

# THE TROTTER



Teignbridge Trotters est. 1982

April 2017

## Editor's letter

Do you ever get the feeling that even though things change they somehow feel strangely familiar?



This issue is loosely based on new beginnings - we've had our annual meeting with familiar faces retaining key positions - and spring is here. For me, writing stories is as comfortable as an old pair of trainers and I'm delighted to be pushing words around in the guise of being the new 'editor' of The Trotter.

Inside you'll find reports from committee members and news about our involvement in Stover cross-country. In future I'll try to bring you stories from the people that make up the rich fabric of our club. We've all got a story buried inside us and it would be great to hear yours.

Yes, times are a-changing. But all the while we are continuing with lovely comfortable traditions - how terribly British. Enjoy the issue.

RUN  
AND BE  
HAPPY!



The start of the Totnes 10k - entries now being taken online. See our website for deets.

## In This Issue

- AGM round-up from the Chairman
- Roger reflects
- Secretary Liz tells it as it is
- Cross country news
- Ride On
- Club Camp

## Chairman Rog's report

OUR annual meeting has been and gone and a new committee have been elected to represent you. You can read reports in these pages.

### New faces

I am delighted Emma Pearcy has become Editor of our bi-monthly magazine. Emma has got loads of ideas for future editions and she'd love to hear from you too. You will still be able to access it from our website and we hope to have a limited number of colour copies available on a first come first served basis on a Wednesday night.

I would like to welcome Keith Anderson back onto the committee. I've worked alongside Keith in his capacity as chief marshal for the DD and I know what an asset he is and will be.

It's great that Graydon Widdicombe is our new Club Championship secretary. If you're not listed as a Trotter in future Championship race results please let Graydon know. This is particularly relevant to EA races that offer online entries that won't accept club members without EA numbers. You are still very much a member of the Trotters and worthy of championship points - don't miss out.

If you joined the Trotters after you secured a place in the London Marathon, please get in touch with them and ask them to update their records. This means we can track your progress on race day and cheer you on with the rest of the Trotters.

### Dartmoor Discovery

This year's DD sold out on 15 February. The previous three years filled within a week. I think the amount of ultra races available now probably had a bearing on why it took longer to fill. An incredible 32 Trotters are signed up to take part. If records were kept on a national basis I doubt very much there is another running club in the country that can boast that amount of entrants in an ultra marathon. Our own club record for the most finishers in an ultra is 26. With any luck that total should be bettered come June 3 2017.

I know there are quite a few DD runners doing the Imery's Marathon on May 14. I can thoroughly recommend it, not only because it offers the opportunity to run somewhere very different (it's like the surface of the



moon), but also because it's three weeks before the DD and is perfect for your last long training run. It's also a bargain at £20. If there are enough of us doing it I will organise a love bus for a Trotters day out. Let me know if you're in.

### Skydive

It will be an eventful weekend for me and my family as my Grandad hopes to set a new world record for the oldest man to do a tandem skydive. He holds the British record, set last year aged 100. On May 13, the day of his jump, he'll be 101 years and 38 days old - beating the previous world record by 35 days. As an added bit of fun, his son (my Dad), grandson (me) and great grandson (my son) are going to jump as well. That will be four generations with a combined age of 241 years. We think this might be a world record too, if not, certainly a British record.

### You wait ages for one...

..and then three come along all at once. On behalf of the club I'd like to wish congratulations to Pete Heckles who got married on April 1; Jimmy Donovan and Emma Pearcy who are tying the knot on April 7 and Emma Iles who is getting hitched on April 8.

I am sure you'll all have a fantastic day - all the luck and happiness in the world for your special days.



## Cross Country

Some of you will know that we've staged a leg of the Westward League Cross Country for many years, with many members taking valuable time out to get involved, marshal, and welcome the many hundreds of runners that have taken part during the last decade or so.

Sadly, our involvement has now come to an end. Here, Roger Hayes explains the reasons why and looks back on how it all began.



The cross country — what next?

We've been staging a Westward League Cross Country event for a number of years. We offered to stage one of the six races that make up the series when the one at Clennon Valley folded. Those with longer memories will remember we started at Parke in Bovey Tracey who were keen to get involved and a course was identified and measured.

It was a cracking course, it had a bit of everything in it, including a hill that knocked the wind out of your sails! As it was always staged in February, the weather tended to make the course a tad muddy and some years the fields used to be waterlogged. This all added to the true sense of cross country running and it soon became a real favourite.

As Parke became more popular we found parking became a real challenge so much so that the National Trust suggested bussing participants in from Bovey Tracey town centre. This wasn't really a viable option and we looked at alternatives.

After a lot of searching we came up Stover School. I remember the first meeting John Caunter and myself had with the school management. As we were being shown around we couldn't quite believe what a perfect venue it would be, not only for the cross country but also for our Templer Ten race which had been experiencing problems with increased traffic in Kingsteignton.

Contracts were drawn up and the routes measured. The feedback we received from runners was very positive. (cont. on pg6)



## Secretary's Report

Over the past year, we have continued to be affiliated to both England Athletics and the Association of Running Clubs. All our races continue to be ARC permitted.

Our races were again successful and profitable throughout the last year with a substantial amount going to various charities. At the end of 2016 there was a Race Directors Meeting which gives all

our Race Directors and Assistant Race Directors the opportunity to discuss any issues that may have arisen during our races and share good practices.

Committee meetings have been well attended. There was one resignation last month; this position wasn't filled due to it being close to the end of our year. This year there were seven members nominated for the seven available general committee positions and I thank them for putting themselves forward.

Also at the end of 2016 we were granted two places for 2017's Virgin London Marathon. The number of places allocated is based on how many registered England Athletics members we have, which at present, is about a third of the Club. Those successful in the draw were Kirsty Bowman and Kevin Besford who will no doubt enjoy the experience.

At the last Committee meeting we had 284 members. There is no cap on membership although this is sometimes reviewed and would be subject to the coaching team's ability to maintain a safe and workable schedule on training nights.

Mark Walker took over as Coach Coordinator last year and I'm sure you'll all agree that he and all the coaches and leaders are doing a fantastic job.

## Club Camp

Stu Moulson organised another successful Club camp in 2016 and I'm pleased he's offered to do it again—more on page 9.

The 2017 Presentation Evening will be held in January 2018 and possibly in a new venue - details will follow later in the year so watch this space.

## Club Trip

Our Club Trip was organised by Kevin Besford and as usual it was well organised and enjoyed by all who went along. Kevin is arranging this year's trip too and thanks go to him for continuing to do this.

The Presentation Evening in December was well attended and enjoyed by all. It was once again organised by a small team lead by Ryan Anthony; our thanks go to Ryan and his team for making the evening another great success.

Finally, I'd like to say thank you to fellow Officers and Committee members for their support during my first year as Club Secretary.

- Liz Barnett

## Chairman's Report

It's difficult to know where to start my summary of the previous twelve months. It's certainly been a very busy period. I guess one of the biggest things to happen to the club was its move to the REC in April last year. Having discussed it at length the committee originally decided against the move. I raised the subject again at the start of last year and pushed hard for us to move and the rest as they say is history.

As a club we are keen to contribute towards the cost of new changing rooms. This is something we will hopefully be able to work towards with the REC. It's great to be able to meet for a chat and a beer after training and the fantastic £5 meals offered by Lou need to be seen to be believed.

It's disappointing to have so few people wishing to stand for a place on the committee, especially with a current membership approaching 300. I would like to take this opportunity to thank Sharon 'Fizz' Bowman for her time on the committee, as she has decided not to stand again this year.

Mark Walker has done a great job as Coach Coordinator. I know he will be the first to say he couldn't do it without the support he receives from the coaches and leaders. Whilst this is of course true, there is no doubting the amount of work that Mark puts in to ensure the smooth running of the fantastic training sessions that the club offers. This is reflected in the record attendances we have had during the early part of this year.

2016 saw Nigel Barnett as the new Race Director for the Haytor Heller. The term a 'duck to water' springs to mind. If ever there was someone born to be an RD it was Nige. Not only did he manage to get the race limit raised to 350 he also managed to get more sponsors than any other race, even giving me (Totnes 10K) one of his because he had too many!

Angie Blakesley did a terrific job as RD for the Ladies 10K. The introduction of tables and chairs and having the catering outside was a masterstroke and added to the lovely atmosphere that we are so fortunate to have at our Ladies 10K. Lucy Payne takes over the helm this year, ensuring I'm sure, continued success.

Ryan Anthony and his team delivered another very impressive Templer Ten. The new finish area went down really well and the fun run looks like it will continue to go from strength to strength. If you helped out at any of our races last year, on behalf of my fellow Race Director's, thank you. The comments we receive from runners that have taken part are a joy to read. Many say our marshals are the best they have ever come across.

The introduction of our new website was revolutionary in the way it allowed us to access and update it. For me the stats page is my dream page. So much of our history recorded and saved for future generations.

(Cont. page 7)

### Cross Country—cont. from page 3

The catering - as usual - was fantastic and there were plenty of toilets and showers. We even offered free race photos from our website.

The stage was set but, unfortunately, and despite our efforts, there have been some challenges which we've not been able to overcome. One concerned a difference between us and the organiser's opinions of how the finish line should be managed and the other was about a new rule introduced this year by UK Athletics.

This change 'banned' members of EA affiliated clubs without an EA number from taking part in the Westward League. We wrote to the League explaining our disappointment and reminding them the majority of Trotters don't have an EA number and yet those same members help stage the event. They responded saying those members could enter as guests - a small moral victory as at least you could take part if you wanted.

The races attracted 8 Trotters and those that ran without an EA number were listed as Teignbridge Trotters and not guests, proving confusing! From my point of view, it didn't feel as if they were encouraging more runners to give cross country a go - quite the opposite.

In light of this and the large amount of work that the club, with the help of many of you, put in to stage the event; the committee discussed it with Wavell (Race Director) and decided not to stage the event again. I've written to the League explaining our decision. As a club we have done them proud over many years and gave 12 months notice to find an alternative provider.

I would like to say a massive thank you to all those that have played a part in staging the event over the past 10 or so years. Particular thanks to Wavell for his role as Race Director.

### Generosity klaxon!

Check out this nice note from Martyn Laxton from Ride On Cycling For All. The club donated £510 to the charity and here's a few of us, left, handing the money over.

"Thank you AGAIN for your generosity and the support. The money is already being used to build a new sales desk and pay for some new signing to help improve our sales area and entrance

Please can you offer our support to your members as a thank you from us. We would welcome any of your members and immediate family, especially the children, to our workshops at 61 Haven Road, Exeter, EX2 8DP with their bikes.

On proof of Trotter membership our team would like to offer them FREE bike safety checks AND/ OR £5 off our Bike Maintenance Course.

If any of your members have bikes cluttering up garages and sheds then now is the time to make room and donate them to us for recycling!

[www.rideoncycling.org](http://www.rideoncycling.org)

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### Name checks

Eleanor Taylor has done a splendid job with our race diary page. It's not just used by our members but many others from lots of different running clubs.

Our Facebook page is another great way to pass on running related info and seems to be growing in popularity.

Graydon Widdicombe has done a great job as our press and publicity officer. There always seems to be a Trotter racing somewhere and therefore a story to be told.

The Club Championship had another successful year. It's always nice to see two new faces crowned as champions; Roger Easterbrook and Lucy Payne (both pictured) each winning it for the first time. Our thanks go to Gary Watson for overseeing it all.



### Club records

There were an incredible 13 club records set last year. I'm sure that has to be some sort of record in itself. Massive congratulations if you set one of those records.

### Big thanks

There are many other members I could and would like to thank for their work/ dedication over the past 12 months, but two are Nathan Elphick and Jacki Woon. Both are genuine unsung heroes.

Jacki, apart from her dedication to her coaching roles which she does on an almost weekly basis, sometimes twice a week, oversees the thankless task of selling club kit. Nathan is a Race Director's dream; just ask anyone who's been one during the past 10 years. He'll do anything and everything, all with a smile on his face and a spring in his step. *(Both received a gift from Chair for their efforts).*

### Stepping back

I am slowly reducing my roles within the club. 2016 was my last as RD for the Totnes 10K. A race I'd been RD for 17 years since the Trotters took over in 2000. I leave it in the very capable hands of Roger Easterbrook and his team.

Another role to finish at the end of last year was being the entries secretary for all our races, a job I've enjoyed doing for

a number of years. I shall miss the excitement of seeing my postman walking down my path and wondering how many entries I'll get through the letterbox!

### Big thanks

Before I sign off I would like to say a few words about Liz Barnett who took over from Mark Becker as Club Secretary last year. I knew Liz from her role as my assistant Race Director for the Dartmoor Discovery. I knew what an asset she would be to the club and she has also taken on my role as entries secretary, as well as playing a big part in the Haytor Heller.

We are very fortunate to have Liz and our Treasurer John Caunter do what they do for the club, especially when you consider neither of them run!

The future looks bright; our membership continues to grow, as does our reputation for being a friendly, well organised running club.



## Captains' Corner—a few words from Lance and El



I would like to welcome new Trotters to the family and hope you find the club as welcoming as I did. This will be my third year as men's club captain and I am really pleased to be continuing this role.

What a fantastic year we had. To me, this is down to your commitment to training the efforts our coaches and leaders

put into making the sessions work for our improvement and our supporters standing in wet, windy and cold weather while we are racing. There's no doubt they help us get those extra seconds and metres out of our tired legs when we are flagging! You should all give yourselves a pat on the back.

I thought that 2016 would take some beating but Trotters have hit the road running. At First Chance 10k Jamie Barnett smashed the 10k club record with a fantastic time of 33.48 and tenacious Graeme Baker broke his own V75 record in 52.51. Also personal bests have been set by Gavin Forbes, Josh Taylor, Kevin Woodard and Graydon 'Tour Guide' Widdicombe. Graydon notched up his second PB of the year at Braunton 10 and set a new marathon personal best of 3.53 at Enigma's Weak at the Knees event in Milton Keynes. I am sure he's going to be fantastic in London - and if you haven't sponsored him already, there's still time!

Geoff Davey got his first win of the year at the Hambledown long 10k and Bideford Half saw more club records tumble and PBs set. Graeme Baker added his second club record of the year in a time of 2.03:03 & 1st V75 - what a brilliant result - and Oli Prouse and Nigel Barnett went home with a medal and shiny new PB.

Richard Keatley is going well on his quest for the vest of the hallowed 100 Marathon Club having reached the benchmark of 50. This year Richard has done a few doubles & a quadruple too.

Allen Taylor has been busy. In his words he had a 'good training run' on the Endurancelife South Devon marathon and then hit up the 33 mile ultra at Imber at Warminster and a course PB. He did Larmer Tree Marathon in Dorset in 3.40 - a good time for this hilly off road marathon - and finished sixth overall plus injury free which sets him up nicely for a steady run at London ready for a 100 miler a week later. Allen, we doff our caps to you!

It's only April and look at what has been achieved already. It's fantastic and I am really looking forward to more great results, goals and milestones reached and smashed. Well done all.

Don't forget to make a date for Friday 7 July for the Erme Valley Relays. I'm on the lookout for teams of four. It's a great evening out so what are you waiting for? Come and see me at training.



In the last edition of The Trotter at the end of 2016, I highlighted some of the many and varied achievements of various female Trotters. Well – they continue to achieve and inspire!

Many got the year off to a flying start at the First Chance 10k. Helen Anthony was 2<sup>nd</sup> female overall in a time of 37.42. Hannah Jones and Claire Ayling

both improved their PBs by over 3mins. Hannah's is now 45.03 and Claire's is 51.41. 2016's 'Most Promising Female Newcomer' Lucy Evans and Nikki Evans also improved their PBs. Lucy E and Hannah both have the London Marathon in their sights.

At the same event Club Champion Lucy Payne broke her own Club Record in the Women 65-69 category, with a run of 54.02.

The First Chance was the first outing for Emma Ray in a Trotters vest. She has progressed from Beginners and now regularly does the Social run. She finished in 53.07.

In March, Hannah Jones ran Bideford in 1:37:.23, over 3mins faster than her previous PB. Lucy Evans smashed another PB and took over 5mins off her previous PB with a time of 1:51.53. Meanwhile, training for the Dartmoor Discovery, Lucy Payne ran in 2:01.03 and broke the age-group record which was set in 2008. Nikki Evans completed Bideford, her first Half Marathon in 2:17.50, with a sprint finish.

In the Granite Way 10miler, Tracy Elphick's DD training is paying off. She was 2<sup>nd</sup> woman in 1:11.39. Kathryn Steemson took 5mins off 2016's time and ran in 1:23.53.

Suzie Mills had previously struggled with hip problems in the later stages of marathons. She identified the problem and found a solution. In February, she took over 41 mins off her PB and completed the Seville Marathon 5:22:59. She then improved her Half Marathon time by 3mins in total with PBs in Bideford and again in Dartford.

Louise Stokes was a Beginner 6 months ago and now regularly runs with the Social group. She set herself the target of completing the Age UK 10k in mid March. She crossed the line in an impressive time of 1:06.22. Newcomers, experienced runners, 10kms, marathons – well done all for setting and achieving great goals.

The Dartmoor Discovery is THE 32mile challenging road race organised by the Trotters. Wearing no. 200 at the 2017 DD will be Sally 'marathon queen' Ingledew. This is not co-incidence. This will be Sal's 200<sup>th</sup> Marathon or Ultra.

Like Lance says, the Erme Valley Relays are coming. Coffee, chips and pasties will be available for sale AND the bar will be open! All are welcome – Come along and give it a go. Last year we had 6 female teams – can we do better this year? I'll enter lots of teams. Just let me know you want to run – via Facebook or email ([wandl.taylor@live.com](mailto:wandl.taylor@live.com))

Well done folks! P.S. Apologies to anyone I've not mentioned. I was spoilt for choice.



## Club Camp

Joy!

Stu Moulson is our Club Camp organiser. Here, he shares with us where we are going this year. And it looks great!



SUMMER is just around the corner and that means the annual Trotters Camp weekend is fast approaching.

It is of course the highlight of the Trotters calendar!

For those that regularly go, they know all about it. But for those that haven't been before, you've been missing out! Just speak to anyone who's been and I'm sure they will tell you it really is a great weekend away with your fellow Trotters and their families.

Most camp on the Friday and Saturday night. Obviously as we are a running club there will be some running for those that want it and for those that don't, just relax and enjoy the sea views and lovely sunshine we are bound to get!

This year we are off to the South Hams, we haven't been there before so they won't know what we're like!

The campsite is called Higher Rew Camping Park which is in an area of outstanding natural

beauty close to Salcombe Harbour. It's a four-star park and has been featured in the Lonely Planet and Rough Guides.

It has a couple of beaches nearby and the Royal Oak pub is nearby in Malborough. If you're feeling lazy (as if!) the South Devon Pizza Company visits the camp site on Saturday evenings during peak season and there are several takeaways that deliver to the site too.

It's a family run site, with all the usual facilities. There is also a tennis court, an indoor games room with a skittles alley, table tennis table and pool table.

There are hook up and non hook up pitches together with lovely views out to the sea.

I negotiated a deal on price, it will be £7 per adult and £1.50 per child per night.

With hook up its £3 each night.

To secure your pitch on this fantastic weekend away with your fellow runners and families I would like to collect a deposit of £10 per booking please.

I will be at training most Mondays and Wednesday.

Please email me if you have any questions.

stuartsrunning@hotmail.co.uk

PS: Find out more by visiting Higher Rew's website at [www.higherrew.co.uk](http://www.higherrew.co.uk)



What's coming up?

Keith Anderson is looking for marshals for the Dartmoor Discovery on Saturday 3 June. Can you help? Contact him on Facebook or email: [keithanderson50@gmail.com](mailto:keithanderson50@gmail.com)

The last date for wearing your hi-vis bibs at training is **Wednesday 12 April**. Thank god...

A few Trotters are doing Virgin London Marathon on April 23 2017. HUGE amounts of luck to them. Remember to take it all in - it's an amazing experience whatever time you cross that finish line.

As Lance and El have said, July 7 marks our annual outing to for the Erme Valley Relays, a brutal 2.5ish mile sprint around the lanes but that beer, chips and post-run banter more than makes up for the terror of legging it like you did at school. The captains are your go-to contacts to say 'I'm in'.

A few Championship races are coming up. You can horizon-scan by going to [www.teignbridgetrotters.co.uk/club-championship](http://www.teignbridgetrotters.co.uk/club-championship)

The East Allington Primary School 10km and 3km fun run is taking place on Sunday May 14. The race is in memory of Graydon's late wife Claire Widdicombe. Visit [www.eastallington10km.co.uk](http://www.eastallington10km.co.uk) for more info.



## The Trotter

Editor: Emma Percy

Thanks go to those who contributed to this edition.

Is there a story you want to tell or do you have an idea for a feature? See it immortalised in print. Give me a call on 07725519269 or email: [mag@teignbridgetrotters.co.uk](mailto:mag@teignbridgetrotters.co.uk)