

THE TROTTER

Teignbridge Trotters Newsletter

Number 10

February 2016

WELCOME TO OUR NEW HOME!



Catch up with all the latest news and reports
from the 2016 Trotters AGM

Also in this edition:

News Desk

Membership News

Christmas Card Update

2016 Club Trip

Captain's Corner

Keith's Mountain Marathon



NEWS DESK

Chairman Rog's regular Trotter news slot. Starting with further news of our new training base.

Things moved quickly after I asked the committee to reconsider a move to Newton Abbot's Recreational Trust (REC). Before we knew it an EGM was called, membership fees were agreed upon and we are set to make the move on Wednesday 13th April. However, there was a last minute hitch, in that the REC wanted a six month trial period, rather than the 18 month period we had hoped for.

As a result of this, it was agreed at the recent AGM that the Trotters membership would run for a six month period from April 1st to October 1st. For more details on this please check out the Treasurer's report on page 7. I'm confident that the REC and our members will both be very happy with the move. Having said that, if either party is not happy then plan B would be a return to Coombeshead College.

Club Secretary

It was an end of an era for our club secretary Mark Becker, who stood down at the AGM from a position he has held since 2007. I wish his successor, Liz Barnett, the very best of luck. A list of all the committee and non-committee positions can be found on page 8.

From a personal point of view, I was very disappointed that Keith Anderson wasn't re-elected onto the committee. Keith has done a superb job in holding things together in his capacity of coach coordinator. I'm not sure where the club would be if it wasn't for his fine efforts during the past 12 months.



Mark with our President Jose Waller



New Heller Race Director, Nigel Barnett

Haytor Heller - New Race Director

The Haytor Heller has a new Race Director in the shape of Nigel Barnett. Nige has already got stuck into his new role, securing £500 worth of sponsorship and managing to increase the entry limit to 350 (previously 300).

Our thanks go to club member Andrew Watson, who works for Dartmoor National Park for agreeing to the increase. Allen Taylor is the assistant RD and Lance Mason completes the team with his role as Chief Marshal.

Stover Cross Country

For those not present at the recent Westward League Cross Country held at Stover School and organised by the Trotters, I can report that the event was a huge success. The new course went down really well with the runners.

To say it was slightly testing underfoot was a bit of an understatement. With all the recent wet weather, runners were crossing the finish line looking like they had stood behind a car stuck in the mud trying to get out! The BBQ team did a roaring trade selling their bacon baps and the catering team were kept busy selling hot soup and a fine selection of home made cakes. Thank you to all those that helped make it the success it was.

Contd

Race Diary Page

Many thanks to Eleanor Taylor for taking on the role of updating our race diary page. A team of five of us (Jacki Woon, Keith Anderson, Kevin Besford, Pete Aston and myself) are currently working on creating a new club website. We hope to be able to launch it before the end of March. One of the new features is to be able to offer you the facility of paying your subs on-line. Progress is being made but there is a lot of work to do yet. However, I hope you will be suitably impressed with the new look once we go live.

And finally, another polite reminder that first claim members can only take part in a maximum of two Trotter races a year (excluding the Cross Country). The committee are set to discuss the marshal point system at our March meeting. I will let you know the outcome!

On on

Chair

Membership News

Kevin Besford with the latest membership comings and goings..

Our member numbers now stand at a grand total of 296. Since the last edition of the Trotter I have registered a further 12 new members all listed below.

We are fast approaching the 300 mark and I feel sure that we will reach that record before the end of our year. Many members are starting to cast their minds towards the London Marathon and we have a number of new members with a place in addition to our established members. We look forward to tracking everyone on Sunday 24th April.

Newcomers are joining us at all levels of ability and joining in all the various groups. I am also getting great feedback from some of these newcomers about the enjoyable sessions and the friendly nature of you all.

Henry Hart 19 from Newton Abbot joins us as second claim from Eynsham Roadrunners while he is based in Devon. Henry has an impressive array of personal bests including 2-53.50 for the marathon right down to 4-57 for the mile. He's looking to improve his speed with us so watch for some impressive racing.

Nathan Bodley 20 from Torquay. Nathan is a work colleague of Nigel Barnett and has been finding his feet in the improvers group and social runs.

Daryll Hall 33 from Kingsteignton. Friend of Oli Prouse. Has done a number of Half Marathons in recent years including Cardiff, Bristol & Liverpool in 2013 and Great West Run in 2013 and 2015 having only started running in 2012

Lucy Evans 40 from Kingsteignton. Only started running in October of 2015 but has been a regular on Monday evenings for a little while. Lucy does play Hockey and also enjoys cycling and doing the Park Runs.

Duncan Hogbin 42 from Ashburton. Started running a couple of years ago with a Couch-to-5K programme. Was recommended to the Trotters by a friend and is now enjoying his running and has a goal this year to complete a 10k. Looking in particular at running our very own Totnes 10k

Michael Smerdon 45 from Widecombe. Involved in Tug of War at Widecombe with Mark Hutchins. Has a place in this year's London Marathon.

Michelle Perring 30 from Ogwell. Michelle has done a number of half marathons in the past and has now joined us with a place in this years London Marathon to work towards. Already a regular on training nights, we expect to see Michelle in the weekend social runs to help clock up the miles.

Contd

Marie Farrelly 31 from Ipplepen. Marie is a friend of Michelle Perring and like Michelle has a place in this year's London Marathon.

Jon Oxley 46 from Newton Abbot. Jon is an former Royal Marine and is looking to increase his current mileage levels. Jon has entered half marathons in Bodmin, Yeovil and Plymouth in the coming weeks plus the Imerys marathon in May. His prime goal is a race over the Brecon Beacons in July.



Graeme Baker racing along the Dawlish cliffs

Joanne Barber 31 from Kingsteignton. In the past Joanne has done a number of 10k events but training mainly on her own. Has not done any for about a year and has joined us to improve with the benefits of training with others.

Alison Clayton 45 from Bovey Tracey. Alison has been running on and off for a number of years and has had some injury issues. She is now keen to increase her distance and pace and is looking to do her debut half marathon this year.

Stan Hayes 15 is son of our esteemed Chairman and joins on the family membership as an addition to our Youth ranks. If he is as good as his sister we will be seeing some useful performances from Stan.

It's happy birthday to a small elite number of members who celebrate notable birthdays in March and April. The ever consistent Graeme Baker is 75, Peter Middleton is 60 and our very own chicken lady, Katrina Zaple is 50.

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

Finally as we have by the time you read this had our AGM we will all now be looking forward to moving to our new training base.

Kevin Besford

Membership Secretary

2015 Trotters Christmas Card

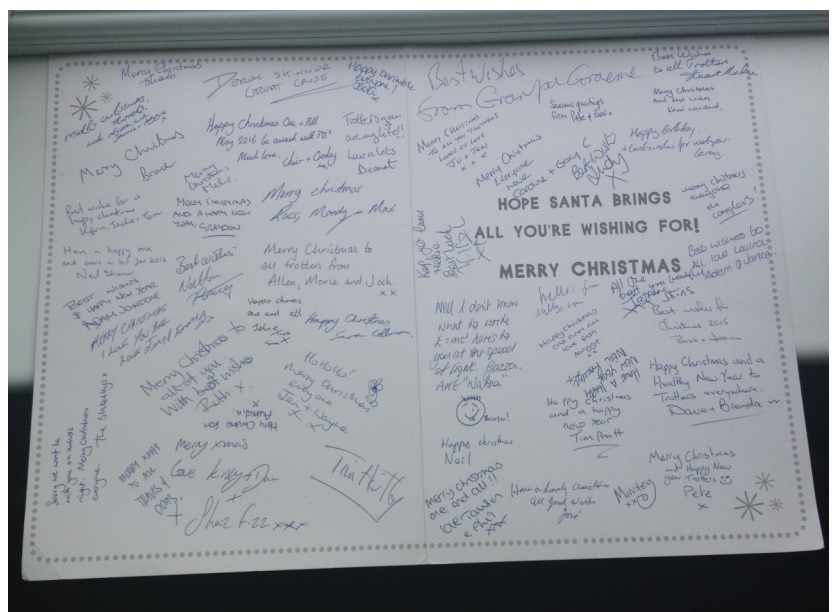
The money is now counted and we're really pleased to announce that thanks to your generosity, our 2015 Christmas card raised an amazing £260. With the club matching this to take the total to £520, it provides a really worthwhile donation.

This year the chosen charity will be Torbay Holiday Helpers Network.

This charity provides holidays not just in Torbay, but in destinations across the country and abroad, to families with children who have serious and sometimes terminal illnesses.

Many thanks

Nigel & Liz



2016 AGM - Chairman's Report

Good evening everyone and welcome to this year's AGM. As you will see from the agenda, there are two resolutions put forward this year, as well as the small matter of choosing seven general committee members from a list of nine candidates. Three non-committee positions remain unfilled, more on that later.

As you are all hopefully aware, the club is hoping to move their HQ to the Recreation Trust (REC) in Newton Abbot. This will be discussed and decided upon when our Treasurer puts forward the committee's proposed membership fees later in the meeting.

As I write this report our membership stands at 296, which is just one short of equaling our all time record. I think this reflects what a great club we are to join. Yes there are others out there, but in my mind at least, there is and always will be, only one running club for me. A word about our Membership Secretary, Kevin Besford. Kev took over from Dave Dunn last year. He had mighty big shoes to fill, but fill them he did. Thank you Kev for doing a fine a job in your first year.

2015 saw new Race Director's in three of our races. Rod Payne at the Haytor Heller, Angela Blakesley at the Ladies 10K and Ryan Anthony at the Templer Ten. All three of them did a fantastic job, ensuring each race was a success, both financially and more importantly for those that took part. The Heller once again sold out, the sixth year in succession. The Templer Ten found itself a new home, with Stover School providing superb facilities and a lovely setting to stage the race. The new course was very well received by all those that took part. The introduction of the 1-mile fun run attracted 57 entries, a great total for it's first year.

A new system to relieve some of the workload was put into place last year, whereby members bake cakes to bring along for our catering team to sell at our races. This proved very successful and I know Tina and Donna, who share the role of catering coordinator, appreciated your help and support - as did my fellow Race Director's, for the many man hours that so many of you gave to the club last year – thank you.

All our races and the many others that our members take part in are covered brilliantly by our press and publicity officer, Emma Percy. Her press reports are eagerly awaited by our members and many others besides. Emma has decided not to stand for the position this year. On behalf of the Trotters I would like to say a massive thank you to Emma, and present her with a well-earned bottle of bubbly.

There were seven club records set last year, with Helen Anthony setting three of them. What a year Zippy had. It was a real honor to welcome her across the finish line at the DD, having won the ladies race and doing the club proud. She also won the club championship and unsurprisingly all three of the fastest times. And yet a more modest runner you would be hard to find.

Since our move to Teign School I think it's fair to say that during the winter months our options for well-lit training areas have been limited. Despite this, numbers have held up well and as a club we're very grateful for our dedicated team of coaches and leaders. Keith Anderson should take a lot of credit for this, as he's been the coach coordinator for the best part of 2015 and done a thankless job overseeing all things training related.

We are currently working on creating a new website for the club, that along with the excellent Trotter magazine, will hopefully keep you fully up to speed with all things Trotter related. If you have an idea that would improve/benefit the club please don't be afraid to let a member of the committee know.

I decided last year to start to reduce some of the roles I do within the club. One of those roles was to hand over the organization and presentation of the annual awards night. Other roles will follow as Caroline and myself intend to spend more of our time travelling. Please be assured it will be done over a period of time and I won't suddenly stand down from everything!

Before I sign off I would like to pay tribute to the man sitting on my left . Mark has been secretary for the past nine years. His role stretches way beyond just taking the minutes at our committee meetings, which incidentally he has done exactly 100 times. Mark goes about his business in a quite and dignified way,

Contd

ensuring the club runs as smoothly as it does. It has been a pleasure to work alongside him during those nine years. I would like to invite our President, Jose Waller, to present Mark with a specially engraved tankard in honor of his wonderful service to the club.

Rog Hayes

Secretary's Report

Good evening everyone and thank you for attending this year's Annual General Meeting. Over the past year we have once again been affiliated as a club to both England Athletics and the Association of Running Clubs although all our races are now ARC permitted.

Committee meetings have had very good attendance although there were two resignations due to personal reasons. These positions were quickly filled to maintain a full committee. This year there are nine members nominated for the seven available general committee positions and I thank them for putting themselves forward.

Our races were again successful and profitable throughout the last year with a substantial amount going to various charities.

Last year Race Director positions were filled quickly to keep the Haytor Heller, Templer Ten and Ladies 10K alive with Rod Payne, Ryan Anthony and Angela Blakesley taking on these roles, respectively. Hot off the Press, Nigel Barnett has just been elected Race Director for the Haytor Heller. It was good to see several members offer to take on this role before a committee vote to decide it.

Regular Race Director meetings have kept race preparations on track and assisted Directors with sorting problems they may have.

The Dartmoor Discovery and Totnes 10K continue to run smoothly under the leadership of Roger Hayes and the new venue of Stover School for our Cross Country fixture in the Westward League has just taken place under the guidance of Wavell Vigers.

At the end of last year we were granted two club places for this year's London Marathon, but only just! Thanks go to our Membership Secretary, Kevin Besford for lobbying the London Marathon organisers for the extra marathon place. Those successful in the ballot at the Dinner and Dance were Tim Hartley and Keith Anderson who, I hope, will enjoy this unforgettable experience. The number of places allocated is based upon how many registered EA members the club has which is only a third of the club at present.

The club had a count of almost 300 members at the time of the last committee meeting, almost a record number. There is no cap on membership although this is sometimes reviewed and would be subject to the coaching department's ability to maintain a safe and workable schedule on training nights.

There was plenty of interest in the Club Championship again and the Ladies and Men's competitions were won by Helen Anthony and Roger Hayes respectively. Congratulations to them both on a fine effort.

Thanks must go to Club Editor Jon Grimes for continuing to do a great job with the Trotter. Keep those articles coming in as this will continue to keep the magazine going.

Club Camp was once again a great success thanks to Stuart Moulson and I'm glad to say he is organising it again this year.

Kevin Besford organised the Club Trip again last year, which was well organised and well received, and thanks must go to him for his continued efforts in this role. I am pleased to say that he has this year's trip in hand and I urge you to support it.

There was a change to the Dinner and Dance Awards with the Presentation organised by a club 'team'. I'm sure you'll agree they did a fantastic job and thanks must go to Roger Hayes for previously presenting the Awards night for so many years. I would especially like the Club to recognise the efforts of John and

Contd

Tina Caunter who arrange the wonderful food for this event.

Following our temporary relocation to Teign School a more permanent solution to the question of a club HQ has recently been addressed with a recent EGM to show off the facilities at the REC in Newton Abbot the subject of which is included in tonight's meeting.

Club funds have been invested in the building of a new website which will hopefully streamline membership applications and online race entries along with the updating of coaching sessions.

Keith Anderson has worked well as Coach Coordinator to keep coaches and leaders arranged for training nights and steps down from this role from tonight. I urge you all to support the coaches in this time of change, especially in attending structured training sessions on Wednesday nights as I know coaches go to a great deal of trouble to plan and take these sessions for the advancement of your running. Last Summer there was a focus on running technique sessions which hopefully will take place again this year as they were very popular.

Finally, I'd like to thank all my fellow Officers and Committee members for their support over the past year. I would also like to wish the next Club Secretary the very best start in their new role and I hope that they enjoy doing this job as much as I have over the past nine years.

Thank you

Mark Becker

Treasurer's Report

Good evening everyone, mine is much shorter. As you can see from the Income and Expenditure Account the club profited by over £4600 in 2015 compared to just £225 in 2014. As always the accounts are presented to show the performance of our races and our charity donations which last year amounted to £3165 (shown to the left of our races + the xmas card in expenditure).

The balance sheet shows the race profit for the year 2015, which could include transactions from the previous or next year, and to the right the actual profits from the 2015 races (eg: the Haytor Heller which in 2015 had an expenditure of £100 for 2016)

The balance of funds at the end of 2015 was £27637 and at the end of 2014 was £23011, the increase of over £4500 is very pleasing and is one of the reasons for subsidizing the move to the REC. For interest, at the end of 2009 (pre DD) our balance was £18664.

Regarding the finer details of income and expenditure: You can see that Race Profit is up by over £1000 (well done you RD'S). Both Membership & Affiliations and Races & Coaching are now detailed independently. Other income is very similar to 2014.

With Expenditure; Races & Coaching is down and Social is up: Although if you subtract the Social income the difference is a lot less and is due to higher costs of the Xmas Presentation Evening and to the inclusion of a Summer Party. The club kit in stock at the end of 2015 was £2713, 2014 was £3128.

My usual thanks to all our Race Directors for their hard work and enthusiasm, and along with this a big thank-you for the willing support of all the Trotters who help. At this point I would like to add a big thank-you to Mark for all his hard work over many years. All the best to you. Finally, a thank-you to the officers and committee for their support during the last 12 months, and to wish the club and all its members every success in 2016.

If there are any questions I will be more than happy to answer them, after which I will update you all on our move to the REC, which changed again at 12:30pm today!!

John Caunter

Treasurer

REC Proposal

After Roger and I met with them at 12:30pm today they would prefer it if we joined on a 6 month trial period. This is to give us and them a chance to 'see how it goes'. It is a big increase in membership for them and some of their members are a bit concerned about this.

So, we are proposing that from April 1st to Sep 30th we all join the REC for a 6 month period, which is £10 per person. This cost will be met by the club, in a very similar manner to that proposed at the EGM and on the sheet you have. After approx. 4/5 months we will get the views of the REC and call an EGM to get the view of the Trotters. If all is well I will propose that our membership year will now run from Oct 1st, in line with REC, and the fees will be as per the EGM and the sheet you have.

I will now propose that to cover the 6 month interim period (Apr 1st to Sep 30th) membership to the Trotters will be £6 for a single and £10 for a family.

EA athlete registration will remain an individual's choice.

John Caunter

Treasurer

The 2016/17 Committee Posts and Members

OFFICERS

Chairman ~ Roger Hayes

Vice Chairman ~ Tina Caunter

Secretary ~ Liz Barnett

Treasurer ~ John Caunter

Membership Secretary ~ Kevin Besford

Club Championship Secretary ~ Gary Watson

GENERAL MEMBERS

Neil Pallant

Jacki Woon

Ryan Anthony

Stuart Moulson

Nathan Elphick

Ruth Johnson

Sharon Bowman

NON COMMITTEE POSTS

President ~ Mark Becker

Men's Captain ~ Lance Mason

Ladies Captain ~ Eleanor Taylor

Press & Publicity ~ Graydon Widdicombe

Welfare Officer ~ Kim Nichols

Child Protection Officer ~ Peter Heckles

Social Secretary ~ Ruth Johnson



Ruth and Graydon prepare to take up their new posts

IMPORTANT MEMBERSHIP INFORMATION!



It's that time of year again where you need to dig into your pockets to renew your membership with the World's Greatest Running Club. There are a number of changes to tell you all about this year relating to where we will be running, how much it will cost and how you can pay.

As you will hopefully have seen by now from the AGM news, we will be moving our training base to the Newton Recreational Trust with effect from 13th April. If you attended the recent EGM you would have received a guided tour of the facilities. The overall reception on the night was very positive. Discount on the bar was no doubt a big factor for some Trotters.

While the facilities there for us are excellent there is an unfortunate side effect of having to incorporate in our membership fees the cost of membership to the Trust. The Club is subsidising this for everyone in order to arrive at the new set of fees agreed at the AGM.

As a result of a meeting between Paul of the Trust, Chair and John Caunter a six month trial was put forward and agreed which means that initially the fees will be £6 individual and £10 family to October 2016 (see interim membership form on page 10).

Thereafter as previously put forward, fees will be set at £24 for an individual, £40 for joint, £56 for a family of three and £68 for a family of four. All of these fees include membership to the Trust. In addition we have introduced a social membership at £5.

This will take you through to 31st October 2017 to fall in line with the membership year of the Trust. All of us (except social members) will be required to complete the Trust membership form as well which will be available online on our website. At the moment, only paper forms are available for the Recreational Trust.

For those of you that are registered with EA as competing members this has not changed and is still £12. The EA year will continue to run from April to March and as such a separate renewal for this alone will in future be payable in April each year.

Now onto how you pay and this is where there is a big change. We have moved into the 21st century and you will now be able to pay your fees online by card via a link on our website.

Just click through and you will be asked to choose your own individual password for future use. Your username will be your email address. Any issues with your email address please contact me. When you first log in, please check your details are correct as I am sure over time a number of addresses have not been kept up to date.

It is a very easy process. I have had a go and if I can do it I'm sure there will be no problems. This is not compulsory and you will still be able to pay offline as you have always done.

This promises to be an exciting time for the Club with all the changes and I look forward to seeing all the renewals come flooding in.

Kevin

TEIGNBRIDGE TROTTERS



MEMBERSHIP RENEWAL 2016

Your subscription is due for renewal on 1 April 2016. Please complete this renewal form and return it with your payment to Kevin Besford at the address below or in person on a training night.

MEMBERSHIP 2016

I/We wish to renew my/our membership of Teignbridge Trotters for the period 1 April 2016 to 1st October 2016

**FORENAME
ADDRESS**

SURNAME

POST CODE

TELEPHONE NUMBER

E-MAIL ADDRESS

I wish to be registered with England Athletics (EA) as a Competing MemberYES/NO

I give my permission for my personal details to be forwarded to England Athletics.....YES/NO

Applicable to 1st claim members only – fee is £12.00 per member in addition to the subs detailed below.

Multiple memberships are available to two or more members of the same family living at one address, see below. Please enter information about other members of your household to be included.

FORENAME	SURNAME	DATE OF BIRTH	EA COMPETING MEMBER	PERMISSION FOR PERSONAL DETAILS TO BE GIVEN TO EA
			YES/NO	YES/NO
			YES/NO	YES/NO
			YES/NO	YES/NO
			YES/NO	YES/NO

If you are a second claim member of this club, please indicate the name of your first claim club

.....

Please detail any medical or other condition which you feel the Club should know about in order to ensure your safety when training with the Club

.....

Signed..... Date.....

Payment Enclosed – Individual 1st claim or 2nd claim membership.....£6.00
Family membership (2 members at same address) ...£10.00

Registration with England Athletics if required (1st claim members only).....£12.00 per individual

Total amount enclosed £.....

Please make cheques payable to Teignbridge Trotters and send with the completed form to Kevin Besford, 20 Hilton Road, Newton Abbot, TQ12 1BJ, or hand to me at training on any Monday or Wednesday evening.

Please return this form with your payment before 30th April to ensure that you remain a member of the Trotters. Otherwise, you will have to apply to re-join and pay the joining fee of £5 in addition to your annual subscription.

Even if you do not wish to renew your membership, please let us know so that we do not continue to pester you!



Captains Corner - Men's Report

Lance Skippy Mason with the men's latest action

First and foremost I would like to welcome any newbies to the Trotter family. I have managed to meet a few of you on club nights and at various races and hope to catch the rest of you in the near future. I hope you feel welcome and are enjoying training, racing and being part of the Trotters.

The first race after Christmas was the Stoke Stampede 10K. Richard Gentry was the lone male Trotter to take part and clocked a respectable time of 44.20 and 53rd out of 400. Richard joined the Trotters last year and as you will see in most weekly club reports, is racing regularly and having a real go at the club championship too.

Mark 'Wurzel' Wotton was once again on the marathon scene at the Portsmouth Coastal Waterside marathon on the 20th December, finishing in 5hrs 21min. This was his 97th marathon. The following week on the 28th December, Wurzel went to Walton-on-Thames, Surry for the Phoenix Thames path marathon. The route was from the Excel Centre to Molesey Lock. This was a 4 lap out and back course. He finished in a time of 5.15.15. Still not finished for the year, Wurzel took off to Essex on New Year's Eve for his 39th marathon of the year and his 99th in total. He completed the Flitch Way marathon in 5.24 and now awaits his magical 100th race. The intention is for this to be our own race, the famous DD, (Dartmoor Discovery), a 32 mile tough road on-road ultra.

Graydon 'tour guide' Widdicombe was on tour with his Trotter vest in the Netherlands where he took part in the end of year Eindejaarscoop (year end race) in the town of Zwolle in the province of Overijssel for a 10km race. Graydon finished in a time of 50.47. We hope to see more him now being cold and injury free.

With the start of the New Year the Skinner brothers flew the Trotter flag at the off-road Axmouth Challenge 10 miler. Derek clocked 1.06.05 and 23rd place whilst Neil finished in 1.21.45 and 35th place.

The first race in the Club Championship for 2016 started with lots of mud, slips and slides at the Oh-My-Obelisk run on the 10th January. Great performances by all with Tim Pratt, Geoff Davey and Roger Easterbrook winning the 1st team prize. Kevin Woodard and Peter Heckles showed good form and are starting to show signs of closing the gap on our front three.



Dirty Boys at the Oh-My-Obelisk run in January

Contd

Next up the Braunton 10 miler. I was looking forward to some intense competition between Geoff Davey, Roger Easterbrook, Kevin Woodard and Peter Heckles to be first male Trotter across the line. The race was on with Geoff out in front being chased closely up to the 6/7 mile point. But then injury spoiled Roger's race with a fractured foot but he showed his grit and hobbled the last 3 to 4 miles to finish. Geoff meanwhile continued his good form and clocked a very respectable time of 1.02.49 and 12th overall. Followed in by the fast improving Kevin Woodard and Peter Heckles. Keith Anderson got a pb on his way to collecting the 3rd place vet60 prize. Roger is now on the mend, walking short distances and cycling. I would like to wish him a speedy recovery.

It was pb day at the 1st Chance 10km in Exeter and once again saw a great turn out of royal blue shirts. Jamie Barnett showed real potential. His quality training is paying off with an excellent new pb of 36.22 and was placed 22 out of 515 starters. Other pbs were Neil 'Big Mac' Pallant (44.43), Nigel Barnett (45.32) and Mark Walker with 59.07 and all still pushing for more. Well done all.

On the 31st January, one of our newest young talents, Henry Hart who is 18 yrs old, took on his first ultra. A 50K Dartmoor ultra complete with 1000 metres of uphill climb combined with poor weather conditions. Nothing new there! Henry went off with the leading pack heading into horizontal rain and less than 100 metre visibility. Henry went off course at about 20K and lost 5 places. But he managed to get back on track and into the lead. Henry explained that the last down hill section was too steep to walk/run so just had to slide for much of the way. After all this, he still took top spot on the podium in a time of 4.59.21. A 50K off-road takes some doing let alone in bad weather. Fantastic work!

The Fulfords 5 at Exmouth was the next for championship points. This saw some great racing with Geoff Davey showing the way in 28.46 and was 1st vet 40 and 14th place overall. Geoff was also part of 3rd men's team along with Kevin Woodard 28.51, 15th and Jamie Barnett 30.02, 29th place and Tim Pratt 30.38, 29th place. Still in the prizes, Geoff Davey, Julian Scanes, Mark Hutchins and Graydon Widdicombe landed 3rd male vet team.

Saturday 6th February saw some of the worst weather of the winter. Steve 'Ronnie' Barker and I took on the Endurance Life race at Beesands. The marathon and ultra extended along coastal paths with gale force head winds, heavy rain, mud and slippery rocks. This was not for the faint hearted. 19 competitors failed to finish in my race, the marathon, and 40 did not finish from Steve's the ultra race. I tip my hat to Steve as I'm glad I only did the marathon 5.34.22, 36th place whilst Steve continued his battle for another 7.5 miles and finished in 28th place, 7hr.44 mins. It was a very gruelling day.

The Westward League cross country was a great tribute to the Trotters for their organisation, marshalling and support at a cold and very muddy Stover school. It was great to watch and take photos. Well done all!

Newbies Jon Oxley and Oli Prouse took on the Haldon Night Run which starts and finishes at Haldon Forest Park. An undulating course through the forest in darkness, Jon finishing in 1.00.08, 77th place and Oli in 1.04.35, 102nd place. I think we will be seeing more of these two as the season goes on.

Richard Keatley has now completed his 5th marathon and two of those were on the same weekend giving him his first double. He travelled to Dymchurch, a small coastal town in Kent. The Saxon Viking and Normans marathon starts at an old coastal defence fort and then leads out to the Martello Towers. This is repeated five times out & back along the sea wall and then same again on day 2. Richard completed day one in 5.16.28 and day two in 5.36.52. Next up for him was a baby ultra 28 miles in Shropshire called the Railway Ultra. Richard completed this in a time of 6.12.46. Well done! Maybe a quad or 50 miler next?

After the AGM on the 24th February, I am pleased you all agreed for me to continue in my role as men's Club Captain for the second year. I will do my very best to support you all as last year. Thank you!

Yours in sport

Lance 'Skippy' Mason

Men's Captain



Trotters Club Trip: See overleaf for details

OTTERY 10K InStep

Sunday 15th May 2016 10:00 a.m.

10K Road race with Junior fun run < 1 mile

Race HQ and Start/Finish – Ottery St Mary Cricket Club, Strawberry Lane, OSM EX11 1RG
Toilets and Changing. Car Parking nearby will be signposted on the day.

Entry fee Adults £12.00 or £10.00 for EA registered entrants + £2 on the day (if available). Fun Run £2:00

Memento to all finishers.

Please enter me for:	Ottery 10k	First Name	Surname	
Postal Address			Male/ Female	Date of Birth Age on Race Day
Telephone no.				
Running club name or Team name			Affiliated to EA?	Y/N
Email address			Athlete Registration Number:	
Amount enclosed (Please make cheques payable to "Honiton Running Club")		Final date for postal applications is 9 th May 2016, applications received after that date can be collected from the registration desk at Race Headquarters on the day. Also enter online via the www.honitonrc.com website. Last entries on the day by 9.30 a.m.		
The race will be run under England Athletics rules and entrants must be of amateur status. A signed entry form is considered as an acceptance of governing body rules and a declaration that you will compete on foot & run entirely at your own risk. Honiton Running Club & its sponsors accept no responsibility for participants' failure to observe these requirements. The minimum age for main race competitors is 16 years. EA RACE LICENCE TBA				
SIGNED:		DATED:		

For up-to-date information or queries – www.honitonrc.com



Please note; if the event should be cancelled for reasons outside of our control we regret that refunds cannot be made. But; should such circumstances arise any profits will be donated to a local charity.



2016 Club Trip

The Club Trip is fast approaching so here is an update of what you have to do to join us on the annual Trotter day out.

We are going to the Ottery 10k on the 15th May and the coach has been booked. We have changed the procedure a little this year in an effort to ensure we get a full coach and to help me with the organising of the event.

You will all, hopefully, have seen the launch of the event on Facebook and many of you have indicated that you are coming. This is great but to ensure your seat on the bus whether you are running or not I require a £5 deposit from you. When you come on the day this will be credited against the cost of your meal at the chosen hostelry. More on that later.

If you are unable to come after paying a deposit you will get this back as long as someone else is able to take your seat on the bus.

For the race the entry form is on the race diary of our website and in this edition of the Trotter (see page 13) and if you qualify from 2015 Marshal points the entry is free. If you have to pay then irrespective of what it says on the form it costs £9 and should be given to me with your cheque / cash for payment.

Details of bus pick up points and times for the coach will be announced much nearer the date but rest assured the usual pick up points will probably all still be available, that is Chudleigh, Drumbridges, Dyrons, Kingsteignton and possibly Teignmouth.

Right, onto details of the Pub for our refreshment after the efforts of the 10K. We will be going to the Otter Inn at Weston (not to be confused with Weston Super Mare) near Honiton which we have tried out and were well impressed. The menu which will include a carvery and a number of vegetarian choices will be published on Facebook nearer the time and you will need to let me know your choices a week before the day.

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 who enjoy the trip each year and they will convince you to join our great day out.

So make a note in your diaries for 15th May to make sure you are free for the annual Trotters day out.

Kevin

Keith's Epic Everest Marathon

The highs and lows of a mountain marathon. Keith explains how he did it.

Following my return from the Everest Marathon race in early December, a fellow Trotter said that it was an amazing thing to have achieved. I'm rather less impressed with the magnitude of my achievement, but the whole trip was a fantastic experience that I would recommend to anyone who fancies taking it on.

Another Trotter said the race is downhill, so it must be easy! Well, overall it is downhill – from the start at 5184m (17,008ft) to 3446m (11,306ft) at the finish at Namche Bazaar, the main town of the Khumbu region – but in spite of this it does involve a good deal of climbing! Even the final 6 mile out-and-back leg to the finish is described as undulating – a slight understatement in my view.

So, what was it like? Three sharing a cramped, freezing cold room and lots of disturbance for toilet visits, meant little sleep the night before the race. Then up at 5am for a porridge breakfast and out into the cold and dark to get to the start line ready for the off at 6.30am. And it was cold – well below zero – but not as cold as some of our previous nights' camping on our journey up to the start. All runners wore several layers – thermal base layer, normal running kit, fleece, down jacket, warm hat, gloves – and the rules required a light backpack for emergency supplies. As the day progressed and the temperature rose to the

Contd

mid-twenties, more and more clothing was removed and carried in the backpack.

The race start was at Gorak Shep, the nearest habitation to Everest base camp, about half-a-mile away. The start line was literally a line in the sand – Gorak is situated on the bed of a dried-up lake and the start line is scraped in the sand by the race official a few minutes before the off.

As the starting whistle blew we threw off our down jackets and off we sped, only to tire gasping for breath within 50 metres from trying to run in soft sand in the thin atmosphere at 5000m. As we left the lake bed our situation did not improve – we then had to traverse half a mile of moraine wall beside the famous Khumbu glacier. Moraine is just what you might expect from school geography lessons – it's all the rubble that the glacier pushes aside as it makes its way down the mountain – from fine dust to fridge-sized boulders, and it is not comfortable terrain to run on.



After this things got a little easier for a while, with lots of gentle downhill running on the browned winter grass and sandy soil alternating with more stones and rocks, bringing us to the first food and drinks station at Lobuche, 3 miles from the start.

The aid stations – there were eight of them at roughly 3 mile intervals – were typical of the care that had been taken by the organisers over the safety and well-being of the runners in this, the fifteenth Everest marathon. Lots of personal experience has been invested over the years in the ongoing success of the marathon. For example, several of the helpers and doctors had been on previous trips (and yes – we had ample medical support throughout, with six doctors taken on to accompany the group and look after all our health needs).

After Lobuche the route climbs a bit before descending through confusing paths among boulders to Dughla, the second drinks station, at 4620m. It then follows a long flat valley floor to Pheriche (more drinks and medical aid if required) before climbing again to a high pass under the shadow of Ama Dablam (6814m), one of the iconic summits of the Khumbu valley area, towering above us for most of the way.

Next the steep sided valley of the Imja Khola river is followed to a crossing point beyond Pangboche, after which there's a relentless climb through thick rhododendron forest to the beautiful monastery village of Tengboche. Just when you think you can't take any more, from Tengboche the path drops again to re-cross the river. This is a descent of 610m (2000ft) followed by a climb of a mere 300m on the other side of the valley to reach the next aid station at Khongjam.

By this point, about 17 miles into the race, Namche Bazaar is almost in sight, and from there it's just a 3 mile excursion up a side valley to Thamo and back to the finish.

The race itself was the culmination of a three-week trekking expedition, the main purpose of which was to achieve acclimatisation. Without this those planning to run the race would almost certainly have experienced acute mountain sickness (AMS) to a greater or lesser extent, and possibly more serious effects.

A couple of odd things about getting to higher altitudes are: first that the thin atmosphere makes you lose more moisture when you breathe, so you constantly battle against dehydration by drinking copious amounts of water; and then on top of this the altitude has a diuretic effect, meaning that you want to pee more, especially at night. This adds to the dehydration so you have to drink even more water... and so it goes on! And I can say from personal experience that there was a lot of unzipping of tent doors throughout every night that we were camping! Other effects include headaches, nose bleeds and a tendency to have

Contd

very vivid dreams, often of subjects I don't need to elaborate on here – yes, you've guessed correctly!

All this is normal – but if you begin to experience AMS (acute mountain sickness) then water is retained by the cells and tissues of the body and you have edema (oedema). In a mild form it makes your face puffy and your hands and feet swell up. There are, however, two very serious forms that can prove fatal in a very short time (a few hours). HAPE stands for high altitude pulmonary edema, where water accumulates in the lungs, and HACE refers to cerebral edema, which affects the tissue of the brain.

So, was anyone seriously affected, or is it all a myth? Well, one strong and fit team member in his early forties had to be evacuated by helicopter after only five days' trekking because of AMS, so it does happen; but largely as a result of the very gradual acclimatisation and also the great care taken by the organisers, every other member of the party reached the start line and all the runners completed the race.

Twenty seven runners not native to Nepal took part in the race but the fastest times were dominated by locals who live and work at these altitudes. First home was Bhim Gurung, 33, in an incredible 3h 42m 36s, and the first non-Nepali was Simon Grimstrup, 39, from Denmark (4.53.46). First lady was Mira Rai, 26, famous in her own right as a Nepali athlete, in 5.27.52, and first non-Nepali lady was Alison Campbell, 35 (6.27.43) originally from Scotland, now living in Leeds. Just for the record I completed the race in a very humbling 10.12.18.

I am very grateful indeed to everyone who donated to my fundraising for Community Action Nepal (CAN). CAN was Dennis Milstead's favourite charity and it was in memory of this remarkable and lovely man that I wanted to raise some funds. The money will help communities who suffered in last summer's devastating earthquakes, in which over 9000 people died and many, many more were made homeless. The fundraising page is now closed, with the total sum raised standing at £630.00. A huge thank-you to all Trotters who contributed so generously.



As a post-script to this, a few weeks ago I was kindly invited by Jacquie Milstead to call in for a cuppa to tell her of my Himalayan experience and share my pictures with her.

Jacquie's reaction was enthusiastic and she was able to relate many of my pictures and reflections on the trip to Dennis's own experiences in wonderful Nepal. And for me it was welcome opportunity to rekindle my most treasured and unforgettable memories from last November/December.

So, finally, what of my achievement? Well, in my personal 'Trotter experiences' A-Z, the lead-up to and completion of the Everest marathon indeed count among the very best, and as for the things I'm pleased to have achieved: yes, definitely up there! But it will take something very special indeed to shift my all-time best Trotter moments from first place on the podium.

The next Everest marathon race will take place in November 2017, so there's plenty of time to prepare, save up and book a month away for the event. If you want to know more, go to <http://www.everestmarathon.org.uk/>

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)