

THE TROTTER

Teignbridge Trotters Newsletter

Number 5

April 2015

Membership Matters: A New Era!

After 22 years, we have a new membership secretary and April also means renewal time! Kevin Besford gives us his first membership update.

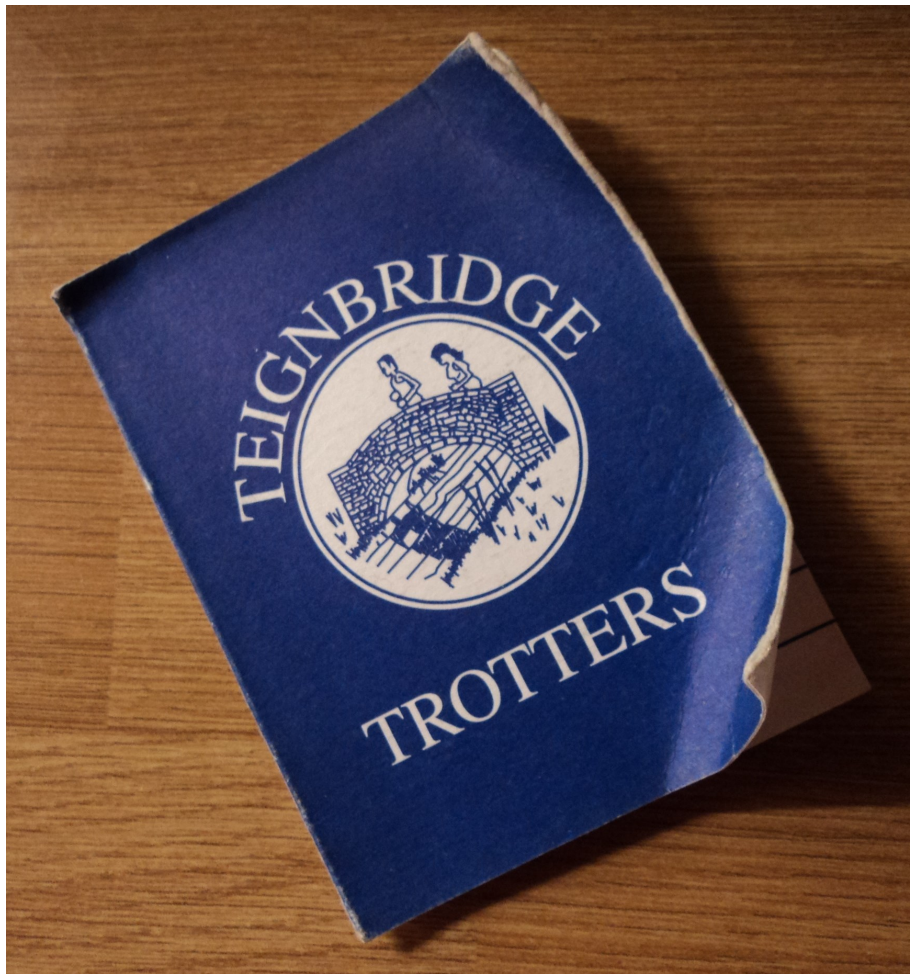
This is my first write-up for the Trotter and I certainly have a tough act to follow. If I can serve you all in the role half as well as Dave did over his many years I will feel that I have achieved success.

Dave ended his reign with membership numbers standing at a record high of 294. I cannot give a figure this month to go on as we are mid way through the renewal process and cannot tell how many will decide not to renew with our great club.

I can say that thus far just four have informed me of their decision not to renew and these are all for geographical reasons.

On to the new members. In the short time I have been in the role, I've seen the arrival of 10 new members, all listed below. In addition, a number of others have been trying us out at recent training sessions.

Philippa Goodwin (52) is from Bovey Tracey. From an absolute beginner in 2013, Philippa has now run the Totnes 10k and Chudleigh 6 and is looking at being a regular Wednesday night trainer.



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David McMorrow (right) with Big Mac at the Plymouth Half.

David McMorrow is 29 and has moved from Launceston, where he ran with the Road Runners, to Dawlish and is looking to run more regularly and achieve personal bests in 2015. Paul Sharples is 59 and lives very locally in the Churchills. He has joined as a family with Paul and Joanna.

Lauren Smart (15) has joined the Junior ladies' ranks and is the daughter of Gary Smart. If Lauren shows just a little of Dad's talent then we should be in for some great results.

Annabelle Evans is 16 and has also joined the Junior ladies' ranks though she is still first claim with Newton Abbot AC. Annabelle is the daughter of Angela, who is already known to some Trotters. There's the potential with Lauren to form the nucleus of a good relay team for Erme Valley perhaps.

Mike Hooper is 48, from Bovey Tracey, and husband of current member Melanie Hooper. Mike has done many marathons and has a best time of under three hours.

Andrew Watson (50) is from Bovey Tracey. There seems to be a bit of an influx from Bovey this month. Andrew has been running for just a year and has been a regular at Park Run, 26 times. He has really got the bug and wants to progress to entering 10K races and get up to a half marathon. Sonja Hughes (32) is from Totnes. Sonja has recently moved back into the UK and has run a lot in the past. She has missed being in a club and is looking forward to getting more involved.

A number of members celebrate notable birthdays in May and June. Abigail Smyth 21, Timothy Pratt 21, Richard Stephenson 45, Russ Wheeler 45, Nathan Elphick 45, Mark Hutchins 50, Robert Mann 50, Karen O'Brien 50, Cath Pilton 50, Stella Thompson 60 and Robert Tinnyunt 75.

Happy birthday to all and best of luck in your new age categories on race days.



Iain Large



Mark Walker



Iain Large

Cath Pilton (Centre) taking on the Oh My Obelisk Run. Mark Hutchins (left) and Russ Wheeler (right) at the recent Taunton Half

I do hope that my first report is up to the expected standard set by my predecessor and I can serve you all well for as long as you all see fit.

Kevin Besford

Membership Secretary

News Desk

Chairman Rog with the latest news... starting with the latest on the 2015 Trotter races.

This time of the year is always a busy one at the club, what with membership renewals coming in and Race Directors making preparations for their upcoming races. The Haytor Heller and Totnes 10K are already on a par with last year as far as the entries received are concerned. Hopefully both events will reach their race limits again this year. Entry forms are now available for the Ladies 10K and can be downloaded from our website.

This year is the 30th anniversary of the Heller - quite an achievement! I think I've been pegging out the first section of the course for most of that time. I have to say it's one of my favourite jobs of the year. On a warm, sunny, summers evening, there really isn't a better place to be. This year's race takes place on Saturday 18th July. Lance 'Skippy' Mason is the chief marshal. Please offer your services. Lance can be contacted by email; lancemason55@hotmail.co.uk

New for Ladies 10K 2015

This year we are offering all under 18's a free entry into our Ladies 10K. Jacquie Milstead is very kindly funding this in memory of her husband and our dear friend, Dennis. This may well be a unique offer, I certainly haven't seen anything similar at other races. Our aim is to try and attract more young ladies into the sport. We all know that once you're 'into it' the rewards from running are endless. Angela Blakesley, our new Race Director, has done a superb job in securing substantial sponsorship from the Herald Express. With plenty of promotion and a bit of luck we might well see the race fill up for the first time since 2009.

The DD Marshalling and Partying Trotter Style

As it's unlikely that the next edition of the Trotter will be out before the DD takes place, I would like to thank all those who have kindly contacted Keith Anderson (chief marshal) and offered their help. I'm sure the weekend will be a success.



If you're planning on attending the Friday night pasta party, please let me know in advance. Tuesday 2nd June is the last date for booking your place. There is however no need to book your place at the Saturday night after race party! Full details of which can be found on page 6.

Get a group of 'old school' Trotters together and inevitably the talk turns to yesteryear. Believe it or not we were a club with quite a reputation for partying, hard to imagine nowadays I know!

John Tweedie doing what he does best!

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With the lack of a social secretary, (the only position to remain unfilled after the AGM) events like the summer BBQ, pub meals after our reccie runs and the rounders match against Torbay AC (they are really keen to play us) simply won't happen. Surely there must be someone out there willing and able to bring back those partying days!

Sandygate Loop

And finally, a reminder that the first Sandygate Loop of the year took place on 24th April. The next race is on Friday 29th May. Full details can be found on our website. It's a great way to test yourself over a measured, undulating, 4-mile course each month. Numbers were a bit thin on the ground last year. It would be great to see a few more of you there this year.



Ian Langler prepares to do battle at one of the annual Trotter cricket challenges

On On
Chair

2015 Club Camp Update

A note from Stuart on the annual Trotters club camp on 13th and 14th June

With the Club Camp fast approaching I will be asking for the balance monies in May. For those who have paid me their £10 deposit I need a further £14 for non electric. For those who can't do without their hair dryers with electric it's a further £20.

This is obviously for two nights, if anybody wants further nights, please see me and I'll make sure that's booked. Just a note, if there is anybody between now and the camp that wants to come, please feel free to talk to me, I'm sure I'll be able to fit you in.

Also, the sooner you give me the balance in May, the less I have to nag.

Happy camping

Stuart



Coach Co-ordinator's Report - April

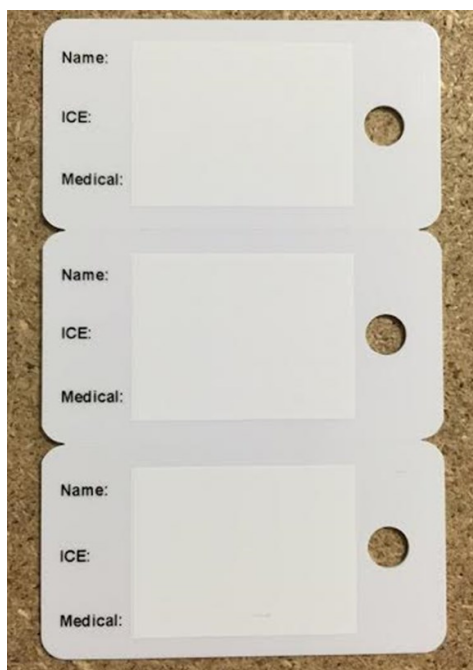
Keith Anderson reviews the recent coaching sessions which have been on offer.

Since taking on the role of Coach Co-ordinator, attempting to follow successfully in the footsteps of my immediate predecessors, a number of exciting things have happened, which were set in train before I started the job and for which I cannot claim credit.

Wednesday night coaching has included two series of specialist training sessions over recent months and both have proved very popular. First there was Gary Watson's Speed series, which led up to the First Chance 10K race in January, and secondly Noel Fowler's Marathon preparation sessions at Brunel which are now drawing to a conclusion as spring marathons, particularly the Virgin Money London Marathon on Sunday 26th April, come upon us. I hope we'll be able to continue in coming months with similar focused training. Such events however, do not take place without an enormous commitment from the coach providing the training and so they depend very much on the good will of individuals who are prepared to put in the time and effort required. Let's hope others are happy to take on similar roles; and meanwhile, huge thanks to Noel and Gary!

'Triple extension' was a term few of us had heard of before Peg Wiseman's EA Flying Coach visit to the club. The session was very well attended by coaches and leaders anxious to improve their skills in the hill-work area, and was supported by a welcome number of willing volunteer Trotters who were told in advance to expect to be treated as 'guinea pigs'. In the event, however, I suspect the 'guinea pigs' got as much of value out of Peg's excellent training as did the target audience. My personal take on this session was as a real high point to the winter's training which made me think anew of the approaches I should use to help others improve their running. Peg has hinted at the possibility of a return visit, so I plan to hold her to this if I can.

Following the deeply saddening loss of Dennis Milstead last August agreement was reached that first aid training should be offered to coaches and leaders on a voluntary basis. An excellent trainer, Kay Martin, was found by Committee Vice-Chair Tina Caunter and two full day sessions were arranged in February/March. The coaches and leaders who took part, without exception I believe, found the training immensely useful and informative, and as a result the Trotters now have a cluster of competent first-aiders, should any unexpected incident occur while out running.



The image shows three identical white ICE tags stacked vertically on a corkboard background. Each tag has a hole punch on the right side. The fields are labeled as follows:

Field	Tag 1	Tag 2	Tag 3
Name:			
ICE:			
Medical:			

Providing ICE (In Case of Emergency) tags for every Trotter is a second outcome, of which Dennis would have been proud. If every Trotter were to take up and use the ICE tags, then with very little effort on the part of individuals our overall safety would be significantly improved. I'm aware that some of us are recklessly unconcerned about our own safety (and I admit I'm one of these!) but we should think of our responsibility to other Trotters and to family members. Please take the trouble to collect, fill in and wear your ICE tag(s) if you have not yet done so.

It is a great time of the year when daylight begins to extend well into the evening, not least because we can all enjoy the respite from repeated reminders about reflective bibs! I'm sure I speak for everyone when I say how much I am looking forward to hours of off-road running during summer's lease, all too brief as it is.

Enjoy the sunshine!

Keith

Dartmoor Discovery Disco

The place to be on Dartmoor this coming June. Chairman Rog explains

For all those that can't wait for the next Trotters Christmas disco, why not get yourself up to Princetown on June 6th and dance the night away at the legendary DD after race party. All Trotters are welcome, in fact the more the merrier. Come and join those that have run the race, marvel at their impressive dance skills. This despite having run 32 gruelling miles across Dartmoor! If you've marshalled at some point during the day, even better. What a great way to round off a memorable event.



If you don't want to drive home, there is of course the option of camping. The Plume have a field at the back of the pub. There's a shower block and toilets on site. The Full English on Sunday morning comes highly recommended.

Be great to see lots of new faces as well as many of the diehards. The night gets under way at 7.30pm and finishes at midnight, or if we're lucky we might get another lock in!

On On

Chair

Runner's Shorts

A couple of you have contacted us wanting to showcase great individual performances recently. This time it's well done Nikki Constantine and Roger Easterbrook!

Nikki reports, just to let you know I ran my first (and last) marathon in Brighton this weekend (12th April). I wanted to thank all the lovely Trotters who encouraged me to go for it. I completed it in 4 hours 51 minutes and raised over £1000 for Parkinsons UK.

Roger contacted us to say, I did the Endurance life Exmoor off-road half marathon Heddon valley, near Lynmouth on the 11th April. Fantastic north Devon coastal scenery. It was a battering hilly route through National Trust paths, 2700ft of up hill, in reasonable breeze and sunshine. The toughest event of their race series. I managed joint 4th in 1'40'09 but was unprepared for the slog and terrain. The aches and pains were enormous.

In contrast, the event was won by my mate, Lee Turner of Torbay AC in 1'35. A new course record.



Serving Time....

Rog has been unearthing more stats and reports on the commitment and time various folks have made to the club over the years.

Anyone that knows me well, will know I'm a lover of stats. I simply can't get enough of them! When Dave Dunn recently stood down after 22 years of serving on the committee, it got me thinking about how long other members have served on our clubs committee. With a bit of research, well quite a lot actually, I've compiled a comprehensive list of every Trotter that has served up to one year and beyond since the club started having committee meetings back in 1984.

I'm afraid my research didn't stretch to those members, and there are a few, who for one reason or another didn't actually make it to a year! You'll see from the list that others actually came back for a second stint!

I'm sure some of the names on the list will bring back memories for some of our more long standing members. I must admit to not knowing some of them listed, hence the lack of a christian name. The Caunter family have between them served 44 years on the committee, that will take some beating! The question is, will JC be next to join the small group of Trotters who have served 20+ years?

If you're not on the list or believe you've served longer than you're listed, please drop me a line and I'll delve deeper!

Bold text indicates a current committee member

1 YEAR	
Lyn Soudain 84-85	K.McGuire 92-93
Peter Flick 84-85	Steve Down 93-94
Brian Hall 84-85	Pauline Beare 95-96
D.Ward 85-86	Pete Aston 03-04
Fred Fowler 85-86	Simon Mayo 03-04
Andrea Edwards 87-88	Julia Proctor 07-08
C.Dawson 87-88	Anna Langler 10-11
Stuart Humphrey 89-90	Ronnie Jones 09-10
Ray Bolt 90-91	Gary Clark 13-14
Rosemary Terrill 90-91	Tamsin Cook 14-15
Hillary Richards 92-93	

2 YEARS	
N.Spruce 85-87	Gordon Vincent 94-96
P.Webb 85-87	John Crocker 95-97
I.Sharrock 87-89	Milos Erben 96-98
Chris Pitman 89-91	Gary Watson 97-99
John Humphrey 89-91	Adrian Youngman 03-04 11-12
Sue Bolt 89-91	Samm Gee 04-06
Graham Terrill 90-91 94-95	Nikki Kennard 08-10
Linda West 91-93	Dennis Milstead 12-14
Shaun Dooner 92-94	Sarah Schutte 13-15
Maurice Piper 92-94	Keith Anderson 13-15

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3 YEARS	
S.Wills 87-90	Eleanor Taylor 06-09
Chris Hole 92-95	Mark Hamling 07-10
Harry Coldwell 93-96	Stuart Moulson 07-10
Sally Pritchard 93-96	Syd Willocks 07-10
Bryan Hayes 94-97	Becky George 09-12
Martin Foster 95-98	Noel Fowler 10-13
Maggie Daniel 03-06	Sharon Bowman 12-15
Keith Jellyman 04-07	Jacki Woon 12-15
John Ludlam 06-09	

4 YEARS
Vanessa New 93-96 97-98
Stella Imong 99-03
Neil Green 00-04
Rod Payne 09-13
Nathan Elphick 10-13 14-15
Stewart Dunn 11-15

5 YEARS	9 YEARS
Tom Edwards 87-90 91-93	Nick Hamzija 87-96
Julian Head 98-03	Dave Foster 90-91 96-04
Ewan Walton 06-11	John Skinner 98-97
Daryl Milford 10-14	Vicky Hales 99-07 08-09
8 YEARS	10 YEARS
Charles Soudain 84-92	Dave Rowe 84-94
Stephanie Ross 95-03	Mark Becker 05-15

11 YEARS	20 YEARS
John Scott 84-95	Reg Tole 87-07
12 YEARS	21 YEARS
Tina Caunter 03-15	Roger Hayes 94-15
14 YEARS	22 YEARS
Gary Caunter 96-10	Dave Dunn 93-15
18 YEARS	
John Caunter 97-15	

Captain's Corner - Ladies

Zippy updates us on how the Trotettes have been doing.

The competitive spirit of the Trotter ladies has continued to run strong through March and April with more superb performances and improvements by lots of ladies over varying distances.



Jess Parkes taking on the Grizzly back in March.

The Grizzly raised its daunting head in early March and five Trotettes pitched up with sleeves rolled up ready to tackle it. Jessica Parkes made a return to racing and Shaz Bowman decided to step out of her comfort zone for this one. Tracy Elphick, Kirsty Bowman and myself made up the team of ladies taking on the off road challenge. Myself, Tracy and Kirsty all managed to run the course much quicker than in previous year's and Jess and Shaz were both well within their target times.

Hylde Stewart managed to run in all six of the Westward League XC events this season and finished 2nd in her age group for the series in a very competitive field.

Bideford half marathon presented the first chance of a half marathon pb for lots of us for the year. Everyone put in a great performance and impressive pbs were achieved by Kirsty Bowman (1:53) and Hylde Stewart (1:45). Hylde Stewart took the 1st V55 trophy, Mandy Wheeler (1:31) was 3rd V40 one and Jacki Woon (1:39) 2nd V50. Other times recorded were Emma Boobyer (1:40), Caroline Hayes (1:55), Julia Skinner (1:55), Kat Zapple (1:59) and Shaz Bowman (2.00).

Abi Blee (1:48) and Lorna Spayne (1:36) opted for the Bath half and Lucy Payne (1:59) the Surry half on the same weekend, adding more super times to the tally.

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At the Gloucester 20 road race, Tracy Elphick (2:26, 3rd V40) saw a huge improvement on her fastest time for the distance and Hannah Walsh (2:34) and Joanna (3:00) completed the distance for the first time in extremely formidable times.

The Trotters cleaned up at the Granite Way 10, where 7 ladies raced. I enjoyed a race win in 1:04, with Joanna Randall (1:14) coming in second and Jacki Woon (1:15) third, and together we brought home another team prize for the royal blues. Jennie Roberts (1:23), Ruth Johnson (1:27), Caroline Hayes (1:28) and Kim Nichols (1:33) all posted great times on the flat course. Caroline is becoming a familiar face at the championship races this year and is making great progress in her race vest.

The moonlit flit races presented a set of alternative races starting at midnight. These attracted Lisa Godfrey, who completed the 10k in 1:05 and Briony Goldsmith who finished the half in 1:54.

The Age Concern and Easter Bunny 10k races offered the opportunity to claim a spring pb over the distance and the Trotettes didn't disappoint. Donna Walker (49.16) and Abi Blee (46.45) posted pb times at the Age Concern 10K and Melanie Dunn (42.10) picked up the 3rd senior female trophy. Lisa Sandford (50:36) and Sharon Hutchins (55:45) also recorded fantastic times.

At The Easter Bunny 10K, myself (39.08), Tracy Elphick (42.02), Joannna Randall (47.00) and Hylda Stewart (47:39) blasted around the course to ascertain new best times. Hylda finished as 2nd V55 and Jacki Wood (46:22) 3rd V45. Great efforts were put in by all ladies on the hot day: Mandy Wheeler (42.31), Melanie Dunn (42.44), Caroline Hayes (53.18), Kim Nichols (57.51), Lisa Godfrey (1:03), Vicky Hales (1:22).



Easter Bunny action. Julian Scanes sneaks into the Trotettes report with Mel Dunn (left) whilst Caroline Hayes is with Kim Bindon (right).



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Hannah Walsh was lone Trotterette to take on the Bampton to Tiverton 7 mile race and took over a minute off her previous best time over the course. Hannah is making the most of all racing opportunities this year and achieving great positions at all distances and over varying terrain.

Four ladies took on the Tavy 13, Hannah Walsh posting (1:44), Eleanor Taylor (2:01) and Katrina Zaple (2:34) and Sarah Ross (2:34).

Hannah Walsh and Emma Pearcy joined me at the start line of the Exe to Axe coastal race in challenging conditions. Great to see Emma Pearcy making a comeback to racing and what a race to choose! We all survived the event and completed the course in respectable times.

Half marathon personal bests were enjoyed by Tracy Elphick (1:31), Hannah Walsh (1:33) and Donna Walker (1:54) at Taunton half. All three are in tremendous form this year and smashing their pbs at races. Kim Nichols made her debut over the distance finishing in 2:08. Kim has been challenging herself over new distances all year and is setting some great benchmarks.

Lorna Spayne has continue to concentrate on the longer distance events and completed another half marathon in Reading in 1:36 and most recently completed the Paris Marathon in a super time of 3.26.

The Paris marathon kicks off the start of the spring marathon season and the next big event to look forward to is the London Marathon. I know we will all be rooting for the select number of our ladies running this year and am sure we will be see some inspiring runs. Good luck ladies! I shall be entering London again in 2016 and it would be great to be surrounded by lots of Trotterettes so why not get yourself in the ballot when it opens.

I've enjoyed seeing all the pictures that have been popping up of you ladies, most of which show that, above all, the Trotterettes are all enjoying our racing. The jazz hands being a main feature these days.

Thirty one ladies have completed at least one race in the club championship this year so far but we still have a way to go to catch up with the men at fifty four. There are some lovely shorter spring and summer races ahead of us so don't be shy in digging out that race vest and joining the fun.

Zippy

Xxx



Sally Ingledew



Iain Large

Tracey Elphick (left) at the Easter Bunny in March and Hannah Walsh (right) cruising at the Taunton half.

Captain's Corner - Men

Lance gives us his first Men's Captain update since taking over in February in which time there have been some great performances to report on.

Geoff Davey has started January off with his first race of the Club championship at the Oh My Obelisk, coming home in 4th place and 1st Trotter home and showing the potential and quality he can produce. He followed this up with another great run at the first chance 10k in Exeter with 12th place and 2nd Trotter home in 36.17, following Daryl 'Tarquin' Milford who was 8th overall with a great time 35.55.

This provided a good set up for a head to head between the two of them in the Exeter half marathon. This race was split into two days. Tarqs ran on the Saturday 14th of February setting a high standard of 1.19.52. Geoff ran the second day on Sunday and came in all guns blazing and clocked a great time of 1.19.33. Now all Geoff has to do (and should do) is turn this into his first sub 3 hour marathon this year.

Tarqs hit fantastic form at the Taunton half coming 4th overall in a time of 1.18.16. He is currently the fastest male Trotter for a half marathon. Now back to you Geoff!

After completing his 100th marathon at the DD in 2013, our chairman Roger Hayes is starting to show good form over the shorter races in the club championship, coming 2nd overall in 2014. He is now running in better form this season. Starting the club championship with 5 out of 6 top points only to be out done in one by 2013 club champion Gary Smart. Who can stop our chairman running with this type of form?

After a few kicks up the backside Roger Smokes Hales is now taking his running a bit more seriously and starting to get some of his old form back in the shorter races since he also completed his 100th marathon back in 2013 with our chairman at the DD. At Taunton half marathon his form continues with a time of 1.34.47 with more to come in future races. He's looking good for a podium finish in the championship.

Steve Barker who is a quiet man and just gets on with it, has been training for marathons and ultras. He has recently completed the Brooks Westward cross country championships of which he is our cross country captain. Steve along with Allen Taylor completed the Thames Trot 50 in February which started in Iffley just South of Oxford following the river to Henley-on-Thames. Steve finished in 9.21.04 and Allen in 7.49.01. Great achievements.

Allen has just completed in Weymouth half marathon. Finishing 30th overall in 1.27.37 which is about 1 minute PB. Craig Hobson also competed in the same race in 1.46.

Allen also competed in the Canalathon Yorkshire and Lancashire 100k coming in a fantastic 3rd place in under 10 hours. Soon he is going to compete in his 2nd 100 miler in June called the South Downs Way organised by Centurion Running.



Iain Large

Smokes continues to build on his recent good form

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Jamie Barnet had his first race win at the Dalwoods mini challenge in end of February, continuing his good form he also got 3rd Junior at the Easter Bunny in 41.12.

Newcomer, 20 year old Timothy Pratt had a great race at Fulfords 5 clocking 30.31 and at the Granite Way 10 miler in 1.02.38 just behind the winner and championship leader Chairman Roger Hayes who won in 1.02.12.

There are many more male Trotters who have not been mentioned here, both new and experienced alike who have also started this season off with good performances. It continues to be a great achievement young or old to complete the championship.

On a final note I would like to say our coaches do a fantastic job. Just look at the improvements our club is making and achieving. So all of you take a bow!

Lance Mason



Top Guys! Geoff Davey, Tarqs and Chairman Rog all in recent action.

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)