

# THE TROTTER

Teignbridge Trotters Newsletter

Number 7

August 2015

## TOTNES 10K: TROTTERS MAKE BOROUGH PARK THE PLACE TO BE

The sun shone once again for this years Totnes 10K and what a difference it made. I can't remember seeing so many people on Borough Park. There was a great atmosphere throughout the day and unlike last year, just about everything went smoothly.

We had 557 enter the 10K, with only 99 entering on the day (the lowest total since I've been keeping records). I think many runners were put off by the fact that we had 167 enter on the day last year and they didn't want to risk travelling, only to find the race limit had been reached and they couldn't take part. 557 was still the third best total the race has had since we took it over 16 years ago. It has to be one of the biggest off road 10K's in the South West.

The Fun Run goes from strength to strength. For the third year in succession we increased our entry. This year we had a record 155 enter, of which 49 pre entered, thus saving a huge amount of work and stress for Pete Aston and Travis Wood, who were on registration.

It was a wonderful sight seeing all those kids charging round the Park. The vast majority of whom take it very seriously! Next year I'm going to expand the prize list by introducing an under 8 category.

The 10K passed off without incident, relieving my biggest fear of runners



Contd on page 2

Left to right; Roger Hayes - Race Director, Bob Alford - Chief Operating Officer and Ruth Johnson - Assistant Race Director

### *In this edition:*

News Desk

Membership Report

Club Trip

Everest Marathon

Roger's Charity Cycling Challenge

401 Marathon Challenge

Totnes 10K - A Runners Perspective

Club Championship Update



## Contd from Page 1

being sent the wrong way or a serious injury. Boonie did a great job as chief marshal, not an easy job at the best of times, made even harder this year with so many new members marshalling in spots they weren't familiar with. On behalf of Boonie and myself; a massive thank you to all those who marshalled.

There were three vet course records this year. The men's M35 was bettered by 4 seconds and the MV50 by just 2 seconds! Cathy Newman from Exmouth Harriers improved the ladies FV50 by almost a minute. They each took home £25 in prize money. Torbay AC were once again the best-supported club with 40 of their members entering. Plymouth Harriers were in second spot with 20. We had the most runners we've had for a few years with 16 entering. 56% of the field were unattached runners. 330 (59%) were men.

The results were perfect. We didn't have a single query with the timings or positions (another of my major fears). Thanks to all those involved. You know who you are!

The food and drink on offer is always well received by runners and spectators alike. Not to mention a great source of income for the club. Total sales from the beer tent, BBQ and Tina's catering tent, made just short of a thousand pounds profit for the club. A huge thank you to all those involved, particularly to Jacki and Russ on the BBQ who despite being under manned, coped superbly.

The six portable toilets that we hired were well used and certainly helped keep the queues down in the Leisure Centre. They weren't without their problems though! Apart from having to man handle them across the park to a different site on Saturday evening due to a complaint from a local resident, we were met with the sight on Sunday morning of all six toilets on their side.

You can imagine the mess and the state of them! Ruth Johnson, my new assistant RD, surely couldn't have imagined her first job of the day would be cleaning out toilets, not very glamorous. However, Ruth and a team of willing helpers set to and got them looking like new in no time - thanks team toilet!

The bouncy castle did a roaring trade, always popular with the youngsters. Craig Hobson and Jess Parkes were kept busy with a steady stream of customers at their massage tent. Our new PA supplier was a massive improvement on last years sound. Skinns, ably assisted by Fizz, did a wonderful job in 'bringing the runners home'. I think it's fair to say that there's never a dull moment when Skinns has the microphone in his hand!

There are too many individuals to single out and thank personally, but suffice to say all those who helped out ensured the 2015 Totnes 10K was another great success. For me the icing on the cake is that we were able to present Totnes Caring with a cheque for £1,700 (see front page). This increased our overall donation to them to £14,200 since our first year in 2000.

We now move onto our next race, the Ladies 10K. Angela Blakesley, Race Director and Emma Percy, Chief Marshal, have been working hard to spread the word. You can do your bit too by following suit. It would be great to reach our 300 race limit.

On On  
Chair



Russ Wheeler and Jacki Woon handling the baps

# NEWS DESK

## Chairman Rog with the latest...

I hate to say it but our Summer is coming to an end. The nights are drawing in which can only mean one thing, it will be bib time soon! It's certainly not been a classic summer as far as unbroken cloudless skies are concerned. My decking has seen very little action these past couple of months!

Our time at Teign School is also coming to an end. All being well we will be returning to Coombeshead sometime in September. I will keep you informed.

## Trotter Races

It's been all go on the racing front what with our own Haytor Heller and Totnes 10K taking centre stage. Both races were massive successes; raising hundreds of pounds for charity and giving those that took part, that special Trotter experience.

I'm already looking forward to our final two races of the year, the Ladies 10K (27 Sept) and Templer Ten (1 Nov). It would be great if we could reach our race limits of 300 for both races. Emma Pearcy is the chief marshal for the Ladies 10K and is actively seeking marshals, ideally of the man kind! This enables as many Trotettes as possible to enter the race. It's one of only two races (the other is the DD) where we encourage our members to take part. Emma can be contacted via Facebook or email;

[emmapearcy@hotmail.com](mailto:emmapearcy@hotmail.com)



The recce run for the Ladies 10K will take place on **Wednesday 23rd September**. There will be the usual two groups, the first setting off at 6.30pm and the second (faster pace) will leave at 6.45pm. Both groups to meet in the orchard at Dornafield. Please wear your reflective bib.

There is plenty of parking and showers are available afterwards. Keith Anderson has very kindly offered to

organise a meal afterwards at the Wellington Inn, Ipplepen. There is a menu available on our Facebook page, please let Keith know your choice by Monday 21st at the latest. You can email him at;

[keithanderson50@gmail.com](mailto:keithanderson50@gmail.com)

After some confusion at the Heller and Totnes as to whether marshals were allowed a free burger, the committee decided to make it easier and clearer all round by allowing members a free hot drink at all of our races. All other food would have to be paid for. The exception to that rule is the DD, where all marshals are given a pack lunch.

Talking of food; thank you to those that have contacted Lucy to offer to make a cake for any of the three races that Tina is no longer covering; The Haytor Heller, Ladies 10K and Templer Ten. We still need more volunteers though!

## Time Please

For far too long now the club has relied on one person, John Caunter, to time the runners as they cross the finish line. We invested in a great bit of equipment, which when used correctly, does a fantastic job. It's not rocket science to use it, in fact it couldn't be any simpler. However, what you do need is total concentration and an unflappable persona.

If you think you might be just that person, please drop John a line. He will be delighted to show you how it works. You can have a few test goes at local races by standing at the finish line and using it, before the real thing at one of our forthcoming races. John can be contacted at [esmond.caunter@sky.com](mailto:esmond.caunter@sky.com)



## Contd

## ICE-Tags

Those still yet to receive your ice tags should be doing so shortly. Please make use of them as they could prove a life saver!

## 2015 Cornish Marathon

I'm hoping to organise a minibus trip for the Cornish Marathon on Sunday 15th November. Obviously this is dependent on numbers, but the initial response has been encouraging. For those of you yet to sample the delights of the Cornish, you're in for a treat. Don't be put off by the tag of the toughest road marathon in the country. Having done a few I can confirm it is fairly tough, especially if it's windy whilst running across Bodmin Moor, but certainly not the toughest!. They give you a hoodie and a pasty when you finish, there's also showers and a bar! What more do you want?

With any luck, I can get the minibus for free, which would mean we just have the fuel to pay for. The more on the bus the cheaper it is for everyone. Please let me know if you're interested.

## Bibs

And finally, having touched on it earlier, the date for wearing reflective bibs during training nights is **Monday 7th September**. There is no exception to this rule. If you're not wearing a bib you won't be allowed to train with us. The club has a number of them available to buy. They're £5 each and you can get them on a Monday or Wednesday night.

On On

Chair

# MEMBERSHIP REPORT

## Kevin Besford with the latest membership matters

Our member numbers now stand at a healthy 258.

Since the last edition of the Trotter I have registered a further 9 new or rejoining members all listed below. It seems that there are new runners trying us out on a weekly basis and I expect our numbers to continue to grow steadily. One recent session had four newcomers.

I am getting fantastic feedback from some of these newcomers as to the very friendly welcome you are all giving to them on their first session.

Niki Perring, 43, is from Newton Abbot. Niki is very new to running but has recently done her first Park Run.

Colin Harper 43 and Leah Harper 45 from Mamhead and have recently moved up from Cornwall. Both have run several sub 2 hour half marathons in the past. According to Leah she loves running and loves to work hard at it while Colin is a natural athlete. Apparently in a drunken moment Leah entered them both for this year's Bristol to Bath Marathon.

Karen Winsor 41 from Kingsteignton. Totally new to running Karen and has recently shed a fair amount of weight. Entering her forties and wants to get fitter and stay healthy. She recently ran a 5k and is running a 10K at the end of July.

Chris Cleave 52, also known as Psycho, from Teignmouth is a returning member having just renewed for this year

Reg Cross 66, from Newton Abbot. Reg has moved into the area and has a football background. He has enjoyed his start with us in the beginners group.

## Contd

Stephen Cantello 57, from Abbotskerswell. Steve has run a number of 5k races and is looking to advance to 10k events. Steve has elected to register with England Athletics so expect to see him as a regular on the racing scene.

Phillip Cowley 31, from Newton Abbot. Phil is a referee on the local circuit and is looking to improve his fitness levels. Has recently run in the Totnes 10k

Michelle Cowley 29, wife of Phil joins us as a second claim member being first claim with South Devon AC. Recently came second lady at Totnes 10k having been first home last year.

A small number of members celebrate notable birthdays in September and October. David Jeffs 35, Steve Morfey 35, James Ayling 40, Catherine Barnes 45, Liz Barnett 45, Paul Vowden 50, Sharon Bowman 50, Jan Caunter 50, Julie Webb and Rod Payne 60.

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

Kevin Besford

Membership Secretary

## 2015 CLUB TRIP– COTLEIGH CANTER 10K

It'll soon be time for another Trotter day out. Kevin provides the details of this year's trip.

Club trip is fast approaching and entries are coming in at a trickle. Would be great to change this to a flood and really get to fill that bus this year.

The race director at our chosen event went out of her way to accommodate us going as far as changing the date to suit and avoid a clash with our own Ladies 10K so lets not disappoint and really get the numbers there.

The event is a lovely village race with the option to run 10k or 5k and an additional fun run for the youngsters, so something for everyone.

Entry forms are available on the website in the race diary and I have a few with me on club nights. Important to remember that if you are eligible for a free entry then the form is all I need. If you have to pay then you also benefit by a £1 discount to £7 if you return form to me with cheque payable to Honiton Running Club.



We have chosen a suitable pub to ensure the food and beer is good and has a sizeable beer garden as well.

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. It will be great to see new faces joining in the fun.

So remember the date, 20th September and make sure you are free for the annual Trotters day out.

On on.

Kevin

# My Plan To Hit The Heights This Year

Keith's describes the worthy challenge that awaits him later this year.

As several Trotters already know, I plan to run the Everest Marathon, which claims to be the highest marathon in the world, on 30th November this year.

I thought you might like to know a bit of the background, my progress towards the big event and what the experience promises to be like.

I had the idea a couple of years ago. Having been on trekking holidays to Nepal a couple of times, I thought it might be good to try this on a third and probably final visit to the fantastic Himalaya region. So the seed of an idea was there by June 2013, when I ran the DD (Dartmoor Discovery Ultra, for new readers). I developed my plans as I ran the course, which gave me plenty of time for thought, as it took me six and a quarter hours to finish the race!

At that time I knew I'd have to wait till 2015 because it's a biennial event, held only in odd-numbered years. But I had a task ahead as certain requirements are laid down to qualify for entry. You have to show experience of a substantial amount of long distance off-road running, preferably including self-navigating mountain work.



Keith on a previous Himalayan trip (Is it really you under that beard??!)

I knew I was in with a chance, having run several road marathons plus the gruelling 20m Grizzly twice, as well as the slightly shorter Sidmouth Four Trigs run; I also took on the Lakeland 10 Peaks race, a big challenge that I nearly completed, in June 2014.

When tragedy struck with the untimely death of our beloved Denis Milstead last August, and knowing of his tremendous enthusiasm for the Nepal and its people, it struck me that he'd approve if I were to raise funds for his favourite charity, Community Action Nepal. Dennis travelled to Nepal last summer, on an attempt to climb a summit (Tent Peak, I believe) in the Annapurna region.

So – here's the thing: I'd like to raise £1000 for Dennis's charity and it would be great to collect as much as possible from fellow Trotters.

It's easy if you want to donate – all you need to do is go onto my justgiving page and follow the instructions. <https://www.justgiving.com/Keith-Anderson8/>

Anyway, I put my application in last October and heard nothing until late January, when I was offered a place. All seemed to be going well and I was ready to start preparations, when the two massive earthquakes struck, causing the deaths of nearly 9000 people and making homeless many many thousands more. The second of these quakes hit Namche Bazaar, where the race is due to finish. I thought these events would spell the end to my Everest Marathon dreams, as for several weeks it looked as if the race would be cancelled this year.

The organisers, however, did a tremendous job checking the viability and came to the conclusion that the route would be safe and that the nation would welcome our presence, representing as it does, a valuable



## Contd

source of income for the region.

What does it all entail, then? First and foremost I have to be fit to run a marathon on rough, hilly terrain. I believe I'm already reasonably fit and recent off-road runs, like the 20-mile Seaview 17, which I completed with Zippy in July, will stand me in good stead. I now need to build my miles in marathon training over the next three months.

To prepare for a marathon at altitude (this one starts at 5164m/16942ft) it is essential to acclimatise. For this reason the trip starts in mid-November and involves a trek in the Himalaya range, gradually gaining altitude until race day, November 30th. To do this we'll fly from Kathmandu to Lukla (2860m/9383ft), where most Everest expeditions start, then trek northwards up the Khumbu valley, each day gaining height then dropping down a bit at night, either camping or staying in Tea Houses, as they call their mountain lodges. We'll pass through Namche Bazaar, the main village in the area and the finishing point for the race, and after two weeks we'll reach Gorak Shep, where the marathon starts.

Luckily for me, I've been in this region before and have trekked to higher altitudes. Acute mountain sickness (AMS) is always a risk, though, and it can affect the fittest people and even those with previous time at altitude, so every runner's fitness for the race will be checked as we trek northwards. No one will be allowed to run the race unless the medics declare them fit.

Anticipation of the whole trip fills me with excitement (and a certain amount of trepidation!) and I can't wait to board the Kathmandu plane on 10th November, but one thing I can say with certainty is that I will not be looking for a Good for Age time!

So please be reminded of lovely Dennis, and also spare a thought for the beleaguered families in Nepal, many of whom will be facing a very hard winter this year.

On on

Keith

# 248 Miles in 18 Hours and 15 Mins: Big Ben to Totnes

In the last Trotter, Roger Easterbrook outlined his extraordinary charity cycling challenge. With the mission now accomplished, Roger explains how he did it.

On the Friday night I didn't get to bed early. The following morning, I left Peckham, home of the infamous Trotters Del & Rodney at 04.00

I found some passing tourists at 04.30 for a quick photo. My partners belatedly showed up at Big Ben and we left at 04.45, cycling through

Kingston, then Guildford, Farnham. Richard's curious route took us south, slightly east toward Petworth when we should have been going South West. At 0830 we realised his satnav was mad, and consulted the maps. The A283 arrival was a shock and horror moment. He had been setting a scorching pace that I could not live with, suffering the after effects of a fever and bad chest from my son Toby, aged 18 months.

I hadn't thought too much about direction but I was livid as we made our way back to Alresford, off the Hogs Back A31 via hilly B and C roads running 2 ish hours late. Richard departed to catch his flight to Rome, and we sat down to eat some food and lament over how the day had just got tougher.



## Contd



The extra detour thanks to a dodgy sat nav.

In sunny midday sunshine we skirted Winchester, heading for attractive Stockbridge then Salisbury for lunch. In a car the rolling hills don't seem to exist, they did for me.

Sam & Ali were superior in power and style, it took everything just to keep up. When I lost the slipstreaming tow it was grueling to try and catch them back up.

We had a good belated lunch and found the Mayor of Salisbury for a photo. It was off again on the A30, passed the Fovant

military badges cut into chalk, via Shaftesbury, to Sherborne where we paused to eat and drink and hear the Abbey bell strike five.

The head wind was bearable but the day was marching on and the hills were getting longer. At Yeovil the road got quieter, and the A30 felt smaller. This was the start of the old minor A30. Crewkerne passed and we had a 2-3 mile hill which reduced me to bottom gear and a crawl. We regrouped at Cricket St Thomas with outstanding views from high ground across Somerset and toward the sea near Seaton. It was 7pm, time for a change of plan. We ignored going to Axminster, Seaton and taking a minor coast road to Exeter, in favour of busier A30/A303. This could save us an hour and miles. We hit Devon at last, a stunning downhill into the village of Yarcombe, before climbing again to meet the A303.



Lunch with the Mayor of Salisbury

Sam showed us his muscles were still tip top on the dual carriageway as we tucked in, pedaling hard to stay in his 24mph slip stream. This stunning effort got us into Exeter in a fantastic time.



Arrival at the Albert Inn, Totnes

We met up with a friend from Totnes and took on our last bad hill. Three miles of ascent heading for Mortenhampstead on the B3212. With the light fading we flew down the weaving Teign valley, eating bugs a plenty before making our last town Newton Abbot in the darkness.

Time for a quick last energy bar before the up and down 8 miles to Totnes with some euphoria at the finish pub. The Albert Inn happened to be open till midnight.



At 23.00 we finished to a very good welcome, including the Totnes Mayor. I had a lot of well wishers hiding in the pub which was fun.

My backside survived but my back was not very happy during or after the ride. I think the total raised will be about £2,900 for Totnes Children's Centre and their Dangerous Dads group which runs activities for fathers/carers and children.



# 2015 CLUB CHAMPIONSHIP UPDATE

2015 has proved to be yet another competitive year in the club championship. Watsa has a summary of progress so far.

We are now well into the year and the competitive runners in the club are working hard to maintain or improve their championship positions. Below you can see some of the current statistics of the championship:

<b>Total number of members taking part in at least one race:</b>	
MEN: 82	WOMEN: 49
<b>Average number of members taking part per race:</b>	
MEN: 17.41	WOMEN: 8
<b>Average number of races completed:</b>	
MEN: 4	WOMEN: 4
<b>Average age graded percentage:</b>	
MEN: 62%	WOMEN: 57%

You can make your own mind up about the differences between the men and women. All statistics raise questions! There have been 22 races at the time of writing.

In the championship so far the top three at the moment are Roger Hayes, Mark Hutchins and Roger Hales for the men and Helen Anthony, Mandy Wheeler and Jacki Woon for the women. Whether these will be our top three by the end remains to be seen.

Well done to all of you who have taken part in any club championship race this year.

Gary Watson

Club Championship Secretary



The start of the July Sandygate Loop. There's only two left to go in 2015! See full list of remaining championship races over on page 10.

Contd

### Remaining Championship Races For 2015:

Race	Category	Race Date
Bridgwater Half	1	6th Sep
Cotleigh Canter	2	20th Sep
Ladies 10K	2	27th Sep
Minster Challenge	3	4th Oct
Dartmoor Vale Half	1	25th Oct
Winter Track 3K Series	4	Oct & Nov
Yarcombe Yomp	6	7th Nov
Wimborne 10	5	15th Nov
Bicton Blister	6	29th Nov
John Scott Trophy	7	TBC
Sandygate Loop	4	4th Sep & 25th Sep

# THE 401 CHALLENGE

The club was recently approached with news of an unusual challenge and a request for our help. Chairman Rog explains more.

We all like to set ourselves challenges during the course of a lifetime, be they small ones or big ones, they are our own personal challenges. Some we achieve some we don't, some are fun trying some are not!

Ben Smith from Bristol has set himself such a challenge - running 401 marathons in 401 consecutive days! Now that's the sort of challenge where you really find out about yourself.

Ben contacted the Trotters to see if we could find him a measured route in the Newton Abbot area to run. He's had to do this, with the help of his team, for nearly all of his 401 marathons which he's running up and down the country from Lands End to John O Groats (the other ones are actual races). Ben and his team have been planning this for over a year. It starts on the 1st September.



We (thanks Watsa) sent him a map of the Dartmoor Vale Marathon, which is the route he will be running.

Contd

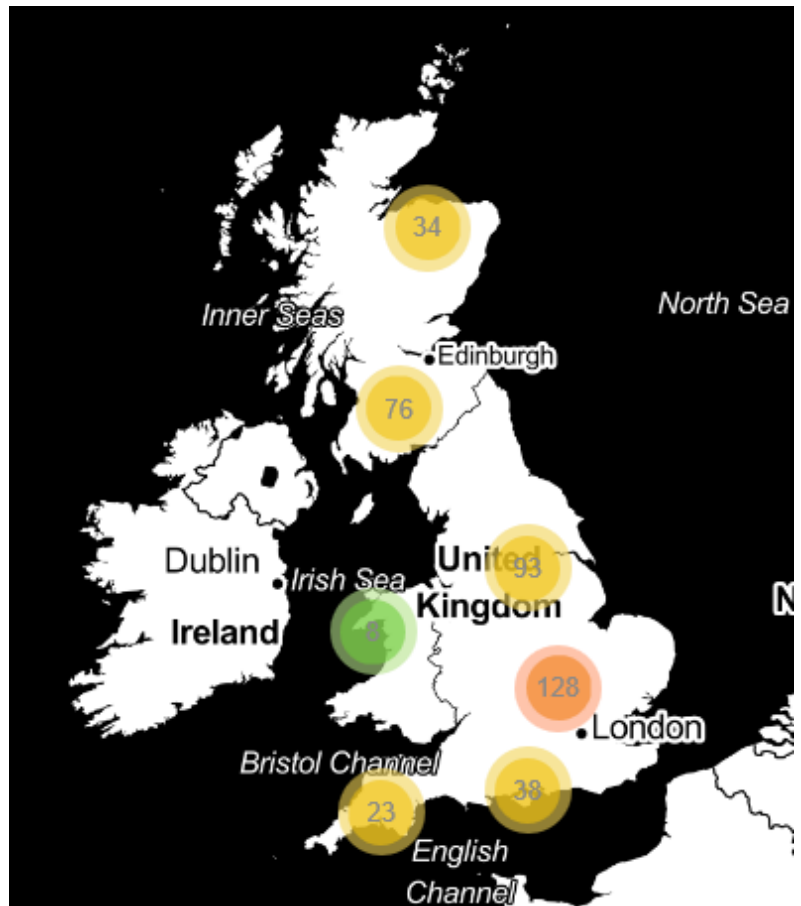
Although he will be starting and finishing from Newton Abbot Leisure Centre. It is still pretty much the same route, incorporating two laps and including the hill out of Chudleigh. This will be marathon number 9 which will take place on Wednesday 9th September.

We hope, as does Ben, that plenty of Trotters will join him for part or maybe even all of the marathon. He will be starting at 10am from the top car park at the leisure centre. I'm planning on doing the first lap with him. I guess it won't be too fast a pace, or at least I hope so, what with the fact that's he's got another 392 to do after it! It would be great if the Trotters turned out in force to support him.

Check out his excellent website for more information; [www.the401challenge.co.uk](http://www.the401challenge.co.uk)

Good luck Ben, see you on the 9th.

Chair



Where the 401 marathons will be. See interactive map on the Challenge 401 website.



## Totnes 10K: A Runner's Perspective

With the Totnes 10K being on home turf, Roger Easterbrook shares his thoughts on how it went for him.

I took part in the Totnes 10k for the third time, but the first as a Trotter. I can see the park from my house so it's a pleasure to do the event held there.

It was impressive to see how many people were helping on the day, doing all sorts of roles making it a well run race. I'd like to thank everyone involved on the day in making such a great event, my non runner wife Sally sneaked in under one hour which she was delighted with.

Right, Roger enroute through Dartington meadows



Tamsin Cook



## Contd

My race didn't go well, compared with the Chudleigh road race and the Kingsbridge 10K. Within 100m my hamstring had groaned its unhappiness but I carried on foolishly. The scenic route out through the riverside meadows following runners from many different clubs was warm and muggy. The nagging pain wasn't getting any worse but no chance of pushing harder.

A few runners slowed up in the woods which was an opportunity to grab a few more places. The zig zag past Schumacher College and the water stop was better this year with encouragement from Trotters, but the gravel cycle path back from the Cider Press shops got slower.

The last section alongside the river had six people overtake me, but you can only do your best. The lap of the field and finish straight with high spirited commentator banter was a relief, but its unfinished business for next year.

Roger



Behind the scenes with Totnes 10K race media

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

(No pills, porn or abuse please)