

THE TROTTER

Teignbridge Trotters Newsletter

Number 3

December 2014

TROTTER LEGENDS



Chairman Rog pays tribute

During the Trotters 32 year existence, we have only ever awarded life membership to six members (Jose Waller, Maurice Piper, Reg Tole, Dave Foster, John Scott and Rob Tinnyunt). That gives you some idea of the importance and honour of receiving such an award.

When I proposed that Dave and John should become life members, I was delighted that the committee agreed unanimously with me. However, it was slightly tricky keeping it a secret from them both - but I'm pleased to say we managed it. It's difficult to know where to start when given the task of squeezing everything these two legends have done for the club into a brief Trotter article. Anyway, here goes...



Dave joined the Trotters back in 1988. All three of his children, Stew, Matt and Emily, are also members. I know his wife, Brenda, although not officially signed up, considers herself, as we do likewise, to be very much a part of our great club.

Dave is now the longest ever serving committee member, having served over 21 years. During which time he's been a general member, vice chairman and membership secretary. The latter of which he's been doing since 1998. Some of his other roles since becoming a member have included 15 years as our Cross Country Captain, RD for the Teignbridge Ten for 4 years and deputy RD for the Teignbridge

[Contd on page 8](#)

In this edition:

The 2014 Roll of Honour

2014 Trotter Race Stats

Membership News

Templer 10 Race Report

ICE Tags

Marshal Points: The Final Tables

2015 Championship Races

News Desk

2015 Club Trip Details

Mince Pie Marathon

Euro Marathon 2015

On the Road to Singapore

2014 Horse's Arse Trophy Winner



NEWS DESK

Chairman Rog keeps us updated

What a great turn out of Trotters we had at this years awards and presentation night. For the first year ever we actually sold out of tickets (well done Fizz). Congratulations to all those who took silverware home with them. You'll be able to see who won what on page 3. Special congratulations to our Club Champions, Jacki and Lance. They kept up an amazing standard of running throughout the year to seal their victories. A record 38 Trotters completed the Championship. Details of next year's races can be found on page 18.



Gary Watson with another cup

It was very fitting that one of our longest serving, most experienced coaches, should be the inaugural winner of Dennis's Cup. A perpetual trophy chosen by our members and awarded to the Trotters Coach Of The Year. The clear winner with 20% of the vote was Gary Watson. In second place was Neil Pallant (17%) and third was Tarquin (15%). There were a total of 76 votes cast. Many thanks to Noel Fowler for overseeing proceedings.

Our first race of 2015 is the Bovey Tracey Cross Country. It takes place on Sunday 8th February at Parke Estate. Ruth Johnson is the chief marshal and will be recruiting marshals once Christmas is out of the way. We try to encourage as many of our members as possible to take part. If you've never run in a Westward League Cross Country event before, I can thoroughly recommend it. As there are separate men's and ladies' races, it's possible to combine running your race and marshalling either before or afterwards.

Please accept this as official notice of the Trotters AGM that will take place on Wednesday 25th February, starting at 8pm. It will be held in one of the function rooms upstairs in Newton Abbot Leisure Centre. Any motions must be submitted, together with the names of the proposer and seconder, to the secretary at least 14 days prior to the meeting. All committee positions are available for any first claim member to stand for. Any member wishing to

stand must let the secretary know 14 days before the AGM, together with the names of a proposer and seconder. If any nominations remained unfilled, nominations will be accepted on the night of the meeting from the floor. A list of all positions (including non-committee posts) will be displayed on the noticeboard in Coombeshead College in mid January.

I'm delighted to report that since the last edition of the Trotter we now have a new RD for the Ladies' 10K and a new chief marshal for the DD. Keith Anderson has kindly offered to fill both roles. It's a shame, especially when you consider we have a membership of over 270, that no one else put themselves forward for either job. But take nothing away from Keith, I think he will do both jobs exceptionally well. I'm particularly looking forward to welcoming him to our DD race team.

Jan Caunter has decided it's time to step down as chief marshal for the Templer Ten. Jan's done a great job for the past three years and on behalf of all of us at the club, I would like to say a huge thank you for her efforts. That now leaves a vacancy for the role. If it's something you would like to have a go at, then please let Ian Langler (RD) know.

That's it for another couple of months. Have a great Christmas everyone.

On On

Chair

Roll of honour

Who won what in 2014?

Men's Club Champion: Lance Mason

Ladies' Club Champion: Jacki Woon

Men's Fastest Marathon: Daryl 'Tarquin' Milford (2:50:30)

Men's Fastest Half Marathon: Garry Smart (1:19:24)

Men's Fastest 10K: Daryl 'Tarquin' Milford (35:27)

Ladies' Fastest Marathon: Helen Anthony (3:14:07)

Ladies' Fastest Half Marathon: Helen Anthony (1:29:08)

Ladies' Fastest 10K: Helen Anthony (39:26)

Most Improved Male: Nigel Barnett (nominees: Peter Blakesley, Peter Kirby, Dave Dunn, Derek Blackford)

Most Improved Female: Kirsty Bowman (nominees: Mel Dunn, Sally Ingledew, Cath Pilton, Sharon Hutchins)

Most Promising Male Newcomer: Martin Randall (nominees: Derek Skinner, Russell Wheeler, Dermot Smyth, Ashley Brent)

Most Promising Female Newcomer: Mandy Wheeler (nominees: Jo Randall, Emily Levey, Hannah Walsh, Kate Lenthall)

Committee Cup: Mark Becker (nominees: Tina Caunter, Roger Hales, Jacki Woon, Stuart Moulson)

John Scott Trophy: Kim Nichols

Ross Cup: Vicky Hales

Dave Dunn Trophy: Kim Nichols & Vicky Hales

Dennis's Cup: Gary Watson

2014 Awards Night Winners Gallery

Thank you to Stewart Dunn for providing all the photos



Ladies' Club Champion Jackie Woon



Men's Club Champion Lance 'Skippy' Mason



Legends Dave and John with Trotters President Jose Waller

Contd



Most Promising Newcomers.... Mandy Wheeler and Martin Randall



Most Improved Runners..... Kirsty Bowman and Nigel Barnett



Tom Besford & Jamie Barnett's Mum, Liz (accepting on Jamie's behalf) receive championship mugs in recognition of their excellent performances this year.



Committee Cup winner Mark Becker



Dennis's Cup winner Gary Watson with Jacquie Milstead



Dave Dunn Trophy winners Vicky Hales & Kim Nichols

Contd from front page

Ten for 15 years, Club Camp organiser for 8 years and Dave was instrumental in setting up the first ever Club Championship back in 1991! Believe it or not he still managed to find time to run. He's clocked up over 90 Westward League Cross Country races, not to mention over 50 marathons.

John joined the Trotters in 1994. His wife, Tina, joined a couple of years after that. He was an avid racer for many years and completed the London Marathon in 2000.

John was elected onto the committee in 1997 and has been our Treasurer since 1998. He was the RD for the Teignbridge Ten for 15 years and RD for the Templer Ten for 11 years. Anyone who has been an RD will know the work involved in organising a race. Imagine John's workload organising two each year for 10 years! John has also been our chief time keeper at most of our races for many years.

John's running career is now sadly over; he had to stop running in February 2013 due to severe cartilage damage in his right knee. He still keeps himself fit with regular visits to the gym, plenty of cycling and the odd swim now and then!

It's been a pleasure and a privilege to work with Dave and John; two more dedicated members you would struggle to find. Thank you guys

MEMBERSHIP NEWS

Dave Dunn reports on the latest comings and goings....

Since the last edition of The Trotter our membership total has risen by a further 9 to now stand at 277. Whilst this represents 16 more members than we have ever had before, thanks to all the good work done by our coaches, we don't seem to be overloaded on training nights.

Here is the low-down on the nine new members –

David Bowen (32) from Heathfield has been participating in triathlons for a few years but we are his first running club. David also likes to regularly test himself against Parke's particularly challenging 5K Parkrun course.

Wendy Higginson (51) from Newton Abbot will be a familiar face to regular attendees on Monday and Wednesday training nights, as Wendy works at Coombeshead sports centre. Mike Hill (48) from Kingsteignton is back with us for a second spell and needs no introduction to Trotters who have been with the club for a number of years. Mike was one of the few intrepid Trotters who loved to take on the Dartmoor Discovery in its original 34 miles format long before the Trotters got involved in its organisation.

Vicky Hales's sister, Kim Nicholls (48) from Kingskerswell, has made a blistering start to her Trotter life, coming home first in last month's John Scott Trophy. I'm sure that the handicapper will not be so generous next year!

Philip Norden (55) from Heathfield has been introduced to the club by girlfriend Tamsin Cook. Phil and Tamsin ran together to finish the Bicton Blister in 1:40 in Phil's first race in Trotter colours, but on the evidence of Phil's recent effort at a Parke Parkrun 5K, Phil will be going a whole lot quicker with some decent training behind him.



Philip and Tamsin enjoy their first Blister together

Contd

Karen O'Brien (49) from Littlehempston boosts even further the number of Trotters working in the health service. We should be the best cared for club around!

Nigel Barnett introduced Julian Scanes (46) from Kingsteignton to the Trotters. Julian was first seen on our practice run for last month's Templer Ten, but he has been training enthusiastically from Coombeshead just about every week since then.

David Scholefield (34) from Ashburton boosts a sub-40 10K and a sub-4 hour marathon on his CV. He has joined the Trotters to get back to and then improve on these times, targeting going under 3:30 in next April's London Marathon.

Such was the enthusiasm to join the Trotters shown by Julia Skinner (50) from Bovey Tracey, that she brought along her application form and subscription on her very first training night. To be fair to Julia, she had come along and run with us several months back, but then life intervened!

Several of our members will be celebrating a notable birthday during either January or February. Steve Rawlinson will be 60, Mark Wotton, Lorna Martin and John "Squaddie" Ludlam will all reach 55, Mike Jones, Rachel Pallant and Kate Josephy will all turn 45, while Mary Goulden will be 40. However, the biggest celebrations will probably be in the Skinner/Ross household early in the New Year when twins Barney & Charlie Ross become 21. Where have those years gone, eh Stef?!

Happy birthday to all of you, and may you all enjoy running under your new veteran status, except Barney & Charlie that is.

Finally, let me wish all our members and their families a very blessed Christmas and a healthy and successful New Year.

Dave Dunn

Membership Secretary

Ice Tags – The Ultimate In Cool

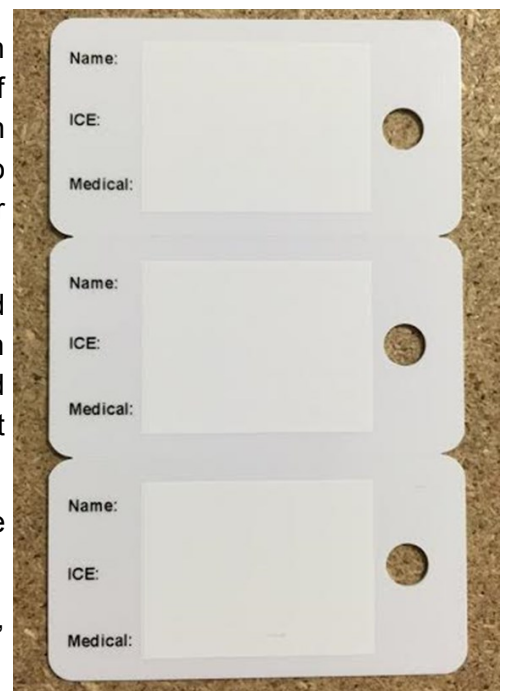
Keith Anderson explains

In an effort to improve safety for all Trotters, and newcomers in particular, the club is purchasing and issuing blank ICE (In Case of Emergency) tags to all. Each tag will be a blank that you fill in with your name and emergency contact details. You will then attach it to your trainers with a cable tie. Everyone will get a spare to allow for change of shoes, losses and breakages.

Any newcomer will be asked to pick up a tag from the key box and fill it in on the night, before running (a small stock of tags and a pen will be kept in the key box). Then, just in case anything untoward happens on a run, every runner will have their emergency contact details with them.

Tamsin Cook and Sarah Schutte have kindly offered to arrange the distribution of tags to all active members over the coming weeks.

So – prepare to get Trotting TAGGERS! (or do I mean Tagging, TROTTERS?)



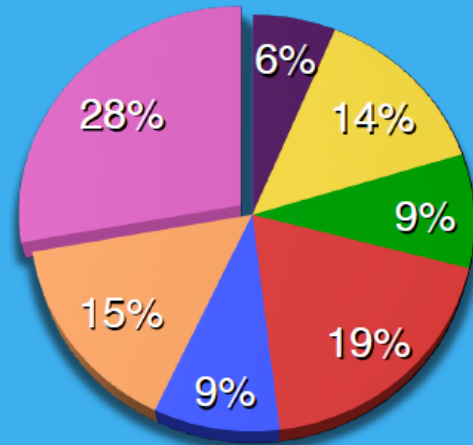
2014 Race Stats

Entries Secretary Rog Hayes looks back over the year

Dartmoor Discovery

240 entries
202 finishers
194 male
46 female
51 unattached (21.25%)

Top teams



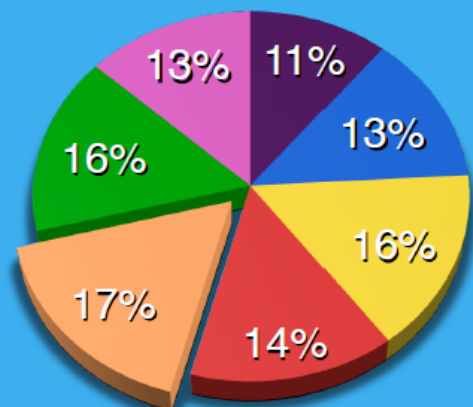
■ 100 Marathon Club 6
■ Running Forever RC 7
■ Littledown Harriers 7
■ Teiqnbridge Trotters 22

■ Bere Alston Trekkers 11
■ Tamar Trotters 15
■ Plymouth Musketeers 12

Haytor Heller

301 entries
264 finishers
185 male (61.46%)
116 female (38.54%)
133 unattached (44.19%)

Top teams



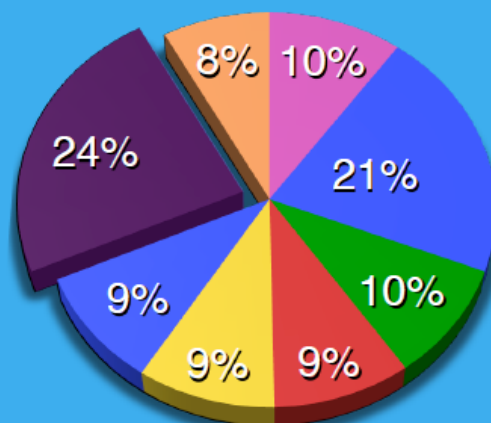
■ Crediton Running Network 9
■ Purbeck Runners 13
■ Bere Alston Trekkers 14
■ Erme Valley Harriers 11

■ Exmouth Harriers 11
■ Torbay AC 12
■ Axe Valley Runners 13

Totnes 10K

631 entries
578 finishers
378 male (59.90%)
253 female (40.10%)
313 unattached (49.60%)

Top teams



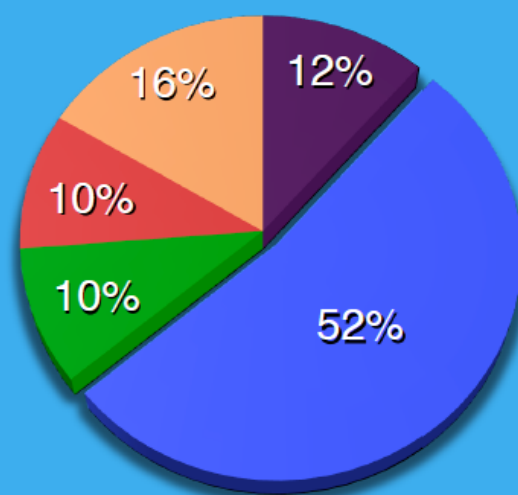
Plymouth Harriers 15
Brixham Harriers 14
SWRR 14
Torbay AC 35

Plymouth Musketeers 31
Running ForEver RC 14
Exmouth Harriers 14
South Devon AC 12

Ladies' 10K

189 entries
164 finishers
85 unattached (44.97%)

Top Teams



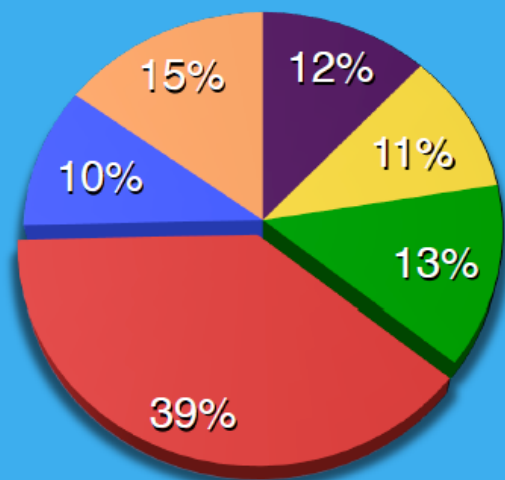
SWRR 7
Fit 2 Run 6
Women On The Run 10

Teignbridge Trotters 32
Torbay AC 6

Templer Ten

177 entries
165 finishers
103 male (58.19%)
74 female (41.81%)
64 unattached (36.16%)

Top teams



■ Dawlish Coasters 8
■ Exmouth Harriers 9
■ South Devon AC 7

■ Haldon Trail Runners 7
■ Torbay AC 26
■ SWRR 10

What was noticeable this year was the increase in unattached entries at the DD (up 5%) and Haytor Heller (up 9%). However, this trend wasn't the case with our other races; Totnes 10K (down 8%) Ladies 10K (down 1%) and the Templer Ten (down 3%).

The Totnes 10K still had the largest unattached entry out of all our races (49%).

The Haytor Heller seems to attract a different club each year, who choose the race for their club trip. Over the last couple of years we've welcomed the South Molton Strugglers and Somer AC. This year it was a large posse from Purbeck Runners.

Torbay AC are without doubt the best supported club at our races. They feature heavily in every race apart from the DD. They were once again the club with the most entrants at Totnes and the Templer.

It was particularly pleasing to see the Plymouth Musketeers and the Bere Alston Trekkers feature strongly in some of our races.

This year saw a record entry at Totnes, the DD and the Heller. The Ladies 10K was slightly up on last year. The Templer was our only race not to fair so well, with entries down on last year.

Club Trip 2015

One for the calendar..... Kevin Besford announces the details

It's what you have all been waiting for: The announcement of our Club Trip for 2015. For 2015 we are going to the **Cotleigh Canter on the 20th September**.

This is a lovely village race with the option to run 10K or 5K, so something for everyone. The Race Director was so pleased that we wanted to choose this race for our Club Trip that she arranged to change the date for us so that it did not clash with our Ladies' 10K.

There will be regular updates in the Trotter when entry forms are available and of course entry is free if you have the requisite number of points from helping at Trotter races. This means you will have a bit more cash to spend at the chosen pub afterwards of course. If you have to pay the race entry I have negotiated a £1 discount.

We will be making use of the usual Double Decker Bus and looking to fill it. Details of bus pick up points and times will be announced much nearer the date.

We now have the onerous task of checking out some suitable pubs to ensure the food and beer is good. It's a tough job but someone has to do it. Any suggestions would be welcome.

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

So make a note in your diaries for 20th September to make sure you are free for the annual Trotters day out.

On on.

Kevin

Templer Ten

Ian Langer thanks the team for another great Trotters race and looks forward to 2015.

Firstly I would like to say thank you to everybody that helped at this year's Templer Ten, it is a pleasure seeing such a well-oiled team join forces to pull the event together. There were a few different faces on the list of helpers this year and everybody stepped up and managed brilliantly.



I received praise from a large numbers of runners after the run on how encouraging the marshals were and how well organised the race was. This is becoming a bit of a tradition at Trotter races and one I would love to see continue; this is what separates us from other clubs.

After the success of this year's event, Jan Caunter has decided to step down as chief marshall after 3 years in charge. She has done a great job and during my 2 years at the helm has made my job easier. So we are once again asking for one of you to come forward to fill the void. I will not lie in the fact this is a difficult role but is a satisfying one once complete. If you are interested then please email me at ilangler@hotmail.com.

Thanks once again to you all and I look forward to seeing you all out on the 1st November 2015.

Ian

HORSE'S ARSE 2014

Chief adjudicator John 'Skins' Skinner reveals this years winner.....

Anyone who can evacuate an entire hotel by making toast is going to take some beating in the race for the dubious honour of the Trotters' Horse's Arse champ.

This year's winner is Sharon 'Fizz' Bowman. The reason?

No one makes toast like Fizz. Hardly Michelin star stuff, by the way, gently browning a slice of bread under the grill or indeed in a toaster! Herein lies Fizz's downfall, because no one makes toast like the effervescent one.

Fast forward to the 2014 Enigma Quadzilla, Furzton Lake, Milton Keynes. Our heroine, because no one makes toast like her, decided to take her own toaster, and at 3.00am after the second of the four consecutive marathons, chose to make toast. She turned the dial to low, or thought she had - but it was the other way. As black smoke rose from the toaster, Fizz rushed for the window but it would only open a crack. She tried to fan the alarm, to no avail. Sally was in stitches so couldn't help either. Alarms sounded and the entire hotel (full of other marathoners) was evacuated into the freezing February night.

Sally kindly posted it all on Facebook, with some funny replies – like 'I was in the bath – and now I've been evacuated'. And next morning at pre-race briefing several runners hoped Fizz had chosen porridge for breakfast!

So well done Fizz! This year's Horse's Arse. After all, no one makes toast like Fizz.



On The Road To Singapore

Ash continues his epic cycling journey...

We arrived in Bishkek on a cold and wet morning having had little sleep. We set off down the gritty, pot-holed road in search of supplies and a bed, the grit working its way into our chains and slowly grinding valuable miles off the life of our drivechains.

Refuelled and refreshed and having waved goodbye to a couple of Indian motorcyclists who were riding to London, we set off along the long flat road out of Bishkek towards the Tian Shan mountains which lurked dauntingly off to our left. We were now in unfamiliar territory. Everything was either in Russian or Kyrgyz, both written using the Cyrillic alphabet which I had taken the time to learn whilst cycling through Bulgaria where everything is in Cyrillic and Latin script – handy! So, despite not being able to understand a word of what was written, I could at least read road signs and recognise place names.



I had no idea what to expect from a former USSR country. The vast majority had very little. Buildings were dilapidated and industrial complexes lay abandoned and ruined, scarring the landscape as a memory of a time that had once been. The similarities between here and parts of Eastern Europe were strong yet there was an underlying difference in that the Kyrgyz people were carrying on a way of life that had existed for hundreds of years, well before the days of communism. The towns were quiet and this gave a rather more melancholy and drab feeling to the places we cycled through and it was only as we climbed into the mountains that we understood why the fields and villages were deserted.

During summer, farmers climb high into the mountains to take advantage of the lush pasture and free flowing water created by the annual thaw; living in yurts and selling Kymyz (fermented mare's milk – actually not bad) and Kurut (dried yoghurt balls (sour and so dry they suck all the moisture and life force from your body) to weary travellers braving the mountain roads.

The mountain roads were actually pretty good. Surprisingly good. And it didn't take long for us to figure out why. In Kyrgyzstan in particular, Chinese investment in primary industry is staggering. Huge new industrial and mining complexes dot the landscape in a swanky repetition of the Russian complexes that are crumbling away. We couldn't help but wonder if the decent road surface warranted what appeared at first hand to be blatant asset stripping of a nation that desperately needed to be in control of its own assets.

But climb we did on the good surface. We were offered bread and invited to share picnics by other road users, sampling awesome cheeses and fish that kept us climbing high up into the mountains and our first real pass at over 4,000m. Guards refused to allow us to cycle through the 1920s soviet tunnel at the top for fear of carbon monoxide poisoning – dozens had died recently after a breakdown blocked the tunnel and motorists failed to turn off engines. Luck was on our side however as they had to close the tunnel for emergency repairs during which we were allowed to cycle through. The view over the luscious valley backed by snow-capped mountains, the winding road snaking its way down the slopes and the green dotted with white yurts, was overwhelming and will stay with me as one of the most incredible views I have ever had the pleasure to witness. Camping in the vast, vast wilderness was heaven.

As we headed through the mountains and down the other side into the Fergana valley, we took an impromptu rest day. The hills had been high and now as we dropped, the temperatures started to climb to 40°C everyday. The highest we would record was 44°C in Uzbekistan. Bearable as a dry heat but sapping

Contd

all the same. We decided to camp by a lake and enjoy the setting. Framed by mountains and with horses frolicking on the shore line, the spot was ideal.

On more detailed observation, we noticed that the horses were rather playful and were enjoying splashing about and rolling around. As we went down to the waters' edge we found out why. They had been munching on the forest of weed that carpeted the banks. Cannabis, it turns out, is a native plant to Central Asia and horses love it!

We pushed through the hot flat Fergana Valley, crossing into Uzbekistan – a police state that saw us have our passports checked frequently; once at both the entrance and exit from a tunnel. Probably in case we had done some spying whilst in the tunnel or something... On the flip side, the police in Namangan watched and approved as we illegally changed money on the black market following the advice of bank clerks and were then mobbed by curious locals wanting to know who we were, where we were going and how they could help.

We spent 8 days in Tashkent, the capital, lying through our teeth to procure our Chinese visa. Ethnic tensions in the western Xinjiang province through which we would be entering and travelling meant that anyone on a bike or who couldn't show plans not to travel to that area was automatically denied a visa. After a tense wait though, we left the embassy for a final time with visas in passports.

We also left Tashkent with a few extra riders. Rather unwanted riders in the form of giardia parasites that were making us horrendously ill. Attached to our intestinal linings and the medication having nuked all bacterial and parasitical life from our bodies, we were left shattered, exhausted and on the constant lookout for a rock to dive behind where we could unleash the fury. Visa restrictions meant that we had no choice but to move on. Fail to reach the Chinese border on time and we would have issues. We still had Tajikistan to cross yet.

Tajikistan was another hidden gem. South Korea was the kind provider of good roads for the first half of the country and the Soviet Union to kind provider of very very bad roads for the remainder. The Tunnel of Death had to be tackled here as well. 8Km of unfinished tunnel, potholes that ate men, floods, abandoned machinery, no ventilation, jagged rock sticking down and out, rusting metal sticking up, down and out and a constant stream of traffic meant that this was not cycling territory. As we looked on into the smoking tunnel mouth, a man came up behind us, pointed at us, then the tunnel and shouted 'NIET!'. He then pointed to his car and proceeded to lash our bikes to the roof. An act for which I shall be eternally grateful.

The Tajiks were incredibly friendly. The police pulled us over for what we assumed was an ID check. He looked at our passports in a confused manner before shaking his head and giving us watermelon. Followed by a second slice. He then opened the boot of his Lada police car that was stuffed to the brim with watermelon and gave us a whole melon. Strapping a large melon onto a fully laden touring bike is no easy feat! On a separate occasion, request for a photo turned into a feast of stew, goat kebabs and about a litre and a half of vodka plus requests to turn around and go back to the previous town where the party would continue. Our giardia and visa deadlines had other plans though and we had to decline.

The last stage of Tajikistan before crossing briefly back into Kyrgyzstan in order to cross into China, saw us climb up and over the Pamirs. The Pamir region is perhaps one of the remotest and desolate places on the planet. At an average height of around 4,000m, nothing grows and life is hard. A crumbling soviet road with washed out bridges that saw us wading raging ice cold rivers was the only means of access. Dramatically beautiful it was one of our most favourite sections of the trip. But with poor food, poorly tummies, washboarded and destroyed road surfaces and time restraints it was also one of the toughest.

And so we crossed the border into China, a couple of months ahead of schedule and onto the next stage of the trip, crossing a political border into the Far East.

Euro Marathon Trip 2015

Steph provides the perfect cure for your itchy feet next year

Calling all Globe-Trotters! (OK, I have plagiarized that clever pun from Emma's Lisbon write up). Following a long exhausting meeting of what will in future be known as the Globe-Trotters sub-committee, it was finally agreed that almost definitely, with a 99.999% certainty, the venue for next years European trip will be the Balearic capital, Palma de Mallorca. Provisional date: **18th October 2015**. Still to be officially confirmed.

This event will offer, as well as the usual 42K caper, a half distance, and a 10K race. So once again, something for everyone. Even if none of the offered distances grab your fancy, coming along for the jolly is always an option!

Palma, famous for La Seu, its vast cathedral originally built on a previous mosque, boasts October temperatures of 23 degrees, which will obviously appeal to Trotters seeking a late dose of summer. Other delights include the charming old town with its fascinating maze of streets clearly hinting towards an Arab past. Also, an end of season swim in the Mediterranean sea from the town's beautiful city beach would be a holiday highlight.



It is expected that as in 2014, Easyjet will fly on a daily basis from Bristol to Palma. The choice of accommodation for those wishing to be at the centre of Trotters shenanigans is still open to debate. Presentations will take place at the White Hart early next year, where over a pint of fine ale and a tasty sandwich, the hotel choice will be democratically decided.



If you have not yet travelled abroad with the Trotters, I strongly recommend it. After all, 'what's the worst that could happen?' ***

Happy trotting

Steph x

*** Quote from Big AL, Venice 2007

The beautiful cathedral of Palma

Club Championship Races - 2015

Here's your 'cut out and keep' guide to the races selected for next year's championship

SECTION 1 - HALF MARATHONS	DATE
Bideford Half	08/03/15
Taunton Half	12/04/15
Torbay Half	28/06/15
Bridgwater Half	06/09/15
Dartmoor Vale Half	25/10/15

SECTION 2 - 10K	DATE
Easter Bunny 10K	06/04/15
Bere Penn 10K	03/05/15
Torbay 10K	23/08/15
Cotleigh Canters 10K (CLUB TRIP)	20/09/15
Ladies 10K	27/09/15
Dartmoor Vale 10K	25/10/15

SECTION 3 - SHORT OFF-ROAD	DATE
Bovey Tracey XC	08/02/15
The Crediton Crunch	TBC
Muskies Madne5.5	23/05/15
Forest Flyer 5	28/08/15
Minster Challenge	04/10/15

SECTION 4 - SHORT MISC.	DATE
Fulfords 5	01/02/15
Sandygate Loop - any from April – September. Best time to count	Check website for dates
Erme Valley Relays (individual lap time to count)	03/07/15
Chudleigh Carnival 6	17/07/15
Winter Track 3k race series (best 1 to count)	Oct & Nov

SECTION 5 - LONG MISC,	DATE
Braunton 10	25/01/15
Gloucester 20	08/03/15
The Great Lanhydrock Run	21/06/15
Race TBC	TBC
Wimborne 10	15/11/15

SECTION 6 - LONG OFF ROAD	DATE
Oh My Obelisk	11/01/15
Dalwood 3 Hills Challenge	22/02/15
The Haldon Heartbeat (8.5 miles)	18/04/15
Yarcombe Yomp	TBC
Bicton Blister	29/11/15

SECTION 7 - MIXED	DATE
Dawlish Dash	04/06/14
Otter River & Rail 10K	11/07/15
Dalwood Fayre 10K	26/07/15
Lustleigh 10K	31/08/15
John Scott Trophy	TBC



Tarqs & Geoff make a roaring start at the Obelisk run back in January



Trotters out in force for the 2014 Dartmoor Vale Half

The Championship rules at a glance

- * TWELVE RACES MINIMUM MUST BE COMPLETED
- * Runners must complete a minimum of one race from each of the seven sections.
- * If more than twelve races are completed, the runner's best twelve will count.
- * In the event of a tie, the average age-graded percentage over the twelve best races will count.

Marshal Points - Final Tables

1 POINT				
Abi Blee	Chris Cleave	Ivan Marshall	Mark Becker	Roy Brown
Alastair Lee	Derek Blackford	Jamie Barnett	Marsha Garrard	Selina Snow
Andy Dudley	Eyvol Aston	Jane Heartly	Nicky Cowling	Stella Thompson
Angela Evans	Gary Smart	Jess Parkes	Nikki Constantine	Steve Blackburn
Angie Blakesley	Geoff Davison	Jo Becker	Pete Aston	Steve Morfey
Anna Langer	Guy Roberts	Jo Billyard	Peter Middleton	Steve Wallace
Anne Smart	Heather James	John Ludlam	Rachel Ludlam	Victoria Ratcliffe
Becky George	Howard Cotton	John Webber	Richard Keatley	Zilpa Walton
Bruce Campbell	Hylda Stewart	Lauren Deer	Rob Cooper	
Chris Broadbent	Iain Large	Maggie Anderson	Rob Cowling	

2 POINTS				
Ashley Brent	Emze Iles	Kirsty Bowman	Mike Jones	Sarah Seymour
Dave Foster	Gary Caunter	Mandy Wheeler	Peter Kirby	Sharon Hutchins
Derek Skinner	Jennie Roberts	Mary Goulden	Phil Perry	Steve Rawlinson
Donna Walker	Josie Waller	Mel Dunn	Richard Stephenson	Wavell Vigers
Emily Levey	Keith George	Mick Mooney	Ryan Anthony	Wyn Jones

3 POINTS				
Adrian Youngman	Eleanor Taylor	Jon Grimes	Pete Blakesley	Sarah Schutte
Caroline Hayes	Hannah Jones	Julian Head	Rod Payne	Tarq
Cathleen Pilton	Jan Caunter	Lucy Payne	Russ Wheeler	Tom Besford
Chris Wride	Jimmy Donovan	Noel Fowler	Sally Ingedew	Vicky Hales
Clare Youngman				

4 POINTS				
Adrian Handley	Emma Pearcy	John Skinner	Mark Hutchins	Sharon Bowman
Alan Boon	Ewan Walton	John Tweedie	Mark Walker	Tamsin Cook
Alan Taylor	Graeme Baker	Judy Smallshire	Mark Wotton	Tim Hartley
Bev Dennis	Graydon Widdecombe	Keith Anderson	Maurice Piper	Travis Wood
Catherine Barnes	Ian Langer	Kevin Besford	Neil Pallant	Rachel Pallant
Craig Churchill	Jacki Woon	Lance Mason	Pete Hayward	
Dermot Smyth	Jean Terrill	Marie Taylor	Ruth Johnson	

5 POINTS			6 POINTS	
Buzz	Katrina Zapple	Stewart Dunn	Nathan Elphick	
Dave Dunn	Nigel Barnett	Tina Caunter	Stuart Moulson	
Gary Watson	Nigel Penwarden	Wilf Taylor	Roger Hayes	
John Caunter	Roger Hales			

Trotters Annual Mince Pie Marathon

Monday 22nd December ~ 7pm start from outside **HALFORDS**, Newton Road, Kingsteignton, TQ12 3HS



The route has been chosen, the carols have been printed, the countdown begins...

Many thanks to Jan Caunter, Jo Billyard, Tamsin Cook, Gary Watson and Gary Caunter, who have all very kindly agreed to be our official feed stations for the night.

Local talents (Otter & Keith) will be bringing their musical instruments along, just to help us get into tune!

The chosen carols for the night are:

O Come All Ye Faithful
Hark the Herald Angels Sing
We Three Kings
God Rest Ye Merry, Gentlemen
Good King Wenceslas

Time to get practising!

PLEASE BE SENSIBLE ABOUT DRINK AND DRIVING – BEST TO LEAVE THE CAR AT HOME OR PERSUADE SOMEONE TO PICK YOU UP!

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.

mag@teignbridgetrotters.co.uk

(No pills, porn or abuse please)