

# THE TROTTER



Teignbridge Trotters est. 1982

June 2017

## The ultra couple!



Lance 'Skippy' Mason and Sally 'Marathon Queen' Ingledew celebrated their 100th and 200th marathons at the club's own Dartmoor Discovery. They sat down with Emma Pearcy to reflect on their achievements. Read on for their story...

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- Things that runners do
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## Editor's letter

We're halfway through the year and already there are many accomplishments to share and celebrate.

As I was putting together the editorial storyboard for this edition I realised there was a theme emerging: that of endurance. Many members have quite literally come a long way with Allen Taylor completing a 100-mile race, Sally Ingledew and Lance Mason reaching major milestones of 200 and 100 marathons respectively, Geoff Davey donned the Team GB vest for a duathlon and the newer Trotters among us are getting involved in club mainstays like the Sandygate Loop.

As astonishing as these achievements are, it's not just about the miles in the legs. What is more enduring is the Trotter team ethos - the support and love everyone shows each other in reaching (and smashing) goals, the friendships made, and being there for each other when things don't quite go according to plan or we're challenged by circumstances off the race track.

The stories in this edition reflect on that Trotter team spirit and, in many ways, pay tribute to all members who turn out to marshal races, shout support from the roadside, bake cakes for post-run refreshments, and lead club runs and sessions.

Joining the Trotters was one of the best decisions of my life and it gives me great pleasure to celebrate these most recent achievements. I'm sure there are many more.

Have you got a story you want to share? I'd love to hear from you. Get in touch via email: [mag@teignbridgetrotters.co.uk](mailto:mag@teignbridgetrotters.co.uk)



Enjoy the issue.

Emma x





## CHAIRMAN ROGER'S REPORT

THE marathon bug certainly seems to have grabbed hold of the Trotters once again. There doesn't seem to be a weekend without someone running one somewhere.

The 2018 London marathon ballot attracted a record number of applications, with over 386,000 applying to take part in what is widely regarded the greatest marathon in the world. Promoters/organisers have certainly clocked onto this new found love of the distance and there are new events cropping up all the time. One such race was the Dorchester Marathon that I was fortunate enough to take part in recently. Of course, the Trotters stage our own ultra marathon and you can read my race report from this year's

race on page 7.



### Loop the loop

It's been really encouraging to see many Trotters take part in the two Sandygate Loops that have taken place this year. If you have yet to experience the delights of the 4-mile course, then get yourself down there on Friday 30th June for the last one in the series. Full details can be found on our website under the 'our races' tab.

### Hello Heller

Our next race is the Haytor Heller, now in its 31st year! Nigel Barnett, the Race Director, has managed to secure the use of a field close to the finish for some wild camping. Many runners have already signed up to stay for what promises to be a great night. What's more it's free to camp for all Trotters and there's a bar in the evening and breakfast in the morning. Please let Nige know ASAP if you're planning on staying.



### Championship update

A change of date for club championship race the Tavy 5K, this will now take place on Saturday 17th June. Entry forms are available from our race diary page.

### Challenge set!

Our membership is almost at our record total of 310 achieved in October of last year's. (cont p4)

It's great to see so many new faces at training and to hear the positive feedback about the club and what we offer. With our membership as big as it is we might well break the record for the most Trotters finishing a race, the current record is 55. That was set at the Chudleigh 6 miler in 2014. I guess for it to happen we need to target a race, so how about returning to Chudleigh this year! Lets turn the start line into a mass of royal blue. Put the date in your diary ~ Friday 14 July, 7:30pm start.

Before I sign off, please remember that this is your club magazine, your input is vital for its continuation!

## Kevin's corner

This is my first write up for a while now that we have a new editor for the Trotter so there is a fair bit of news to catch up on.

We are settled into our home at the Rec and apart from the odd night when football takes priority with the changing rooms all is going well.

Paying membership fees online remains popular and at least one new member joins this way most weeks.

At the end of the membership year in October the numbers did not drop as much as they had done previously and have risen back over the 300 mark.

We're delighted to continue welcoming new members - since the last issue 32 new faces have joined us! Read on for the roll of honour.

## ROLL OF HONOUR

New members join at various levels of experience and ability and in all the various groups. It is pleasing to hear very positive feedback and goes to prove what a great job everyone is doing in making everyone welcome.

**Rosey Oakes**, 49, from Exeter. Rosey is fiancée of Steptoe Stu and been under pressure to join in for a while! Rosey recently got a job at Hannahs at Seale Hayne so is around more and to quote Rosey she "has basically run out of excuses". Rosey has run the Honiton Hippo and Taunton 10k with Stu a few years ago but has suffered a few injuries. She is looking to start in the beginners.

**Lucy Holmyard**, 26, from Totnes. Lucy has done a few half marathons in the past and has been regularly running up to 6 miles. She joined us with a place in London 2017 so had a need to increase her mileage. **Kay O'Flaherty**, 49, from Paignton. Kay started running a year ago with a group where she worked and enjoyed the motivation of others. She has since done a couple of 10k events and would like to increase her distance. She has challenged herself to doing a Half Marathon in her 50th year.

**Deb Hart**, 57, from Newton Abbot. Deb has been running on and off for quite a few years and was with the Women's Running Network for a while. Quite a few colleagues are already Trotters and Deb felt it would be a great way to start running again. Deb's aim is to complete a Half Marathon before she reaches the age of 60 and is looking forward to doing some 10k races in the meantime.

**Jon Lucas**, 34, from Newton Abbot. Jon has been coming for a few weeks on a Monday and has taken the plunge joining online. **Andy Distin**, 48, from Ashburton. Andy is a referee on the local football circuit and has also already done a Marathon in Edinburgh. Sure that Andy is looking to improve his times with us.

**Matthew Rayner**, 33, from Newton Abbot. Matt has been a tennis partner of Gary Watson and has joined to improve his fitness levels for tennis and to get more into running. (cont. p5)

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**Kelly Rainbow**, 30, from Newton Abbot. Kelly has been out of running for some time and is on the comeback trail and on training nights has shown a lot of potential. Kelly has been threatening to drag her husband along to try us but has yet to get him along.

**Nicola Leibrick**, 45, and **Lara Taylor**, 15, from Kingsteignton are mother and daughter. Lara came along first but soon convinced Nicola to try us as well. Nicola is improving by the week and Lara will be a great addition to the Junior relay squad.

**Corinne Bright**, 42, from Newton Abbot. Corinne has been a regular at training nights and has also joined in on a few of the weekend social runs. Has kept up well with everything and am sure a Marathon will not be beyond her.

**Keith Gore**, 32, **Ben Mukharjee**, 40 and **Mark Gilligan**, 47 all from Newton Abbot have all come back to the Trotter fold after a spell away and having missed the October renewal. Welcome back to the trio.

**Tracyann Tweedie**, 36, from Bovey Tracey. Traceyann has recently joined and has been taking part in the improvers group runs and I'm sure it won't be long before she is trying other sessions. She has a place in this years' London Marathon and hopes being a Trotter will help her round.

**Ling Shum**, 28, from Newton Abbot. Ling moved to the area late last year and finally came along to join us. Ling thoroughly enjoyed her early sessions and she is looking to complete some 10k and half marathon events in 2017

**Kevin Loftis**, 46, from Bovey Tracey. Kevin is partner of Kim Nicholls and has been running with the Dirty Burger group on Saturdays so is no slouch. The Dartmoor Discovery was the first among his targets - and he did it!

**Deborah Sommerfeld**, 42, from Kingsteignton. Deborah has had a mixed past with running, having done the Dartmoor Vale Half Marathon in 2009 and the Commando Challenge 4 times. She likes the extreme events having done Rock Solid, Go Hard and Wolf Run. She also does parkrun most weeks and has reached the 50 milestone.

**Kay Shillabeer**, 42, from Newton Abbot. Kay started in the beginners a few weeks ago and has progressed to the improvers and is enjoying being with us. She was given the suggestion of joining the Trotters by Jo Taylor.

**Mitchell Hockin**, 23, from Newton Abbot. Mitchell has joined us to improve his fitness with two main goals in mind for this year. On April 16th he is in a Kayak doing the Devizes to Westminster Canoe Race which is 125 miles over 24 hours. In addition he is looking to run the Cornish Marathon later this year.

**Rob Cooper**, 41, from Kingsteignton. Rob was a Trotter a few years ago until a back injury brought an end to his running. Rob has entered the London Marathon for the last eight years and finally got in so he thought he had better come back to us to make sure he got round.

**Victoria Chamings**, 23, from Torquay. Victoria has run on and off for a few years both on her own and as part of various groups. She wants to improve her fitness and does not see herself as competitive. Perhaps that will change after a while with us.

**Sarah Frost**, 48, from Teignmouth. Sarah started running as a Dawlish Coaster in 1998 and was a Trotter for about five years up to about 2009 and was for a while a coach on club nights.

Sarah wasn't a member with anyone for a while though did still run with the Coasters from time to time. (cont. p6)

She is re-joining the Trotters to push herself a bit harder.

**Joanne Webber**, 55, from Newton Abbot. Jo has been coming for a few weeks with fellow new recruit Kay Shilla-beer. Has made rapid progress to the Monday social runs. **Estafanna Balague Fores**, 38, from Newton Abbot. Stef originates from Spain but is currently working in Newton Abbot. She has been running on and off since she was about 15 years old. Stef is trying to be sociable with the locals and have fun. I'm sure we can help with that.

**Ian Porter**, 38, from Chudleigh. Ian recently moved to the area and juggles running with looking after his young daughter. He is hoping to improve his fitness and run the odd Marathon along the way. **Lewis Anthony**, 15, from Sandygate. Lewis has joined us on the Anthony family membership on his 15th birthday. Is he going to have the speed of his mum Helen or the endurance and staying power of his dad Ryan?!

**Rebecca (Becky) Harvey**, 33, from Newton Abbot. Becky has been running since June 2016 when she started running on her own around Decoy and Stover. She expanded this to road running and woodland tracks up to 7 and 8 miles. Becky joined to experience the joys of running with others, explore new routes, improve her technique and work towards a debut Half Marathon.

**Tracey Granger**, 44, from Paignton. Tracey recently complete the London Marathon with her partner in a very respectable 4 hours 6 minutes. Tracey has only ever run with friends previously and would like to get a faster pace with the help of the Trotters. Tracey has a current average pace of around the nine minute per mile mark.

**Stephanie Townsend**, 38, from Paignton. Stephanie comes to the Trotters having already done a number of Marathons including London, Amsterdam, Paris and Rome. Has also run a number of half marathons and 10k's. Wants to increase her overall fitness and speed with the Trotters and next year is looking to run Loch Ness and Brighton Marathons.

**Vanessa Hurst**, 53, from Abbotskerswell. Vanessa is a complete beginner to running, she has been doing a few parkruns on her own so decided to give us a go. Last year Vanessa watched her daughter do the British 10k and was inspired to have a go herself. So she is entered for this year's race on 9th July. She is now up to four miles and says she has joined us to work on her fitness and for the sense of achievement she feels as she improves

**Scot Wiggins**, 37, from Denbury. Scot spotted our group of Trotters at the East Allington 10K where he ran a time of 48.05. After seeing us there he decided he wanted to become one of us and joined online. Scot has an entry in the Torbay Half Marathon for his Trotter debut.

### Happy birthday!

Quite a few members celebrated notable birthdays in March, April and May. James Weaving 40, Duncan Hogbin 40, Gavin Forbes 40, Bruce Campbell 50, Tamsin Cook 50, Anne Smart 50, Andy Southard 50, Rex Barnes 55, Geoff Woods 55, Jackie Webber 60, Susan Stokes 60, Maggie Anderson 65. Finally pride of place must go to our past President Jose Waller who reaches 95. Happy birthday to all and best of luck in your new age categories on race days.

PS: Don't forget you can grab food after training on a Wednesday at the Rec for just a fiver. Louise cooks fantastic grub - you will not be disappointed and won't go home hungry.







# The DD goes from strength to strength! (and Stu goes up a ladder)

Wow! That was the seventh time the Trotters have staged the DD and I have to say it doesn't get any easier!

This year we were faced with the wettest, coldest weather we've had during that time and the week leading up to the race wasn't without its difficulties. On the Wednesday before, I received an email from my team of masseurs saying they wouldn't be able to attend. I had 48 hours to find a replacement team and after a lot of phone calls finally managed to find another team, only to be let down again at 9.30pm on Friday!

There was a last minute rush with number transfers. I had one guy drive up from Plymouth on Tuesday night to ensure he got a place. To my amazement I had three transfer forms arrive in the post on deadline day. They obviously have more faith in the Royal Mail than I do.

The race t-shirts arrived at 3pm on Friday! To say I was furious is an understatement. Why companies cut it so fine is beyond me. Needless to say I won't be using them again.

I met Liz Barnett, assistant Race Director, at the primary school at 1pm on Friday. We prepared Race HQ and set up for registration, which opened at 6pm. We had 88 runners register that night and on Saturday morning we had 119 register including five who wandered in after registration had closed at 8.45am. I have to provide Dartmoor Radio Club and our medical services with a list of registered runners so you can imagine my despair having printed off the list only to have to do it again at least three times!

The police didn't turn up, not that they would have been much use as we were told they wouldn't be able to stop the traffic to allow the start to take place anyway. (cont. p12)

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# Weird things that only runners understand

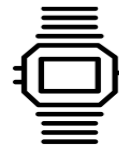


Food isn't just food. It's fuel.

**Cake most definitely IS fuel**



Dull, cool, cloudy summer days = GREAT running conditions



It's totally OK to complete a lap of the car park/cul de sac so your Garmin says 10k. You'll never forgive yourself if you stop at 9.9k



You've bailed on Friday night plans so you can get up early for a long run

To get cross with yourself during a bad run and 'have a word'. Out Loud.



Peeing in public is necessary... but blowing snot out your nose without a tissue is not. Stop. Stop it now.

You have Very Strong Opinions on other runners who don't smile or say 'morning!'/ 'evening!' when you pass them



*The definition of hill is very different depending how far you've already run.*



After a race, you fear walking downstairs, not up.



Getting rid of old race T-shirts is like saying goodbye to an old friend...even if they are identical. In fact, I can't do it. You can all stay!

**You are fiercely loyal to one brand of shoe. Going with any other feeling like cheating.**



You know that, whatever happens, every problem in life is solved by going for a run



In 2012 while working as a reporter on the Herald Express, and my pre-Trotter days, I read a story in my own newspaper about a woman who was on her way to completing 100 marathons.

Wow! I thought. What a story! I emailed the club chairman, a chap called Roger Hayes (who's he?- Ed), to see if he could put me in touch with this woman so I could feature her story in the newspaper. A few days later I had a response from the star herself politely declining my request, modestly saying people had done far more and were more deserving of publicity.

I was a bit miffed; I ran myself and wanted to talk running with someone who did epic things like running nearly 100 marathons. Plus, I needed some tips! I'd just done my second 26.2-miler, wanted to do more but was feeling knackered. I could get some handy hints in the name of work...

Skip forward a couple years. Circumstances led me to becoming a Trotter and within a three months of joining I was with this woman - Sally Ingledew - in Dublin getting ready for a marathon and later that night we were out together drinking wine. We both still drink wine and run (not necessarily in that order or at the same time but we could probably try).

This time I've had better luck at interviewing her (and she wasn't drunk when I asked). This time, I met with her and her partner Lance Mason. This time she's completed 200 marathons and Lance had smashed out 100.

Quite frankly, it's a ridiculous amount. Lance and Sally are now club legends and have entered the annals of Trotter history by dint of their achievements. If you've run or trained with them you'll know this. I met them shortly after the Dartmoor Discovery, the 32-mile race which marked their milestones. There were no pre-event nerves for either of them, just excitement. It was pretty special with presentations, a specially made cake and family and friends cheering them on.

How are they feeling?

"Fine", they both say as they welcome me to their Newton Abbot home where their doe-eyed dog Ziggy swaggers around his mouth full of cuddly toy. Sally adds: "I've got a bit of a cold but that's probably my immune system taking a bit of a knock."

"The DD was a lovely day. My daughter Jenny was out on the course supporting me and was at the finish line and that was great to have her there. Lance gave me a bottle of bubbly as soon as I crossed the finish line and there was cake! We just really enjoyed it."

So let's rewind for a bit to where it all began. Sally, 55, began running in 2006 with the Teign Valley Running Club and her first marathon was in 2008 at London. "I loved it despite walking most of the last 10k. Even then I knew that I loved the distance and wanted to do more."

She joined the Trotters in 2009 having been introduced to the club by long-serving member Jo Becker. "Back then the club met at Newton Abbot Leisure Centre. I went along and the first person I met was John 'Skinns' Skinner who welcomed me in. It was really friendly."

Lance's first marathon was in his hometown of Maidstone in 1986 – but it was more of a case initially of 'if you can't beat 'em, join 'em.' "I was in my car and it was taking me over an hour to get out of my estate because there was loads of runners around," he recalls. "I asked someone what was going on and they told me it was a marathon. I thought 'right, I'm going to do that next year'. And I did."

He didn't run for about 12 years while running his own boxing club in Derbyshire but that changed when he moved to Teignbridge in 2011. "I didn't know a soul when I moved down and joining the Trotters was a way for me to meet new people and stay fit. My first club meet was Wednesday and by Saturday I was out on a social - a boat trip to Exmouth. Chairman talked me into it. I felt welcome immediately and I'd only been once!"

Sally setting her 100-marathon stall pretty early on but for Lance it was more prosaic. Sally said: "I did the 2007 Dartmoor Vale Marathon and I saw these people around with 100 Marathon Club vests on. (cont. p13)

## Crazy Davey.

Graydon Widdicombe takes time out to chat with Geoff Davey about his Team GB exploits.

Trotter Geoff Davey recently qualified for a GB Duathlon, which took place on 21 May in Sankt Wendel, Germany.

The run-bike-run event was for the European Long Distance Championships, and Geoff wore his Team GB tri-suit with pride finishing in 4:16.55.

For this edition of The Trotter, I took the opportunity to talk to Geoff about his training and motivations for running, and what it takes to compete at that level.

*Firstly, congratulations on making the Championships - that is a fantastic achievement! In case anyone isn't aware, what is a Duathlon, and what was the qualifying process to make the event?*

A Duathlon is a run-bike-run event. I qualified for the Long Distance version, which essentially is just short of a marathon run, broken up with a bike ride. The distances do vary slightly but I competed in the 10K-150K-30K event. It's not for the faint hearted.

The qualifying process itself is fairly strict. You have to enter specific events that are qualifiers on the British Triathlon Federation (BTF) website, and if you don't meet all of the criteria they won't let you in. I found this out the hard way after thinking I had qualified for the sprint distance duathlon; I came 8th in my age category (40-45) in the National Championships in Bedford back in October, only to find out my administration didn't conform to the application date.

However, it was this performance I was able to use as evidence later, because for long distance events the BTF will allow you to submit evidence based on other major event performances if you finish within 115% of your age category winner.

So a cunning plan quickly formed; earlier in the year I completed an Ironman distance triathlon in 11hrs27 and I posted 2.56 at London Marathon. These events met the BTF criteria and when combined with the Bedford event were good enough to get me selected.

*Although you're a GB-level Duathlete, you still count yourself as a runner. What got you into running in the first place?*

I played a fairly reasonable standard of rugby for 20 years, and I'm really competitive. During my rugby career I always found the endurance training easier than the guys, so after I retired from rugby at 38, I



couldn't resist a pop at a half marathon. So back in 2012 I did a summer of training and did the Bristol Half Marathon in 1.32 whilst carrying 14 and a half stone. After this I knew I had to start to take this a bit more seriously, and along the way I have trimmed down to just under 12st.

*Duathlon includes cycling as well, so how did you manage the split in your training?*

Basically my training for this Championship event was off the back of my Ironman training. As with many people, I am fairly short on time so I utilise it via my commute to and from work; my bike and my legs are my transport. I work in Exeter as a teacher, I park my car in on the outskirts and run or bike to work and add extra miles up and down the river.

I am lucky enough to live on Dartmoor, on Easdon in Manaton. I have a hyperactive border collie, Poppy, so whenever I get chance we run from home. Poppy has never seen a lead. A few other Trotters have come up and done miles in my backyard, and they will tell you it's fairly challenging. Easdon Tor is in the middle of the Lustleigh 10k and Hameldown. Ask Kevin Woodard or Tim Pratt about North Bovey Woods - it's good, very tough training around there. I also manage to get a long run or ride in whenever I go to Bristol to visit family.

Having 4 kids and a challenging job, one of the most important aspects is having an understanding and supportive wife, as well as grandparents. Without this support, none of this would be possible.

*What is your motivation to get those training miles in?*

As I mentioned before, I am competitive by nature, and I strive to be quicker and quicker and go further and further. The only problem is my body keeps telling me this is not a good idea, especially after putting it through all sorts through 20 years of rugby. 4 broken bones, 2 operations and 1 front tooth...it all takes its toll. Of course I really enjoy it but I'm not motivated by medals and trophies at all. For me it's all about the intrinsic value and buzz I get.

*What did your training look like for the Championship race, and how does that help with your London GFA marathon times?*

This year I haven't really been able to do much specific training. I've been restricted to managing injury. I had a stress fracture to my right fibula back in February and this is why I couldn't crank up the mileage. I was advised by a specialist not to run London. Of course, I completely ignored this and did it anyway on one leg, just not at full tilt. I did 3:00.59 to get what I wanted, which was a Good For Age time to qualify for next year's event. This is why most of my training through February and March involved the cross trainer and spinning classes. Only a little running was done and that was on grass. My original plan was to have a crack at the club MV40 marathon record but I will put that on hold for next year.

*What's next?*

I'm not as fit as I would like to be for this European championships, but if I post a good performance it puts me in a strong position to be selected for the World Championships in September. So if I am successful my training will be built around that.

If this falls through I'll refocus and look at a marathon in the Autumn and probably do the Dartmoor Classic bike event and then prepare for qualification next year.

I do enjoy the longer events most but I'm still keen to post PBs for 5k (17.11) 10k (36.06) and half marathon (1.19.32). I will hopefully achieve this on the way because I haven't really ran any flat courses over the last year and if I don't do it next year I may struggle to achieve this; I may start slowing down because I'm not getting any younger!

Stu Moulson did a fine job up a ladder hanging onto one end of the start banner for dear life as I got the runners on their way. The race started with 207 runners taking part and all got to the 18 mile mark before the weather took a turn for the worse. Dartmoor can be an unforgiving place even in June as it proved to be the case. Apart from the heavy rain the temperature dropped and our medical guys were suddenly very busy. I can't remember seeing the top end of the field, as they crossed the line, look so exhausted, cold and wet. This was typified by last year's winner, Simon Longthorpe, spending time in the ambulance. Thankfully there were no serious casualties, although our medics did call 999 twice but stood them down in the end.

Out of the 207 starters we had 15 who dropped out or were pulled off because they missed the cut-off, which meant we had 192 finishers. This compared to the 217 who started last year and the 196 that finished.

The medals and t-shirts seemed to be well received as did the wonderful spread that greeted runners once they crossed the finish line. I know the food and drink on offer at the finish is one of the highlights for many runners. John and Tina Caunter do a fantastic job, not only with providing the runners with their food but all 150 plus marshals with pack lunches as well.

Spotlight turned up and speaking from a personal perspective, I was disappointed with their coverage. I guess the weather didn't help. The presentations were well attended and my Grandad Verdun did a sterling job presenting the prizes. He loved every minute of his DD experience.

It was a real honour to present Skippy (100), Sally (200), Adam Holland (300) and Andy (400) with their awards. 1,000 marathons between the four of them - incredible. And to think they all chose the DD as the race they wanted to achieve their milestones, proving I guess, what a well thought of race it is.

The disco after the race I think was the busiest it's been. Perhaps word is getting out that it's a cracking night and a great way to finish the weekend. There were a few sore heads in the morning!

There are so many people to thank: Nathan 'Lovely' Elphick and his team, Keith Anderson, Liz Barnett, John and Tina Caunter, the list is endless, and I'm sorry that I haven't named you all. We simply couldn't stage the race without your help, so on behalf of Team DD, thank you.

Next year sees the 20th Dartmoor Discovery and to help celebrate this landmark anniversary we are, for one year only, reverting back to the original 34-mile course. I'm sure this will attract more Trotters wanting to take part and will require more marshals too - something that'll be a difficult balancing act to ensure we are able to cope. We will need your help more than ever next year, I'm confident that, as members of our great club, you won't let us down.





(cont from p9) I thought what they had achieved was really cool and wanted to do it myself. That first year I did four or five and started to get to know the people on the circuit. You can go anywhere inside and outside the UK and you'll bump into a 100MC member. Like the Trotters it's really social. That next year I decided to do 12 marathons in 12 months which now, compared to what some people can do, seems a tiddly amount."

Lance added: "I want to keep fit and do my best each time. Funny thing is, I'd never thought of reaching 100 marathons until I met a certain someone - Sally! At some point we had a conversation about it and agreed that if I can reach 100 she can reach 200. I used to come home and be quaking in my boots because she would say: 'oh, by the way, I've entered us into three more marathons this year'."

The bar was set and both motivated each other. It's not been easy; both have overcome periods of frustrating injuries but what they've found is a strength within each other to keep going. Sally said: "Since Lance has been in my life I have become faster. He paced me around my sub-four hour marathon at North Dorset. He motivates me and keeps me going, even when I don't want to sometimes."

I understand what Sally is saying because I – and others – have experienced this first-hand with Lance. I've run in races with him where he's given me the pace per mile, miles left to go and what time we may finish. He's all "8 miles left! 9minute mile pace!". When you're on a blistering hot coast path you wonder what on earth you're doing and where this guy's mental strength comes from (Lance is an experienced boxer which should explain things).

The good thing about Lance is that you can tell him in a few choice words that you're NOT racing today actually, you're just enjoying the view and it won't put him off helping you in the future. You can bet there'll be a race or a training session where you need the extra motivation to get through it.

Lance is an established coach for the club and there is a genuine quality to his personality of wanting to help people improve. You'll hear him encouraging people to take part in races or waving around a piece of paper with the recent Championship standings. The boxer approach – never give up, it's all in your mind – is evident.

"I love pacing people around races and helping them", he says, "and I enjoy coaching people and seeing them improve and their confidence grow. It doesn't matter whether it's an experienced marathon runner or an improver, it's great to see."

So what is it that draws people like Lance and Sally to completing these epic feats? "Running is a hobby and completing runs is a part of that," Sally says. "It's the same as people who row across an ocean or climb mountains, or whatever. It's not really any different. It's addictive, fun and social."

Fun and social are definitely two words which sum up the Trotters. General nuttiness also seem to feature but as far as Lance and Sal are concerned, no other club comes close.

"When you go to races as a trotter, you are in a sea of blue" Sally says. "It can be 10ks, half-marathons, marathons, whatever. You really notice this at marathons too with a changing hard-core of members supporting the longer races. Go anywhere and there is a Trotter. It's great."

Lance concurs. "It's a brilliant club. When there is a crowd there's a positive feeling that you don't get elsewhere."

While Lance and Sally have done many of us may not want to do, or can't imagine doing, what they do have are insights into running and training that they share.

Lance says: "It's tempting to get carried away when you're feeling great but it's equally important to rest and be smart about your training. Everyone's approach is different but your body will tell you when you've over-trained. The best thing is to share what works and talk about it. There's no one-size-fits-all answer."

Sally responds: "yes there is – wine! I run at what I call a 'normal' pace and I'm not a speedy person, and I find people ask me a lot about nutrition. For me, it's about being sensible with food, finding what is good for you and giving things a go. Trial and error. Oh, and not trying anything new in a race – that can be interesting!" So time for a rest, yeah? Nah. Lance said: "We've got more marathons coming up! (cont p14)

(cont from p13) We've got Giants Head Marathon and Munich Marathon booked in. We keep saying we are going to calm it down. We might even have a holiday where we go on holiday without having a marathon in it somewhere. We might..."

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The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.

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In the Christmas edition of the Trotter, Liz Barnett interviewed Allen Taylor ahead of his epic feat to complete his fourth 100-mile race.

Emma Percy met with Allen after he'd completed his four 100-miles to talk running and how to keep going... no matter what.

Allen is the first to admit that his pre-Trotters lifestyle in around 2009 wasn't exactly lettuce and love-your-body. Tipping the scales at 15.5 stone, he smoked, drank too much and ate the wrong kinds of foods.

He said: "I've been a lorry driver for 24 years and in the early years worked away from home so a bad diet, drinking and smoking was a big part of my life.

"I was very obese and I was under pressure from my family to give up smoking. It was time to sort myself out. I knew it was going to be a tough challenge to change my lifestyle.

"I started running on the treadmill at home in front of the television. Thanks to a Reebok treadmill and, later on a rowing machine, I went from 15.5stone to 11.5 stone before introducing gym work to my routine where my weight slowly increased to 12.5stone which is where I am today."

Allen joined the Trotters five years ago after his friend Marsha Gerrard got a club place in London Marathon and needed a running partner. Allen obliged and it was during those long runs that he became convinced to join.

"I wasn't the most confident runner but I was soon made to feel very welcome and started trying out the different sessions on offer. I remember really struggling at the back of the 10-mile runs most Mondays."

The benefit of putting aside insecurities and the supportive nature of the club and the variety of sessions on offer, led Allen, like many others, noticing improvements. Races soon followed with Allen quickly discovering an appetite for the longer distances.

"I spent my first full year as a Trotter running many marathons with the inspirational Chairman Rog and Smokes when they were chasing down their 100 marathons. I knew they were soon going to reach their target so I needed to look ahead to what I could do when they stopped. I needed to set myself a challenge to keep me motivated and so with all this talk of 100 marathons I started to look into 100-mile ultra-marathons.

"After reading Ultra Marathon Man by Dean Karnazes I was sold on the idea. I was excited and couldn't wait to get started on my journey." (cont p16 & 17)

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



I thought the start of 2017 would take some beating but beaten it you have - by the bucket load! I guess it's not surprising as many of you are training hard at club and on your weekend training so well done all.

Over the last couple of months there's been a lot of marathons & ultras, first-timers & PBs—all great achievements.

Graydon 'Big G' Widdicombe has shown great consistency with his marathon times and got a sub-4 PB at Milton Keynes Marathon. Eamon Crowe got a PB at Taunton Half in 1:55.40 and a month later completed his first marathon at the Plym Trail, a lovely route by race director Dave Green. Eamon clocked 4:40.55 - a great first-time performance.

At Taunton marathon Julian Scanes got a PB of 3:13.07 and Good For Age (GFA) for London 2018. He also got a PB by 2mins21secs at Age UK Exeter 10k in 40:11. More PBs at Taunton for Paul Sharples Jnr, Nigel Barnett and a GFA for Paul Sharples Snr plus another trotter debut for the marathon distance Kevin Loft in 3:46.26.

Andy Southard completed his first marathon at Brighton in 4:51.38 and Oli Prouse completed his first 26.2miler in Manchester in 4:18.24. It was here that Kevin Sampson got a PB and sub-4 in 3:54.08. Closer to home at the Plym Trail Marathon, there was a Trotter 1-2-3. Adam Johnson debuted for the marathon distance in 3:05.12, with Kev Woodard clocking 3:10.58 and Julian Scanes 3:14.23. An outstanding result for the guys.

Dave Taylor continues to show age is no barrier and broke his own club 10k record at the Age UK 10k in Exeter. Since then he's has been on the duathlon circuit and represented GB in his age category in the European Duathlon Championships in Spain in April. His build-up involved competing in the Portsmouth 5k run 15k bike 5k run where his total time of 1:25.11 won him second MV70. In the British duathlon age group championship (a 10k run, 40k bike, 5k run) he finished in 2:23.26 and was second MV70. So off to Spain Dave went, proudly wearing his GB vest, and he finished in 3:03.

Big WELCOME to all new women members. It's great to have you on board. I'm sure you all know that you can enjoy running whether or not you participate in events or races. Below are a few noteworthy achievements.



Congratulations to Marathon Queen Sally Ingledew for completing her 200th marathon at the DD. Sally also broke the records for F55-59 for 10km and 10miles within a few days.

The Plym Trail spring weekend offered two marathons on successive days. Sharon Bowman completed both and the Sunday event was her 50th marathon and daughter Kirsty ran with her. Kirsty also ran London Marathon dressed as a fairy to raise money for Childrens' Hospice South West. So far, she's raised in excess of £880. Great work Kirst!

Shaz, Kirsty and Tracy Elphick ran the DD. Tracy's training included great times in tough races: 3:48 for the Imerys Trail Marathon and 3:57 for the Exe to Axe, which is 20+ miles of South West Coast Path.

In April Claire Mills made her marathon debut in Brighton, with a time of 4:49. Lucy Evans did her first marathon in London in 4:21 and is eyeing up 2018's Dartmoor Discovery. Other firsts include Kelly Rainbow doing Tewkesbury half marathon in 2:06 in May.

While trying to do as many Club Championship races as possible, Kathryn Steemson improved her Ottery 10km time by 10minutes. Anyone else considering doing the Club Champs – give it a go. It's a great excuse to try a variety of different races. Actually – do you even need an excuse?!

If anyone has done too much distance, or really doesn't fancy it, I have just the thing...

Friday 7 July - The Erme Valley Relays. We start and finish at Ivybridge Rugby Club. In teams of four each person runs 2.5 miles. There are prizes (usually wine) for different age-groups and it's a great excuse for a get-together.

As it's a relay, I need to identify who's in which team. Lots of people have volunteered to run. If you haven't and would like to give it a go, email me on wandl.taylor@live.com or send me a Facebook message. Oh, and the Trotters pay the entry fee.

Some other races with team prizes coming up...

1 July – Muskie's Madness. About 5.5 mostly off-road miles.

14 July - Chudleigh Carnival Road Race.

24 September – our very own Ladies 10k.

As ever, I apologise for the firsts, personal bests, milestones I've not mentioned. There really are so many – you lot are FANTASTIC!

But it was not a case of getting straight into it. Allen patiently staged his progress incrementally which allowed him to learn, improve and mitigate against overdoing it or burning out.

He knocked off longer races – first with our own DD and then the Downland Challenge 40 mile race – to get his mind and body into, and through, the bigger distances. At the Avon and Kennet 56 mile canal race he clocked his first ever win, something that gave him a huge confidence boost to tackle his main target. At a 100k event in Kent he finished below his 10hour target by 15minutes. He said: “Everything was going to plan and I felt ready for my first 100-mile attempt.”

His first attempt at the distance was the North Downs Way 100 – a 103mile ultra with nearby 10,000ft of climb.

He said: “Thanks to my crew and my pacer ‘Smokes’ I completed it in 23hours 34mins finishing in 28th overall. I can’t put into words what this felt like but it was fantastic.

Be prepared as training for an ultra has to be so much more and needs to be planned to concentrate on both the physical and mental side of the event. It’s all about building iron will and determination, staying motivated, building stamina and having an awesome support crew.

He said: “No pain no gain is so true – suffering is a big part of long distance running, the more suffering you can tolerate during races the better you will perform in them. You will need to plan rigorously and regular workouts that take you to exhaustion. Then aim to beat you own times in training – remember, training is meant to be uncomfortable and hard.

“You’ve also got to be prepared to train alone as ultra races can be very lonely at times. I find the best way to improve will power is to do slightly more than planned, this will improve your mental strength. For example if you plan a tough 20-mile training run which you run very hard you’re just about to finish and you’re tired but this







when you decide to add on an extra two-mile to your run – and you do it! This is a great test of your willpower.”

There are a many components to running a 100-mile race – getting used to being on your feet for long periods, running through the night, how to fuel, but without a doubt the biggest hurdle to overcome is your own mind.

It's something all of us can relate to, no matter what the distance. Most the time, it's pure determination over doubt. The mental health benefits of running are well documented. Running, like many sports, can lead you from darkness back to a lighter place. I know people who say, in some ways, it saves them and I get that because I am one of them. The reward is feeling more positive, being fitter and being in control of your own mind. It's something Allen absolutely identifies and has helped him deal with some devastating situations.

He said: “Running has taken me through the toughest times of my life. I often look back and think how different things could have been if I didn't have running as a distraction.

“I wasn't a Trotter for long when my sister was diagnosed with terminal cancer. I remember her saying to me ‘run as far as you can and as hard as you can and stamp this bloody cancer out of me’. I won't lie, running became very hard but how could I possibly give in now? So I did as she asked.

“She passed away just before my first Dartmoor Discovery. I refused to pull out the race and if it wasn't for Smokes the last 8 miles would have been hell. I didn't really know where I was, or what I was doing. I was an emotional wreck. But I had made a promise that I couldn't break – I had promised her that no matter how hard it got, or how broken I became I would never give in or stop until the very end.

“Moving on a few months, I found out my dad was terminally ill. I was devastated. (cont p18 & 19)



### **City to Sea call for help**

The City to Sea are looking for marshals to help with their marathon and ultra marathon on Sunday 3 September and are offering 50% off next years entry in return. You can choose where you would like to marshal (within reason). For more details please email Helen Parsons from Torbay Holiday Helpers Network (race charity) at; [helen@thhn.co.uk](mailto:helen@thhn.co.uk)

Dad was my hero. How was I going to deal with this? My dad loved my running and would watch me when he could and would keep newspaper articles I was mentioned in.

“We kept talking about my running and what I wanted to achieve and it was my chance to show him I could be strong. My dad passed away two days after the Downland Challenge. It was the last race he knew about but he was so proud, it made me even more determined to succeed. I don’t know how I would have dealt with this really difficult period in my life without running.”

It’s a sobering, humbling thought and the principles of staying focused and channelling the emotions into something positive are take-home messages for those days when you’re just not quite feeling it.

Allen achieved his mission of completing all four 100-mile events Centurion had to offer, each in under 24-hours, with the final event of Thames Path 100 in May 2017.

“The last one was a mix of emotions”, he reflects. “The best memory from the Thames Path 100 is running with my son Josh. It really was a brilliant time and I loved every mile we covered together. However, it led to the worst time during the run because as we approached a checkpoint at mile 79 I knew he had to pull out. I can’t explain why it happened but as I left the checkpoint I had a bit of a meltdown. Luckily it was dark so after I let it all out I wiped away the tears, kicked myself up the arse and ran as hard as I could all the way to the finish. I had set myself a 20-hour target to beat so there wasn’t much time for errors. I needed to focus and work hard.

“I ran the last six miles in 51 minutes which gave me the result I was looking for finishing in 19 hours 51 minutes. I was so happy with what I achieved but also sad to think that it is all over. I have ran stronger on each one.”

When he tells me that I nearly fall off my chair. Even running as fast as I can at the moment, I cannot clock this time for a 10k and he’d done 94 miles. Proof, perhaps, that a metaphorical kick up the arse can go a long way.

And that’s what running comes down to – mental strength. This can be the strength to get the trainers on, the

strength to push harder in a run or a session, the strength to be OK when rubbish things happen in life and the reward of knowing that you, and you alone, have done it.

### **Mr Motivator! Allen's tips for getting what you want from running.**

- If you think you can do it then you can and nobody can stop you. Remember your mind believes whatever you tell it.
- Positive thoughts lead to positive results. Tell yourself that you are ready for this and you feel good and you will run well.
- Staying motivated during a race can be an art in itself. Never focus on how long is left, focus on the present.
- Look back at your training and remind yourself how hard you have trained for this. It'll help shrug off the temptation to quit.
- Remind yourself of the pride and sense of achievement that will follow once you cross that finish line.
- Tell yourself you may become a role model to certain people in your life. It's a great motivator and will stop you quitting.
- Keep a sense of humour – laugh at yourself. Don't get angry – it's a waste of energy.
- Respect your decisions: when you decide you do something, DO IT.



#### **Allen's 100-mile achievements**

**North Downs Way: 23.34, South Downs Way: 20.34. Autumn100: 20.31 Thames Path100: 19.51.**







*Cont from page 15*

Dave said the weather conditions were awful and it was his toughest race yet. However, he still bagged a silver medal age position and qualified for next year's event. A brilliant achievement.

Allen Taylor still improves on all distances and PBs, contributing to team prizes on the way. Emma has Allen's story in this magazine, but his times show how strong he is. At a 100k event in Yorkshire he finished third overall and first MV40 beating his course PB by 28 mins in 9:32.36! Allen's times are tumbling with his 100-mile time standing at an incredible 19:51.13, his London Marathon time of 3:06.49 and a PB at the DD. Sometimes you feel as if he could achieve anything - I wonder what he could do at half marathon, 10k and 5k? There's a challenge for you Allen! I tip my hat to you for everything you've achieved so far.

It was good to see chaps tackling the DD for the first time: Ben Mukherjee, Julian Scanes, Kevin Loft, Richard Keatley and Christian Robinson. Huge well done to Daryl Hall and Andy Distin who got race PBs elsewhere. Richard Keatley became an official wannabe for the 100 marathon club reaching the magic 50-marathon mark. Al Taylor is also over the 50 mark too and I'm on 101. Pure madness.

Nathan 'Lovely' Elphick put himself through the mill by completing the hilly off-road 22mile Exe to Axe in a very creditable 5hrs. Duncan Hogbin did his first half marathon at Pure Trail Deep River Trail in 2:48, having suffered a tumble 2miles in. Well done Duncan. Sam Riches knocked 3mins off his 10k PB at Ivybridge and bettered it at Larkfield 10k in Kent with a time of 40:19. Surely a sub-40 is around the corner.

We are now into summer where shorter races are the norm so keep up the great work. For those of you injured, I wish you a speedy recovery. We as coaches put the sessions on but you put in the work so take a bow!

## The Trotter

Editor: Emma Pearcy

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? Give me a call on 07725519269 or email: [mag@teignbridgetrotters.co.uk](mailto:mag@teignbridgetrotters.co.uk)