

THE TROTTER

Teignbridge Trotters Newsletter

Number 2

October 2014

CALLING ALL TROTTERS!

Chairman Rog
and Dave Dunn
Announce Key
Vacancies. Can
You Fill These
Boots?

Full story on pages 4 and 9



Also in this edition:

News Desk

New Trotter Hoodies

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NEWS DESK

Chairman Rog Reports

I went to Lisbon, leaving behind an Indian Summer and came back to Winter. How everything can change in the space of five days. For of those of you yet to visit Lisbon, I can thoroughly recommend it.

It's been a very sad time for the Trotters recently. Dennis's death, whilst leading a training run, shook us all. Before we could really come to terms with that tragedy, we learnt of the death of Graydon's wife Claire and their stillborn baby. Words cannot begin to express the horrendous loss that our dear friend Graydon must have experienced. Life can be so terribly cruel sometimes. I hope for happier times for us all.

Trotter Annual Awards and Presentations Night

The Trotters annual awards and presentation night will take place on Saturday 13th December at Kingsteignton Royal British Legion Club. The evening gets under way at 7pm with the presentations starting at 7.30pm. Tickets are priced at £10 each and are on sale from the 1st November. Tina Caunter and Sharon Bowman will be selling them on most Monday and Wednesday nights before training. The price includes a scrumptious buffet and the legendary disco.



Rod and Lucy Payne will be selling draw tickets, again before most training nights. There are always great prizes up for grabs, including many cash ones. Even if you're not planning on going on the 13th you can still buy a ticket, you never know you might just scoop that top prize!

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Marshal Points

You will hopefully be reading this just before our last Trotter race of the year, the Templer Ten. The race will be your last chance to earn a marshal point for 2014. Those with four or more marshal points are entitled to enter the draw for one of the three London marathon places that the club expects to receive. You will need to let me know in writing (Facebook or email is fine) if you want to be included in the draw.

You must have every intention of running next years race and NOT accept the place with the intention of deferring it for another year or passing it on to someone else. The draw for the three places will take place at the Trotters annual awards and presentation night. All applications must be with me by Sunday 7th December.

If you have two or more points you are entitled to free entry into next year's chosen club trip, details of which will be in the Christmas edition of the Trotter. You'll also get free travel on our double decker bus for yourself and three family members.

Coombeshead Showers

The ongoing saga of no hot showers at Combeshead continues to rumble on. It wasn't too bad during the summer months but now we're coming back from training cold and wet, it's not much fun stepping into a freezing cold shower. They have promised us hot water by mid October but as I write this we're still waiting!

On On

Chair

NEW HOODIES HAVE ARRIVED!

The new club hoodies are here. If you pre-ordered one, please let me know if you would like me to bring yours to training on a particular night. Alternatively you can collect it from my house but please contact me beforehand if you wish to do this. You will need to pay for your hoodie when you collect it (£17 plain, £20 with name).

Even if you didn't pre-order, you can still buy one as I have some spares in stock. They are £20, and you can still have a name printed on it (for an extra £3), although there may be a short wait to get that done.

My contact details for these and any other kit requirements are email: jacki.woon22@gmail.com or phone/text 07505 636012, or send me a message on Facebook.



A YEAR IN THE LIFE OF THE MEMBERSHIP SECRETARY

Dave Dunn explains....

As some of you may know, and as the vast majority of you are just about to find out, the Club will soon be looking for a new Membership Secretary. There have only been 3 holders of the post ever since the Trotters were formed more than 30 years ago. Postman Nick Hamzij was the first incumbent, followed by Gary Caunter. I inherited the job from Gary more years ago than I care to remember, but now it is time for somebody else to have a go and I will be stepping down from the job and the committee at next February's AGM.

The current committee thought it would be a good idea if I gave an insight into what is involved in being Membership Secretary, although by the time you've finished reading this, they'll be regretting their decision!

First and foremost, my role is to collect the subscriptions and fees due from our members and hand them across to our Treasurer, John Caunter, for banking. Our membership year runs from 1st April to 31st March, and so I have a very heavy workload throughout April. However, such is the popularity of our Club, that we have new members wanting to join us throughout the year – on average around one a week signs up whilst I may get 4 or 5 enquiries in the same period. Whilst I can't see why anyone wouldn't want to renew their membership, there are always a few who need chasing and cajoling to get their renewal form and payment to me.

Ever since the Club's inception, we have operated a paper system of membership application and renewal. Whilst this has some advantages, particularly as it is accessible to all, now that there will be a new person in post from February, there will be the opportunity to introduce on-line payments.

This leads me on to my second role – the maintenance of an accurate database of our members. This database, as well as recording who is a current fully paid-up member, also lists each member's date of birth, category, address, contact phone number, email address and whether they are registered with England Athletics as a competing member. I have been keeping this database for several years now in both Word format and as an Excel spreadsheet.

If we adopt an on-line system of membership application and renewal, then the maintenance of the database should become almost automatic, whereas now I have to manually enter and update all our members' details on both databases.

By keeping a database on our members we are bound by the Data Protection Act, but I have to share our membership list with a few select club members. Chairman Rog is kept abreast of new members joining and changes to members' email addresses so that he can keep in touch with us all, informing us about the publication of this magazine, or sending out important messages as a bulk email. Our Chief Marshals for our races need a membership list so that they can recruit sufficient marshals. Our Club Captains require a list to assist them in making their nominations for the Most Improved and Most Promising Newcomer categories when our annual awards come round. John Caunter is given a list so that he can keep track of who has bought tickets for our Christmas party, and each month I send the current list to all of our committee members. They in turn are equally bound by the constraints of the Data Protection Act.

My third role is to register those of our members who wish to be competing members in the eyes of England Athletics, collecting their registration fee and passing this on to EA.

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Sometimes, we get a new member who has previously been a member of another club, and I have to act as a go-between as they negotiate the tricky path that is the EA process for transferring from one club to another. Conversely, we occasionally get one of our members who decides that the grass is greener elsewhere and they require our permission to join a rival club – something we have never withheld, but forms still need completing and signing.



Have you got what it takes to keep this lot in order?

Hardly a day goes by when the Club doesn't get an email from a prospective new member enquiring about what we do, where we do it, how much it costs, and whether they would be up to it. As Membership Secretary, it falls on me to answer these emails, and perhaps those of you who have ended up joining after initially taking this route, can confirm that you appreciated a tailor-made personal reply to your enquiry rather than a computer-generated stock answer.

Each new member gets given an introductory pack on joining, and I'm ever to be seen hovering near the door at Coombeshead on training nights waiting to greet new faces, whilst lying in wait for anyone who owes the club money!

Then there's our Facebook group. I suppose that the Membership Secretary is a natural choice to be one of the Administrators for the group. This involves not only policing what is said on there, taking such action as is necessary after consultation with my fellow administrators, but also deciding who is and isn't allowed to join the group. Each person that asks to join the group who isn't entitled to come in (we are a closed group for members only) is sent a personal message explaining our policy before their request is denied.

After all that, there's my monthly report to the committee to compile and my article for each and every publication of The Trotter. If I should have any spare time left, I sometimes get out to run!

If you think you are hard enough to take on this challenge, then the committee would be very interested in hearing from you. Of course, just because I have been doing these things in my own way, doesn't mean that's how they have to be done in future, or that they have to be done at all. I'm sure that the new incumbent would be given every encouragement to make the job their own so long as they fulfil the basic obligations of collecting the correct monies on time, and maintaining an accurate database.

Finally, let me take this opportunity to say that I have loved every minute that I have held this post, as I am privileged to be the first point of contact for many of you as you take your first tentative steps in our Club, with a good number of you going on to become firm friends and training buddies. You are not getting rid of me just yet though, as I will be hanging around as an ordinary member for the best part of another 12 months as I edge towards retirement and a place in the sun...well, Normandy!

Dave Dunn
Membership Secretary

The Return of Plodding with Porky

Julian reminisces on the Plymouth Hoe 10

For anyone who has competed at any of the well-run West Devon or East Cornwall events chances are that you were coaxed to the finishing line by their race commentator, Paul Ross.

When I bumped into him recently I found that Paul is still a stalwart of Erme Valley Harriers and still involved with race organisation, although, like me, no longer has his racing togs on. After speaking with him it reminded me of a jewel of a race which was once a regular feature of the Teignbridge Trotters Club Championship calendar, The Plymouth Hoe 10.

The race was an undulating affair with some cracking scenery (lucky enough I am now so slow that I have time to take in the views). It started and finished at the Brickfields Athletics track in Devonport, the small corrugated stand now overshadowed by the ever growing Plymouth Albion rugby ground.



The first mile and a half encompassed a picturesque loop with a small uphill at halfway. This first small warm up circuit took in the magnificent architecture of Plymouth College, views of Stonehouse Creek and Devonport Park but these views were a mere taster of what was to come later in the race.

At the bottom of the hill at Stonehouse roundabout the excited runners were sent left to start the first of two laps of the Hoe and Union Street (which at that time of the morning holds no fears, although runners may well have passed revellers doing the “walk of shame” after a night on the tiles). During the downhill cascade some runners could easily get carried away and realised that they would pay for their early enthusiasm, as they had to climb that same hill at mile 9, a daunting prospect.

The next mile and a half, although relatively scenery free did take in the Duke of Cornwall Hotel, and a view of the mighty Brittany Ferries being readied with cargo and travellers heading to Roscoff or Santander, before the Hoe loomed large in front of you.

Plymouth Hoe famous as the area where Francis Drake was playing bowls while the Spanish Armada sailed menacingly towards the British Coast hosts a magnificent cenotaph and Smeatons Tower, the old Eddystone lighthouse, which was dismantled and moved to the Hoe in 1877. As you round the Hoe another slight uphill tug could take the wind from your sails before a sharp descent to the Barbican where the cobbled streets took you past boats, moored and ready for their owners to set sail, the steps where the Mayflower left with its crew of Pilgrims and a variety of shops and bars catering for all tastes.

A sharp left hander took the runners up a slight incline (none of the hills on this race were what you would call fierce, but there were enough of them to pose a challenge to the field). The next stretch took the runners past the crown and magistrates courts, the City Council offices, fountains small parks and finally the Plymouth Pavillions with its skating rink, fun pool and concert hall. A cascade down the flat and straight Union Street, more famous for its night life than as a sporting arena, ended with a turn into lap two.

At the end of the second lap the aforementioned last mile uphill came as somewhat of a sting in the tail.

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At the top, a quick dart under a subway in the middle of Devonport took the field back to Brickfields and a lap of the 400m tartan track. You don't really realise how bouncy tartan is until you have run the best part of ten miles on roads and pavements. At the end of your race you could be guaranteed that you would be mentioned in dispatches by the ever attentive and ever encouraging Paul.

Unfortunately the subway in Devonport was filled in due to bad behaviour of all kinds (nothing to do with any Trotters I hasten to add) and this necessitated a review of the course and rerouting through a car park which was used for car boot sales every Sunday. Not ideal it and sounded the death knell for this very nice late February run, which acted as a chance to see how your early marathon training was going before the Bideford or Bath Half's in March.



On the Sunday morning I ran the course taking the pictures. I also ran to Stonehouse Battlements and past the Marine base. The park which can be followed around Stonehouse creek provided some great views of Drakes Island, Rame Head and The Hoe and certainly helped me see Plymouth in a completely new light.

Although traffic issues and running through a car boot sale have taken their toll of this wonderful event, there is talk of an alternative ten miler in the Plymouth area. Watch this space, no doubt Paul will be there to welcome you in, please give him a wave and say Porky sends his regards.

On on Trotters.

Porky

Julian Head

MEMBERSHIP NEWS

Dave Dunn welcomes newcomers to the Trotters

We are getting very used to seeing our members break records and now as a club we are breaking records when it comes to our membership. Our current membership total stands at 268 which is 7 more than we have ever had before, and with more than 5 months of this membership year still to go, we could yet threaten 300. Our current total represents an increase of 13 since The Trotter was last published, so let me introduce the new faces. There are in fact 13 new members and one quite late renewal, but the sad loss of Dennis Milstead in late August accounts for the net increase reported above.

Chloe Atkins (21) from Newton Abbot has elected to pay the extra £10 fee to be registered with England Athletics as a competing member of the Trotters, and so it can only be assumed that Chloe intends to grace the racing scene on a fairly regular basis. Seeing that Chloe's original enquiry was concerning our Beginners group, she has obviously found both ambition and encouragement.

Lisa Godfrey (29) from Kingskerswell has also paid her £10 to EA, and by the time you read this, Lisa would have run in the Dartmoor Vale Half Marathon. Lisa ran in our own Totnes 10K in August as an unattached runner, crossing the line in 64 minutes.

I had the privilege to run with Henry Harington (60) from Ashburton in the Monday evening Improvers group recently. Henry was encouraged to join us by Mark and Sharon Hutchins. Melanie Hooper (48) from Bovey Tracey runs regularly at her local Parkrun at Parke, having already clocked up 20 runs, taking her to 3rd place in the points standings for the ladies.

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Paul Johns (53) from Totnes is starting his second spell as a Trotter after an absence of many years, having first joined us 10 years ago. Paul has vowed to compete in some of this winter's cross country races, so take note Steve Barker! Welcome back Paul!

Nobody has struck me as being keener than Luke Johnson (30) from Bishopsteignton, who has been a regular at both Monday and Wednesday training nights for the past couple of months. Alex Lyons (39) from Teignmouth is in fact on the very verge of entering the veteran ranks. Alex has already expressed a desire to one day becoming one of our front-line coaches.

We love new members such as Ivan Marshall (47) from Totnes, who volunteered to marshal at our upcoming Templer Ten the morning after joining. Ivan ran regularly up until 2013 when work intervened, counting a 1:36 half among his achievements. Ivan is now keen to get back to that sort of level. Our Chairman, who is a decent judge of a runner, told me that he was impressed by Ben Mukherjee (38) from Newton Abbot during a recent 10 mile training run. Ben has joined us from Exeter Harriers and is waiting for EA to approve his transfer.



Jo and Martin Randall cope with their addiction to Park Runs!

There is always one member that I know very little about, and this time round that accolade falls to Chris Norris (26) from Newton Abbot. I'm sure that as time goes by, we'll all get to know Chris a lot better.

We may be the first club for Jo and Martin Randall, 28 and 30 respectively, from Denbury, but they have already each clocked up more than 100 Parkruns. They also love running marathons, having just completed the Purbeck and Berlin marathons in September. You couldn't get two quite different marathons if you tried! Abigail Smyth (20) from Kingsteignton joined when her father Dermot converted his individual membership to a family one.

The one quite late renewal came in from Pauline Newsholme. As Pauline is a Trotters legend, currently holding four club records, and has been a Trotter for more years than most, I'm sure that we will forgive her this time!

Three of our lady members will be having a notable birthday during November and December. Karen Guy enters the veteran ranks as she turns 35, Catherine Bray reaches 45 and Julie Crocker will be celebrating her 50th birthday. Happy birthday to all of you, and may you enjoy running under your new veteran status.

Finally, I have to apologise to my daughter Emily Levey who I inadvertently omitted from my list of new members published in the last edition of The Trotter. My excuse is that Emily is hardly new to me!

Dave Dunn

Editor's View

Like a few others at the moment, I'm currently out of action with an injury. The annoying thing is it means I can't finish the championship which I have become more addicted to as the year has progressed. Thanks to Tarqs for his continued efforts in organising all this. I've loved it!

With regards to injury, I've learnt not to self diagnose. I thoroughly recommend an NHS physio as a first step if you have an injury you can't solve yourself. You can get details from your GP's surgery.

Thanks also to all the contributors to this edition of the Trotter. With all the other mediums used by the club such as the website and Facebook, I was a little concerned there might not be the demand or interest in the Trotter. I was wrong again. Keep the articles and feedback coming.

Please can I have articles for the next edition of The Trotter by Monday 8th December 2014

SITUATIONS VACANT

Chair updates us on some important roles which need to be filled

DD Chief Marshal Needed

Due to Tarquin's increased workload outside of the Trotters as well as his time consuming role as Coach Co-ordinator within the Trotters, he has decided to stand down as chief marshal for the DD. Tarqs was in the hot seat for three years having taken over from Ian Langler, who did it during the first year the Trotters took the race over, back in 2011.

The role of chief marshal is a vital position and one we desperately need to fill. You don't have to have had any previous experience in the role, as Ian and Tarqs between them have done a huge amount of work creating a system that works. I'm sure Tarqs will only be too pleased to show you the ropes.

We're looking for someone who doesn't intend running the race, who has good organisational skills and is able to attend three DD committee meetings per year. If you think you might be that person and would relish the challenge, then please get in touch.

I would like to take this opportunity to thank Tarqs for all his time and effort during those three years. He will certainly be a hard act to follow but I have every faith that someone in the club will step up to the plate.



Ladies' 10K Race Director Needed

Lucy Payne, who has been the RD for the Ladies' 10K for the past three years has decided to stand down. Now that Lucy's husband Rod is the new RD for the Haytor Heller, she understandably feels she wants to support him fully in that role.

Therefore, we are now looking for a new RD. Buzz Terrill was the original RD, but since then it has always been a lady at the helm. If you would like to put yourself forward for the job, then please let either myself or our club secretary, Mark Becker, know.



Emma Percy is happy to continue in her role as chief marshal. Mr Dewhirst is more than happy to continue to allow us to stage the race at his campsite. So all we need is a new RD!

Our thanks go to Lucy for her three years in charge.

Rog Hayes

October Coaching Report

Tarqs reviews the excellent training sessions currently available as well as providing details of some new and exciting sessions.

After a lovely Indian summer, the autumn is well and truly with us and we are back to running in the dark. It goes without saying that the wearing of HiViz bibs/vests is compulsory, but it is the one piece of kit that we have all forgotten to bring to club from time to time. As we continue into autumn, putting on your bib will just be a natural thing to do, but can I ask that everyone considers their own personal reminder strategy for ensuring that they bring theirs please. Personally, I keep a spare bib in the boot of my car, so I'm covered if I do forget!

Numbers at club training have continued to grow throughout the summer and we are seeing all-time record numbers – it's great to see and shows that we are a developing and growing club. It is right then, that with growth should come continual evolution so that we keep up with the demands and requirements of our growing membership. You will see many new and exciting developments in the near future, but as an immediate step we have again added more sessions to both Mondays and Wednesdays.

Monday Nights

On a Monday night we have split the 'Main Group' by ability, so as to offer a slightly slower group and a slightly faster one. Both of these groups should provide you with a good 'tempo' style run, where you experience a good training run at a healthy pace. If you fancy one of these groups, you should choose which one to go out with depending on your current ability. Ideally, if you find that you are able to run in the group reasonably comfortably, but not so comfortable as to be able to hold a long conversation, then you are in the right group. If you find that the group is not testing enough, then please move up. I am very keen for these two groups to operate in such a way as to give the group members a good workout. Due to the differing paces that both groups operate at, the first group (the 'B' option run) will complete between 6-7 miles, whilst the second group (the 'A' option run) 7-8 miles.

We have renamed the 'Recovery Group' as the 'Intermediate Group', which more clearly defines its place in the Monday night set up. It was never truly a 'recovery' run, and by labelling it as such limited the sort of routes it could traverse. It is now the next step up from the Improvers Group and provides an ideal stepping stone in development for those looking to progress into the Main Group 'B' option.

We now operate 7 run groups on a Monday and for the first time we are able to offer groups that provide the developing runner with options for a sensible stepped progression, from the 'walk/jog' beginner, right up to the more experienced ten mile runner.

Wednesdays

We have added a third 'effort/interval' training session and in doing so we have taken the opportunity to re-scope what they offer, giving each of them distinct names, with a separate Endurance, Speed and Hill Training session each week (full details are listed below). For the next three months, Gary Watson has taken charge of the 'Speed Training Session' and has designed a series of sessions to provide a 10k focus group. Gary has targeted the First Chance 10k, in January, and each session will build up towards that goal, with the aim of giving you the opportunity to attempt your first 10k, or to post a PB. Gary has put a lot of hard work into designing these sessions and he deserves a vote of thanks for doing so.

Following on from that, Noel Fowler has kindly agreed to coach a weekly marathon training session, and will take over the 'Endurance Training Session' from January for three months. Noel brings a wealth of marathon and endurance running experience and will design tailored training sessions that will build up to a spring marathon. This group will be aimed at those who have targeted a spring marathon, such as The

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London Marathon. The group will still be available for those of you who just like the longer efforts.

Here is a list 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 oversee 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 step-up for those advancing from the beginners group, this group is a 3 - 5 mile steady jog-run for **improver level runners**. 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.

Intermediate Group – This group provides an 'intermediate' level run, for those wishing to step up from the Improvers Group and provides an ideal stepping stone for those wishing to develop into one of the 'Main' Groups. It is a nice 5-6 mile social run, with plenty of recovery stops. This group is also ideal for those who may have taken part in a race over the weekend, or for those who just want an enjoyable social run and are willing to run at the 'speed of talk'. 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 Groups – We now offer two different ability groups, which are labeled as our 'Main Run Groups'. They cater for runners wanting a slightly harder 'tempo' style run, with a 'B' and an 'A' option. Both runs provide a steady continual non-stop run, with plenty of 'looping back' regrouping:

- **'B' option run**, operates at roughly 8:30-9min/mile pace and covers between 6-7 miles
- **'A' option run**, operates at roughly 8:00min/mile pace and covers between 7-8 miles

Both groups are ideal for the semi-experienced/advancing runner wishing to improve. It is worth emphasising that you do not have to be one of the faster runners to go out with these groups. The groups will run continuously, with re-grouping by 'looping back' at key points. If you haven't tried one of these groups as yet, but feel able to run continuously for 6 miles, then I strongly encourage you to give the B option run a go and push yourself a little harder.

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

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

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

Wednesday Groups:

We now offer **three structured training sessions**, which has enabled us to cater for three distinct types of training session:

Endurance Training Session: offering longer efforts, such as 1k, 1 mile, 1200m efforts, or tempo runs, for those training for a half marathon or marathon, or for those who may prefer longer 'effort repeats'

Speed Training Session: offering shorter efforts, such as short sprints, parlauf and fartlek efforts, shorter efforts repeats, for those training for a shorter distance event, or for those who may prefer shorter, snappier effort repeats

Hill Training Session: offering differing types of hill training, including short and long hill repeats, hill tempo runs and down hill training

Each session is specifically tailored for most abilities, above pure beginner, with varying intensity to suit.

Step-Up Group – We continue to offer the ‘Step-Up Group’, which is a lighter option for Improver level runner and offers a scaled down version of the above three 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 three 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 three 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.

There really is something for everyone at the Trotters now, regardless of your current ability.

I am always pleased to hear feedback from any of the sessions or runs you have taken part in. Our coaches and leaders give up their free time and the chance of a run for themselves to take a group and each of them put in a lot of hard work in order to deliver the session, with plenty of session or route planning. 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; or you can ask any of our club coaches, who will always be happy to assist.

In the last edition of the Trotter I mentioned that I would list all of our coaches and leaders. In a subsequent issue I will provide more of a write-up of each of them, including a photo. For now, here is a list of current coaches and run group leaders:

OUR COACHES

Below is a list of our current coaches, who are qualified and currently available to take out our structured Wednesday evening training sessions. All have been on a recognized UK Athletics coaching course: either the old style Level 1 or Level 2 Athletics Coach course, or the newer Leadership in Running Fitness Course.

Gary Watson (L2)

Ian Langler (L2)

Clare Youngman (L2)

Eleanor Taylor (L2)

Janice Caunter (L2)

Ewan Walton (L1)

Sharon ‘Fizz’ Bowman (L1)

Tarquin (LiRF)

Rod Payne (LiRF)

Cathleen Pilton (LiRF)

Catherine Barnes (LiRF)

Phil ‘Latte’ Perry (LiRF)

Keith Anderson (LiRF)

Noel Fowler (LiRF)

Stewart Dunn (LiRF)

Caroline Clark (LiRF)

Jess Whitehouse (LiRF)

Neil Pallant (LiRF)

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OUR RUN GROUP LEADERS

We also have a number of run group leaders, who have been sanctioned by the club committee as competent to lead one of our Monday or Wednesday run groups.

Graham 'Buzz' Terrill (LiRF)

Claire Gillard (L2)

Mel Dunn (LiRF)

Bruce Campbell

Helen Anthony (LiRF)

Gary Clark

Jacki Woon (LiRF)

Geoff Davison

Alan Boone (LiRF)

Tamsin Cook

Rob Cowling (LiRF)

Chairman Rog

Garry Smart

Kirsty Bowman, Peter Blakesley and Adam Johnson have recently agreed to become run group leaders and they will join the leadership team in the near future. May I take this opportunity to welcome them to the team and I hope that you will support them when they take out their first run group.

See you at club.

Tarquin

Coach Co-ordinator

2014 John Scott Trophy

Listen up! Steph has important instructions for entering this years race.

Hello Trotters!

Just a quick note to alert you to an important date for your diaries; this being the 2014 John Scott Trophy. This festive frolic will take place on the 23rd November at 3pm outside the Sandygate Inn. Those of you who are regular Sandygate Loopers will know where it is. Those of you who haven't done the Sandygate Loop could ask someone who has, or better still get them to give you a lift!

This year, the race is expected to be a four mile undulating course. In order to enter, you will need to submit your 2014 PB for the closest distance you have run to four miles. If you have indeed run the SL, then this would be ideal. Don't forget, it is your best time this year that we want, even if you have a current injury because frankly we don't care!

As always, it will be a handicapped race, with the slowest runners setting off first and the fastest at the rear. So in theory everyone has a chance to emerge victorious! Following the conclusion of the race, it is traditional to reconvene in the White Hart hostelry for a fine carvery, fine conversation, a warm welcoming atmosphere and best of all, to collect your prizes! (Speaking of which, all entrants should bring along a festively wrapped gift to the value of £5 for our Secret Santa style presentation).

Other prestigious awards to be decided at the John Scott Trophy include the 'Dave Dunn Cohabiting Couples Cup' and the 'First Tattooed Trotter Trophy' so don't miss out. Get your tattoos, get cohabiting and get yourselves down to the Sandygate on Big Race Day!

Happy Trotting!

Steph x

Please submit all info pertaining to expected times to stephanieross17@tiscali.co.uk, or to jskins@tiscali.co.uk

Captains Corner - Ladies Report

Caroline Clark and Helen 'Zippy' Anthony review some fine Trotlette performances.

Hi Ladies,

It's been a busy couple of months. Lots to report and some great performances once again from our ladies.

On Sunday 10 August, Sally Ingledew travelled to Salisbury for the 54321 events where she competed in the marathon. The run was a mixture of terrains on an undulating hilly but scenic route. It took on farm tracks, fields, woods and bridleways as well as country estates, castles and Salisbury Cathedral. Sally ran with a group of friends in a time of 5.03.16.

On 16th August, The Roseland August Trail (RAT) events took place. It incorporates four different distances and all four routes follow the same part of the coastline. The four distances are the Plague (100K), the Black RAT (32 miles), the Red RAT (22 miles) and the White RAT (11 miles). Lorna Martin and Sharon Hutchins took part in the White RAT and did themselves proud finishing in times of 2.21.26 and 2.31.53 respectively.

On Wednesday 20th August, a small band of Trotters took part in the Exeter 10K. Starting from Exeter Quay, this 10K follows the same route as the popular First Chance 10K. In testing conditions due to a strong headwind, Donna Walker flew the flag for the Trotter ladies, finishing in a time of 52:46.

In cool and wet running conditions, the Torbay Royal Regatta 10K took place on Sunday 24th August, organised by Torbay AC. Being a championship race ensured that it was well attended by Trotters. Several of our ladies managed PBs including Helen Anthony who went under 40mins for the first time, claiming 4th lady overall, with a time of 39:31. Mel Dunn recorded a new PB of 42:59. Jacki Woon ran a great race to improve on her own club F50 record with 45:02 and claiming first lady in the category.

Emma Percy recorded her first sub 50-minute 10K with a time of 49:26. Kirsty Bowman also got a PB with a time of 50:04 and Heather James broke the 60 minute barrier for the first time with a time of 59:32. Great performances from our ladies. Well done to all who took part. Here are the full results: Helen Anthony (39:31), Melanie Dunn (42:59), Eyvonn Aston (44:15), Jacki Woon (45:02), Hannah Jones (47:04), Abigail Blee (47:42), Emma Percy (49:26), Kirsty Bowman (50:04), Eleanor Taylor (51:31), Kate Lenthall (52:21), Lorna Martin (52:53), Donna Walker (53:09), Sharon Bowman (53:24), Sarah Seymour (55:37), Heather James (59:32), Rachel Pallant (59:41).



Angela Blakesley

Bev Dennis leaving the men behind on the final stretches of the Forest Flyer.

The Lustleigh 10k took place the next day on a very wet Bank Holiday Monday. Five brave ladies tackled this tough off road course and their results were as follows: Hannah Jones (54:42), Katy George (58.18), Cath Pilton (1:01:10), Eleanor Taylor 1:02:18 and Sharon Hutchins (1:05:31).

The Forest Flyer took place on Friday 29th August, which is run around a hilly course in Haldon Forest. This event was part of the Club Championship and Eyvonn Aston and Helen Anthony claimed second and third ladies. Full results are: Eyvonn Aston (36:01), Helen Anthony (36:02), Jacki Woon (38:37), Sally Ingledew (41:27), Kirsty Bowman (42:28), Emily Levey (43:41), Sharon Bowman (43:44), Cathleen Pilton (46:25), Sharon Hutchins (47:40), Eleanor Taylor (48:46), Bev Dennis (49:18)

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Four ladies completed in the Cotswold Middle Distance Triathlon on Sunday 31st August. The event comprises a 1900 metre swim, 56 mile bike and half marathon. The competitors were in the water at 6.30am! Results as follows: Helen Anthony (swim: 37:45, cycle: 2:42:37, run: 1:33:58, overall: 4:57:18). Helen was second in her age category. Mandy Wheeler (swim: 34:55, cycle: 2:56:28, run: 1:43:51, overall: 5:21:25). Sharon Bowman (swim: 41:46, cycle: 2:54:56, run: 2:20:22, overall: 6:05:20). Jennie Roberts (swim: 47:57, cycle: 3:29:43, run: 2:20:02, overall: 6:58:12).

Four ladies took part in the Cotleigh Canter 10K on 7th September and Helen Anthony and Mandy Wheeler were second and third ladies respectively. Full results are: Helen Anthony (40:42), Mandy Wheeler (44:14), Tamsin Cook (52:06) and Tina Caunter (58:19). Well done to Anna Langler who wore her Teignbridge Trotters running vest for the very first time to take part in her first ever official race at the Bridgewater 5K. Anna's time was 40:04. Sally Ingledew completed The Kent Coast marathon. In hot conditions Sally finished in a time of 4.43. Katrina Zaple was sole Trotlette at the Treggy 7, finishing in a time of 1:13.

Finally on Sunday 14th September, Teignbridge Trotters staged the Ladies 10K. As we all know the race was especially poignant this year because a minute's silence was held in memory of Dennis Milstead before his wife Jacquie sounded the race gun. Leading the 163 women home was Teignbridge Trotters own Helen Anthony, which is Helen's first race win, with a time of 39:27. There were 32 Trotters ladies running in the event and our ladies also claimed the team prize with our first 4 ladies (Helen, Mel, Eyvoll and Mandy) making up the team. Eyvoll Aston also claimed 3rd V40 with a time of 43:12. Kirsty Bowman recorded her first sub 50 minute 10k with a time of 49.02. PBs also for Emily Levey (53.50), Victoria Buxton and Kelby Peters (1.05.28).

Very well done to everyone. You did yourselves and the club proud, our full results are as follows: Helen Anthony (1, 39:27), Melanie Dunn (7, 42:29), Eyvoll Aston (9, 43:12), Mandy Wheeler (10, 43:15), Hannah Walsh (15, 46:02), Abigail Blee (25, 48:23), Kirsty Bowman (27, 49:02), Kate Lenthall (28, 49:09), Clare Youngman (39, 51:24), Becky George (41, 51:57), Tracy Elphick (48, 52:31), Jennie Roberts (50, 52:38), Donna Walker (51, 52:50), Cath Pilton (55, 53:17), Emily Levey (60, 53:50), Caroline Hayes (64, 54:08), Stephanie Ross (73, 55:15), Sarah Seymour (76, 55:41), Ann Donnelly (83, 56:24), Angela Blakesley (93, 57:44), Lauren Deer (99, 58:19), Tina Caunter (101, 58:25), Caroline Clark (105, 58:42), Sharon Hutchins (111, 59:09), Victoria Ratcliffe (122, 1:00:56), Sarah Charnley (134, 1:03:25), Julie Webb (135, 1:03:39), Victoria Buxton (143, 1:05:28), Kelby Peters (144, 1:05:28), Heather James (148, 1:07:18), Emma Iles (149, 1:07:31) and Mahnaz Soufian (153, 1:09:41).

Just to let you all know this will be my last Captains' report for the time-being as unfortunately I have quite a lot on my plate at the moment. Helen has very kindly offered to step in to help me out and I'm sure you'll agree she will do a brilliant job. On that note I will leave you in Helen's very capable hands to report on the remaining races. Happy running ladies and take care.

Caroline



Victoria Buxton & Kelby Peters at the Ladies 10K

Zippy continues..

Thank you Caroline for being such an encouraging and supportive Ladies' Captain. I feel sure that she will be taking on the role again sometime in the future. So this is what's happened since the ladies 10K.

Katrina Zapple has been selecting the more challenging events this year, and took on two tough off road races on consecutive weeks. On 21st September, she completed The Bude Pirate run, a tough 8.2 mile course across north Cornwall coastal cliff paths, in 1.46. A week later, she tackled the Mud and Sweat run, a 10k assault course, which she finished in 1.13.

Victoria Tymoczko took on her first 10k at the Ladies London 10k on 27th September. The course was along an undulating route from Finsbury Park, and Victoria posted a great time of 54.40.

Back in marathon mode, Sally Ingledew travelled to Nottingham to run The Robin Hood marathon, a fast and flat course. In hot conditions this year, Sally recorded a time of 4.07.

I was unable to use my Barnstaple half marathon place on 28th September, which left lone Trotlette Bev Dennis flying the flag for the ladies. She did herself and us all proud, finishing in 2.12 and picking up the 3rd V50 female prize.

Joanna Randall took on the challenge of three very different marathons on consecutive weeks in September to help raise funds for Macmillan Cancer Support. She completed all in excellent times; the Purbeck Marathon (4.29), The Greater Manchester Marathon (3.56) and the Berlin marathon (4.19).

This year's marathon trip to Lisbon in October saw four Trotlettes going for the marathon, two for the half and one for the 5K. The marathon girls completed as follow: Sally Ingledew (a week after The Robin Hood marathon) 4.20, Emma Pearcy 4.26, Tamsin Cook (her first attempt at the marathon distance) 4.36, and Ruth Johnson 4.58. Stephanie Ross and Becky George ran the half marathon, posting times of 2.04 and 2.24 respectively. Vicky Hales completed the 5K.

On 5th October, The Churston Flyer was held and we had a trio of V55 ladies out in force on the flat course. All completed in great times: Hylda Stewart (2nd claim) 39.04, Lucy Payne (first race back after an injury), 44.30 and Hilary Brown, 53.28.

There have been some huge improvements in times by lots of ladies this year and we have a strong female contingent in all age categories. There are still some great championship races left in 2014, including some nice off-roaders so keep up the good work ladies and good luck in your next series of races.

Well done to those that have been cross-training too; there have been some great performances in triathlon and cycling events recently.

Zippy



Team photo for the 2014 Ladies 10K at Dornafield

Captains Corner - Men's Report

Captain Rod tells us how the men are getting on.

Well our summer has come and gone and the weather has been more than kind to us but there is a cloud over the club that has been cast by some tragic circumstances – things the likes of which the club has never experienced before in its long and proud history.

What has come out of it all for me is that we all belong to a fantastic club. I am proud of the way that everyone has been so supportive, not only to those whose lives have been forever shattered, but to each other. Let's enjoy our running while we can and enjoy each other's company - life is precious.

During all of this there have been races taking place and I want to start at the end of August and the Torbay Royal Regatta 10k. Twenty three Trotters toed the line for the Sunday evening 'off'. Chairman Roger Hayes led us home 27th in 38.15 followed by Adam Johnstone 45th in 39.56. Jamie Barnett went sub 40 for the second time in days completing the tricky course 47th in 39.56. Other results were Ian Langler 56th 40.54, Bruce Campbell 85th 42.28, Tom Besford 86th 42.32, Jon Grimes 88th 42.30, John Tweedie 93rd 42.46, Dermot Smyth 166th 46.36, Ashley Brent 169th 46.36, Pete Kirby 172nd 47.00, Keith Anderson 198th 47.18, Nigel Barnett 207th 48.19, Mike Jones 233rd 49.15, Dave Taylor 242nd 49.54, Jon Martin 262nd 50.41, Kevin Besford 266th 50.53, Rod Payne 280th 51.36, Richard Keatley 340th 54.45, Guy Roberts 353rd 55.10, Derek Blackford 355th 55.11, Tim Hartley 433rd 60.30 and Mark Walker 466th 63.08.

A little over 15 hours later some of us were lined up ready to go again, this time at the very tough Lustleigh Show 10k. Once again and as in previous years the weather was unkind but you guys put in some fine performances. Leading us home was a fresh Geoff Davey who was 2nd in the race in 40.54. He was followed by Lance Skippy Mason 10th in 43.02 and Russ Wheeler 12th in 43.12. Other results were Mark Hutchins 22nd 46.14, Steve Barker 24th 46.43, Craig Churchill 27th 48.05, Roger Smokin' Hales 35th 50.23, Pete Kirby 47th 54.44, Keith George 52nd 56.17, Rod Payne 69th 60.58, Guy Roberts 88th 65.48 and Tim Hartley 68.12.

On the Morning after the Bank holiday we woke up to Chairman's devastating email informing us of poor Dennis' death, suffered whilst leading a group at club. So it was with him very much in our thoughts that we lined up at the Forest Flyer 5 on that following Friday. This is a race Dennis supported by standing as a marshal. I can remember his indignation 2 years previously when he stood in his spot waiting for us and nobody turned up as we had all been sent on the wrong route. We had a little chuckle at his (and Chairman Rog's) expense. This year we went the right way and, as at Torbay we were led home by our Chairman, now putting together a string of fine races. He was 10th in 31.49. As at Torbay Adam Johnstone was left in his wake 17th in 33.03 and Tom Besford had a fine run 22nd in 34.12. Other results were Mark Hutchins 25th 35.03, Ian Langler 31st 35.48, Bruce Campbell 32nd 35.54, Smokes 43rd 37.24, Pete Blakesley 48th 37.48, Derek Skinner 49th 37.52, Stuart Moulson 58th 38.44, Pete Hayward 61st 39.02, Dermot Smyth 64th 39.25, Neil Pallant 66th 39.27, Keith Anderson 68th 39.48, Pete Kirby 69th 39.49, Ashley Brent 70th 39.50, Dave Dunn 73rd 40.32, Pete Aston 75th 41.10, Jimmy Donovan 85th 42.26, Kevin Besford 102nd 44.19, Rod Payne 110th 45.14, Steve Wallace 122nd 47.13, Richard Keatley 125th 48.11, Guy Roberts 128th 48.31, Tim Hartley 131st 49.06 and Steve Rawlinson 142nd 52.11.

Into September and it was off to east Devon for the Cotleigh Canter 10k. Geoff Davey spearheaded our team with a fine 5th place in 37.35. Tom Besford was an impressive 17th in 44.00 and Gary Watson was 23rd in 46.38. other results were Stuart Moulson 25th 47.23, Dave Dunn 29th 48.59 and Kevin Besford 31st in 51.15.

On the same day up in Tyne and Wear we were represented at the iconic Great North Run. Geordie Geoff Davison had the honour of being first Trotter over the line in 1.58.28 followed by Tim Hartley 2.29.52 and Pete Middleton 2.34.48.

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Also on 7th September Neil Pallant ran the Bridgewater Half marathon where he finished in 1.49.48.

Then nothing reported until 21 September when up stepped Garry Smart at the Bristol Half Marathon where he eclipsed Lance Mason's MV50 record whilst finishing a magnificent 81st overall in a time of 1.19.24. Great work Smartie.

On 28 September Tom Besford was our only representative in a field of 66 at the Stockland Stamper. He finished well up the field 18th in 47.30. On the same day Lance Skippy Mason was in marathon action at the long established Robin Hood marathon where he finished 87th in 3.14.10.

On a busy Sunday we were at the inaugural Barnstaple Marathon and Half Marathon – the latter race being in our championship.

In the full distance race Gary Clark was 23rd in 3.26.10 with Geoff Davey 31st in 3.23.03 and Dave Dunn running his fastest marathon for many years getting home in 3.57.24. Mark Wotton was 142nd in 4.38.28. In the half marathon Tarquin Milford was given a fright by in-form Chairman Rog. Tarqs was 5th in 1.22.34 and Chair was 6th in 1.23.53. Pete Blakesley has run into form over the summer and was rewarded here by a personal best time of 1.38.59 and 20th place. Others results were Pete Kirby 26th 1.41.48, Pete Hayward 37th 1.44.24, Nigel Barnett also in fine form 1.44.29 and Kevin Besford 79th 1.54.32.

In Berlin, newby Trotter Martin Randall and wife Jo ran in the Berlin Marathon where he clocked a time of 4.04.19. Welcome Martin & Jo, yet another husband and wife team to hopefully spice up the John Scott Trophy this year.

Into October and it was off to not so sunny Portugal for the Trotters on Tour 2014. After some fun and frolics it was down to the serious stuff at the Lisbon Marathon. Lance Mason and Roger Hayes enjoyed one another's company as they ran to 138th and 139th places in times of 3.10.09 and 3.10.11 respectively. This is a London qualifying time for Chairman so well done Chair. Skippy already has the magic time under his belt. Others in the full marathon were Smokes 1,243rd in 3.51.57, Dave Dunn again under 4 hours, 1,435th in 3.59.59 and Mark Wotton 2,552nd 5.55.52. Keith George with his lovely wife Becky went sightseeing in the half marathon and Keith crossed the line 4,662nd in 2.16.50.

Also on the same day Derek Skinner was lone Trotter at the Bournemouth Marathon where he finished 309th in 3.36.26 whilst closer to home it was the welcome return of the Churston Flyer 5 where I was led home (humbled) by Gary Watson. Watsa was 34th in 34.59 and I enjoyed the company of my wife Lucy's finishing 78th in 44.31.

On 12th October it was the first round of the Brooks Cross Country league in Plymouth. Steve 'Ronnie' Barker was our only man and he finished 100th exactly in 38.32. Further afield, Mark Wotton lined up at yet another marathon, The Forest of Dean, a multi lap event where he was 22nd in 4.31.49.

Meanwhile up t'north Pete Kirby was at the 2nd Planet Yorkshire Marathon where he took a 4-minute chunk out of his own MV65 Club Record finishing 792nd in an enviable time of 3.39.43. Congratulations Pete, I am sure that there is more to come.

So bang up to date Monday 13th saw the return of the Winter 3k Series at Exeter Track. In the B race Jamie Barnett finished 18th in 11.53 and in the C race Gary Watson was 14th in 12.01.



Pete continues rich vein of form

So there it is, huge congratulations to all of you who have achieved PBs and club records over the past couple of months. Keep up the good work and wear that Royal Blue vest with pride.

Rod Payne, Men's Captain

ON THE ROAD TO SINGAPORE

In the first of a series of articles, Ashley Brent tells us an amazing story of how they cycled half way across the globe.

The decision to go cycle touring was, as with all major changes in my life, made at a beer festival. My partner, James, waited until I had had a few too many ciders before pushing for a final answer on his suggested cycle trip that we had been deliberating over for months. I squeezed my eyes shut, plucked up all the courage I had (sadly lacking but cider helped) and agreed. We decided to take advantage of the offer on the table for our gardening business and end the uncertainty about how to develop the company over the coming years and where we would move to. It was now or never and now sounded the far more appealing option.

So it was that on a rather uneventful Friday in March 2013, I climbed onto my bike which was now fully loaded for the first time ever and wobbled away from tearful family and waving friends, James wobbling along beside me, both of us struggling to deal with the extra weight on the bikes.

Our destination was Singapore, a rather daunting 19,000km away. Our target for day one though was Plymouth where the overnight ferry to Roscoff awaited. But, first and foremost, we had to get up the first hill into Coffinswell. Still not used to the handling of the bikes fully loaded, we started to struggle and I was seriously contemplating getting off and pushing until we rounded a corner and saw two friends waving flags at the top of the hill. There was no chance that the hill could beat me now so I pushed on and up, fuelling my legs with the fear of broken pride, setting the precedent for every hill yet to come.

On the whole, March tends to be a month in which spring springs into life. Not in 2013 though as Europe was gripped by a long and protracted winter. We froze waiting for the ferry on the grey and dismal docks.

With no intention of cycling in winter conditions we had minimal thermal wear with which to layer up - merino base layers, a summer fleece and wind breakers. After all, we would effectively be following summer for the next 13 months and relying on spring to appear at any moment as was due. This cold snap couldn't last much longer could it?



The epic globe trotting route

The weather stayed stubbornly cold, barely topping freezing during the day and plummeting further at night, freezing canal and river banks so that James, determined to maintain high standards of hygiene despite not having sweated one bit, had to break the ice for his morning wash. I decided I could cope with potentially smelling until we found water warmer than freezing. We had to sleep with our water bottles if we wanted to have drinking water come the morning.

The still cold nights gave us terrible issues with condensation in the tent at night, the lack of wind providing zero ventilation. Every day would see us stopping to dry the tent, our sleeping bags and clothes in the weak March sun and whatever breeze blew. Respite came in the form of hospitality offered to us by strangers - generally fellow touring cyclists. It was great not only to meet people but to have a hot shower, wash clothes, eat a hearty meal that wasn't pasta and tuna or rice and beans and an opportunity to really dry our gear.

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Ash and James taking a break on the Swiss German border

Our first night in Germany we were hosted by a medical student. As we headed to bed, his brother quipped that the snow was falling again. We laughed it off thinking nothing of it. The next day, we slid and skidded along the magical winter scene afforded us by the upper reaches of the Danube, through silent white Black Forest gorges. After 25km we dived into a small track-side shelter and huddled down for the night. We strung our groundsheet over the open window and the tarpaulin over the door and bunkered down for the night, waiting to see what the morrow would bring.

We generally chose our wild camping spots well, never being disturbed except on three occasions. Once by a mangy dog next to a landfill site in Serbia (we didn't know the landfill was there until the light of the morning!) and once in China by a Tibetan monk who happened across us on his evening stroll and brought two students with him who we then taught to ride our bikes and thirdly by incessant lorries negotiating the world's tightest hairpin bend halfway up a mountain in Tajikistan.

The cold on top of the cycling meant that we ate a lot. Daily cake break of a family sized cake each at 10am was a firm favourite ritual. Despite my best efforts though, I still lost 17kg over the course of the trip, my father refusing to believe that I wasn't dying from some weird tropical illness.

As we left the Slovakian capital Bratislava, the sun came out and there was an expectant change in the air. Temperatures slowly rose and a week later as we crossed into Croatia, the trouser legs and shirtsleeves were removed as summer arrived with a bang.

We entered Istanbul about a month early having found that we were cycling about 40km a day further than the 60km per day we had planned due to the cold and the need to keep moving. The advantage was that we would miss the risk of a Chinese winter. The downside was that we risked hitting the tail end of the monsoon in South-East Asia.

Istanbul was a major visa staging post for us. Iran, Uzbekistan and Tajikistan all had consulates here and this was where we planned to pick up these visas. We had started the ball rolling for our Iranian visa back in Vienna, the idea being that we could pick it up in Istanbul. Despite killing time in Bulgaria, the necessary application code from a travel agent never came. After our own digging around, we found that due to upcoming presidential elections, Iran had stopped issuing visas to anyone back in March - we were now in May. Rather pissed off by the lack of transparency afforded us by the agent we were paying to help us, we mulled over our options. We could either spend longer in Turkey until the elections were done and then apply anew – risky as previous elections had been disputed.

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Or, we could avoid Iran and either fly to Central Asia and do a reverse loop there - a good choice. Or we head to Georgia and Azerbaijan, catch the ferry across the Caspian Sea and ride through the Kazakh and Uzbek deserts in the height of summer – why would we do that?!

With flights booked we set out on a large loop of the Turkish mainland via Ephesus, Pamukkale and Cappadocia. With wide smooth roads with giant hard shoulders, cheap cake, beautiful scenery and friendly people, we loved cycling in Turkey. We were offered free food from a supermarket, beer from farmers in whose fields we were camping, ice-cream from a delivery driver and shared the breakfast of a couple in a roadside rest area in which we had camped who were on a long road trip to see their son. The kindness and hospitality shown us by the people of the Muslim countries through which we travelled was humbling and made me want to be a better person.

Our visa procuring efforts in Istanbul on our first stint in the city had been a disaster. Food poisoning saw me trying not to redecorate a metro train. I proceeded to then pass out on the same metro on the way to the Uzbek consulate which was rather traumatic for James. As we headed to the Tajik consulate on the other side of town the next day, an equally ill fate awaited. After messing up the metro stops and walking for hours around the airport perimeter, James started to feel decidedly peaky. The poisoning hit him suddenly and he duly threw up all over the central reservation of one of the main routes into the city. He then had to make an emergency exit from the bus on the way back to avoid throwing up over a particularly well dressed lady sat opposite him. The promenade took the brunt instead. We left the visa application until he looked rather more human for fear of being rejected on health grounds.

On our return to Istanbul, we had far greater success, leaving on a short flight to Bishkek, Kyrgyzstan with two shiny new visas firmly affixed in our each of our passports and the easiest stretch of our trip behind us. France, Switzerland, Germany, Austria, Slovakia, Hungary, Croatia, Serbia, Romania, Bulgaria and Turkey all done and over 5,000km on the odometer, we were now leaving the comfort of Europe behind, heading to a country that a lot of people hadn't even heard of and that I could barely spell. The real cycling challenge was about to begin.....

FRIDAY NIGHT TRAINING SESSION ANYONE?

Tarqs extends the appeal of 'Friday Club' by introducing a Newton Abbot version.

Many years ago, back in the mists of time, a small select band of Teignmouth based Trotters devised a quick, but effective unofficial training session on a Friday evening at 6pm. The session was simple; after a ½ mile jog over the bridge to Shaldon, the runners would tackle 12 x 45 second 'efforts' with 12 x 45 second jogged recoveries, which would also allow for regrouping. This would be undertaken over a rolling and undulating route, taking in Ringmoor and Shaldon, finishing on the Ness Hill (Dunmore Drive). The fabled aim was to see how far up the long hill they could finish each week.

This little Teignmouth based Friday night session was dubbed 'Friday Club' and for many old school Trotters this became a Trotter icon in itself. Back then the size of the club was relatively small, compared to the numbers who now proudly wear a piece of 'Royal Blue' kit.

Fast forward to 2014 and our membership total is a record of nearly 270 people, most of whom are keen to run and take part in the many things that Trotter life offers. Many of these Trotters like the idea of doing some sort of training run on a Friday evening, which would then set them up for the weekend nicely. However, as the majority of members do not live in Teignmouth, many found getting over to Teignmouth

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difficult, especially for a 6pm start time, which for most people who work for a living, is the time that they are just getting in the door from work. For some time there has been calls for something similar to the iconic Teignmouth based 'Friday Club' to be introduced in Newton Abbot, the club's home town and base.



From the darkness emerges the first Newton Abbot based Friday Club

So, two Trotters who also saw the need for this have taken the very good 'Friday Club' concept and given it a go in Newton Abbot. Starting at the more convenient time (for most people) of 7pm, Shaz 'Fizz' Bowman and Tarquin now offer their own 'Friday Club' version of a short, but effective rolling training session. Starting from Courtenay Park in Newton Abbot (opposite the Railway station), they do a warm up jog of 1 mile and head towards the Brunel Industrial Estate. Once there, the session starts following the successful format of 12 x 45 second efforts and 12 x 45 sessions jogged recoveries/re-grouping. The route

has yet to be 100% finalised, but has just about settled on doing a loop of the Brunel estate, before travelling over the footbridge to the Buckland estate and doing a loop there. This seems to work well, as it allows for the first half of the session to be tackled on the flat and then the second half to tackle a few hills, after everyone is nicely warmed up. Both Brunel and Buckland have wide pavements and are relatively quiet at that time of an evening.

So far, this Newton Abbot Friday evening session has proved to be very popular and has generated a lot of interest. Talk is already on about having two sessions, with a 6.30pm and a 7pm start time.

The original Teignmouth Friday Club is still going strong; the Newton Abbot option enables us to offer more options to our growing and constantly evolving club. One thing that the Teignmouth Friday club does offer is an extra option for those Trotters who work in Exeter and have to drive home of an evening – Instead of battling the rush hour traffic around Kingsteignton or Penn Inn, why not divert to Teignmouth and take part in the Friday Club there? All it takes is to carry your running kit bag in your car and in that way you're available for all options!

Some of the more 'hardcore' Trotters have also tackled both on the same evening. For a super-sized work-out, they tackle the Teignmouth Friday Club, which finishes at about 6.35pm, before jumping in their cars to make the Newton Abbot version!

Both Teignmouth and Newton Abbot versions are aimed at all abilities above pure beginner, providing that you can comfortably run 3 – 4 miles. As everyone re-groups, at the end of each of the 12 'efforts', everyone proceeds as a group and no one will get left behind. As each effort is only 45 seconds, the faster runners don't get too far ahead anyway.

So, if you want to get your weekend off to a good start, or maybe give yourself a justification for that Friday night bottle of Vino (as if any Trotter needs one!), then one of the Friday 'Clubs' is for you! Teignmouth or Newton Abbot, 6pm or 7pm, we've got it covered!

Globe-Trotters

Conquer Lisbon



Trotters go on tour again. Emma Percy tells us what happened.

Marathons, mojitos and memories were made when a group of travelling Trotters and their partners headed to Portugal for the annual club trip. The 2014 destination was edgy Lisbon; a city of seven hills, big vistas and live-to-party nightlife.

Thirteen Trotters took part in the Lisbon Rock 'n' Roll series, the world's largest running event with races held in cities across the globe. The Portuguese showcase includes a marathon, half marathon and 5km and our intrepid Trotters were represented in each.

The mainly flat marathon starts in the pretty Atlantic coastal town of Cascais and weaves its way along a famous road called the Marginal. Parallel to the River Tagus the 26.2-mile run passes through surfer-friendly resorts like Estoril and ancient monastic towns such as Belem before entering Lisbon and finishing in the flat and flashy area of Pavilhao Atlantico.

The scorching hot weather of the days before gave way to cooler conditions on race day and in a field of 2,865 finishers the Trotters can proudly say they had two within the top 10 of the Great British runners.



Lance 'Skippy' Mason, who helped pace Rog 'Chairman' Hayes, led the Trotter pack home in 3.10.09. Skippy was ninth British male, 10th male over-50 and 137th overall.

Chairman Rog clocked 3.10.10, his quickest at that distance since 2008 and his 50th sub 3:30 marathon, placing him 10th GB finisher and 131st male. He was followed by Roger 'Smokes' Hales in 3.51.57.

Fresh from achieving his first sub-4, Dave Dunn repeated history by running a second sub-4 marathon in eight days. Danners dug deep to post a fast last mile to dip under the magic four-hour mark and his efforts were rewarded with a 3.59.59 time, much to his delight.

The Lisbon Gang

Marathon queen Sally Ingledew brought the ladies home in 4.16.45 and was followed by Emma Percy in 4.23.58. Tamsin 'Cookie' Cook channelled her first-time marathon nerves into a strong and spirited performance crossing the line in an impressive 4.34.36.

In what embodies the Trotter family spirit, brother and sister Mark 'Wurzel' Wotton and Ruth Johnson ran together. Ruth showed a real determination with her run with injury scuppering her ability to train properly in the weeks leading up to it and battling it throughout. Mind over matter meant she conquered the course in less than five hours alongside her big brother. Wurzel posted 4.55.52 and Ruth 4.55.53.

The better-known, longer established and bigger race, the half marathon, starts on the photogenic Vasco da Gama Bridge. It runs an out and back route, picking up marathon runners at its 12.5km turnaround point. This race drew 5,775 runners with Steph Ross and Becky and Keith George pulling on their Royal Blue vests.

Steph brought the trio home in 1.57.18. Keith and Becky went for the leisurely 'no pressure' option, ditching the watches and choosing to just enjoy the open road before them – with the added bonus of seeing the sights and not experiencing the post-finish limp. Becky's time was 2.16.48 with Keith on 2.16.50.

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Opting for the 5km, Vic Hales completed the Devon delegation although no finish time was available at time of going to press.

Accompanying the gang were the Trotters own John 'Skinns' Skinner, Jimmy Donovan and his brother John 'Dono', both of whom joined the group in Lisbon as part of their epic three-week motorbike tour of Europe, and Brenda Dunn. All provided fantastic support as well as contributing to some very memorable moments along the way. There was amazing support en-route too with huddles of Brits cheering on the runners and clearly getting very excited when spotting a homeland vest!



2014 CHRISTMAS CARD APPEAL



That time is coming around again when we turn our thoughts to Christmas festivities.

Once more we will be having a Christmas card appeal. For those of you who are new to it here's how it works. Rather than giving each other cards, the club each year organises a huge card into which everybody can write their own message. We collect from you a donation, whatever sum you want to give, large or small. However much we collect, the club matches it pound for pound.

We want to make it our best year yet and we have nominated two charities following the tragic events that have taken place this year. So in memory of Dennis Milstead and Claire and Jay Widdicombe, we are collecting for Clic Sargent and The Torbay Hospital League of Friends. Clic Sargent is a charity for young people with cancer. Every day around 10 children and young people in the UK will hear the shocking news that they have cancer. Clic Sargent offer support to these people and their families.

When asked to nominate a charity, Graydon Widdicombe had no hesitation in naming The Torbay Hospital League of Friends. Any money we raise will go towards the fund for the Intensive Care Unit at Torbay Hospital. The existing unit is old and a new ICU is in the early stages of planning so let's help to get them there.

So I will be at the John Scott Trophy and from the first week of December I will be at club on Monday and Wednesday and at the White Hart pub after training on a Wednesday (tough work but someone has to do it). I will also be at our annual awards bash in December taking full advantage of your generosity brought upon by inebriation.

So please give generously to these fantastic causes and let's help to make things better for those less fortunate than us.

Thanks

Rod Payne



Contact Us

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

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(No pills, porn or abuse please)