

THE TROTTER



Teignbridge Trotters Newsletter

Number 12

December 2016

LEGEND IN HIS OWN LIFETIME!

John Caunter pays tribute to the latest member of an exclusive club.

During the Trotters 34 years existence, Honorary Life Membership has only been awarded to eight members; Jose Waller, Maurice Piper, Reg Tole, Dave Foster, John Scott, Rob Tinnyunt, Dave Dunn and me, John Caunter. The most recent recipients were Dave and I in 2014. That gives you some idea of the importance and honour of receiving this award.

When I proposed that Roger should become a Life Member, I was delighted that the Committee agreed unanimously. However, with all that Roger is involved with within the club it was tricky keeping it a secret (let's hope we managed it) and even more difficult deciding where to make the presentation. Should it be at the Dartmoor Discovery, the club's flagship race and Roger's pride and joy or should it be at the Totnes 10K, another race which had Roger as the Race Director until this year. In the end the Committee thought that the Annual Christmas Awards Ceremony was the most appropriate place.



It's difficult to cover all that Roger has done for this amazing club without forgetting something so apologies if there are things missing. Roger joined the Trotters back in the late 1980's (even Roger isn't sure exactly when!!!). His wife, Caroline (known to most as Oodey) and both his children, Jessica and Stanley, have been members for many years. Roger is now the longest serving committee member, having served over 22 years and has only ever missed five meetings. What a record to be proud of. Roger was elected as a general member in 1994, and then became Chairman in May 1998 (the same time that I was elected as your treasurer), a role which he still holds. It has been a great pleasure to serve on the same committee as Roger for all these years. We have had our differences, that is what a committee is all about, but we have always remained friends.

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In this bumper Christmas edition:

News Desk

Mallorca 2016

2016 Race Statistics

100 Mile Ultra

AGM 2017

And much, much more.....



2016 Roll of Honour

Most Improved Male: **DAVE TAYLOR**

Graham Baker, Jamie Barnett, Allen Taylor, Kevin Woodard, Dave Taylor

Most Improved Female: **SUZIE MILLS**

Lucy Payne, Suzie Mills, Hannah Jones, Kim Nichols, Sara Collman

Most Promising Newcomer Male: **DARREN PETCH**

Kris Ward, Mark Bentley, Daryl Hall, Darren Petch, Ashley Wood

Most Promising Newcomer Female: **LUCY EVANS**

Marie Farrelly, Teresa Holmes, Lucy Evans, Sarah Pike, Wendy Goldthorpe

Committee Cup: **TINA CAUNTER**

Kevin Besford, Tina Caunter, Ryan Anthony, Jacki Woon, Angela Blakesley

John Scott Trophy 1st: **KIM KNIGHT**

John Scott Trophy 2nd: **LUCY PAYNE**

John Scott Trophy 3rd: **KIM NICHOLS**

Dave Dunn Trophy: **NATHAN & TRACY ELPHICK**

2016 Fastest Times – Ladies

10K: **HELEN ANTHONY** (First Chance 37:40)

Half Marathon: **HELEN ANTHONY** (Taunton 1:25:11)

Marathon: **HELEN ANTHONY** (London 2:59:01)

2016 Fastest Times – Men's

10K: **KEVIN WOODARD** (Exeter Age UK 36:02)

Half Marathon: **JAMIE BARNETT** (Taunton 1:19:51)

Marathon: **GEOFF DAVEY** (London 2:56:21)

Men's Club Championship Shield: **ROGER EASTERBROOK**

Ladies' Club Championship Shield: **LUCY PAYNE**

Horse's Arse Award: **JOHN TWEEDIE**

Dennis' Cup (Coach of the year): **JACKI WOON**

Ross Cup: **NATHAN ELPHICK**

NEWS DESK

Having been out injured for the best part of three months, it really makes you appreciate how running is good for the state of the sole as well as the body. Thankfully I'm now back 'on it' and am slowly building up my mileage. I've certainly missed our Monday/Wednesday training nights and am looking forward to catching up with you all in the new year. As a club we've never really had a place we could call home. Those early days at Dyrons where they had a bar/cafe upstairs was probably the closest we came. I know it's early days but I really do feel like the REC could be that venue we've been longing for. It ticks so many boxes and if they do build a new set of changing rooms (something we could contribute towards) then I think we would have our perfect home.

Tina Caunter was voted the worthy winner of this year's committee cup. Tina has worked tirelessly for many, many years making cakes and organising the catering at all of our races.

It's been another very successful year for the Trotters. All of our races were blessed with nice weather, an added bonus if ever there was. On behalf of all my fellow Race Director's can I say a huge thank you to all those that helped out at any of our races. Talking of RD's, we will have two new ones in place for next year, see page 35 for the full run down of who's who for 2017.

Our next race is the Stover Cross Country which takes place on Sunday 12th February. This is one of the six fixtures that make up the Westward League series. Because of the nature of the course we don't actually need that many marshals. This gives you the opportunity to take part in the race, something as a club we try to encourage. If you don't have an EA number (I don't) then you are welcome to take part as a guest runner, as the race is only open to members with EA numbers. You can still wear your Trotters vest, your time will still be recorded and you'll still be listed in the results. I look forward to seeing you on the start line!



The date for our AGM has been set for Tuesday 28th February. It will take place in the function room at the REC and starts at 7pm. Unfortunately we couldn't hire out the room on a training night. More details on how you can stand for any of the committee and non committee positions will be available in the next newsletter.



I hope to organise a few dirty burger runs in the new year. I'm sure the cake runs will also make a welcome return. What we could really do with is something for the in-between runner. Which to be fair is probably the biggest group anyway. It doesn't have to be the same person organising it each week. It doesn't have to start from the same place each week. All it needs is a name (doesn't even have to be food related!) and a few willing volunteers. Check out our Facebook page for those long winter training runs.

Ruth Johnson has done a great job organising and promoting our social events throughout the year. If you have an idea for something for next year, Ruth would love to hear from you. If there is anyone who fancies hosting the Trotters summer BBQ, then again, please let Ruth know. Oodey and myself did it this year. We've decided to let someone else have the pleasure, and it genuinely is a pleasure, hosting such a great bunch of people. The club even chuck in £250 to spend on food!

A massive thank you to our Club Secretary, Liz Barnett, for producing this special Christmas edition of The Trotter. If you're reading this the morning after the awards night, then A; you weren't as drunk as I was and B; you'll appreciate what a fantastic read it is. Facebook is OK for some things but you can't beat The Trotter. So come on Trotters, we need a new permanent editor for this gem of a magazine. Drop me a line if you're interested.

On On
Chair

Continued from front page

Some of Rogers other roles since becoming a member have included five years as the RD for the Teignbridge 4 x 4 Relays; older members will remember these very popular relays around the Sandygate area of Kingsteignton. Roger was the editor of our club magazine, The Trotter, for eight years, he's served as men's Captain, Vice Chairman and club kit man, as well as being a qualified race referee. Along with Oodey, he hosted the 'Chairman's BBQ' for more memorable years than I care to remember (indeed many I cannot remember!!). Roger also organised the 'lads weekend away' for many years, and of course for many years was the sole organiser of the presentations at the annual Christmas bash.

Roger is a very fine runner and has won the Club Championship on three occasions and is the current holder. He has also been awarded the Committee Cup twice and has won the Horse's Arse on one occasion. However, his most significant contributions have been as the RD for the Totnes 10k for 17 years and the RD, for six years, of our famous Dartmoor Discovery. Anyone who has been an RD will know the work involved in organising a race and Roger has now been organising both for the last six years.

Thanks Rog for all your years supporting the Trotters, On On

Coach of the Year 2016

The Coach of the Year trophy is given in honour of our dear friend Dennis Milstead and is in it's third year. Dennis always enjoyed taking groups out particularly on a Monday evening.

This year's winner is Jacki Woon. Jacki has been coaching for several years now and her sessions are always well supported and popular. Her coaching style is supportive and well planned. It caters for the speed merchants and those of us who are not so quick. She has the ability to think on her feet and changes the structure of the session to fit the runners within it.

The competition was very close this year and we had five coaches within a stone's throw of winning the trophy themselves. Former recipients of the award include the inaugural winner, Gary Watson, and last year's winner Neil 'Big Mac' Pallant.

Well done Jacki!



Club Championship 2016

Well, another year over and two new club champions are crowned. What a good year it has been with lots of participation and good competition amongst our members. I remember back in the day introducing the Club to the age graded system. My three sons are still in the "Sports Systems" data base although have never run a race! This year I designed a new program which made the entry of data far more efficient and moved away from "Race Master" system. Using age grading allows all of us to compete on a more level playing field, after all who could beat the likes of Jamie Barnett in a none age graded race! This year, as ever, the better runners have slowly moved their way to the top. Below, you can see the runners who completed the championship by doing twelve races with at least one race in each of the seven categories.

My congratulations go out to **Roger Easterbrook** and **Lucy Payne** on their magnificent performances.

Current Standings & Statistics	Total Points	Races Completed	Sections Completed	Position
EASTERBROOK, ROGER	600	18	7	1
DAVEY, GEOFF	598	18	7	2
WOODARD, KEVIN	585	18	7	3
WATSON, GARY	578	15	7	4
PRATT, TIMOTHY	568	14	7	5
CAMPBELL, BRUCE	566	14	7	6
BLAKESLEY, PETER	553	13	7	7
SKINNER, DEREK	550	12	7	8
HAYWARD, PETER	539	18	7	9
HECKLES, PETER	536	15	7	10
ANDERSON, KEITH	536	12	7	11
DONOVAN, JAMES	521	15	7	12
CHURCHILL, CRAIG	506	14	7	13
MOULSON, STUART	474	12	7	14
BARNETT, NIGEL	468	14	7	15



Roger Easterbrook

Here are the 15 men who completed the championship.

Current Standings & Statistics	Total Points	Races Completed	Sections Completed	Position
PAYNE, LUCY	599	15	7	1
TAYLOR, ELEANOR	595	25	7	2
CAUNTER, TINA	589	14	7	3
STEEMSON, KATHRYN	576	20	7	4
JONES, HANNAH	576	13	7	5
COLLMAN, SARA	553	15	7	6
BLAKESLEY, ANGELA	546	13	7	7

Here are the 7 women who completed the championship.



Lucy Payne

So, to next year. Can Lucy and Roger repeat their success or will there be successors to the throne? Keep an eye on our Race Diary for next year's Championship races.

Gary Watson, Club Championship Secretary

Coach Co-ordinator's Report

What a busy few months we have had since the cold weather has started to kick in! The Coaches and Leaders have been working extra hard to come up with new and exciting sessions and routes to keep you all on your toes and I'm sure you, like me, would like to thank them for the dedication and time they all put in especially as it is all done on a completely voluntary basis.

At the time of going to press we have delivered runs and training sessions over 5,600 times this year with an average of over 60 runners attending every session. That means that you have run a combined distance of over 30,000 miles on our Monday and Wednesday sessions, that should mean you can all have a few guilt-free mince pies this Christmas.

But we are not sitting still. We asked, on Facebook, a while ago about what YOU wanted from our training sessions and I am delighted to announce a couple of new initiatives for the first few months of 2017 based on this feedback. Firstly, specific marathon training starts at the beginning of February and will run over twelve Wednesday sessions. It is aimed at anyone taking a spring marathon but also anyone wanting to improve their endurance. This will not replace your long, lonely miles but will aid you to get a better time. We are also hoping to arrange a few talks from experienced marathon runners to help you deal with the mental side of these distances too. Secondly, we are looking at more 'fun' sessions to break up the hard work. These will still be running focused but will add in a few twists. The first session we introduced in September (Core & More) and this went down really well and is now a regular monthly session. Stay tuned for more fun soon.

All runners, please note that by now the club bibs are getting a bit old and smelly. So, to avoid having to wear one pop down to your local sports shop/Amazon etc and buy one. ALL runners must wear a bib during the darker months and so please pick one up. Whilst you are there, or if you are writing your list out to Santa please add in a head torch. They are only a few quid and help the Coaches and Leaders no end in being able to take you out on more interesting runs.

On occasions, we also have high numbers at the club which is brilliant, but this can pose a problem if too many of you want to do the same session. To help the Coaches and Leaders improve safety I would ask that, if you join a group which has loads of runners, look and see if there is another session you can join instead. It will help us out no end. Thank you.

Over Christmas the sessions will be cut down to give our Coaches and Leaders some well deserved time off so please keep an eye on Facebook and our website for updated session information.

Happy Holidays to you all.

Mark Walker
Coach Co-ordinator



Palma Marathon

The Trotters overseas marathon is first and foremost a fine way to extend the summer. The chosen venue for 2016 was to be the sparkling Island of Majorca, much maligned and profoundly misunderstood. Gathering in Bristol airport's bar foyer is one of my great pleasures. Imagine how enhanced the experience becomes as the royal blue of the Trotters drifts into paddock. Before we know it, and extremely refreshed, we land in Espana! Huzzah! Our latish arrival (we hit the hotel at around midnight) did nothing to deter our intrepid party from hitting the Town. Call it first night nerves, if you will, maybe over exuberance, whatever, mucho solo returns, pavement sleeping, ' me slapa in el cocho' and so forth. On tour stays on tour.

Sunrise and the Trotters split out to various parts of the City or beach. Palma's a revelation really if one delves. Unspoilt by the civil war and no serious heat in WW2 it remains a step back in time. The interior architecture of the cathedral is bonkers and the old city is steeped in interesting art. Personally, I followed Tweedie's example and plumped for a dubious Chinese beach massage! Outstanding! Having explored the city, we booked a pre-run dinner at a charming venue, Richard Keatly hilariously played the part of a half fuelled Spanish Barman, which I think beguiled the second most beautiful women in the world, Anna, the proprietor, into letting us stay. We were one drink away from performing Barry Manilow's Copacabana in the square!

The day of the Race saw bright and bleary Trotters emerge from the hotel and take their marks on the start line. Here's some advice; don't slope off in 80c heat for a 13 mile run, drunk and with no training whatsoever, just because you think you're hard. You're not! Obviously, the HARDEST people on the planet ARE the TROTTERS, just don't do it. BANG! We set off. I know it's going to be a long day immediately. The following 13 miles are the most roasting, pointless, humiliating, undignified, self-loathing, pointless, I think I said that already, hateful, relentless, damning, eye opening, tortuous, self-harming, twatting, self-deluding two and a half hours of my life I've ever spent! Yes, two and a half hours! The Palma shuffle I call it. We've all been overtaken by inferior athletes in our time. But an actual dwarf?



I limped back to the hotel with Ruth Johnson, who was kind enough to wait for me, showered and returned to the finish area to watch our marathoners finish. Kim Nichols and Dave Dunn were the pick of the bunch and as our heroes returned one by one, we hugged and kissed and chinked glasses, once again, Huzzah! After the hectic pace of Palma, we all boarded the magic vintage train to Soller. How on earth Travis and Tweeds pulled that off I'll never know. However, pull it off they did, not only that, but as we, the Hales, the Walkers, and

the Georges ensconced ourselves in the luxury villa that we had booked for the remainder of the week, our two culture vultures availed themselves of the Picassos and Miró's on offer in the station. Seriously one of the best, and most poignant little collections on the planet! And then on to the port. On arrival, we all gathered in Jackie's bar {an old friend} for drinks and dinner. It was with great sadness that I saw all the royal blues traipse off, back to Blighty, but when you stay on for extras; well, what goes on tour stays on tour.

John 'Skins' Skinner



FOREIGN MARATHON TRIP 2017

After much deliberation, Stef Ross and myself have agreed on Munich as the destination for the 2017 Trotters foreign marathon trip. Having never been there myself I'm afraid I can't pass on my take on the city. However, having spoken to numerous Trotters who have been there, it sounds like a cracking place to visit.



It's Germany's third largest city, behind Berlin and Hamburg. It's probably best known for its beer festival, which takes place annually from mid-September to early October. It's the world's biggest beer festival and attracts up to six million visitors! Lord knows how many pints are consumed during those three weeks. I have it on good authority that by the time we arrive stocks will have been replenished.

Enough about beer, let me tell you a bit more about the marathon. The date of which is Sunday 8th October. Apart from the marathon there is also a half marathon and a 10K. All three races take place on the same day and finish in the Olympic Stadium. Entries are already open. They have early bird prices before the end of March. The marathon is 70 euros, half 48 and 10K 29.



We've found a hotel that ticks a lot of boxes. The hotel is called the **VI VADI HOTEL Downtown Munich** (not to be confused with VI VADI HOTEL BAYER 89) (Tel: 0049 89545190 or email: res@vivadihotels.com) It's a three star hotel offering excellent value for money (much cheaper than Palma!) It's pretty central, both the central train station (train from the airport stops here) and many of the main attractions are only a short walk away. The cost for four nights, arriving on 6th and leaving on the 10th is 260 Euros (approximately £218) for a standard double room, when booked direct with the Hotel by **10 January 2017**; when you book, quote Reservation No. 159222 (Offer ID No. 584fd586336 just in case you need it) to ensure you get this very good price. Breakfast is not included in that price but can be purchased on arrival for 14 euros per person per day. There is no deposit required and you pay on departure.

Now for the only drawback, (or is it?) we have to fly out of Gatwick. There are three EasyJet flights per day to Munich. So, there are plenty of options available. With that much availability I expect the flights to be very reasonable. The flights are now on sale. Catching the train to Reading and then onto Gatwick is a great stress free way to start your holiday. Train tickets can be purchased three months in advance. By far the easiest way is for everyone to make their own individual bookings. We could, nearer the time, get together to book our train tickets (for those travelling that way), as I know you can get a group discount by doing that.

It has plenty of potential to be another memorable Trotters trip. If you have yet to experience one, then make it your business and get yourself signed up.

Auf Auf

Chair



Membership News

As we come to the festive season I can look back at an eventful year and in particular a year with two year ends due to changing ours to fall in line with the Rec. By the time you read this, the changeover to our new home will have bedded in and it is pleasing to see such large numbers of you taking advantage of the ability to pay your dues online.

We always expect a drop in members at renewal time, whenever it falls, and this time is no exception though our membership number was at a record high at the end of October. The number reached the heady heights of 310 and has now settled back down again to 268. This is still a smaller drop off than we have had in the past. As for the online payments, a massive 91% of all the renewals were paid online.

Since we launched the new website in April it is noticeable how many new members have joined us online without any interaction with myself. Has made it interesting meeting new members after they have joined as opposed to when they first try us out.

The newcomers are joining us at various levels of experience and ability and joining in all the various groups. It is very pleasing to hear the very positive feedback that I receive back which just goes to prove what a great job you are all doing in making everyone welcome.

We are still without a permanent editor for the Trotter so in this special edition I have listed below all those that have joined us since the start of September:

Mark Bentley, 43, from Canonteign. Mark has run for most of his life, usually running half marathons, but in the last four years has been doing Ultras. He has come in the top 100 in the Marathon Des Sables and has also completed the Ultra Trail Mont Blanc. He did the Dartmoor Vale Marathon in October and is thinking of entering the DD next year.

Vicki Cousins, 43, from Newton Abbot. Joining the Trotters is the first time that Vicki has run though she has swum and walked a lot in the past. She was encouraged to join us by a friend to run in a friendly group and so far, has thoroughly enjoyed it. Vicki wants to increase her fitness further and to enjoy her running as she says perhaps she has found her inner runner.

Paul Dodson, 29, from Newton Abbot. Paul has been running with the Mavericks and has done several Marathons. Most recently has done the City 2 Sea (55 mile event) which he did in just over 12 hours. Paul has several more Marathons coming up to wear his new colours.

Erica Ross, 53, from Newton Abbot. Erica has come very late to running having done couch to 5k in March and recently her first Park Run. Erica has a target of her first 10k next spring and really wants to have some company rather than running always on her own. I'm sure we can all help with that.

Arthur Moulson, 15, from Liverton. Son of Steptoe Stu who joined us on his fifteenth birthday.

Sandi Younger, 41, from Chudleigh. Our Chudleigh contingent continues to grow! Sandi only started to run in March and ran her first race at our very own Ladies 10k, she enjoyed it so much that on returning home she went online and joined up.



Wendy Goldthorp, 45, from Teignmouth. Wendy has moved here from the Midlands where she was a member with Solihull & Small Heath AC. In the past Wendy has completed the Marathon Des Sables so perhaps she can teach all of us a thing or two.

Jayne Pavey, 37, from Kingskerswell. Jayne has had various phases of running in the past on her own and not managed to keep it up. She is keen to improve her fitness and incorporate running into her lifestyle so she persuaded a friend that they should try joining a Club so here she is. Jayne has found her initial Monday sessions very friendly and supportive and it has helped with her pace and endurance.

James Wills, 35, from Newton Abbot. James tried us out once a few weeks ago, having been introduced to us by Oli Prouse and has now taken the plunge to join us.

Sarah Pike, 40, from Buckfastleigh. Started running in 2014 and has completed several 10k runs and the Plymouth Half Marathon this year. Sarah would like to improve her best times at both 10k and the half marathon.

Jason Lewis, 40, from Ashburton. Jason started running back in March primarily to lose some weight. He has since run two Half Marathons and our own Totnes 10k. Jason feels he needs more help with his training and after just one session with the Trotters knew it was the club for him as he had been made so welcome by everyone.

Emma Ray, 40, from Newton Abbot. Emma only started running at the end of August 2016 by trying the couch to 5k programme. She has started doing the Park Run with a best so far of 30.32. Emma has entered the First Chance 10k in January as a target and was recommended to the Trotters by Lucy Evans.

Billy Edwards, 17, from Torquay has joined the Junior ranks. Billy is the Grandson son of Paul Sharples so increases the family presence of Trotters.

Andy Southard, 49, from Totnes. Andy has been running on and off for 30 years and comes to the Trotters after a six month break and having moved from Exeter. He's done many half marathons, 10k's and 5k's and in 2003 ran London. Next year he will be running the Brighton Marathon in April. In 2012 he ran 1,500 miles for help for heroes. Andy's PB's include 1.40 for half marathon and 43.30 for 10k.

Kate Williamson, 33, from Newton Abbot. Kate started running "properly" at the beginning of 2014 and has since completed four half marathons and various other races including the 2015 London Marathon in a creditable 4-33. Kate ran City 2 Sea Marathon in September and is in London again next year aiming for a better time. Kate was encouraged to join us by Mel Dunn and looks forward to meeting lots of new people and improving her running.

Louise Stokes, 46, from Bovey Tracey. Louise started running on a treadmill at the gym to lose weight and did her first park run in April with a time of 40.33; she has now run it 19 times getting down to 34.41. Louise sees herself more as a jogger than a runner, I am sure we can change that opinion. Louise has had cancer in her back so does find running difficult at times. Her aims are to, in her words, learn to actually run and to conquer the first hill at Parke. Lucy Evans has encouraged Louise to come and join us.

Duncan Knight, 45, from Newton Abbot. Duncan says he has no real running history and has joined us for three reasons. 1. Recommended by wife Kim who has been a Trotter for a year or so. 2. Needs help to keep up with his accelerating kids. 3. His work rota has changed making Wednesdays free for him to come along.

Angus Lee, 21, from Broadhempston. Angus has done a few races in the past, including Totnes 10k and the Torbay 10k. Angus hopes to do his first Half Marathon in the Spring. He used to row a lot and has ambitions to do a Triathlon for which he says the running is currently his weakest leg, I am sure we can all help remedy that.

Abigail Woodward, 25, from Heathfield. Abi has been running for just over a year on her own and with her dog. Abi runs for enjoyment and hopes that running in a group will help her progress. Abi is looking to do some 10k races next year

Lorraine Kirtland, 44, from Sandygate. Lorraine has loved the idea of running for some time but has lacked the confidence to try. After chatting with Lucy Evans she started with the couch to 5k program. Her first run was on 1st September and her first Parkrun on 29th October. Lorraine would love to get to 10k or even a Half Marathon but her first goal is to get through our improver session.

Its happy birthday to a small number of members who've celebrated notable birthdays since the beginning of September. Sally Ingledew 55, Lucy Payne 65 and Derek Skinner 55. Happy birthday to all and best of luck in your new age categories on race days.

I think that we are well settled at the Rec now and hope that you are all enjoying running there. In case there are any of you that are unaware of the special fare available on a Wednesday after training, we have the option of a super meal for just £5, you will not be disappointed.

So, to finish, it just remains for me to wish you all a very Happy Christmas and good running in 2017.

Kevin Besford
Membership Secretary



Captains' Corner

Our Captains' round up the last twelve months

Men's Captain, Lance 'Skippy' Mason

It's been a great year for us Teignbridge Trotters; plenty of racing, trophies, Club Records & Pbs.

This is why Teignbridge Trotters is such a fantastic club; we pull together through our highs and our lows in team spirit, not just in running but support for life in general.

Dartmoor Discovery 2016 entries went live in the first week of January and was full within a few days with a fairly big reserve list. So the 4th JUNE was not only a special race day for the Trotters, but a bench mark for our own Mark 'Wurzel' Wotton (photo) who completed his 100th marathon at this race. He became the sixth club member, past & present, to join the 100 Marathon Club. Even though six months have past, take a bow Worzell!

The club championship this year has been a great battle all the way through, this has made a lot of great racing and a fight right to the end, and of course, a well deserved champion. If you've not done this before it's a great way of over coming different terrain and distances, love or hate them, but will help in feeling part of our great club. So well done all who managed to complete it.

Well done also to Richard Keatley on the completion of 31 marathons this year; he's well on his way to his goal of reaching the magic 100.

There have been many great achievements this year; at all distances and in all age categories; there are far too many to list.

A lot of silverware has been won this year, not just by the usual suspects but by other club members who have worked very hard to take home trophies— Mark Hutchins, Julian Scanes, Graydon Widdicombe, Kris Ward, Martin Randall, Sam Crow (pictured after the Chudleigh 6), Gary Edwards, Peter Hayward to mention just a few. Well done everyone!

Allen Taylor has clocked up 50 Marathons/Ultras including three 100 MILERS; a pb at his last being Centurion Running Autumn 100. One of the toughest in the country. He clocked a fantastic time of 20hrs 31 minutes 47 seconds now that takes some doing. This is three years of total commitment and improvement over this period of time. TAKE A BOW THAT MAN! Steve Barker has also tackled a number of ultras this year; his times are starting to tumble.

Read more about how Allen tackles these ultras on pages 22 and 23.



CLUB RECORDS

Graham Baker set a new Vet 75 category target for us and inspires us to keep going. I must say that I would love to be able to run like Graham when I reach that age.

He set the record at Ottery 10K (55:43) then went on to break it at Dartmoor Vale 10K (53:13). He also set the 10 mile record at Bideford (1:25:11) and the marathon record at London (5:02:43)

David Taylor broke the Vet 70 record at Prague Marathon, knocking 13 minutes off, to finish in a time of 4:07:20. Two weeks later he broke the Vet 70 half marathon record at Edinburgh in a time of 1:46:35 and he also broke the 10K record at Martock in a time of (49.07) To cap his year off, he completed the Oulton Park Standard duathlon 8.6km run, 38.6km bike and to finish with a 4.30km run, all in a time of 2:27:25; this qualified David for a GB 70 -74 age category place in the European Championships in Spain 2017.

At the other end of the age spectrum, Jamie Barnett (photo), improving through the distances, broke the Junior Half Marathon record in a time of 1:19:51 at Taunton.



It's been an honour and a privilege to be Men's Club Captain for the past two years.

So, here's to 2017 and all the challenges that it may bring.

HAPPY CHRISTMAS EVERYBODY

**YOURS IN SPORT
LANCE 'SKIPPY' MASON**



Ladies' Captain, Eleanor Taylor:

Wow!

That's it. OK, maybe I should add some more words.....

When I stood for the post of Ladies' Captain, I thought "That just means getting lots of women to run in the Erme Valley Relays - I can give that a go". So, there were six - yes six - female Trotter teams in the Relays. That's 24 runners each running 2.25 miles around the lanes of Ivybridge one evening in July.



THEN.....Club Secretary, Liz Barnett, emailed to say that Team Captains provide key input to two awards on THE Presentation evening (Most Promising Newcomer and Most Improved) AND write some words. Yikes. There are soooo many to choose from.

First, I looked at the Club Championship (I mean the Ladies of course, I believe there's another one for Bokes; it's called the B event!). Over recent years, more than a dozen women have completed the Championship. This year, many recent winners haven't taken up the challenge, though some have progressed at other challenges, e.g. Helen Anthony and Tracy Elphick are among those who've competed in triathlons. So, the 2017 Championship has some new names, some old biddies (as we affectionately call each other) and a new winner. Well Done to everyone who's challenged themselves and succeeded! It's great to see first-timers Sara Collman, Kathryn Steemson and Hannah Jones up there as well as.

Throughout 2016 female Trotters have been breaking Club Records and, possibly more importantly, achieving Personal Bests (PBs).

2015 Dartmoor Discovery winner and Ladies Champion Helen Anthony continued to break Club records. Most notably running London Marathon in 2:59, but also a cracking 37:40 in the First Chance 10km.

Lucy Payne started the racing year with a W65-Club-Record-breaking 53:15 10k and went on to do another record in the Dublin Marathon in 4:23. Along the way, scoring 50 points in 11 out of 12 Championship races - only beaten by the amazing Helen Anthony.

Newcomer last year, Sara Collman clearly enjoys setting herself challenges. She has completed the Championship and finished it, with a sprint finish against Roger Easterbrook in the Sandygate Loop.

Suzie Mills more than justified her shortlisting last year as Most Promising Newcomer. Inspired after running her first Half Marathon distance with Ben Smith in September 2015. This year, she has run the distance four times across the country. She also took over 7 minutes off her PB for her local race, The Chudleigh 6.

Hannah Jones has worked on her form this year and seen it pay off. Her half marathon time has come down from 1:55 in Bridgwater to 1:40 in the Great West. Though, admittedly, the faster one was without a hangover!

With a big birthday this year, Kim Nichols decided to mark the year by setting herself a few challenges. These included a duathlon and a couple of Marathons. Kim's debut at the distance was the City to Sea a..ermmm...'Challenging' event, which she completed in 6:25. For variety, she then led home the Trotter women in the Palma Marathon in up to 27degrees heat, in a time of 4:15.

There are many potential 'Most Promising Newcomers':

Marie Farrelly joined Trotters in Spring to help her preparation for her first marathon - London. She successfully completed that in 5:21. She then did a PB in the Torbay Half Marathon. As well as running, Marie is making a great contribution to the Coaching team.

Newcomer to the Trotters and to running, Lucy Evans has taken to running with a vengeance, from her first Parkrun, just over a year ago, to her first marathon next Spring. In between, she's building-up to that marathon with some great performances including the Dartmoor Vale Half Marathon in 1:57 and the Ladies 10k in 53:19.

We have been lucky to have some junior ladies join our ranks. Although they've not raced much in Trotter vests, Lottie and Tilly Woods, Lily Geraghty-Morris and Amy Smart clearly have the determination and talent to go far.....and fast!

Teresa Holmes is new to Trotters, but not to running. Since joining Trotters in the Summer, she's continued to set herself targets and achieve them, including the Ladies 10k (1:04) and the Dartmoor Vale 10k (1:03).

Sarah Pike joined Trotters in the Autumn with a view to improving her 10k time. With two sub-50 minute 10ks since then, she's putting in the training to get even better times.

Congratulations to all Trottettes who've seen an event and thought "I wonder if I can do that" and gone for it!

Looking ahead to 2017, I am looking forward to seeing many more female Trotters having a go at the Championship. Maybe yet another name on the trophy?

Good Luck to everyone in whatever 'Challenges' you choose in 2017!

Eleanor Taylor

P.S 2017's Erme Valley Relays will be on Friday 7th July!



The 401 Victory Lap....

And what a victory lap it was! (writes Suzie Mills)

Day 401 of 401 in Bristol. Ben's final marathon the culmination of not just 401 days of running but 18+ months of planning beforehand.

I feel very honoured and proud to not just be there for the final day but to have run with Ben on 9 previous occasions over the preceding 401 days, of course my first marathon with Ben back in January will always hold special memories for me but that may have been matched by the last day of the 401 challenge.

One of the key objectives for Ben during the 401 challenge was to visit as many schools as possible, and a total of 101 were visited. I was lucky enough to attend one of the school visits

ahead of the Bridgwater marathon, the school visits were important to Ben and something that he gained strength and motivation from. Witnessing this myself it was clear to see how important it was to Ben to engage with the children and get his message across, this wasn't just about the running or the money (although both equally important) this was about making a difference and getting the message out there that bullying is not ok, that we need to look out for those that may be bullied and we need to work together to educate and stop bullying in its tracks. Ben was delivering a very powerful message in a powerful but understanding way, but he also gave hope, that there are people out there that are willing to stand up for you, and that you aren't alone.



Suzie and Donna Walker soaking up the atmosphere



Day 401 seemed to come around so quickly and it was amazing to see so many people arriving for the final day, Ben was running (literally) from interview to interview, then photos, before more interviews. The media in the UK and internationally had finally got behind him and it was wonderful to see the message getting across. I also had the honour of meeting Bens mum, what an amazing lady in her own right and you could

see how proud she was of Ben and everything he had achieved over the previous 400 days. I got to see so many people that I had run with before, and it did feel as though the 401 family came together that day to support each other, to support Ben and ensure that the objectives of the 401 challenge were met

To raise £250,000 for Stonewall and Kidscape

To raise awareness of bullying in the UK

To inspire and challenge people to achieve things they never thought possible

To run the equivalent distance of 401 marathons in 401 days



After the usual group shot of all the runners, which on this occasion was a little bit larger and took more organisation than before, it was time for a quick speech by Ben before the off. It was wonderful to see the long snake of people heading off through Bristol all there to support Ben.

Ben thanks everyone for their continued support before setting off on his last day.

Continued overleaf

The 401 Victory Lap....contd

I spent the day running with Colin whom I met back in November 2015 in Bristol, Colin has been coming back from injury; on day 1 he managed a mile with Ben and made Ben the promise that on day 401 he would do the full marathon; and here we were just over a year later and we made a promise on the build up to the final day that we would help each other finish day 401. It wasn't about how long it took, it didn't matter if we had to walk we would start and finish number 401 together.

As usual on Bens Marathons there was a planned lunch stop (best way to run a marathon if you ask me!), and as we were running in to the half way point we heard a massive cheer go up, we found out as we arrived that Ben had reached his target of £250,000. Unlike previous runs for the final 401 Ben had to be back at a specific time as he was running the last mile or so with a group of children from a school in Portishead. I wasn't with them as they finished (I was still plodding along through Bristol) but I have seen the TV footage and what an amazing and emotional sight to see.

Ben didn't just achieve his objectives he smashed them, for those of you that like statistics, 9,873 people ran with Ben over the challenge, there were 1,354 distance PB's and 575 first time marathoners, 26 pairs of trainers worn over the 401 days, an approximate total calorie burn of 2,899,000 and so far a total of nearly £310,000 raised for charity.

Bens message throughout has been very clear and incredibly powerful, and the fact that the media has now picked up on this not just in the UK but internationally is fantastic, Ben is continuing to push that message now the 401 challenge has ended; he has spent 2 weeks travelling the country talking to school children and the school visits are set to continue next year, (if you would like more information on school visits please email the401challenge@gmail.com)

In 2017 the 401foundation will be officially launched. The aim of the foundation is to build on the work that Ben stated during the challenge; the foundation aims to make grants of £2,500-£5,000 available to grass roots projects around the UK on a quarterly basis. These grants will help projects tackle self esteem/confidence, mental health and self development issues in all age groups. Even before the official launch Ben is building on the momentum from the final week of the 401 challenge, just looking at twitter you can see the impact Ben is still having, he is still doing the school visits, he has become ambassador for several charities and has been doing some motivational speaking. He has won a pride of Britain award, has been nominated for a Pride of Sport award and numerous others and all very well deserved. Ben really has raised the profile of bullying and its impacts; I have no doubt this is just the start for Ben and the foundation. Personally, it will be a charity that I will always support and if you want to follow updates of what's next for Ben you can keep up to date on Facebook, or Twitter just search for the 401foundation.

Suzie Mills



'Our Golden Girl'

For those of you that may not know her, José Waller (pictured) is our most decorated Club member ever—as you will read below. She joined the Club in 1992 and was our Club Secretary from 1994 to 1999. She became our first lady President in February 2013 and remained so until February 2016. She is a true ambassador to the Club and was given Life Membership in 1999.



Buzz Terrill spoke at length with José about her life and her amazing achievements.

José first London Marathon was in 1986 at the age of 64; she recorded a time of 4hrs 18mins 47secs and was the second women over 60.

At her second London Marathon, the following year, she broke the British women's record for over 65's in a time of 3hrs 46mins 25secs. In that same year she also broke the British and UK records in the 1,500m, 5,000m and 10,000m, as well as breaking the world record for a 4K in a time of 19mins 38secs. At this event she had her award presented by the great distance runner, Emil Zatopek.

In 1988, at the age of 66, she broke the world marathon record in London in a time of 3hrs 35mins 49secs; she also broke the world records for the 5,000m and 10,000m. 1989 saw her break the world half marathon record in a time of 1hr 42mins 59secs, as well as breaking her own record in the 10,000m in a time of 46mins 52secs.

In 1990s London Marathon, she was the first women over 68 to finish in a time of 3hrs 39mins 28secs; in 1991's London Marathon she was the first women over 69 to finish. In the same year, she went to the World Championships in Turku, Finland and won the marathon, 5,000m and 10,000m!

At the age of 70, she broke the world marathon record for the over 70s at Gosport, Hants, in a time of 3hrs 52mins 9secs. She also broke the world over 70's record for the 5,000m as well as the 10 mile, 10K and 25K road races. She also broke the 4K world record, previously held by the great middle distance runner Pearl Mehl. At the same time she broke the over 70's 5K world record. 1992 also saw her break the world marathon record for over 70's in New York; at the time the record stood at 4hrs 41 mins dead — José did it in a time of 3hrs 57mins 8secs!

In 1993 she took the indoor world record for 1,500m and 3,000m in her age group, as well as the 4K, 10,000m and half marathon world records.

At the age of 75 she took the marathon and half marathon records as well as various other British records.

After having a triple heart bypass operation in 2000, José completed her last London Marathon in 6hrs 57mins 45 secs at the age of 82.

As you can see, José's year by year achievements are impressive and incredibly inspirational. You'll be able to read more about José's life and how she became a world record breaker in the next edition of The Trotter.



Teignbridge Trotters

Annual General Meeting

Tuesday 28th February 2017 at 7pm

The Club's 2017 AGM will take place at The Rec in the function room.

All the positions on the Committee (and off it) are available for anyone that wishes to stand. They are:

Committee

Chairman

Vice Chairman

Secretary

Treasurer

Membership Secretary

Club Championship Secretary

General Members (x7)

Non-Committee

Men's Captain

Ladies' Captain

Cross Country Captain

Press & Publicity Officer

Welfare Officer

Child Support Officer

Social Secretary

Nominations and any resolutions (along with a proposer and a seconder) must be sent to, and received by, the Club Secretary, Liz Barnett, two weeks before the meeting. An agenda and Committee attendance record for the year ending February 2017 will be sent to members beforehand. Please make every effort to attend.

Club Trip 2017

Here's the news that you have all been eagerly awaiting — the announcement of the destination of next year's Club Trip.

After much research of various events we have chosen to go to **Bridgwater** on 3rd September. The event has a Half Marathon, 10K and 5k so really something for everyone.

We will be booking the coach for the day and would hope that with the number of members at such a healthy, high level, we can fill it for the trip.

There's a bar on site and a BBQ to keep us entertained until those in the Half Marathon get back then it will be back on to the bus for a short trip to a nearby hostelry for a drink or two and a bite to eat.



You will in the new year see the trip launched as an event on facebook and hopefully that will encourage many of you to keep the date free for a great day out.

As last year, and to ensure your seat on the bus whether you are running or not, I will require a £5 deposit from you; don't worry about this yet. I anticipate starting to collect deposits from around June time. 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 will be on the race diary of our website and if you qualify from 2016 Marshall points the entry is free. If you have to pay, then irrespective of what it says on the form it will cost £1 less and forms 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.

We will have the onerous task of checking out the chosen hostelry for you to ensure a good day out, it is a tough job that we do for you but someone has to do it.

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

So, make a note in your diaries for 3rd September to make sure you are free for the annual Trotters day out.

On on.
Kevin Besford

Club Camp 2017

I know we haven't even had Christmas yet, but I would like to mention the Trotter Club Camp 2017.

At the moment we are looking at the weekend of 18th/19th June and we'll be off to the South Hams, somewhere we haven't been before.

This is a family event where Trotters and their families have a fun filled, social weekend away. There is even some running too, what more can one want?

More details to come in the spring. Don't be afraid if you're new to the club, come and join your fellow Trotters for a great weekend. There might even be some sun!!

Steptoe Stu

Campers go for a run at Club Camp 2016 in Charmouth, Dorset



Meet a Trotter

Nicola Cousins, 46, lives in Bovey Tracey with her husband Mark and their two children, Ella, 10 and Samuel 9. She's been a member for just over a year and tells us a little bit about her first year as a Trotter.....

Q: When and why did you start running and what made you join the Trotters?

A: I started running nearly 2 years ago. I was feeling really sluggish one evening and decided to do some exercise and run around the block. I can remember feeling so much better when I got back. Close friends of ours have been members of Trotters for a while and had mentioned how much they enjoyed it. It all stemmed from there really and I decided to give it a go.

Q: What was your first race as a Trotter?

A: My first race wearing a Trotters vest was the 1st Chance 2016. I made a school girl error and forgot to put that I was a Trotter on the application form and so I was listed as unattached!

Q: How do you manage to fit in running around family life and your job?

A: I find it a little bit challenging as I work 3 nights a week and have two kiddies. Sometimes I have to make myself go but it is totally worth it for the feeling that you get when you get back. I find it easier in the Summer because my husband and I can go out running with the kiddies on their bikes.

Q: You ran Dart Vale Half Marathon this year. This was your first half - how did you find it? You ran with your husband, Mark - did that help? Did you do enough training? Would you do another one? A Marathon maybe?

A: Yes, my husband and I ran the Dartvale Half Marathon this year. It was my first Half Marathon and Mark's second. I found the route quite challenging especially the hills but I was determined that I wasn't going to stop!! I don't think I would have done the Half Marathon if it wasn't for Mark as we did a lot of training together where he made me run longer and faster. I would definitely do another Half but not sure about a Marathon because of training commitments but, never say never!

Q: Your first experience of a Trotter social event was Club Camp this year. Did you enjoy it? What was the best part of it?

A: Yes, we really enjoyed the Club Camp this year. They were a really friendly and we were made to feel welcome. The best bits would have to be sitting around the camp fire in the evening and for the kiddies it would be the rounders matches.



Dart Vale Half Marathon finish line; Nicola with husband Mark and their daughter Ella - a Trotter of the future maybe?

An audience with.....

Have you ever considered running solidly for 24 hours or more? Have you ever thought that it would be a good idea to run nearly 4 marathons, one straight after the other, part of which would be in the dark? No? Well that doesn't surprise!

Liz Barnett asked our very own ultra-marathon runner, Allen Taylor, why, how and much more!



What makes a reasonably sane man want to run 100 miles and how many have you completed?

I don't know, I often ask myself that question. The physical and mental challenge of it really appeals to me I guess! I have completed 3 of the 4 races I've set out to do. The 4th one is in April 2017.

How often do you run and do you cross-train?

As often as I can but like most of us I have a job and a family. When I step it up for this type of race I run 6 days a week, running 2 to 3 times a day for 5 out of the 6 days. Yes, I do cross-train as well as gym work, 30 day plank and push up challenges as these can be done anywhere and 45 minute walking up and down the stairs wearing a weight vest followed by a 30 minute spinning bike HIIT sessions. Bloody exhausting but strangely addictive.

What other preparation do you do for this type of race?

Kit preparation and kit checklist. This is really important no matter what the weather is always take lots of extra kit, I normally change kit 2 or 3 times (depending on weather) fresh clean kit is a great boost.

Do you need to wear a special type of shoe?

Not really but for all my 100 mile races I have worn Brooks Cascadia Trail shoes. They have great grip, comfort and support and were designed for ultra-marathons.

How do you avoid chaffing and blisters?

By wearing the correct gear and of course a great dollop of Vaseline! I wear Salomon Pro Twin Skin S Lab shorts, 1000 mile anti blister trail socks and also carry a tube of Lanacane anti chaffing gel. Keeping dry is the key to chaff free!

What food do you eat during a 100 mile race and how do you stay hydrated?

For breakfast, I drink 2 fuel 10k high protein liquid drinks. During a race, I use CNP high protein meal replacement shakes, at night I may have cup-a-soups too. I can't stomach solid foods! In between I snack on Kendal mint cake and Haribo sweets. For hydration, I use a tri-carb drink and for a zero-sugar drink I use high5 electrolyte and magnesium tabs or sis hydro tabs (with caffeine during the night).

Do you ever listen to music when you run?

No. I like to be aware of what's going on around me and talk with other runners. I like to listen to my breathing and foot fall when I run and I can pace myself using this method.



I know Marie, Louise, Josh and Smokes have crewed for you. What type of support do they provide?

Oh, now then water carrier, drinks maker, food preparer, blister carer, massage therapist, sick cleaner, driver, psychologist and everything else. Without my crew, I would never complete this type of race. A good crew is essential.

How do you stay motivated and what do you think about when running?

I work hard at it. It's a big personal commitment and requires self-discipline. It's not easy, there are days I really do not want to do anything, but I make myself. What helps is having that big goal to aim for. Sometimes I think about lots of things like family, holidays, cars, winning the lottery (lol). But very rarely on the longer races do I think about how far have I ran or how far is left; this I blank out. I always try to remind myself "keep a sense of humour".

Any tips for running an ultra-race?

You must really want to do it firstly and be prepared for a long, hard training period. When training for a 100 miler I highly recommend night time running to get used to running on trails with a head torch and to help deal with sleep deprivation that you may encounter during the event. Learn to remain flexible during your run because things may not always go to plan.

When Nigel has finished a marathon he can barely move for days, any tips for the old man?

Give up (lol). I always go for a run the day after a marathon; no set distance or pace. This helps me to flush out all the lactic acid and other by products of the race and gets the blood flowing again. If you can't run, then a good brisk walk will do. I also drink lots of water for several days after the event to flush out the body.

And finally, after your 4th 100 mile race in April 2017 what is your next challenge going to be?

I'm not committing myself to anything yet. I will be fully focused on trying to complete this race in under 24 hours, as I did for the other three.



Please, no more questions Liz! (Now, where's that pint of Guinness you promised me.....)

2016 Race stats compiled by entries secretary, Rog Hayes

Dartmoor Discovery

250 entrants

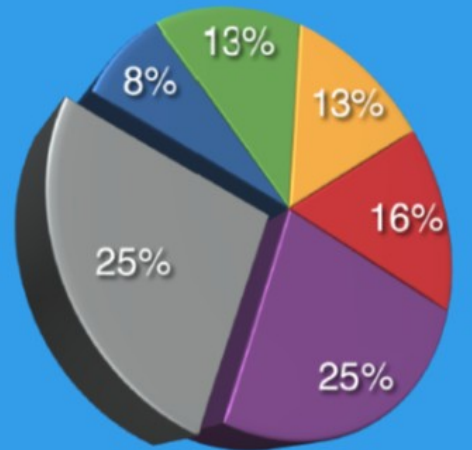
182 males (72.80%)

68 females (27.20%)

54 unattached (21.60%)

196 race finishers

Top teams



100 marathon Club 7
Tamar Trotters 12
Teignbridge Trotters 22

Mud Crew 12
Running Forever RC 14
Plymouth Musketeers 22

Haytor Heller

314 entrants

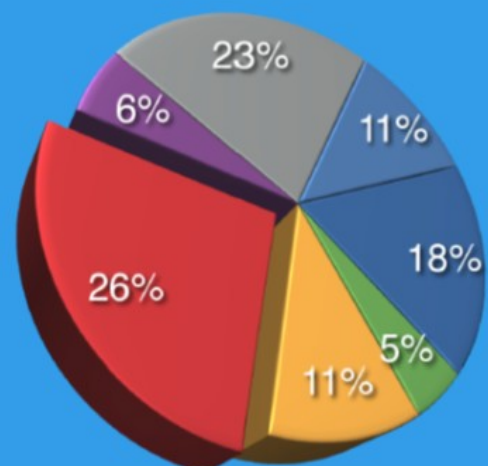
196 males (62.42%)

118 females (37.58%)

143 unattached (45.54%)

270 race finishers

Top teams



Haldon Trail Runners 19
Teignbridge Trotters 12
Erme Valley Harriers 5
Purbeck Runners 12

SWRR 5
Torbay AC 27
Plymouth Musketeers 24

Totnes 10K

522 entered

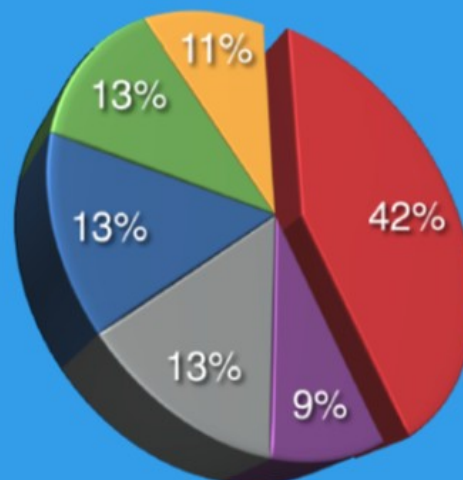
307 males (58.81%)

215 females (41.19%)

277 unattached (53.07%)

479 race finishers

Top teams



- Plymouth Harriers 14
- Dawlish Coasters 12
- Haldon Trail Runners 10
- Plymouth Musketeers 14
- Torbay AC 47
- South Devon AC 14

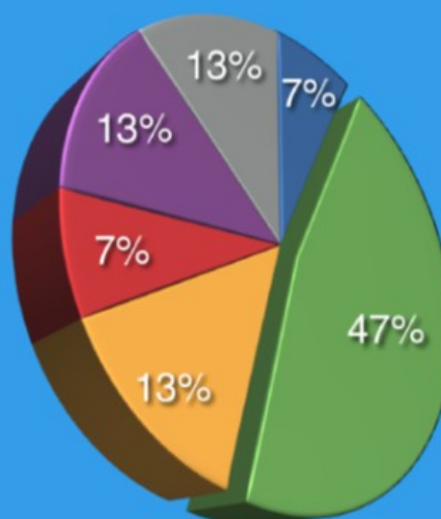
Ladies 10K

213 entered

unattached (49.77%)

196 race finishers

Top teams



- Dawlish Coasters 5
- Fit2run 9
- SWRR 9
- Teignbridge Trotters 33
- Teign Valley Rc 5
- Women on the Run 9

Templer Ten

258 entrants

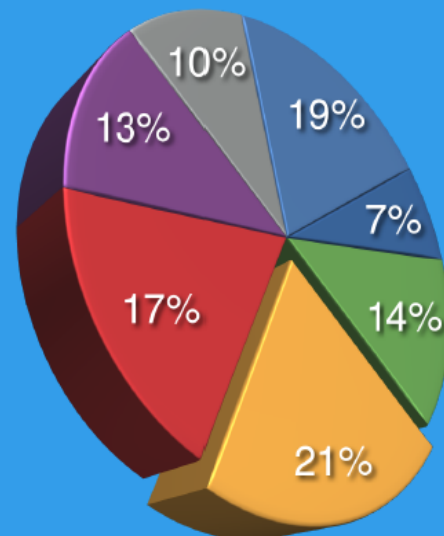
155 males (60.08%)

103 females (39.92%)

105 unattached (40.70%)

236 race finishers

Top teams



● Plymouth Musketeers 7

● Torbay AC 20

● Tamar Trotters 12

● South Devon AC 18

● Haldon Trail Runners 13

● Erme Valley Harriers 16

● Teignbridge Trotters 10

As was the case in 2015, Torbay AC were the top supported club in three of our five races. They had a massive total of 47 enter the Totnes 10K.

The Plymouth Musketeers featured as one of the best supported clubs in four of our races.

The DD was the only race to reach its race limit, selling out in six days as it did in 2015.

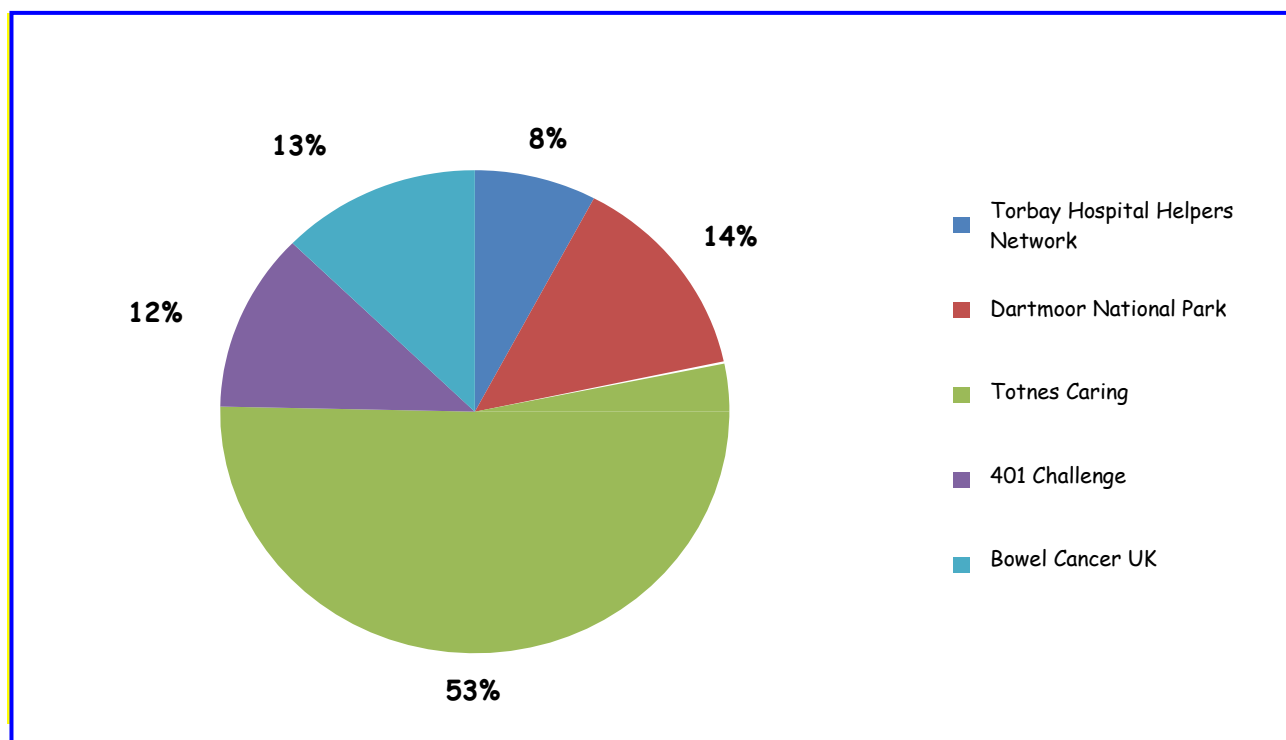
The Heller and Ladies 10K both increased their entries. Whilst the Totnes 10K and the Templer were both slightly down on numbers.

However, Totnes and the Templer were the only races that increased their on the day entry. Totnes had an extra 37 and the Templer had 9 more enter on the day.

2016 saw us regain top spot (albeit in equal first place with the Muskies) for the best supported club at the DD. The DD once again had the lowest unattached entry, with just 21.6%. The highest was at Totnes, with a whopping 53%.

Both of our 1-mile fun runs proved very popular. The Templer went from 57 last year to 79 this year. Totnes had 145 take part.

Charity Donations 2016



During 2016 the club has made donations to various charities, totalling £3,353, as can be seen from the chart above.

The respective amounts are:

Totnes Caring (Totnes 10k) = £1,800

Bowel Cancer UK (Ladies 10k) = £426

Torbay Hospital Helpers Network (suggested by Kevin Besford) = £260

Dartmoor National Park (DD & Haytor Heller) = £466

401 challenge, an attempt by Ben Smith to run 401 marathons in 401 days. (Stonewall & Kidscope - both anti-bullying charities) = £401.

(See Suzie's article for more details of Ben's challenge)

As a club, we have now donated over £23,000 to various charities over the last 13 years.

Teignbridge Trotters would like to thank all those who have given over the last 13 years and we hope that we can continue to support worthy causes.

If you know of a particular charity which you believe is a particularly worthy cause, or you have had reason to encounter one, please let your Committee know and we will do our best to incorporate it into next year's donations.

John Caunter
Treasurer

What is sports massage?

Our very own Craig Hobson tells us all about it....

Sports Massage is primarily for the athlete. The focus is on the muscles relevant to the particular athletic activity. Sports Massage utilizes specific massage techniques to assist athletes during performance, both in training and competition. Benefits Include:

- * improved circulation
- * improved muscle tonus
- * more flexible joints
- * reduced risk of injury
- * enhanced performance
- * decreased muscle soreness

Types of Sports Massage:

Pre-Event: Warms up muscles and tendons through the use of invigorating techniques in preparation for intensive use. Ideally used immediately prior to starting the event, pre-event work also gives athletes the chance to prepare mentally for maximal performance. A typical session is 10-15 minutes' duration.

Post-Event: After cooling down, post event massage can help to relax tight muscles, relieve cramping and reduce recovery time. Decreased muscle soreness is an added benefit! A 15-30 minute session is typical.

Training Massage: Used regularly during training, sports conditioning massage can improve flexibility as well as take care of muscle problems before they impair performance. Sports massage helps to prevent injury and reduce recovery time from many sports related injuries.

Pre-Race Massage: Massage is an important part of serious training and can do wonders for sore muscles a week before a big race, such as a marathon. Be sure to consult a certified massage therapist since they are familiar with working on runners and should know the difference between a pre-race massage, which is done lightly to get your blood flowing, and a post-race massage, which is much deeper. A pre-race massage should be done five to six days before the race.

Post-Race Massage: The day after a race, even a marathon, walk for a few minutes, then jog very easily for one or two miles. Gently stretch after your jog and try to have your post-race massage right after your run when muscles are warm and blood is flowing. This will jump start your recovery.

Craig Hobson Sports Therapy provides remedial & deep tissue massage, treatment of muscular injuries and rehabilitation techniques. Craig has been qualified for over 10 years and worked with all different sports but specialise in running and cycling injuries. He works closely with local running clubs.

Craig can be contacted on: 07894802114

Email: hot2handle451@yahoo.co.uk

<https://www.facebook.com/CraigHobsonSportsTherapy/>



England Athletics Mental Health Ambassador Role

We're often told that physical exercise is good for us but we also understand that having a mental health problem can reduce our desire to get up and go, especially when we're not well.

England Athletics have been looking for Mental Health Ambassadors (MHA) who are committed to the cause of improving mental wellbeing through running. The role of a MHA is voluntary and only requires a small time commitment.

We have our very own MHA in **Neil Skinner** (photo)

Unfortunately Neil is injured at the moment and hasn't been able to go to training and so we're looking for one or more Trotter to take on the role alongside Neil; England Athletics are hoping that more than one person per club will take on the MHA role so as to spread the load. Neil would be happy to help and support whoever takes on this position once he returns to training.



Potential ambassadors should be or have:

- experience of a mental health problem, either personally or from a close relative or friend;
- an open and non judgemental attitude;
- a member of an EA affiliated club or RunTogether group;
- a positive, patient and tolerant approach towards supporting people with mental health problems;
- a positive role model; and
- behave in a professional, confidential and non discriminatory manner at all times and promote equal opportunities for all.

The things an ambassador will do:

1. **Support:** work with other people in your running club (such as committee members) to proactively support the mental wellbeing of club members. Provide information about local services that can offer support to participants with needs not related to sport.
2. **Engage:** make links between your club with local mental health groups and organisations and encourage their members to start running.
3. **Tweet:** share with their twitter followers England Athletics' information about #runandtalk and World Mental Health day.
4. **Share:** share England Athletics Facebook posts about #runandtalk and World Mental Health day.
5. **Talk:** start conversations about mental health with other club members.
6. **Advocate:** share guidance and information provided by England Athletics with elected club officials and others about mental health issues related to running.
7. **Volunteer:** get involved and actively participate in volunteer opportunities to support people experiencing mental health problems to start running.

MHAs will be provided with the necessary supporting guidance and resources from England Athletics to help them in the role.

If you think that this is something that you'd be interested in taking on or would just like more information about the role, please contact Neil at piawren@yahoo.co.uk



More information can also be found at: www.englandathletics.org/disability-athletics/mental-health-charter/mental-health-ambassadors

Our Races; a look back at 2016

Our Race Directors report on another year of successful races...

Dartmoor Discovery:

Compared to the Totnes 10K this is a breeze, no it really is!

This was the Club's sixth year in charge of what is now the UK's longest single lap road ultra marathon. The race sold out in under a week, attracting 250 runners from all over the country and a couple from overseas. It seems to have become a bit of a cult race, as the slogan on the back of the race t-shirts said, it's a race you've got to have on your CV.

Where Totnes goes big on entrants, DD goes big on organisation. It's a massive undertaking for the Club, and requires a real team effort to be able to be able to pull it off each year. This doesn't go unnoticed by all those that take part. The feedback we receive afterwards makes you proud to be a Trotter.

This year was a very special race for Mark 'Wurzel' Wotton as it was his 100th marathon. Who will ever forget the cake that he had made to celebrate his wonderful achievement! The disco afterwards is always a lively affair, with loads of Trotters and DD competitors enjoying themselves on the dance floor. That night will always be special for Fizz and Paul and the DD looks forward to welcoming them back next year as Mr and Mrs Sharples.

We've made a few changes for next year, the main one being we'll only have split times at the half marathon and marathon point, rather than at every 10K. This will make our lives that bit easier. Entries will open on the 3rd January (postal only).

Chair

Haytor Heller

This year's race saw a number of 'firsts'; first time in a new HQ, first time with 350 places available and the first time with me as Race Director and Allen Taylor as Assistant Race Director. This year we also created a new logo for the Heller and used it on the new race information leaflet and on the finishers memento.



Dartmoor National Park Authority kindly agreed to our request to increase the number of entrants this year from 300 to 350 and also offered the use of the Coach Park behind the Visitors Centre as our Race HQ, both of which we appreciated.

The catering team did a fantastic job under the management of Donna Walker. The sale of cakes (all made/donated by Trotters) and the barbeque combined brought in over £600, helped in part no doubt by the warm summer's evening! We've had some very positive comments about the catering.

I'd like to say a massive thank you to all the Trotters who gave up their Saturday afternoon to help make this year's Heller another huge success, in particular I'd like to thank Allen for all his support and ideas and Lance and his marshals. We've had many comments about how the new HQ worked well, how great the course was and how much the runners appreciated the support from all the marshals.

So, our thoughts move to next year's race. It'll be on Saturday 15th July; we have a number of ideas on how to make Haytor Heller 2017 an even greater success, including the addition of an U18 category and the re-introduction of camping (on the wild side!)

And they're off.....



Nigel Barnett

Totnes 10K

I always pray for dry, sunny weather for this race, as it makes such a difference to the whole atmosphere and feel to the day. This year didn't disappoint, although it took a while for the sun to burn through.

The mass of 10K runners and spectators lining the course as those taking part in the fun run head for the finish line is always a 'hairs on the back of your neck' sort of moment. It might be a fun run but try telling that to them as they stand on the start line champing at the bit ready to charge!

The 10K had another great entry, ensuring it remained our biggest Trotter race of the year, something it has done every year since the Trotters started staging it in 2000.

Raising money for charity and in particular Totnes Caring has been an important part of the race. During the 17 years I've been RD, I've got to know the charity and those involved pretty well. I've been guest on honour at their annual gala and had numerous photos in the local press with various chief executives over the years. The Trotters have donated £16,000 to date and I'm sure that figure will continue to rise.

In those early years it became a bit of a tradition for the Mayor of Totnes to start the race. I used a local company to build a scaffold tower (it was back before Mark Hutchins used to erect the scaffolding for us). It must have been all of 20 feet high. It used to rock from side to side as the Mayor (unusually, always a lady) and myself gingerly climbed up through it. I remember one year her speech consisted of 'I think you're all mad to be running that far' and someone shouted back 'not as mad as you to be up there'. Can you ever imagine it happening in this day and age - health and safety would have a field day!

I'm reminiscing because as I'm sure you know, this year was my last year as RD. I have so many wonderful memories and a few I'd rather forget! It's been a big part of my life and I shall miss it. But I hand over the reins to a new team under the leadership of Roger Easterbrook, who I know will do an excellent job.

There are too many people to thank individually over the course of those 17 years. But one person who deserves a special mention is my wife Caroline, because without her support I wouldn't have done what I did. Thanks Ca x

Chair



Ladies 10k

Race Day arrived and promised to be another cracking day, weather wise.

This year I had brought along a Gazebo to sell the cakes and refreshments from, which worked really well as it show cased the courtyard and meant that runners/spectators didn't have to squeeze into the outbuilding. I had also spoken to my colleague Janet about making the event more feminine, as it's the only 'ladies only' race that we do. The bunting and balloons, along with the gazebo, really made a difference to the feel of the event, and we were lucky enough to cadge some old chairs and tables, which after a wash down, were ideal for runners and spectators alike; I think it all played a part in encouraging more people to stay around after the race for the presentations.

Another nice touch was our very own Masseur and I'm hoping this was beneficial to Craig, as well as the ladies who used his service. As the morning progressed the Trotter Team arrived and I have to say, apart from a little hiccup on car parking, everyone understood what they had to do and did it well. The atmosphere again this year was relaxed and calm, helped by the weather and I had a lot of positive feedback from runners and supporters who commented on the lovely friendly atmosphere and helpful marshals.

I enjoyed running the event again this year, with all the great support, and was pleased by the overall success of the race. I would like to wish the next Race Director all the best and look forward to racing the event next year.

Angie Blakesley

Angie receiving flowers at the end of another successful Ladies 10k!



Templer Ten

Well the second year of the Templer Ten being based at Stover School has come and gone and it certainly feels like the last two years have flown by. It seems so strange to think that it was that long ago that the first ideas were discussed at Committee with regards to moving the venue of the long established race. Looking back, I feel it was a good call, the new course continues to receive great feedback and the facilities that Stover School provides us with are second to none. Add to that the increasing numbers on the fun run and this race can only go from strength to strength.



As always these races wouldn't happen without your continued support and it's not just the key Race HQ roles that make the difference. I have noticed this year that new people seemed to step up and muck in when help was needed, even when not asked and trust me, that kind of team work is greatly appreciated by myself and the Club as a whole. No names needed but you all know who you are and a massive thank you on behalf of Nathan Elphick (Assistant Race Director), Gary Caunter (Chief Marshal) and myself.

We had several challenges this year; with the racing calendar becoming ever congested it was a nightmare when another local race switched its dates to clash with the Templer. Thankfully the fine weather on the day helped and we were only slightly down on last year's entry. The fun run was a huge success with 78 entrants, which was great. Massive thank you to Angela Blakesley for assisting with spreading the word for this.

The only downside of the increase in the fun run entry is that the kids ate most of the cake before the main race had finished! Something to look at next year.....More cake!

We are already looking at what we can improve for next year as planning for these things never stops and we are hopeful that we will move to Online entries for the first time, something we hope will increase the numbers toeing the line on race day. All that's left for me to say is a massive thank you to everyone that helped before or on the day. The Templer Team look forward to November 5th 2017.

On On

Ryan Anthony

Preparing for presentations



Stover Cross Country

For those of you who don't know, The Trotters host this race as part of the Westward Cross Country League, which is a series of races held annually between October and March at Plymouth, Newquay, Exeter, Westward Ho!, Stover and Redruth. Typically races vary in length depending on age and gender.

Moving from its long-standing home at Parke in Bovey Tracey, this year's event was held at the fantastic Stover school, providing runners with a superb mixed route as well as excellent facilities.



Our very own Sara Collman tackles the mud at Stover

Heavy rains prior to the event thankfully kept away but resulted in plenty of mud! Spurred on by the legendary Trotter support and marshals as well as the prospect of hot soup and bacon rolls, over 300 runners completed the various races. Thanks to everyone who helped out. Special mention to the excellent Chief Marshal, Ruth Johnston, Nathan "Lovely" Elphick for helping set up and all the catering team.

We received lots of praise after the event from both runners and the Westward League which is a great testament to the club. Next year's event will continue at Stover and will be held on Sunday 12th February.

If you've not tried Cross County before, the excellent routes and facilities at Stover make it an ideal place to start! Please give me a shout if you would like any more information.

My email address is wvigers@hotmail.com

Wavell Vigers

Who's Who for 2017

A summary of dates for the diary and a list of contacts for all our Trotter races next year:

Westward League Cross Country - Stover School - Sunday 12th February

Race Director: Wavell Vigars

Chief Marshal: Ruth Johnson

Dartmoor Discovery - Saturday 3rd June

Race Director: Roger Hayes

Assistant Race Director: Liz Barnett

Chief Marshal: Keith Anderson

Haytor Heller - Saturday 15th July

Race Director: Nigel Barnett

Assistant Race Director: Allen Taylor

Chief Marshal: Lance Mason

Totnes 10k - Sunday 6th August

Race Director: Roger Easterbrook

Assistant Race Director: Ruth Johnson

Chief Marshal: Alan Boone

Ladies 10k - Sunday 24th September

Race Director: Lucy Payne

Assistant Race Director: Rod Payne

Chief Marshal: Rod Payne

Templer Ten - Sunday 5th November

Race Director: Ryan Anthony

Assistant Race Director: Nathan Elphick

Chief Marshal: Gary Caunter



Marshal Points



This year we hosted the Westward League Cross Country at Stover School for the first time, 29 of you braving the cold February air to marshal. This was also the first time that we provided our own refreshments at this event. If you would like to get involved at this event on Sunday 12th February 2017 then contact Race Director, Wavell Vigars or Chief Marshal, Ruth Johnson.

Our flagship event is, of course, the Dartmoor Discovery. This was held on the 4th June. This race is a massive undertaking for the club and, with 97 of you kindly helping, it clearly shows how big this event is. We also have many Dawlish Coasters who regularly marshal as well as the Dartmoor Radio Club and other organisations. If you want to be part of 'Team DD' for 2017 then Race Director, Roger Hayes, and Chief Marshal, Keith Anderson, are the guys to speak to.

This August saw Nigel Barnett take on the role of Race Director for the Haytor Heller with Allen Taylor as his Deputy. Set on beautiful Dartmoor the race is now in its 32nd year; this is the club's longest staged event. On race day 81 marshals were needed to aid the runners on the course. For a relatively short race the obvious problem of runners getting a little lost means this race requires a great number of you. If you're interested in helping next year then contact Nigel or Chief Marshal, Lance Mason.

On to Totnes 10K. This year saw the end of an era with Roger Hayes stepping down as Race Director, a position he has held since the Trotters took over the staging of the race in 2000. With race entries reaching nearly 600 most years it is our biggest race, entry wise, and along with the fun run this is a very popular event. 65 of you turning out on the day to cheer them all to the finish. Next year the race will be under the stewardship of Roger Easterbrook. If you can help next year, then contact Roger or Chief Marshal Alan Boone.

At Dornafield this year for the Ladies 10K event, 47 of you gave up your time to marshal. Angela Blakesley also hung up her Race Director's hat after this year's race. 2017 will mark the 20th race at the current venue of Dornafield Touring Caravan Park. 2017 will also see the return of Team Payne; Lucy has stepped forward as Race Director with Rodders as Assistant. Again, if you can help at the event next year then contact Lucy or Rod.

Bringing 2016 Trotters event season to a close was the Templer Ten, now in its second year at the new venue of Stover School. The Event is made up of a one mile fun run and a challenging ten mile multi terrain race. This year 73 of you enjoyed the warm November sunshine and helped bring our race season to an end. If you can help in 2017 at this event then contact Race Director, Ryan Anthony, or Chief Marshal, Gary Caunter.

Our cakes and refreshments have always been the envy of the race circuit and this year was no different, with forty of you baking at least one cake. If you have four or more marshal points for this year (see overleaf) and would like to be entered into the London Marathon place draw to join the list of Trotters already on it, then contact Club Secretary, Liz Barnett, before the 31st December at ebarnett1@sky.com. Don't forget that if you have two or more marshal points then you will receive a free entry on the club trip. Contact Kevin Besford if you want to take up this offer.

On behalf of the Committee, Race Directors and Chief Marshals can I say a massive thank you to all those that gave up their time to marshal or bake cakes throughout 2016. Without your support the club would be unable to put on the six events each year. These events provide a substantial income for the club and in no small part keep our membership fees amongst the lowest around.



See you all in 2017..... " LOVELY"

Marshal points; how many do you have?



24 have 3 points

28 have 2 points

52 have 1 point

Gallery; 2016 in pictures



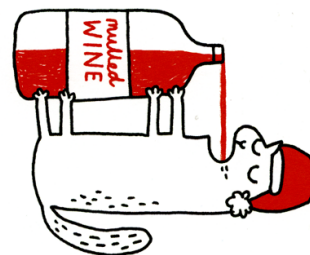


Don't forget the Mince Pie Run.....

This year's event is being held in Totnes and organised by Roger Easterbrook.

Everyone should meet at the lower car park at King Edward VI Community College (KEVICC) (speed camera side).

The run will be a 4 to 5 mile, undulating run for all abilities, with lots of surprises, stops for carols, nibbles and mulled wine.



Reflective bibs are compulsory and please bring a head torch if you have one. Tinsel, Christmas lights and silly hats a must!

For those wishing to have a tipple, there is a train at 18.43 from Newton Abbot to Totnes and one going back at 21.54!



Merry Christmas & a Happy New Year to you all!

Finally, I'd like to say a **big** thank you to everyone who has contributed to this edition of The Trotter. I hope you all enjoyed reading it. As our Chairman said in his 'News Desk', anyone interested in taking on the role of Editor, please contact him.

Liz Barnett

