

THE TROTTER

Teignbridge Trotters Newsletter

Number 11

June 2016

Dartmoor Discovery - Teignbridge Trotters Make it Everyone's Favourite Ultra!

Six years! Can you believe that's how long the Trotters have been organising the DD? Where has the time gone? I've been the Race Director throughout those six years and have witnessed first hand how the race has grown and developed into what it is today. It hasn't happened by chance, it's down to a tremendous amount of hard work and dedication from what we like to call ourselves, Team DD (Myself, Liz Barnett, Keith Anderson, Nathan Elphick, John & Tina Caunter and John Ludlam). Of course we couldn't stage the race without the support of you. On behalf of all of us from Team DD, thank you.

This year saw a record number of starters with 217 setting off from Princetown. We had 21 drop out or were pulled from the course because they missed the cut offs. That equates to 10% of those that started who didn't make it to the finish. The DD is an unforgiving race which is a big part of its attraction. Holly Rush, a GB international ultra runner, certainly found that out. She had to walk the final hill which ultimately cost her the chance of breaking the ladies' course record.



Kurt Read receives his 3rd place men's trophy



Donna Walker and Ruth Johnson tackle a DD hill

Our men did us proud by winning the men's team trophy for the 7th time. We also claimed the 3rd men's team and three vet prizes. Not a bad days work from those in the royal blue vests.

There are now no less than eight Teignbridge Trotters in the DD 'hall of fame'. Sally joined the list having completed her 7th DD. Smokes drew level with Bryan King (who dropped out at the 10K point this year) on 16 DD's and equals 2nd place on the list. For those that like the odd statistic, check out our website. You'll find a stack of them on the 'previous results and hall of fame' DD page.

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The DD is now the race to do your 100th marathon. Like Smokes and myself in 2013, Wurzel choose it this year for his 100th. Hopefully, with a bit of luck and a lot more miles, Skippy will be celebrating his 100th at next year's DD whilst Sally will be completing her 200th!

Plans are already afoot for next year. The date of the race will be Saturday 3rd June. Entries will be postal only (I'm old school and proud of it!) and will be available on January 3rd.

I thought I would share with you below some of the lovely comments I received via email and those that were posted on social media. It certainly makes you proud to be part of a race that means so much to so many.



Clare Youngman and John Caunter taking care of the DD admin.

Rog Hayes

I want to say a massive Thank You to everyone involved with making DD happen this year. I've done loads of running events and this ranks right up there with the best. The organisation, route/support, marshals, the array of cakes and sandwiches at the end, and last but certainly not least the disco were all amazing!!!

Ashley Middlewick

Thank you Team DD for a superb, exciting, brilliantly marshalled and organised event. I did it for the first time last year - said never again - but I came back - said never again - and !!!

Karen Limon

Wow a wonderful day! I just love this race. The organisation, marshals, support amongst runners and spectators is just fab. The tlc at the finish is very much appreciated. A HUGE thank you to all who make it so special x

Isobel Wykes

Just wanted to also say what a thoroughly lovely, well organised run, I think the nicest I have done. Everybody was so friendly, the support along the way was really motivating and the food at the end just topped it all off. Thank you for a really lovely day.

Faye Bateson

Proudly wearing my DD finishers tee today. One of my favourite ultra marathons of all time. Apart from parkrun, I've never been back to the same event so many times. It's the greatest ever race that gets better and 'betterer' each year. Thanks again to all the volunteers and directors. Everyone supported me, even the Plymouth posse on the race route. It makes such a difference having marshals and supporters being so enthusiastic and doing what they can to help you keep moving. Love it, love it, love it!!!

Stu Wilkie

Morning all, another DD first timer here still buzzing from yesterday! Fair play to the Trotters for putting on such a brilliant event. You did your club proud. Massive thank you to all the marshals and helpers out on the course and back at HQ. Hope to be back next year for another crack at those lovely hills!

Josh Harris

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I'd like to add my voice to those thanking you for a superbly organised event today. It was my first ultramarathon and you made it such a trouble-free experience throughout. On the route, the signage and marshalling was brilliant and the support from everyone along the way was awesome. Special thanks to the lady at the food stall who came and checked what I needed (tea and rice pudding) as I lay on the ground waiting for my hands to stop tingling like 50,000 volts and my body to return to some kind of normality.

A special event. Thank you.

Tim O'Hare

As a first timer, the legend that is Dartmoor Discovery did not disappoint. It was challenging and hard but the marshals with their positive encouragement throughout the course were absolutely amazing and such stars. At the finish the volunteers in the race camp were so great offering tea and food and doing their best to help us at the end of the event. I enjoyed it immensely. Thank you for such a great experience.

Karen Eccles

That is quite possibly the very best club organized event in the country, congratulations to Roger Hayes and the amazing team around him from the Teignbridge Trotters. Fantastic atmosphere and support throughout. You guys can be very proud of what you achieved today.

Andrew Ferguson

The after race refreshment and hospitality was something that I've never experienced at any marathon, this was so welcome.

Dave Salmon

From my late entry to the transfer list to being sat down & stuffing my face after the race, everything to help me along this passage was handled professionally & when I came in contact with them a smile on their faces. I can only imagine how much hard work, dedication & passion this must require take to achieve this.

Mark Lynch

I just wanted to say thank you so much for organising such an amazing event on Saturday. Sadly I had to pull out at 20miles, I had been ill & I just wasn't well enough on the day. The care & support I received from your marshals & post race catering helpers was second to none. You all should be so very proud. Many thanks

Rachael - Plymouth Musketeers xx

Now the pain is finally subsiding can you please give yourself and your team a great big thank you and pat on the back from all of us at Running Forever Running Club Taunton for an excellent event. The support given by all of your club members was second to none especially by the support crew at the finish with their refreshments. One area where I think your club could improve is with their dancing, which at times was far too conservative, but I would envisage with a year's hard training they could be whipped into shape.

Again well done and many thanks, already looking forward to next year hopefully with a larger RFRC contingent.

Ron Foord

Membership News

Busy times for our Membership Secretary. Kevin Besford provides an update.

As we enter the new membership year it is with a great sigh of relief that the new online subs system seems to have been well received and well used. There were a small number of teething problems which has been a learning curve for me but all came out well in the end.

We expected a drop in members at renewal time as there are always some that do not wish to renew with the World's Greatest Running Club. But this year the drop appears to have been much less and at the renewal deadline we stood at a very healthy 261. This has since increased to 278.

I hope that you all like the new website which launched in April. It took a lot of work from a small band of Trotters in tandem with Mark Walker's business and we will look to keep it very current and up to date from now on. I can report that as a direct result of the new site in conjunction with the online payments we have had in the first three weeks, three new members joined online without even attending a club night first. I can see I am going to be kept busy.

Since the last edition of the Trotter I have registered a massive 38 new members all listed below.

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.

Ben Epps 42 from Teignmouth is a returning member who is joining us as second claim while retaining first claim status with the Mavericks.

Nikki Evans is 39 and from Bovey Tracey. Nikki started running 12 months ago and has done a couple of 10Ks. Nikki's main goal is to do her first half marathon as it is her 40th birthday this year. She currently runs a couple of times a week and has joined us primarily for the company and to pick up tips from other more experienced members.

Phil "Latte" Perry is 56 and from Newton Abbot, is a returning member who is joining us second claim while remaining a first claim Maverick.

Vicki and James Weaving, 38 & 35, from Kingskerswell. Vicki has been running for 6 years on and off and has done the Bristol 10K and Half Marathon. Rob has been running for a similar time and has done the Bristol 10K. Vicki planned to do the Bath Colour Obstacle run in April. They both work at Torbay Hospital and have two year old twins.

Eamon, Barbara and Sam Crowe are another addition to our Chudleigh contingent. Eamon, 51, ran for Wolverhampton & Bilston as a teenager and after a 30 year gap took up Triathlon last year. He has been convinced to join us by some of our other triathletes. Barbara, 53, ran with a Ladies group 20 years ago until the birth of their two sons. She is now looking to get back into social running to improve her fitness.

Samuel, 17, completed the South Devon Cross Country Schools Championship in January this year and has a sub 40 minute 10K time. He is keen to improve in all his distances. Sam will be a very useful addition to the Junior ranks and to the Junior relay squad.

Jackie Lyons, 43, from Teignmouth is wife of Alex and joins on the family membership. Jackie is new to running and has been joining the beginners group in recent weeks.

Steve Underhill is 37 and from Kingsteignton. Steve is keen on Football and Boxing and now running too. Steve is a family man and previously had only run as a means of fitness for football and boxing but is now keen to learn how to run faster, longer and stronger.

Sally Bullingham-Taylor, 43, from Bishopsteignton. Sally has run up to 5K so is not a complete beginner. Looking to progress to 10K and improve her form with the help of the Trotters.

Becky Shute, 28, from Newton Abbot. Becky has run a couple of Half Marathons in the past and tries to run at least three to four times a week. With Trotter help, she should be able to get her times down.



New member Samuel Crowe at the Dawlish Dash.

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William Youngman, 17, son of Clare and Adrian, is the latest addition to our junior ranks. William has become a regular at training nights and looks like adding competition for the team places at Erme Valley Relays

Laura Bennett is 26 and from Kingsteignton. Laura comes from North Devon and has a Swimming background having competed at County level as well as teaching and coaching. Laura claims to not be a natural runner but has done 4 half marathons. She has found herself in a bit of a rut and hopes that the Trotters can help her get her mojo back and return to her PBs.

Stephen Law, 31, from Kingsteignton. Stephen is partner of Laura and has joined Trotters for the social side and to support Laura with her runs. Stephen is looking to gain a more efficient running style and has run a couple of half marathons. Perhaps a marathon will be in the offing one day.

Teresa Holmes is 60 and from Ashburton. Teresa is partner of Tony Stepney. Teresa has in the past done a handful of Marathons and run the Great North Run 5 times. She has also run with the Women's Running Network. Teresa went on the recent Trotter ski holiday with Tony and loved it so much that she decided to become a Trotter.

Kurt Read, 48, from Leicester. Kurt has been running for 10 years and to use his words is 'not very quick but is stubborn'. Kurt has done the Dartmoor Discovery a few times and this is his prime reason for wanting to join the Trotters.

Moiria Marder, 46, from Newton Abbot. Moira is a Head Teacher in Exeter and has done a few 5K and 10K events in the past. She currently runs primarily on a treadmill and wants to get outside more and build her fitness back up again.

Darren Petch, 38, from Dawlish. Darren has been trying us out for a few weeks and has now joined the team. A sign of Darren's commitment is that he travels to and from training nights by train from Dawlish.

Chris Sheehan, 31, from Newton Abbot. Chris is partner of Mel Dunn which raises the question, is Mel going to be pushing Chris to keep up with her? Best of British with that one Chris.

Alex Wallace, 26, from Liverton. Alex has been running on and off for about ten years having done a number of half marathons, 10Ks and 5Ks. Alex is looking to increase her pace and distance and hopes to do the London Marathon.

Garrie Edwards, 41, from Teignmouth. Garrie is a Postman and learned of the Trotters from Kev Woodard. Garrie has completed several half marathons with a PB of 1-38 in the Great North Run, Garrie is making his marathon debut in London 2017

David Bowen, 34, is from Heathfield. Dave has rejoined after missing the renewal in April.

Kris Ward, 40, from Newton Abbot. Kris is son of a past member of the Trotters in the 1980's, Dave Ward. Kris took up running only 5 years ago when he gave up trying to play football. Kris has since done countless 10K's and half marathons, has done a couple of marathons and our very own DD. Kris hopes that by joining the Trotters he can shave a bit off his marathon time.

Gavin Forbes, 39, from Newton Abbot. Gavin has been running for about 4 years and has done a number of 5K and 10K events plus two half marathons. Gavin is making his marathon debut in September at the City 2 Sea Marathon.

Kevin Sampson, 35, from Bovey Tracey. Kevin works in the Police in Exeter and has run on and off for about 10 years. Kevin has entered the Torbay Half and the Great West Run this year and hopes to enter many more. He has previously done 10 half marathons, a Grizzly and a London. Kevin believes a post race pint should be part of every runners DNA, so he will fit in well here then. Kevin also enjoys cycling and a bit of golf.

Matthew Isaac, 31, from Buckfastleigh and is a fellow postman of Kev Woodard. Matthew has run since he was 14 and represented Devon through all the junior age categories. Matthew has run all the distances from sprints to half marathon and now feels it is time to re-ignite his running passion. Wants to rival Kevin Woodard so expect great things from Matthew

Lily Geraghty-Morris, 20, from Teignmouth. Lily has joined us just prior to leaving for University in Cardiff primarily to keep in touch with the Facebook group. Lily has been throwing herself into the hill sessions while she has been here and expects to make regular trips back to join us all.

Amy Smart is 15 and from Buckfastleigh and is daughter of Garry and Anne. She joins the family group.

Geoff Woods, 54, from Buckfastleigh. Geoff has a claim to fame of having appeared on BBC Countryfile working at the Tannery. Geoff has been running for 5 years and has done three half marathons, 10K's

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and 125 Park Runs over 16 locations. Geoff wants to run a marathon and get under 20 minutes for a 5K.

Tilly Woods, 18, from Buckfastleigh is daughter of Geoff. Tilly started running 3 years ago with Park Run and has run nearly every Saturday since. She has competed at all distances on Road and Cross Country up to Half Marathon. Tilly has represented Devon at the National Cross Country Championships and has a goal of sub 20 minute 5K.

Lottie Woods, 15, from Buckfastleigh is younger daughter of Geoff and of course sister of Tilly. Lottie has been running almost as long as Tilly and has competed on cross country, track and road having done 10K shortly after her 15th birthday. Lottie also does Park Run most weeks. Her current target is to improve the 10K time and get better at going up hills. Sure the Trotters can help with that.

Ashley Wood, 35, from Newton Abbot is older brother of Travis. Ashley has been away from running for a few years but Travis introducing Ashley to the Trotters has given him the buzz back. In the past Ashley has done the Templar 10 in 59 minutes and also the Obelisk with a top ten finish. Ashley intends to start entering events again and get back to his old fitness levels helped no doubt by competition with Travis.

Claire McCluskey, 28, from Teignmouth. Claire spends half her working week in Wales so is only likely to be with us on Wednesdays. She is a social runner but has done a few half marathons with no ambitions for a full one. Claire runs for pleasure and to de-stress from work. She likes meeting new people and running in new areas.

Bill Nevin, 65, from Dartington. Bill is retired and has been running on and off for the past 30 years. Bill has entered this year's Great North Run in September and is aiming for a good time for his age group. Bill is enjoying running with the Trotters on Monday nights

Susan Stokes, 59, also from Dartington. Susan is Bill's partner and has been a regular at our Monday night beginners sessions.

Claire Mitchell, 35, from Buckfastleigh. Claire has rejoined us after missing the April renewal. Welcome back Claire.

James Liggatt, 27, from Totnes. James has in the past done a 10K and a mud run. He has joined us to improve his fitness and motivation for more 10K events and to just generally get fitter and enjoy our social side.

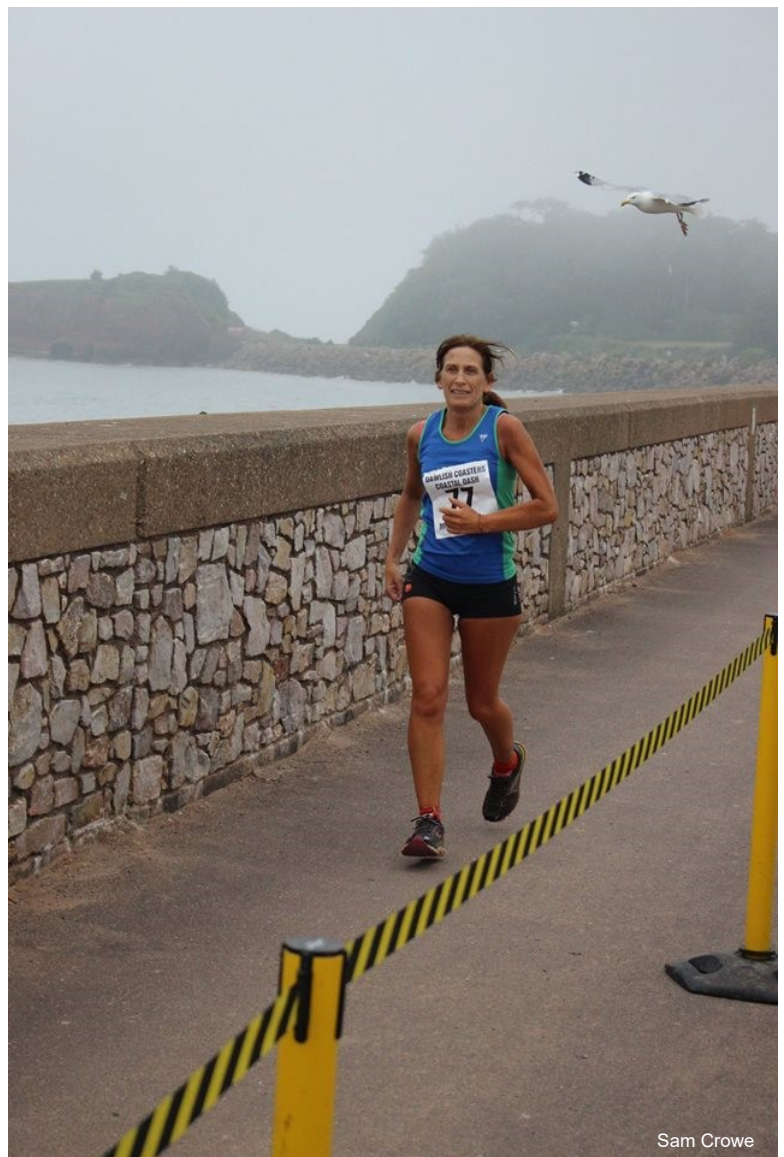
It's Happy Birthday to a small number of members who celebrate notable birthdays in May and June. Pete Aston is 45, Jon Grimes is 50*, Kim Nichols also 50 and David Taylor who is 70.

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

I hope that you are all enjoying running from our new training base. If you have not completed a Rec Membership form please ask me for one and complete it for your membership. There is no additional cost for this at the moment.

Kevin Besford

Membership Secretary



Kim Nichols completing the recent Dawlish Dash.

(*Ed. notes: I'm actually 40 this year but I'll take the age grading if it's on offer.)

NEWS DESK

Chairman Rog with his club news and thoughts.

This time of year we seem to move from one Trotter event to the next. We seem barely able to come up for air! Don't get me wrong, I enjoy the jam-packed agenda, far better to have it than nothing at all. The club trip and DD have both been and gone but there are many other exciting events to look forward to, all of which are listed on the social page on our website.

The Haytor Heller and Totnes 10K will both take place before the next edition of the Trotter. I know Skippy (chief marshal) has pretty much got the Heller covered, but Alan Boone, chief marshal for Totnes, would love to hear from you if you're able to help marshal on the 7th August. He can be contacted via email; alan.boone@btinternet.com

Totnes 10K

This year's Totnes 10K will be my 17th as Race Director. It's a race very close to my heart. I'm proud to have played a part in building it up to the race it is today. It's one of the largest off road 10Ks in the South West. It attracts a strong top end field as well as hundreds of runners who enjoy it for the lovely route, friendly marshals and of course those delicious cakes afterwards!

We've been blessed with some fantastic weather over the years. That first Sunday in August has often been the hottest day in the year. I have so many fond memories, especially some of the Saturday nights when pegging out duties were called for. I spent pretty much every one with Skinns and Monkey. You can imagine some of the antics that followed once the course had been pegged out! Happy days indeed.

But all good things come to an end and this year will be my last as Race Director. I won't be able to dedicate the time needed to ensure the race lives up to its high standards. Caroline and myself will hopefully be off in our motorhome for much of next summer. I will of course offer my full support to the new RD, who I'm sure will get as much joy and satisfaction as I've had during my time. If you would like to know more about what is involved, please just ask.

Life at the REC

Our move to the REC has gone really well. Everyone I've spoken to has said it's great to be back in Newton. Whilst it's warm and dry it's lovely to be able to congregate outside the back of the building overlooking the cricket field before heading out for our runs. The privacy curtains that Tina Caunter kindly made, seem to work well in the changing rooms, which are locked on our departure, ensuring everyone's belongings are safe.

If you haven't tried the food afterwards I can thoroughly recommend it. There is a great choice and all meals are £5 and huge in size - even I have a job to finish it! We are looking into the possibility of online membership forms for the REC. This will save Kevin, our membership secretary, a huge amount of work. Watch this space...

100 Marathons

The Trotter head count for members who have run 100 marathons now stands at six - welcome to the club Wurzel. Thank you to everyone who came to help celebrate Wurzel's fantastic achievement after training on the Wednesday after the DD. You'll be pleased to know that the cake has finally all gone!

Chairman's BBQ

The Chairman's BBQ is making a return (whether it be a welcome one remains to be seen!) on Saturday 2nd July. More details can be found on page 12.

That's it from me. Enjoy the summer and all that the Trotters have on offer.

On On

Chair



John Caunter with Mark 'Wurzel' Wooton.

Ten Years as a Teignbridge Trotter!

Stuart Moulson aka 'Steptoe Stu' reflects on his time with the our club.

Twelve years ago I was an overweight man with two children, my son of three and a daughter of six months.

I had an accident where I fell down my loft hatch and broke my back. I laid in my hospital bed unable to move overnight before they gave me the full diagnosis. It was a long night with thoughts whizzing around my head of what damage I might have done and how it would affect my family.

I made a promise to myself that if I was able to walk properly again I would finally get off my arse and run a marathon, something I was good talking about by not actually doing! I'd broken one of my vertebrae clean through, I was in hospital on my back for a month. I was unable to do much over the next twelve months because of a back brace I had to wear but once it was off that's when my running journey began!

I had entered London Marathon 2006 and did my own training program, but a month before the marathon I thought it would be a good idea to join a running club to give myself something to go to after the marathon and keep the motivation to run.

An email and chat with our lovely Dave Dunn followed. He was the membership secretary at the time. He was very encouraging and welcoming at the club and so were many others. I really felt like I was a runner now, I was a member of a running club!! I completed my first London Marathon in 5 hours 6 mins!

So ten years later, I'm obviously still running and so proud to be a member of the best running club. I went through an awful period in my personal life in this time but I know it was the running and wonderful support of many Trotters that got me through. It certainly kept me sane/insane. I'm not really sure which!! I threw myself into the racing scene and loved it more than I could have imagined. I was very proud of my two club trophies I won in my first couple of years (Most promising male and Most improved). No more have followed mind! The club championship has also been important to me to complete each year so that I've done a whole variety of races each year.

I'm just your average runner, nothing special, but I just love running and being around my fellow Trotter runners. Being a member has given me so much. I was on the club committee for 3 years and have recently been voted back on. I've always enjoyed marshalling at our races, the great camaraderie between everyone is wonderful.

I celebrated being my tenth year by doing my tenth Dartmoor Discovery, a race I have to say I'm obsessed with, bring on number 11! This years was also my 21st marathon. The Dartmoor Discovery in particular brings out the emotional side of me. If anybody has seen me finishing the race will know what I mean! It's very hard to describe but as I said on a Facebook post recently, I seem to turn into a rather loud and overexcited child. I love it, no other race has given me that feeling. This year's was one of the toughest for me, but I still got that feeling and I'll be back for more!

Teignbridge Trotters is a special club. It's the wonderful members that make it so special and long may it continue. I'd like to thank anyone who has given me that little bit of advice or encouragement on training nights or race days or who has just been there as a friend. You're amazing. Here's to the next ten years!

On on.

Stuart (Steptoe Stu)



Stuart with his daughter Lily at the recent Club Trip

Championship Rules– Times for a Refresher Course

Watsa reviews the all important rules for the Championship.

The Club Championship consists of 35 club nominated races (36 for Ladies with the addition of the Ladies 10K).

Twelve of these races must be completed and runners **must complete at least one from each of the seven categories**, in order to qualify for the Championship. If more than twelve races are completed, the runner's best twelve will count (***as long as within those best 12 one race has been completed from each of the seven sections***). In the event of a tie on points, the average age-graded percentage over those twelve best races will count.

These races, and the revised format of the Championship, are selected by the Club Championship Secretary and approved by the Committee each year. The races selected try to create a wide range of competition amongst club members, over a variety of distances and terrain and to encourage Trotters to participate in local races without creating a demanding, or expensive racing schedule.

These races are scored on an age-graded basis with points being awarded for each race. 50 points will be awarded for the best age-graded performance for each race, with 49 for 2nd, 48 for 3rd and so on.

All competitors in races are expected to abide by the rules laid down by the race organisers and by the club committee. Competitors must start at the gun and complete the whole course under their own steam. Anyone flouting these conditions may not be eligible for Club Championship points.

For all enquiries please contact the Club Championship Secretary, Gary Watson; coachgazza@hotmail.co.uk

Cheers

Gary Watson



The Championship continues. Trotters Line up for the Muskies Madne5.5

London Marathon Places and England Athletics

Kevin explains what happens!

The club currently receives two places each year for the London Marathon. These places are earned for the Club by the number of members that subscribe to England Athletics (EA).

The England Athletics registration for an individual costs just £13 per year for which you get a £2 discount on any EA races that you enter.

The two places we get are allocated to members on a rota basis to ensure that everyone who wants to run the London Marathon will get the chance eventually. The current list of qualified members was drawn at the 2015 Christmas Party. To qualify, members had to achieve four marshal points in 2015. Points are awarded for helping at our events and also for baking cakes for our events.

The members on the list still have to qualify with four points each year to stay on the list and we would expect members on the list to still enter the London Ballot out of courtesy to others on the list.

Members who qualify with four points for the first time in 2016 will be entered in a draw at Christmas to establish the order they are added to the bottom of the list.

It is important to remember that members on the list have to maintain their marshal points each year or drop off the list.

The current list as it stands is:-

- | | | | |
|-------------------|-------------------|------------------|------------------------|
| 1. Kevin Besford | 5. Nathan Elphick | 9. Donna Walker | 13. Richard Stephenson |
| 2. Kirsty Bowman | 6. Dave Mc Morrow | 10. Tamsin Cook | 14. Neil Pallant |
| 3. Ruth Johnson | 7. Jennie Roberts | 11. Tim Hassall | 15. Graydon Widdicombe |
| 4. Pete Blakesley | 8. Mark Walker | 12. Dermot Smyth | 16. Nigel Barnett |



When in Rome.... Rehydrating in the Big Smoke.

Captain's Corner - Ladies

Eleanor Taylor takes over as Ladies Captain. Here's her first report.

I'd like to start by saying a huge THANK YOU to Helen Anthony for being an enthusiastic and encouraging Captain. A hard act to follow. Writing has never been my strong point but I think that even the best author would struggle to summarise the many and varied achievements of Trottetes over the past few months since the AGM. Here goes!

Congratulations to the amazing Helen Anthony who trained hard and achieved a Club record marathon time for a female Trotter of 2:59:01. This was Helen's second Club record of the year – so far. She set a new one in the First Chance 10K, where Lucy Payne also set a new V60 Club record of 53:15.

In the Club Championship, points are awarded depending on a runners' results and their age. For example, if two runners finish a race with the same time, the older one will get more Championship points. So we 'old biddies' are in with a chance.

As well as Club records, other achievements include many firsts. Sara Collman and Marie Taylor both did their first Half Marathon in Bideford in March. Sara now plans to complete the Club Championship. (I don't think Marie does). In April, less than 16 months after taking-up running, Suzie Mills completed her first formal Marathon (but not her last I'm sure) in Manchester. Donna Walker also did this one in preparation for her first Dartmoor Discovery.

In February's Dalwood 10 miler, Lucy Payne took a nasty tumble which led to her being out of racing for a couple of months, but still managed to win 1st F60 prize. Jo Billyard chose this tough event to return to racing after a break of over a year. Well done ladies – You are both stars!



Introducing.. Eleanor as new Ladies Captain.

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Mandy Wheeler continued her, erm, run of good form, and was 1st FV40 in the Bideford Half Marathon. Helen Anthony organised a weekend trip which included the option of doing the Bath Half Marathon. 8 Trottetes did this race – led home by Helen (1:25:43). Next was Jacki Woon breaking her own W50 Club record with a time of 1:37:09.

In the 10 mile Granite Way, F40 Jennie Roberts led the Trottetes home, I was next over the line, but the slightly-older Tina Caunter earned 50 Championship points when she finished close behind me. Good to see Angela Blakesley's racing here after an illness-induced lay-off.

Louise Gentry conquered the Grizzly. Completing the 'challenging' 20ish mile course in 3:39:06. Ruth Johnson used this toughie as part of her Dartmoor Discovery training and completed it in 4:29:00. Close behind was Lorna Martin in 4:33:17. Triathlete in training Kim Nichols finished in 5:11:32.

The Yeovil Half Marathon was another Championship race. Only 3 Trottetes gave it a go. Again Tina and I finished very close together, but performance of the day was Kathryn Steemson who took 6 minutes off her PB. She went under 2 hours in 1:59:37. On the same day, 6 Trottetes did the Exeter Age UK 10K. Among them, Suzie Mills and Maggie Garrett both earned PBs (1:01:47 and 1:02:05 respectively).

The busy Easter weekend saw Jennie Roberts again leading Trottetes in the Fast Friday 10K (in 51:45). Tina was next in, again earning 50 Championship points. Sara Collman was next as her running continues to improve. Jo Billyard and Angela B paced it well to complete in about the hour.

Yeovilton's Easter Bunny 10K saw Helen Anthony scooping 3rd woman overall prize in 40:01. Helen ran the Taunton Half Marathon in a brilliant 1:25:11. Jacki was 1st F50 in 1:39:26. This was the event where Emily Levy did her PB of 1:55:24. In addition to Helen's record-breaking run in London, Mandy Wheeler in 3:18:40, Tracy 'Ironman' Elphick in 3:22:53, Mel Dunn, 3:23:38 and Hannah Walsh, 3:23:32 are also noteworthy.

The Plym Trail Marathons weekend offered 2 marathons. Sharon Bowman ran both! Her daughter Kirsty joined her for Saturday's event and smashed her PB by 16 minutes. Ruth also did this challenging course as part of her DD training.

Kathryn Steemson led Trottetes home in the Bere Penn 10K, where Lucy Payne returned to racing and took the F60 prize. At the same event, Sara Collman ran another PB in 56:16.

Also at the beginning of May, in North Dorset, I did my first Marathon in 2 years and broke the Club W55 Marathon record. Sally Ingledew finished a few minutes after me. Sally also goes by the well-earned title of 'Marathon Queen'. She completed her 100th Marathon a few years ago and is well on her way to her 200th. In the DD, she led home Trottetes Donna (in her first DD) and Sharon Bowman. Sharon's now done 44 marathons (including ultras).

FV40 Hannah Jones didn't do much racing last year, but is making up for it in 2016. She was first Trottete over the line in the ever-popular Ivybridge 10K. Lucy Payne, who was 2nd FV60, again scoring 50 Championship points. Emily Levy's focussed training paid off. She gained a PB at this event and finished in 49:16.

Firsts don't only come in the form of racing. Karen O'Brien and Suzie Mills have recently joined the ranks of the club coaches and leaders and have successfully led groups.



Haldon Heartbeat winning team!

The Haldon Heartbeat is the 8.5 mile off-roader from Exeter race course. This was the event where we WON the 1st Ladies' team prize! The team was Kirsty Bowman, Lucy Payne, me and Kat Zapple.

Next team event in the calendar is the Ivybridge Relays. On the evening of Friday 1st July, teams of 4, where each person runs 2.5 miles (about 4km). There are prizes (usually wine) for different age-groups AND it's an excuse for a get-together. The start and finish points are at the Rugby Club, where the café and bar will be open! As it's a relay, I need to identify who's in which team.

Lots of people have volunteered to run. If you haven't and would like to give it a go, feel free to email wandl.taylor@live.com or send me a Facebook message. THE MORE THE MERRIER! – oh – and it's free to run (The Club pays the entry fee).

Other races with team prizes include.....15th July. The Friday evening Chudleigh Carnival Road Race and on 25th September the Trotters' Ladies-only 10K race. See what I mean about 'many and varied'?

Cheers

Eleanor Taylor



Chairman's BBQ is Back! Saturday 2nd July

It's back! If you've never been before, then you're in for a treat. If you've been before, then you'll know what to expect!

It starts at 3pm and finishes when the last person leaves. Bring the kids, there will be plenty of games to keep them entertained. In fact, just watching their Mums and Dads make fools of themselves will be entertainment enough! Yes I'm afraid that does mean that the grown ups will be playing games too. Just to wet the whistle, there might also be the need for a toast...

There will be a disco once it's dark, tops off is of course obligatory. Please bring a bottle or two, other than that just bring yourselves.

For those that don't know where we live, our address is; 69 Teignmouth Road, Teignmouth. TQ14 8UR. Please park in Woodland Avenue

Look forward to seeing you all.

Chair & Oodey xx



Contact Us

This will be my last edition of the Trotter magazine as editor. If you feel you have what it takes to be a magazine editor or would like to give it a try for the first time, feel free to contact me for more information of what's involved.

mag@teignbridgetrotters.co.uk

(No pills, porn or abuse please)