandygate Loop has been put back a week and will now take place on the 5th September. The final one of the year will take place on the 26th September.

### And finally,

Congratulations are in order; Stuart Moulson and his partner, Rosie, are engaged to be married. Preparations are already afoot for the stag do, as this will be Stuart's first lads weekend away trip! Don't worry Rosie, Tweeds has promised to take good care of him...

On On

Chair



Stuart warming up...



# Membership Report

Membership Secretary Dave Dunn welcomes newcomers to the Trotters and celebrates some birthdays.

Our membership total continues to climb steadily as each week passes, currently standing at 255. This is only 6 away from our all-time record number of members set last year, and there are still seven months left in this membership year! I am getting enquiries by email from prospective new members on a regular basis, and we see new faces almost every week coming through the doors at Coombeshead. What is encouraging is that we are attracting fresh blood from a very wide cross-section of ages and abilities, and from right across the Teignbridge area.

Below is a list of the 39 new members who have joined our club since the last edition of The Trotter, but as it has been a while since March, I will only give you a brief introduction to a selected few.

Rachel Barnett

Sarah-Jane Barr

Elizabeth Blakesley – Lizzie is the daughter of Pete & Angie, and has been cutting her teeth in the Parkrun 5k's held at Parke every Saturday morning.

Susan Bolt – Sue was a leading member of the Trotters in the early 90's, winning several race prizes before leaving us to join SWRR where her young children could run. Now that they are all grown up, Sue has returned to our fold.

Doretta Boone – Doretta is Alan's wife. With Alan laid up, perhaps Doretta will pick up the mantle!

Catherine Bray

Ashley Brent

Sarah Charnley

Alison Clayton – Like Lizzie Blakesley, Alison can regularly be seen charging around Parke estate on a Saturday.

Dennis Collin

Nikki Constantine

Emilie Cowling – Emilie is Rob & Nicky's daughter, joining us before the family relocated to Lincolnshire.

Jenni Davey

Lauren Deer – Lauren ran in the recent Chudleigh Carnival 6 mile race.

Stephanie Duncalf

Jaime Gill

Karen Guy

Shachar Head – Shachar is Julian's daughter. Whilst she is only 18, Shachar is a leading powerlifter, having set British & European records. Not a girl to mess with!

Deborah Hewson – Debbie's husband Paul used to be a member a few years ago, and now Debbie has got the bug!

Emma Iles – Emze is a close friend of Lauren Deer and also ran at Chudleigh.

David Jeffs – David is Abi Blee's partner.

Iain Large – Iain has just joined us from SWRR, having recently moved house with his partner Hannah Walsh to Totnes from Exeter.

Cameron Milstead – Cameron is Dennis's daughter.

Michael Mooney – Mike has thrown himself headlong into Trotter life, both on and off the racing circuit.

Kelly Phelan

## Contd

Jennie Roberts – Jennie's first love is triathlon and she will be doing a half Ironman with some other notable Trotters very soon.

Lisa Sandford

Arancha Santano Esquiú – Arancha ran with us for several weeks whilst visiting our country from her native Valencia. Arancha has now returned home, but maybe we just might meet up again on some future Trotter marathon trip abroad?

Dermot Smyth

Mahnaz Soufian – Mahnaz is Nigel Penwarden's partner and has also been seen improving her 5K pb at Parke on a Saturday morning.

Richard Stephenson

Marie Taylor – Marie is wife to legendary ultra-runner Allen.

Toby Twigger – Toby is another Trotter who has been a regular in the Parke Parkrun 5K events.

Victoria Tymoczko

Paul Vowden – Paul is another who likes to mix swimming and cycling with his running!

Hannah Walsh – For those of you, who like me, have been around long enough to remember, or perhaps you attended Teign School, Hannah is the daughter of one-time Trotter legend Vanessa New.

Mandy & Russell Wheeler – Mandy transferred her allegiance from SWRR, whereas we are Russell's first ever club

And last but by no means least - Kimberley Wide.

Apologies if I haven't given you much of a mention above, but I look forward to the opportunity of getting you know you all better during our training nights on Mondays and Wednesdays.

The following members will all be celebrating a landmark birthday between now and the next edition of The Trotter - Gary Caunter, 50, Ben Epps, 40, Mark Hamling, 55, Peter Hayward, 55, Jon Martin, 55, Neil Pallant, 45 and Maurice Piper, 75. We wish them all a very happy birthday and every success in their new veteran categories.



Jon Martin finishing the recent Torbay 10K



New member Sarah Charnley taking on the Totnes 10K



Mark Hamling enjoying the Torbay Half back in June

# 2014 Totnes 10K Report

Contd from page 1

course records broken, including both the junior M&F. A total of £200 was paid out in prize money. We sold out of beer, BBQ food and not surprisingly, all of Tina's lovely cakes! We made almost double what we made in profit from last year. A fantastic effort from our catering team.

Torbay AC were once again the best supported club, with 35 of their members entering, closely followed by the Plymouth Musketeers, with 31 members. 49% of the field were unattached runners. 378 (60%) were men. We used a different company for the first time to provide us with medical cover. They were friendly and efficient and thankfully had very little to do.

The lack of enough ladies toilets was a major problem. I received two complaints from rather irate women. We will need to hire porta loos next year. Six of these will cost £324. I will look into seeing if we can get them part or fully funded through sponsorship.

Parking was also an issue. We received a complaint from a business owner who had been blocked in on the industrial estate. I will look into seeing if the council will allow parking on Borough Park.

Unfortunately we ran out of medals at the finish of the 10K. I had ordered 500, bearing in mind we had 441 finishers last year. It became clear as the entries kept coming that we were going to need more, therefore I bought a further 50 key rings. This still proved insufficient. The situation at the finish became rather unpleasant with some very irate runners. I received numerous emails of complaint. I have since posted replacements to all those that I know didn't get a memento.



JC and Chair presenting Bob Alford, the Chief Executive of Totnes Caring,

With such a massive entry it was always going to be a difficult day to manage. However, by and large I think as a club we did incredibly well. The vast majority of runners went away happy, many of them commenting on what a great race it was. Thank you to everyone who played a part in making this race the biggest race (finishers wise) the Trotters have ever staged in their 32 year history.

Next year we will have to be strict with the entry limit of 600. If it means turning runners away on race day, then that's what we'll have to do. With any luck the race can mirror the Heller and sell out in advance, although I think that may take a few years to achieve.

We were able to present Totnes Caring with a cheque for £1703. Bringing our overall donation to them since we took over the race in 2000 to £12,500.

Roger Hayes, Race Director



# Dartmoor Discovery: A Marshal's Story.....

Graydon Widdicombe tells us what it was like for him

This was the second year I had marshaled at the DD, and this year I was down to time keep at the marathon point on the course.

I drove over to Princetown to pick up the race clock, which had been set running with the correct time. I had to get this to the marathon point and tie it to the scaffolding that had already been set up. Now, this clock has a massive piece of cord that has a large start/stop button. I was treating this thing very delicately as if I'd accidentally stopped the clock, it would have been a bit embarrassing if the leader thought he'd gone through the marathon point in 1:23mins, or something! Anyway, the clock was up and running with no issues, so that was good.

My time-keeping mate (Steve Blackburn) had turned up, so we divided up our roles. Basically, we both had pieces of paper with race position written down from 1 to 240. My role was to record the runners' race numbers, and his role was to write the time. It worked really well.

Weather-wise, there were just two very small showers and I had plenty of time to tuck into the free packed lunch that was provided to all helpers. The organiser said he caters for 150 helpers, which I think is a pointer to how many people are required to help at this massive event.

Off the top of my head, there are the following:

- Dozens of marshals across the course.
- Timekeepers at various points on the course.
- Catering at the finish.
- Scaffolding and clocks and setting out yellow arrows.
- Drinks stations, some that have personalised drinks and food set at specific positions.
- Sweeper vans to clear the course.
- Results processing and publishing.
- Dartmoor Radio Club to provide cover where mobile phone signal was absent. In some places they put up their own massive aerials.
- Medical care (Dartmoor Medical Services)
- Lead bike
- Organising shirts/hoodys/jackets available for sale.
- Organising finishers t-shirts and medals.
- Someone (not me, on this occasion) who writes the race report for the local press.
- PA system, with someone announcing runners as they come through.
- Time keepers and course measurers.
- Liaising with relevant Authorities.



Neil Pallant taking time to enjoy a DD shower

## Contd

I've probably missed lots of other roles, but you get the point! This is a massive undertaking.

Anyway, I settled into my chair eagerly awaiting the first runner, who was rumoured to be on for extending his course record. Soon enough, he came into view and he just looked so smooth and in control. He went through the marathon point in 2hrs46 – honestly, I can't really say how phenomenal this seems to me. Make no mistake; this is a tough course, but he looked like he was jogging.

The second placed man through the marathon point, who is also a good runner, has the Trotters record for when he was a member and has won this race before was 15-minutes back. John Ward ended up breaking the course record with a fantastic 3:29.

We settled into our roles – in hindsight, I had the slightly easier role as when runners were bunched up Steve had more to do. In busy periods, we occasionally missed a runner out, so we were constantly checking with each other to make sure we were on the same race position. Many runners who had their race number obscured knew this, and shouted out their number as they passed which was great, so I feel this all went off without a hitch.



John Ward cruises through the marathon checkpoint

In terms of spectating, it was a great position. I saw the ecstasy of people knowing they had completed the marathon inside the cut off and could therefore rest if they had to. I also saw the misery of others when they realised they still had 6-miles to go. Many runners looked like they were cruising, but many others looked like they were struggling.

Some runners just had their head down, whereas others wanted to stop and chat for a minute or so before carrying on. One thing I did notice was how many people seemed to speed up when they saw the marathon point, get through the line and then stop and walk, or stretch. I'd say about 25% did this.

The clock ticked past 5hrs15mins (the cut off) and there was no one in sight. Two people (Jacki and Bruce) had been there for an hour or so, and it was their job to inform runners that they had missed the cut off. Unfortunately, this happened for two people who took it well in the circumstances but it was upsetting for them.

I took the race clock down, and my wife and I headed back to Princetown carefully overtaking many runners who were in various states. We parked up and cheered home the last 30 or so people and I must say that was really heart-warming. There were dads who grabbed their young kids and ran with them through the finish, there was a mother and daughter combo (Fizz and Kirsty) who ran in together who were ecstatic, and there were many who looked like they needed a stiff drink!

So, all in all, a great experience for me, at an event that is organised by our fantastic running club! I thoroughly recommend helping out at the events if you're able to as it is a great way to be a part of the race, but obviously from a different perspective.

Graydon



# Marshalling Points Update

<b>4 POINTS</b>	<b>3 POINTS</b>		<b>2 POINTS</b>	
Nathan Elphick	Adrian Youngman	Jean Terrill	Adrian Handley	Mary Goulden
Nigel Barnett	Alan Taylor	John Caunter	Alan Boone	Maurice Piper
Roger Hayes	Buzz	Jon Grimes	Bev Dennis	Neil Pallant
Stuart Moulson	Caroline Hayes	Kevin Besford	Dennis Milstead	Pete Blakesley
Wilf Taylor	Catherine Barnes	Katrina Zaple	Dermot Smyth	Pete Hayward
	Cathleen Pilton	Lance Mason	Eleanor Taylor	Peter Kirby
	Chris Wride	Mark Wotton	Emma Percy	Rachel Pallant
	Clare Youngman	Marie Taylor	Ewan Walton	Rod Payne
	Craig Churchill	Mark Hutchins	Jan Caunter	Ruth Johnson
	Dave Dunn	Mark Walker	John Skinner	Sarah Seymour
	Gary Watson	Nigel Penwarden	John Tweedy	Sally Ingledew
	Graeme Baker	Roger Hales	Judy Smallshire	Sharon Hutchins
	Graydon Widdicombe	Stewart Dunn	Julian Head	Tamsin Cook
	Hannah Jones	Tina Caunter	Keith Anderson	Tim Hartley
	Ian Langler	Tarq	Kirsty Bowman	Tom Besford
	Jacki Woon	Travis Wood	Lucy Payne	Vicky Hales
				Wavell Vigers

If you have any queries on marshal points, get in touch with Stewart Dunn.

Email: s.dunn13@hotmail.co.uk

<b>1 POINT</b>			
Anna Langler	Ezme Iles	Josie Waller	Rob Cowling
Alastair Lee	Gary Caunter	Keith George	Roy Brown
Andy Dudley	Gary Smart	Lauren Deer	Russ Wheeler
Angela Evans	Geoff Davison	Many Wheeler	Ryan Anthony
Angie Blakesley	Guy Roberts	Mark Becker	Sarah Ross
Anne Smart	Howard Cotton	Marsha Garrard	Sarah Schutte
Becky George	Hylida Stewart	Mel Dunn	Sarah Watson
Bruce Campbell	Jim Donovan	Mick Mooney	Selina Snow
Chris Broadbent	Jamie Barnett	Mike Jones	Sharon Bowman
Chris Cleave	Jane Heartly	Monkey	Stella Thompson
Dave Foster	Jenny Roberts	Noel Fowler	Steve Blackburn
Derek Blackford	Jess Parkes	Nicky Cowling	Steve Morfey
Derek Skinner	Jo Becker	Phil Perry	Steve Rawlinson
Donna Walker	Jo Billyard	Rachel Ludlam	Steve Wallace
Emily Levy	John Ludlam	Richard Keatley	Wyn Jones
Eyvol Aston	John Webber	Rob Cooper	Zilpa Walton

# Club Championship Report

Tarquin gives us the lowdown on what's happening in the championship tables and who to watch for the remainder of the season.

Here we are over halfway through the year and over halfway through this year's Club Championship season. It's been a few months since my last report, so a quick update on where we are now would be appropriate. Well, a massive 49 ladies and a whopping 80 men have now completed at least one championship race, with 21 ladies and 38 men having completed at least five. On top of that, 3 ladies and 8 men have actually completed the necessary 12 races needed to complete their championship: They can now put their feet up, if they so wish!

So what's happened since my last update? Well, there has been quite a bit of movement for the ladies and the men, although the top position for each has remained firmly in the hands of previous champions Jacki Woon and Lance Mason. Jacki has an almost unassailable point score of 598 points, for her 12 races which, even though that shows she hasn't had it entirely her own way, will still prove hard to beat. Lance, on the other hand, has had it his own way and has been almost unchallenged throughout the season, allowing him to pick up 50 points for just about every race he completes; He now has the maximum 600 points from his 12 necessary races – it will take a gargantuan effort for anyone to equal this points tally and then beat him in a age-graded percentage tie-break. However, it's not impossible and Lance will still be watching his rear!

## Ladies

It's Jacki's rivals for the top spot that prove most exciting and interesting. Whilst Ruth Johnson is currently in 2<sup>nd</sup> place, with 554 points, after also completing the 12 races, she is being pushed hard by last year's runner up, Helen Anthony. Helen is currently on 540, after completing 11 races. If Helen can pick up another 50 points and then improve her points tally in each section, by doing some more races, she could yet trouble Jacki.



Jacki in action at the 2013 Taunton Half

However, there is a possibility of an interesting late battle for the top four positions this year in the ladies standings. As well as Jacki and Helen, Eyvoll Aston and new-comer Mandy Wheeler are both scoring highly in each race they do.

Eyvoll and Mandy have both completed 10 races, with 490 & 487 points, respectively, and they are both the same age, so both compete on a level playing field, from an age-graded perspective.

Although a previous Ladies Champion, having won the championship for three years (2004, 2008 & 2010), this year is Eyvoll's first full year of racing since 2010, after having to scale back her running, due to a knee injury.

## Contd

Mandy joined the Trotters at the beginning of this summer and along with her husband Russ, have both been a welcome addition to the club. Mandy has definitely 'hit the ground running' and has thrown herself into the championship from the very first race she did in a Trotter vest. These last three and a half months of this championship season will prove a very interesting contest to watch.

Beverley Dennis has also completed the necessary 12 races, although she has completed many more this season. She must enjoy racing, as she seems to be at every championship race. This strategy has paid off so far, and she is currently lying in 4th position. Sally Ingledew, Eleanor Taylor, Sharon Bowman and Cath Pilton have completed 11 championship races, so far, and all feature in the top ten. Just outside the top 10, but having completed 10 races, is Kirsty Bowman, who is having a cracking full year of racing, which should see her finish well to top off her superb achievement of completing the Dartmoor Discovery this year.



Mandy Wheeler taking on the 2014 Torbay Half



Graydon Widdicombe

Skippy flying at the Exeter 10K

## Men

Myself and Chairman Roger are now lying in 2nd and 3rd positions for the men; both of us have completed the necessary 12 races required to complete the championship, although we are both now looking at what races we can do to improve our points tally for each section.

This is our Chairman's first championship campaign for many years, since 2008 – in that year he won the championship – in the intervening time, he has been taking on his personal 100 marathon challenge, which has taken up his running time. This year Chair has really thrown himself into the club championship and has become faster, as the season has progressed. He is now a serious challenger and will provide me with a stern battle for 2nd position.



## Contd

Keith Anderson, Gary Watson, Craig Churchill, Pete Hayward and Kevin Besford have also completed the necessary 12 races and can also now put their feet up, if they so wish! Mark Hutchins, Rod Payne, Travis Wood, Dave Dunn and Nigel Barnett have completed 11 races, with Peter Kirby, John Tweedie and Ian Langler having completed 10 races, so far. Of those, Peter Kirby has been grabbing some high points in his races, making the most of his 'super-vet' category status. This is Peter's first full year of championship races, after concentrating on longer races and those further afield in previous years. In the final analysis, I expect to see Peter featuring in the top 5, but he may yet trouble the top 3!

So, there are interesting battles for the remainder of the season!

## Brunel 5K Time Trials



Nigel Barnett homing in on the Exeter 10K finish



Smokes and Ian Langler warming up for the Brunel 5K back in April

Finally, I have to mention the Brunel 5k time trials. It was our intention to stage two of these events this coming autumn, so as to both fit in with this year's championship. However, due to logistical difficulties associated with organising these time trials, we have decided to just hold one more – this will take place at the end of October/beginning of November, on a Wednesday evening – exact date TBC.

Tarqs

# Hell of a Buzz!

2014 marked another very successful Haytor Heller event expertly overseen again by Buzz Terrill. But now the search begins for a new Race Director...



Buzz Terrill in action

After five years of being Race Director for the Haytor Heller, Buzz Terrill has decided the time is right to step down and hand the race over to someone new. During those five years Buzz has transformed the race. He changed the day/time of the race from a Sunday morning to a Saturday night. He worked tirelessly with Dartmoor National Park to allow them to increase the entry from

200 up to 250 and then again to its current level of 300 runners. He introduced the BBQ, live music and camping, all of which took place after the race had finished. All of these new things were massive successes and established the race as a firm favourite on the racing calendar.

Since Buzz took over the race, he's ensured it's sold out every year. Last year it actually sold out six weeks before race day! On behalf of everyone at the club, I would like to say a huge thank you to Buzz. I know he would be the first to say he couldn't have done it without the support from his wife, Jean. So our thanks extend to Jean also - You were quite a team.

They're big shoes we need to fill, but fill them we have to! Therefore, we need someone to step forward to become the new RD for the Heller. If you fancy putting something back into the club, now is your chance. I speak from experience



(having been an RD 24 times for various races of ours), when I say it's a very rewarding job. Yes it's hard work and stressful at times, but the satisfaction and pleasure of staging a great race far outweighs all of that.

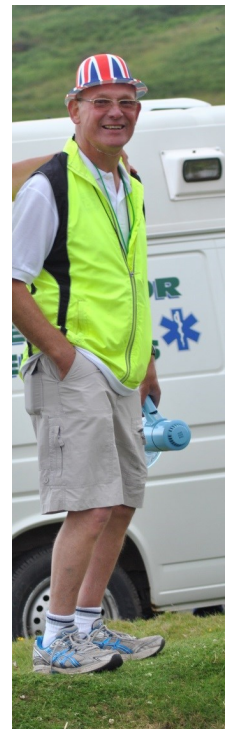
Buzz is more than happy to show the new person the ropes and point them in the right direction. It won't be a case of saying 'here you go, get on with it'. The committee will naturally offer their full support. If you would like to know a little more of what's involved before committing yourself, please feel free to give me a call.

The race won't continue without a Race Director - now's your chance to give a little bit back.

Rog Hayes

01626 773562

[chairmanrog@icloud.com](mailto:chairmanrog@icloud.com)



# Coaching News

Tarquin reviews the impressive range of training sessions currently available

I have now taken over the reins of Coach Co-ordinator from Rod Payne, after his excellent tenure for the last four years. I would firstly like to thank Rod for all his hard work in the position, and I hope I can continue the superb and consistent job he did in the role. During Rod's time club numbers have grown exponentially and the sessions and runs we offer have had to grow to keep pace. When Rod started in the role we just had three runs on a Monday and four groups on a Wednesday – we now have six groups on both Mondays and Wednesdays!

There have been many changes in our coaches and leaders over the last six months and our ranks have been added to by a number of our experienced club members, who have expressed an interest to coach or lead. Our list of coaches are on our 'Club Contacts' page, but I will look to publicise a list of our coaches and leaders in the next edition of the Trotter.

Due to the many changes we have had to our training sessions and run groups, with new sessions having been added, here is a reminder of the different groups we now offer:

## ***Monday Groups:***

**Beginners Group** – This group designed specifically for **complete beginners** and is a walk/jog group for those new or relatively new to running. Our coaches will aim to over see each person's progress from those initial jog/walk sessions through to joining the other more advanced groups on a Monday and Wednesday.

**Improvers Group** – Offering a stepping stone for those advancing from the beginners group, this group is a 3 - 5 mile steady jog-run for **improver level runners** or runners coming back from a *long-term* injury/lay off. This group is designed for those wanting to develop from the beginners group and is NOT meant for the more experienced/faster runner who may want an easier run.

**Recovery/Social Run Group** – This group is a 5-6 mile **social/recovery run**, with the emphasis on 'steady' rather than 'speed', with plenty of recovery stops. This group is ideal for those who may have taken part in a race over the weekend, or for those who just want an enjoyable social run. There will be plenty of re-grouping and the group will operate at a 'social pace', rather than at any pre-defined pace. If you are looking for a 'burn up' type of run, then you will NOT be welcome in this group, but will be encouraged to join the 'Main Group' run.

**Main Group** – This group will generally operate at a slightly faster pace than the recovery group, but it is worth emphasising that you do not have to be one of the faster runners to go out with this group. It will cover a distance of 6-7 miles and will move continuously, with re-grouping by 'looping back' at key points. If you haven't tried this group as yet, but feel able to run continuously for 6 miles, then I strongly encourage you to give this group a go and push yourself a little harder.

**Ten Mile Groups** – We now operate **two Monday ten mile run groups**, catering for two different abilities, with an 'A' and a 'B' group:

- The 'A' group operates at a around an 8 min/mile pace. This is really only suitable for the more experienced runner

- The 'B' group operates at a around 9 - 9:30 min/mile pace and is aimed at the runner who wants to complete a longer run at a slower pace.

***Head torches are required during the Autumn/Winter months for both these groups.***



Contd

## **Wednesday Groups:**

**Options 1 & 2** – We offer two **structured training sessions**, each offering something different, ranging from short sprints, hill reps, 'paarlaufs', pyramids, 1k & mile efforts to name but a few. As with all sessions they are only as hard as you want them to be! Each session is specifically tailored for all abilities, with varying intensity to suit.

**Step-Up Group** – The 'Step-Up Group' is a lighter option for Improver level runner and it offers a scaled down version of the above two structured training sessions, with a good warm up and cool down jog. This session is specifically tailored to runners wanting to develop from the Monday Beginners and Improvers groups, to step up and dip their toe into structured training and acts as a transition to the top two main training options.

**Please note that this session is NOT meant for the more experienced runner who may want an easier session.** This is a group where an Improver level runner can build his/her confidence in a more formal training environment, so we discourage our faster members from joining in with this group.

If you are more experienced and want an easier training session, then we suggest that you go with one of the top two training groups and speak to the coach about doing fewer repetitions.

***If you are currently suffering from an injury niggle, we do not recommend that you take part in any of our formal 'effort/interval' training sessions.***

**Improvers Group** – We also offer a steady 3-5 jog/run for improver level runners on a Wednesday and this group will operate exactly as the Monday 'Improvers Group' operates.

**Social Run** – This group offers a steady 5-6 mile steady social run, which runs in a similar vein to the Monday 'Recovery/Social' run, with plenty of re-grouping and recovery stops

**Ten Mile Group** – We also offer a **Ten Mile Group** on a Wednesday, operating at around 8 min/mile pace. Like the Monday 'A' Ten Mile group, this is really only suitable to the more experienced runner (*head torches are required during the winter*). This group often traverses off-road routes.

I hope you find this explanation helpful and, as always, we will look forward to welcoming you all to training.

## **Reflective BIBS!**

Autumn is now fast approaching and with it darker evenings, which will mean that we will all have to start wearing bibs again. Due to this, the wearing of bibs will be MANDATORY from **Monday 8<sup>th</sup> September**, on all our club nights – if you turn up at club without a bib then, I am afraid, you will not be allowed to run or train with one of our groups. ***However, those running in the any of the Ten Mile Groups will need to start wearing a bib from Monday 1<sup>st</sup> September, due to the longer nature of these runs.***

I am usually around at club training nights on a Monday or Wednesday and am always available for a chat. If you have any questions about our groups or the training we offer, you can ask any of our club coaches, who will always be happy to assist.

Happy training!

Tarquin

# Captain Caroline's Corner

Caroline Clark picks out the Ladies best bits over the last few months

Hello Ladies,

Wow! This is going to be a Marathon, or should I say Ultra Marathon, Captains Corner with loads of races to catch up on. This is the news from May onwards.

## May

The North Dorset Village Marathon took place on the 4th May. The event was recognised as one of the top ten UK marathons as compiled by Runners World in 2013 and is very well organised and scenic with great support en-route. For some ladies this was the 2nd marathon they had completed this month mostly as part of their training plan for the DD. Tracy Elphick followed her PB in London with another strong time of 3.31.34. Jacki Woon recording a time of 3.35.11 which not only earned her the 1st V50 prize but this is also a new club V50 record. Sally Ingledew recorded a PB of 3.57.04, this was Sally's 135th marathon, a PB and her first sub 4 hour which earns her a "Good for Age" place for London 2015. Eleanor Taylor recorded an impressive time of 3.57.34. Ruth Johnson also had a great run knocking a massive 35 minutes off her previous best time to record a time of 4.22.32. Kirsty Bowman recorded a time of 4.43.45 and Sharon Bowman in 4.43.47.

Ivybridge 10k took place on Saturday 10th May. First lady home was Helen Anthony in 41.10. Eyvoll Aston in 43.10 and Mandy Wheeler in 43.19. These three ladies picked up the 1st ladies team prize and were also awarded 2nd V35, 1st V40 and 2nd V40 respectively. A PB for Melanie Dunn in 43.27, Sharon Hutchins in 55.08. Emily Levey, in her first race recorded a time of 57.22 and Stephanie Duncalf and Rachel Barnett who both recorded a time of 1.04.20. Rachel Pallant took part in the Bideford 10k. This was Rachel's first race in 7 months due to injury. Rachel recorded a time of 57.00. Completing a busy weekend of racing Eleanor Taylor completed the Loch Leven Half Marathon in a time of 1.52.18.

On Saturday the 18th May the Trotters descended on the Swimbridge 10K, a tough off road event for the annual Club Trip. Congratulations to Eyvoll Aston who was 1st lady overall and 1st FV40 with a time of 49:39, Full ladies results were as follows: Hannah Jones 56:11, Tamsin Cook 1:05:01, Eleanor Taylor 1:05:38, Katrina Zapple 1:05:52, Emma Percy 1:05:57, Tina Caunter 1:06:56, Cathleen Pilton 1:07:12, Beverley Dennis 1:09:13 and both running their first 10K's, Jackie Burns 1:16:29 and Nikki Keightley 1:24:40. Sally Ingledew completed the very challenging Clay Imries Trail Marathon in a time of 4.47 and was 2nd FV50.

## June

30 Trotters took part in the Dawlish Coastal which took place on 5th June 2014. This unique race is approximately 4 miles of beach and coast path and is well worth a try. Our ladies results were: Helen Anthony 24:58, Eyvoll Aston 27:00, Mandy Wheeler 27:19, Jacki Woon 28:17, Hannah Jones 29:36,

## Contd

Sally Ingledew 30:00, Sharon Bowman 31:17, Jennie Roberts 31:29, Tina Caunter 33:34, Bev Dennis 34:22 and Lucy Payne 34:50.

There is not a lot I can add to what has already been said about the Dartmoor Discovery which took place on 7th June except to congratulate our ladies who did us proud on what is a fantastic achievement, completing the daunting 32 miles in fine style. Sally Ingledew recorded a time of 5.33.33, Eleanor Taylor 5.52.36, Ruth Johnson 6.05.55 and Sharon and Kirsty Bowman in times of 6.13.42 and 6.13.43 respectively. One word ladies – awesome!

Torbay Half Marathon took place on 29th June. 32 Trotters took part. Abi Blee, Rachel Pallant and Mel Dunn all recorded PB's. Helen Anthony went under 1.30 for the 3rd time this year and was 2nd FV35, Jacki Woon was 1st FV50 and Melanie Dunn was 3rd Senior Lady. Full results for the ladies as follows: Helen Anthony (01:29:42), Melanie Dunn (01:35:17), Mandy Wheeler (01:36:43), Jacki Woon (01:40:50), Abi Blee (1:43:58), Emma Pearcy (01:56:35), Jennie Roberts (01:57:17), Eleanor Taylor (01:59:07), Lorna Martin (02:03:30), Sharon Bowman (02:04:26), Victoria Tymoczko (02:06:13), Tina Caunter (02:07:18), Angela Blakesley (02:15:14), Rachel Pallant (02:15:16), Nikki Keightley (02:26:43), Jess Whitehouse (02:34:30) and Heather James (02:47:15).

Sally Ingledew completed the Giants Head Marathon on Saturday 28th June in Dorset. It is a tough off road event and Sally recorded a time of 5.39.

Jo Becker took part in the Sydling Hill Race, a 6.5(ish) mile hilly off-road event on the same day. This was Jo's first race this year and she recorded a time of 1:12:24. Katrina Zapple took part in The Revelstoke Run 2014 with Sarah Ross. It is a very low key 10 mile multi terrain run and they completed the run in 1.48.



Mel Dunn making the Torbay Half look easy

## July

On 4th July, a very wet Friday night the Erme Valley relays took place. Despite a very stressful start with teams only being finalised at the last minute due to many of our ladies stuck in traffic hold ups because of an accident at Penn Inn (I definitely gained a few more grey hairs that night!). Our ladies teams all did us proud. Well done to everyone who took part and thank you all for your teamwork and supporting me so well on the night.



## Contd

Our V35 ladies team of Emma Percy, Helen Anthony, Mandy Wheeler and Hannah Jones won their age group category. We managed to enter 5 ladies teams who all did brilliantly, the full ladies results are as follows:

- Emma Percy (19:36), Hannah Jones (18:42), Mandy Wheeler (16:41), Helen Anthony (15:32), for 70:31 and 49th overall (FV35).
- Jacki Woon (17:37), Sharon Bowman (19:30), Tamsin Cook (20:30), Sally Ingledew (19:51), for 77:28 and 68th overall (FV45).
- Abi Blee (18:22), Emily Levey (20:42), Kirsty Bowman (19:19), Jennie Roberts (19:12), for 77:35 and 70th overall (F).
- Hylda Stewart (19:31), Ruth Johnson (20:10), Eleanor Taylor (20:31), Jackie Burns (24:44) for 84:56 and 78th overall (FV45).
- Sharon Hutchins (21:56), Ben Dennis (21:21), Cath Pilton (21:14), Lorna Martin (20:54), for 85:25 and 80th overall (FV35)

There were 2 championship races on the weekend of 12<sup>th</sup> and 13<sup>th</sup> July. On Saturday the 12<sup>th</sup> of July was the Otter Rail & River Run. This is a mainly off road 10K. Our ladies recorded the following times:

Eyvoll Aston (45:34), Jacki Woon ( 49:36), Emma Percy (54:35), Lorna Martin (56:34), Eleanor Taylor (57:31), Bev Dennis (1:00:34) and Heather James (1:10:26).

On Sunday 13<sup>th</sup> July the Wellington 10 mile Road Race took place. 4 ladies took part: Ruth Johnson in 1:31:18 (56th overall), Cathleen Pilton in 1:32:43 (60th) and Eleanor Taylor in 1:32:57 (62nd) in what was her 2nd race of the weekend. Lucy Payne crossed the line with husband Rod in 1:36:06. Despite having been out with injury for some time Lucy managed to break her own V60 record by a minute.



Lucy & Rod closing in on the finish line at the Wellington 10

Another busy weekend of racing followed with this years Chudleigh Carnival race on Friday 18<sup>th</sup> July. Great results from our ladies with the following ladies all winning prizes: Mandy Wheeler 2<sup>nd</sup> FV40, Eyvoll Aston 3<sup>rd</sup> FV40 and Jacki Woon 1<sup>st</sup> FV50. These 3 ladies made up the first ladies team. Sally Ingledew was 2<sup>nd</sup> FV50 and Abi Blee was 2<sup>nd</sup> Chudleigh woman home.

Full Ladies times as follows: Mandy Wheeler 38.54, Eyvoll Aston 39.51, Jacki Woon 42.57, Hannah Jones 44.44, Abi Blee 45.10, Sally Ingledew 46.01, Kirsty Bowman 46.12, Jennie Roberts 47.11,

## Contd

Kate Lenthall 47.26, Sharon Bowman 48.05, Ruth Johnson 48.09, Donna Walker 48.56, Cathleen Pilton 49.52, Lorna Martin 50.22, Emily Levey 50.33, Tina Caunter 51.24, Lucy Payne 51.47, Angie Blakesley 52.25, Lauren Deer 53.08, Sharon Hutchins 53.15, Rachel Pallant 55.57, Heather James 57.01, Katrina Zapple 57.27, Sarah Ross 57.36 and Emze Iles 1.02.42.

On Saturday 19<sup>th</sup> July, Trotter race, The Haytor Heller, took place. This tough 6 mile race is based near Haytor. Although many of our club members were marshalling, 2 of our ladies took part: Jess Parkes finished in 1.08.38 and Julie Webb 1.33.15. On Sunday 20<sup>th</sup> July, 4 Trotettes took part in Mrs E's Big Wheeze 10K. Mandy Wheeler was 3<sup>rd</sup> Lady overall and 1<sup>st</sup> FV40 in 46.34, Ruth Johnson was 2<sup>nd</sup> FV50 in 58.08, Tamsin Cook was 2<sup>nd</sup> FV45 in 1.00.29 and Bev Dennis was 3<sup>rd</sup> FV45 in 1.03.38.

On 27<sup>th</sup> July was the Dalwood 10K, a tough course over mixed terrain. The ladies times were as follows: Ruth Johnson 59.49, Eleanor Taylor 1.03.01, Tamsin Cook 1.04.30 and Lucy Payne in 1.05.09. Katrina Zapple and Stella Thompson took part in the Kingsbridge Fair Week 10K on Thursday 24<sup>th</sup> July and in very warm conditions recorded times of 59.27 and 69.55 respectively. Sally Ingledew completed the "Round the Reservoir" Double Marathon. On Saturday 26<sup>th</sup> July in very hot conditions she recorded a time of 4.51 and on Sunday 27<sup>th</sup> July she recorded a negative split for the weekend in a time of 4.28.

## August

Finally for now The Totnes 10k on Sunday 3<sup>rd</sup> August. As one of our own races, many of our club members were marshalling. 5 of our ladies took part. Helen Anthony was 3<sup>rd</sup> lady overall in a time of 44.58, Donna Walker in 59.03, Heather James in 1.10.22. Sarah Charnley chose this challenging course for her 1<sup>st</sup> ever race and recorded a time of 1.13.40 and Rachel Besford in 1.18.39.

Phew! I hope that's covered everything. Well done to everyone and please let me know if I've missed anyone's achievements or I've got anything wrong. Apologies to our triathlete ladies for not giving you a mention on this occasion, I have just had so much to catch up on. May I take this opportunity to remind you to get your entries in for our ladies 10K which takes place on the 14<sup>th</sup> September. A unique and brilliant race which I am sure you will enjoy whether it be your 1<sup>st</sup> or your 100<sup>th</sup> race.

Take care and enjoy your running.

Caroline.



Rachel Besford at the recent Totnes 10K

## Note from the New Editor

I hope you've enjoyed this new edition of the Trotter. I thought it would be useful to introduce myself.

I'm Jon Grimes and I've been with this club for about 3 years now. I first started running about 15 years ago when working on an arable farm in Wiltshire and realised that driving a tractor for 12 hours a day was starting to make me fat.

I was one of the last students to study straight agriculture at Seale-Hayne College where I also happened to meet my wife so that turned out well. I now work here in South Devon (as more of a pen pusher I'm afraid) although spend much of my time stomping across farmers' fields and nature reserves all over Teignbridge and the South Hams.

As with most folk who work in farming, we're always having a look over the hedge and you'll often see me rubber-necking through gateways and over hedgerows whilst out for a run. It's also why I love cross-country runs, especially those that go well off the beaten track. I like nothing better than turning up to a training session led by Ewan on a Monday night and seeing him with an OS map in his hand....You know you're going to be in for a cracking run!

So as you can see, I have absolutely no experience in editing a magazine so please bear with me if you happen to notice anything untoward. I tend to learn most by doing! Luckily, I have Keith Anderson to help and guide me so thank you Keith.

Also, thanks goes to the contributors and to those folks whose photos I've lifted. I'll always do my best to acknowledge who they belong to.

We're going to trial issuing the Trotter on a bi-monthly basis and see how things go. If you have any feedback, please get in touch.

Best wishes, Jon

## Contact Us

If you have some news or gossip that needs sharing, feel free to have a natter during club training or contact us via Facebook or the Trotter mag email address below.

[mag@teignbridgetrotters.co.uk](mailto:mag@teignbridgetrotters.co.uk)

(No pills, porn or abuse please)