

THE TROTTER

Teignbridge Trotters est. 1982



August 2017

Lucy leads the way



Lucy Payne currently holds the club records for age categories in the distances of 10k, 10miles, half marathon and marathon. She's also the Race Director for the upcoming Ladies 10k. She's a busy lady with lots to do - and she keeps adding better run times to her list of achievements. To read her story turn to pages 10 and 11.

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Editor's letter



We're coming to the close of another great summer of racing. It's been a fantastic season for so many club members and you only need to take a cursory glance through the comprehensive race reports by our Press Officer Graydon Widdicombe to see the successes across the board.

Sometimes I think we have tendency to look at success as if it's just appeared from nowhere, oven ready and good to go. But everyone has a history or learnt from their mistakes. Lucy Payne sums this up neatly in her story on pages 10 and 11.

A good friend of mine once said "what you do in the darkness will come into the light." The words have stayed with me for so many reasons. He was - is - right of course. Success doesn't just happen in a race. It's testament to all the hard work put in at training week in, week out. It's a huge credit to our own motivation and focus but also speaks volumes about the diverse training on offer led by our fantastic team of coaches and leaders. Speaking of someone working hard each week, check out Richard Keatley's story on pages 14 and 15.

Sadly, we're going to be doing more in the darkness as the nights are drawing in. Shorter days, colder nights, longer sleeves, warmer tops. The time for wearing reflective bibs is nearly here. How can it be here again so soon again?

This time of year brings poignant reflections for the families of late and much-loved Trotter Dennis Milstead and Graydon, who's personal loss is sympathetically told in this month's Runners World. Both are being held in the thoughts of many of us at this difficult time.

Enjoy the issue.

Emma x



SAY CHEESE

On Wednesday 6 September we are going to take a Trotter group photo to replace the one on our website. Please arrive at training for 6.45pm as we will need time to get everyone into position. Please wear an item of club kit, ideally your running vest. If you've got a spare bit of kit, bring it along for those that will undoubtedly forget theirs! If you're not running at the moment, we'd still love you to be in the photo, just bring your hoodie.

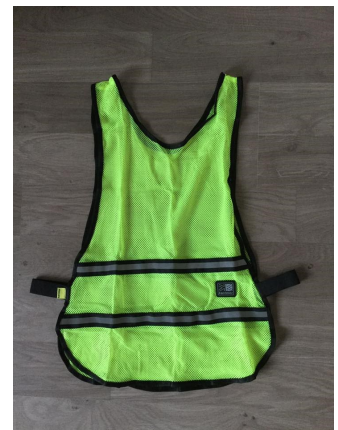


ICE, ICE, BABY

If you look at the feet of your fellow runners at club training you'll see lots of them are wearing little white tags on their trainers. Curious? These are known as ICE tags and can be incredibly helpful if something happens while training. ICE stands for In Case of an Emergency and all new members receive two ICE tags upon joining. They were introduced following the tragic death Dennis (see page 16). The tags help identify any existing conditions that medics may need to know about and give emergency contact details. Please wear them if you can - they can be so helpful and hopefully may never be needed. If you would like any more they cost 50p and can be purchased from Kevin Besford.

GET YOUR BIB ON

With the nights starting to draw in, it's almost time to start wearing your reflective bibs. Please can everyone start wearing them on Monday 11 September. We will all be wearing these fetching little luminous numbers until the nights start drawing out next April. We have a limited number of spare ones but please don't rely on these, they are for new members who turn up without one! You can buy them online or from most sport shops or Jacki Woon has some for sale at £5 each. You'll need to let her know in advance if you want one, as she doesn't carry them with her.



THEM'S THE RULES



When you become a member of the club, you also agree to certain rules. They're set out in the Club Constitution (we won't go into all the detail here - it's on the website if you want a little bedtime reading) but it's worth reminding you that you're only able to take part in two of the races we organise each calendar year. We no longer organise the local leg of the Westward Cross Country League series so that race no longer counts. If you're not sure, speak to a committee member who can explain.



Running

noun.

A faster form of walking. Those who participate tend to have a compulsive almost obsessive drive for improvement. Side effects include sweating, euphoria and general amazingness.



Kevin's corner

The number of people who are members of our club is at an all-time high and stands at 328. Big yay!

Membership Secretary Kevin Besford gives us the low-down on some new faces and we also get to hear some great first-hand experiences from fresh-faced newbies about what they think about the club. Read on for the roll of honour.

ROLL OF HONOUR

That busy time of year is fast approaching when your renewals to the world's greatest running club are due. Before 1 October, you will get an email reminder with a link to the online system to pay. Just log in and make your payment, I will automatically get notified of the payment.

You will, of course, still be able to pay in the good old fashion way of cheque or coin of the realm. Talking of paying online I still get a number of new members sign up this way without me meeting them beforehand.

It is very pleasing to hear the very positive feedback that I receive which just goes to prove what a great job you are all doing in making everyone welcome. In fact we have received these on such a regular basis that we have started to publish them in the membership section of the website. Go take a look when you have the time.

Since the last issue 17 new members have joined our ever-swelling ranks.

Tina Hearne, 49, from Teignmouth. In the past Tina has enjoyed a lot of off-road races and about 20 years ago was a member of Torbay AC. Tina has come back to running to get fit again and enjoy being a member of a friendly club.

Elise Korman, 36, from Kingsteignton. Elise started running in 2016 and is doing the Cheltenham Half Marathon in October which will be her first ever race. Elise is looking to improve her pace and distance with the Trotters as well as discovering new routes.

Christian Robinson, 38, from Teignmouth. He jumped into the Trotters in a way that has probably not been done before in that he did the Dartmoor Discovery as his first race within a week of joining.



Saima Ahmad, 47, from Newton Abbot. Originally from London Saima moved to Devon seven years ago. She has always taken part in a lot of sports and has recently taken up running. Her aim is to generally improve fitness, stamina and endurance.



Gareth Yoxall, 40, from Kingsteignton. Gareth has been a keen runner for the last four years and has also done a lot of road cycling. Gareth is still learning with regards to training and his potential. He has run a few 10k events and last year ran the Great West Run in 1hr 43min. Gareth rates the half marathon as the perfect distance and has not yet been tempted by a full marathon. He is looking forward to improving his running with us.

Bon Rymel, 33, from Ashburton. Bon only recently took up running and cycling and ran the Torbay Half Marathon in 1hr 58mins. He has entered a further three half marathons: Bridgwater, Bristol and the Great West Run. He is aiming to advance to a full marathon in 2018. Bon is looking to improve his fitness and his style with us.

Ruth Maker, 44, from Ogwell. Ruth used to do a lot of running until she had her son and she never got back into it. She has now taken the plunge and joined as a beginner and to build up again.

Henry Hart, 20, from Newton Abbot. Henry has returned to us after a period away and ran the Haytor Heller. Henry looks likely to be with us for a while until he travels away again.

Rachel Duncan, 20, from Exeter. Rachel says she enjoys the social side of running and running in general. Rachel has a place in the Bristol Half Marathon and she is looking to improve and have fun. Think we can help with both of those.

Chris McIntosh, 61, from Kingsbridge. Chris has an impressive running CV and has been running marathons almost every year since 1980. Chris has done the Marathon des Sables twice as well as a number of other ultras. Chris recently spent 15 months working in Australia where he did the Broome Marathon on Cable Beach and the Six Inch Trail Marathon twice. Back in the UK Chris has done three of the Endurance Life Coastal Trail Marathons. Chris is currently training for a 90km event in Sweden and in September will be doing the Jungfrau Marathon in Switzerland for the 21st time! Chris has never previously been a member of a running club in the UK and is looking forward to being a Trotter.

Alex Cazan, 31, from Torquay. Alex has played water polo for 11 years and has always tried to keep fit. He says he likes to ride his bike on downhill tracks and running and swimming. His goal for 2017 is to run his first marathon.

Annika Longthorpe, 41, from Torquay. Annika has been welcomed to the Trotters by Tracey Jolly. Annika only started running three years ago and already thinks of herself as an ultra runner. In 2016 she was First Lady and second overall in the City 2 Sea ultra 55-mile distance. She has also done the Race to the Stones ultra over 63 miles and finished 4th in her age group and 79th out of 1,000 entries. She has also competed in local races including Plymouth Half, Torbay Half and a number of our own races. She has an entry for this year's Sturminster Half and City 2 Sea 34-mile ultra.

AJ de Montjoie, 50, from Teignmouth. AJ says she has run for some years but only for fun and the Totnes 10k was her first proper race, having only done a few parkruns previously. She loved the 10k and decided she needed to learn to run with others so she can get stronger. Her 2017 aim is to complete the Great West Run. AJ has decided she likes running in mud and is really looking forward to being part of the Trotters team.

Jack Bishop, 21, from Kingskerswell. Jack is a recent addition to the speedier groups on a club training night and has been seen putting in a healthy looking sprint finish back to the Rec.

Jamie Saunders, 55, from Teignmouth. Jamie has been running since July 2016 and completed his first 10K in August last year. Jamie has the drive to improve and feels the need for some proper speed training. He has since done another five 10K events and a number of parkruns. Jamie is looking forward to being part of a team, meeting new runners and (of course) the social side. Jamie likes the thought of helping out at our races (*we'll take him!* - Ed) and his aim is to crack 40 minutes a 10K.

Shani Adams, 49, from Teigngrace. Shani started running in her late twenties and she has run two marathons and three Grizzlies. She particularly likes off-road running across Dartmoor. While her main sports are now kayaking and cycling she has taken up the challenge of doing the Dartmoor Discovery with a friend hence wanting to join us.

Peter Adams, 52, of Teigngrace. Husband to Shani, Peter started running when the Parke parkrun started and has now done close to 100. He has also done the Heller twice as well as a few other 5/6 mile events. In his own words he 'doesn't particularly enjoy running but knows it is good for him' and his main activity is cycling up to 200 miles a week.

Happy birthday to our members who celebrated birthdays in June, July and August.

Kerri Watson 40, Eyvoll Aston 45, Sarah Charnley 45, Tracy Elphick 45, Lorraine Kirtland 45, Ruth Mak-45, Mandy Wheeler 45, Andrew Muir 50, Kay O'Flaherty 50, Clive Wheeler 55, Jo Billyard 60, Alan Boone 60, and finally Gary Watson 60. Happy birthday to all and good luck in your new age categories.



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Kevin's article mentioned the great feedback given by new members and some have been in touch with warm, fuzzy words...

Deb Hart and Kay O'Flaherty joined in January and got in touch after completing the Rundle Walker Straight 8 run from Starcross to Exeter on Saturday 5 August. Deb did it in 1hr 16 mins and Kay in 1hr 25mins. In true Trotter fashion both rehydrated after the race with a nice glass of cold Pinot.



Deb and Kay (pictured) said:

"We are both thoroughly enjoying running with the Trotters. We have to thank you all for your help, advice and support which is brilliant. We feel we have gone from strength to strength. Keep the running tips coming. Our mantra is now ON ON!"

"I just want to say what a brilliant club the Trotters are. Torbay 10k was my first outing in a Trotters vest and somehow I managed a PB of 58:46 for a 10K! Everyone encouraged and supported today and it definitely made a difference. There is no doubt, I am faster as a Trotter! See you all at training! " - AJ (The person with a Clanger as a FB profile pic and who is definitely a lady!)

PS: Who's this not-so-new member, photographed right?

Clue: he now has less hair...



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WHY WE ORGANISE RACES



Lots of us love going to races. Head to any race in Devon (and beyond) and you are bound to bump into another Trotter, so the story goes.

But have you ever thought about just how much time and effort goes into organising races? “How hard can it be?” I hear you say. So let’s take a look at how straightforward it really is - and next time you do a race, spare a thought for those frazzled minds and bodies behind it...

Our club organises five running races every year: the Dartmoor Discovery, Haytor Heller, Totnes 10k, Ladies 10k and Templer Ten. For months in advance there’s careful work behind the scenes setting budgets, completing paperwork, seeking permissions for land use, attracting sponsors, contacting relevant authorities, promoting and

marketing the event, designing medals, buying prizes, filling volunteer positions and having a helping hand to ensure the race day infrastructure is put up and taken down - without a trace left.

Any race director will tell you there’s more than just a few sleepless nights, but there’s also a huge sense of satisfaction in pulling off a successful race and seeing lots of very happy runners wearing their medals with pride.

Emma Percy, who’s part of the new team behind Totnes 10k, says: “The Trotters have a great reputation for putting on excellent races. When you start getting involved in organising one, you really appreciate the hard work that goes on behind the scenes to make it happen. The operational responsibilities - as well as the weight of expectation - is huge. Preparation is key but what’s also crucial is having an enthusiastic squad of helpers.”

Ryan Anthony is a key member of the core team that organises the Templer Ten alongside Nathan Elphick and Gary Caunter. Ryan says: “It is always a massive task to put on the number of races we do through the year and none of this would be possible without the tireless support of our members, whether that’s marshalling at the races or helping behind the scenes in the build-up.”

There can be many reasons why a club organises a race. It can be inherited from someone who can no longer organise it, it may be part of the club’s own history or it could be that there is a community or charitable bent to it. In the Trotters case, it’s a blend of all these reasons.

We’ve donated more than £14,000 to Totnes Caring as a result of the many years we have organised Totnes 10k and a portion of the Ladies 10k entry fee goes to the charity of choice for Dornafield caravan park owner Peter Dewhirst who kindly hosts the race year after year.

Ladies 10k Race Director Lucy Payne says: “Mr Dewhirst and his family kindly allow us to use all their facilities both on race day and the recce run which usually takes place the Wednesday beforehand. Over the 19 years they’ve hosted our race, the Trotters have donated £2 from each entry to ‘Bowel Cancer Concern’, a charity dear to the Dewhirst family. We have raised a considerable amount of money. We have women from all walks of life, all ages and abilities taking to the country lanes and enjoying the friendly atmosphere. Everyone who takes part says what an enjoyable, well organised and friendly bunch we are.”

This year has been a year of firsts in other ways too with online entries being taken. Totnes sold out in record time and Lucy reports numbers are going well for the women’s-only race too. She says: “If any Trotterettes are thinking about entering or just haven’t done so yet please do, the more the merrier. Tell others too! It would be so nice to see our numbers rise. There are very few ladies only races around so let’s keep this one going as long as we possible can.”

Ryan adds: “Even if you can’t help on the day you can still spread the word. Share any Facebook posts - it really helps and takes seconds. Our brilliant caterers Donna Walker and Tina Caunter are always on the look-out for offers of cake for after our races too.

Can you lend a helping hand for our Ladies 10k or Templer Ten? Please get in touch with the race directors via Facebook or at club. Your offers of help are gratefully received. You’ll also get marshal points and if you collect enough you’ll go forward for a club place at London Marathon.



AN UPDATE FROM YOUR COACHES AND LEADERS

We are fortunate to have a range of coaches and leaders who volunteer their time to design sessions and runs for members of all abilities. They are ably led by Coach Co-ordinator Mark Walker and every so often they'll meet up to discuss how best to keep us all safe, provide tough but fun sessions and throw around ideas for improvements. A few important items came out of the August meeting which the team would like to make you aware of.....

LOOPING: Can all runners in all groups please keep 'looping back' when out on club runs. As a club, we want to ensure that everyone loops back when they get a reasonable distance ahead (or reach a point indicated by the run leader). Your coaches and leaders will be enforcing this even more moving forward as we are getting some situations where runners are ignoring this and stand around chatting rather than looping. PLEASE loop back when asked.

RUN PACE: Mark has updated the run descriptions on the website as they were a little out of date and we have agreed that all runs will be run at the advertised pace, not faster, not slower! So in future the 5-6 Social run (for example) will be between 5 and 6 miles run at 10-12min mile pace, no matter who is in the group. If you find this is too slow, or fast, then please reconsider which group you should be in. Please respect the pace!

WHICH GROUP IS RIGHT FOR ME?: Although we encourage runners to push themselves a little we do not want you to feel that you can't go in the group you want. You are welcome in ANY GROUP at any time as long as you are happy with the pace of that group. So, if you have done a fast race on Sunday and feel like a gentler pace with the Improvers on Monday then feel free. As long as you keep that group pace and don't go dashing off into the sunset then you are very welcome.

WEDNESDAY COACHED SESSIONS: From now on the Wednesday coached sessions will run from 7pm and will return at between 8 and 8:30pm. This allows more time for a proper warm up and for slower runners not to have to race to keep up before even starting the session. It is likely that many sessions will still return at 8pm but just be aware it could run over to no later than 8:30pm.

WEEKEND RUNS: We thought it would be a good idea to remind you that weekend runs arranged via Facebook are outside the official training times and are not organised by the club so they're not covered by any club insurance. Don't let that put you off though - we encourage these extra social runs because it's great for training and, well, there's usually cake or dirty burgers at the end of them.

LOOKING FOR ADVICE?: We always want to avoid anyone getting unintentionally injured and it's really important that appropriate training advice is only given by qualified coaches or experienced distance runners. It's totally OK to talk about your own running experiences but generally speaking, if you're after specific advice about training speak to a coach for advice and guidance. We will add information to the website soon so keep your eyes peeled.

Many of you have shown an interest or done well at triathlons. If you're not aware, there's an official club based in Torbay who can help with your tri training (and cake eating). Torbay Tri Club wrote to our committee explaining they are a newly constituted organisation and offered for a friendly place to train for your multi-sport event.

Chairman Graham Reynolds said: "In consulting with our 'Tri' members, we learned that several are also members of other local athletics clubs. We would like to offer an annual member fee of £10 to anyone giving proof of membership of your club. Our intention is purely to encourage people to get involved in triathlon as a supplement to their enjoyment of athletics and develop closer links and friendship with other local clubs. We stress we do not want, under any circumstances, to 'poach' members for Torbay!"

Unfortunately, due to a limited number of coaches and safeguarding requirements for young people, they aren't able to offer membership to under 18s at this time. For an informal chat contact Lead Coach Jon Pressling on jpressling@hotmail.com or check out their website: www.torbaytri.co.uk



Like a fine wine, Lucy Payne gets better with age. She's clocking faster times and collecting trophies like noone's business.

Graydon Widdicombe finds out more.

What got you into running in the first place and how long have you been running? How long have you been a Trotter?

It was Rod [Lucy's husband] that got me into running. He suggested I joined the Trotters after he had been with them for a while. Running was

something I had never even considered as I had suffered two prolapsed discs in my early 40s and thought it a crazy idea to start running in my late 50s. When the Trotters started a beginners group I thought I would give it a go. I was so nervous I asked Rod to take me out a few days beforehand. I ran along Paignton seafront and finished red in the face, breathless and almost on my knees. Rod suggested we did it at a more sedate walk/run pace on the way back. I joined the Trotters in March 2010 and never looked back.

You have several Trotter club records, which is very impressive. What is striking is the consistency you've maintained. When training for a marathon, for example, what does your training look like in terms of weekly mileage and types/structure of sessions?

My first marathon was Milton Keynes in April 2012. We woke up to howling gales and torrential rain and it continued throughout. What a day for my first ever marathon! I followed a training plan as it kept me focused and this included hill/speed sessions and an easy run during the week and a long run at weekends. The plan wasn't set in stone and I didn't beat myself up if I couldn't for any reason (injury, commitments), but for me the plan helped. I qualified for the London Marathon 'Good for Age' at Milton Keynes and ran it again in 2013. I approached this one a bit differently and cut out the speed/interval sessions as I was getting injured. I did some gym work but mostly clocked up the miles and knocked 12mins off my time.

What motivates you to keep getting those miles in?

I'm not sure. I never considered myself competitive until I started running. The more I ran, the better I wanted to become. I do push myself but one thing I have learnt is when you have a bad run/race, just put it behind you. I used to beat myself up, but everyone has bad days. Put it down to experience and move on. The main thing that motivates me is the sense of personal



achievement. I'd like to be running when I get to 70!

Do you target specific races with the hope of breaking a Trotters record?

I didn't set out to break the club records, as I never really thought I would. When I realised I had, I thought 'I wonder if I can improve on that?' I don't dwell on times at the start of a race as I think it just adds to the pressure and I don't enjoy it. I don't particularly target specific races; I prefer to keep it quite varied as that makes it more interesting for me.

You won the 2016 Club Championship and to do that you have to tackle all types of events in terms of terrain. You did that in the same year as breaking the V65 marathon record, which is a distance that isn't in the championship. Do you have a favourite, or least favourite, type of race?

I found the marathon training quite tough last year - trying to keep the long miles up and complete the championship as well was a challenge. I really enjoy off-road as you have to have your wits about you because it's a lot more technical and easy to fall over (as I have on numerous occasions!) My favourite distance is probably around 10 miles because I feel it's a good distance to test yourself and not as demanding as a half marathon. Unfortunately, there aren't too many 10 milers around.

I love to run through woods and forests and enjoy the feeling of freedom. My least favourite type of race is one that is completely flat. I find it hard and tiring on the legs as there is no respite. Hills may be tough but it does liven the legs up and uses different muscle groups.

As for my favourite race – I would have to say it's the Dartmoor Discovery. I remember waking up to beautiful sunshine feeling really excited but also very nervous! I was probably at my fittest and I had been clocking up around 50 miles a week - Rod on his bike and me on my feet! I stood on the start line with a really good feeling and I ran the first 12 miles with Angela Blakesley. The hills kept coming but the support en-route was fantastic, as around each bend there was a familiar face that made all the difference. Dartmoor Prison was a great sight and I knew I'd make it within the time. Hearing Skinns on the mic, seeing the finish and hearing the cheer of the crowd as I rounded the corner into Princetown was one I will never forget. Having to come down the stairs on my backside wasn't much fun for the next few days but so worth it!

You are currently Race Director for the Ladies 10k, which must bring you a lot of satisfaction. What is the best and worst thing about being RD of this race?

I took the Ladies 10k over from Angela Blakesley when she stepped down last year. You do get a lot of satisfaction when you see it go smoothly and the support from the Trotters is brilliant. I do tend to worry about it in the run-up, wondering if I have done everything and not forgotten anything. The worst thing about being RD for me is not getting enough ladies to run! I think there is so much choice out there now, so people can pick and choose what races to enter.

What's next for you?

Good question! I have entered London 2018. Who knows what's round the next corner. 'Age is but a number' so I think I'll just keep going as long as I can.



Do you follow our race pages and groups on Facebook? Search for Dartmoor Discovery, Haytor Heller, Ladies10k, Totnes 10k and Templer Ten Race. Like our pages and share our posts to help us promote these races!

Westward Cross Country League - your club needs you!

Cross Country Captain Wendy Goldthorp is encouraging members to give the series a go.

She writes: "The Cross Country season is just around the corner, and I'm looking to put together teams for the Westward Ho! XC League. To enter, you need to be registered with England Athletics (£14 annual membership).

For the senior men's team (aged 17+ on 31 August 2017) we need at least 5 men.

For the vet men (O40, O45, O50, O55, O60, O65) we need at least 4 men.

For the senior women (aged 17+ on 31 August 2017) we need at least 3 to make up a team.

Vet women (O35, O40, O45, O50, O55) - we need at least 3 of you.

We need to field teams at a minimum of 5 out of 6 fixtures for our scores to count.

Fixtures are as follows (all Sundays):

8 October - Stover

12 November - Newquay

3 December - Exeter

14 January - Westward Ho!

11 February - Plymouth

4 March - Redruth

Interested?



If you're up for joining the thrills and spills of cross country, please let me know by 14 September so I can ensure everyone's correctly registered and in the right teams before I submit this all to the League.

Thank you!



Captains' Corner. A few words from Ladies Captain Eleanor Taylor (Lance is washing his hair this month!)

Welcome all female Trotters – old and new! Soon after I pressed 'send' on my last report, we had the Erme Valley Relays. An event for teams of four where each person runs 2.5 miles. We entered four women's teams which included a lovely mix of newbies and not-so-newbies. Special well done to Lottie Woods, Becky Harvey and Kay O'Flaherty. This was their first race in a Trotters vest. Jacki Woon was fastest female Trotter on the night for her age group and ran in 17.34. Great work!

The picture shows a selection of Erme Valley Trotters. Lots of Trotters are setting themselves challenges and achieving them! Deb Hart and Kay O'Flaherty did their first 10km race in June and will do their first half marathon in October.



A quick summary of how the Club Championship works – Club Champs Sec identifies five races in each of seven categories of similar races. To complete the Champs, simply finish one race in each category plus any five others. Points are awarded on an age-graded basis. So if two women finish a race at the same time, the older one will get more Champs points. It's a good excuse to try a variety of races!

Kathryn Steemson was fourth in last year's Championship. She set herself the challenge of doing as many Championship events this year as she can. It's been a case of quantity AND quality. Of the 24 races so far, she's done 17 and been first or second Championship point scorer in 12 of those. This puts her well in the lead at the half-way point. Among these was Muskies' Madness where she ran the 5.5 mainly off-road hilly miles in

45:02, taking nearly seven minutes off her time last year.

After a bit of a lay-off due to injury, Ruth Johnson entered the Coleton Footacher. She was buzzed-up at the finish as she'd finished in one piece and had thoroughly enjoyed the course – one of the toughest 10kish in the area. Ruth gained 50 Championship points! She went on to earn the same in the Cornwood 10k. Kim Nichols is easing back to racing and also did well in the Footacher. The other 50 championship points are well-shared among another 10 – yes – 10 women! Fourth in the Champs at the moment is Jo Randall, mum to nine-month-old Zoe. Jo's achieved some great runs this year including third woman overall in the 6 Moor Miles. That gives me an excuse to show this pic – Jo was pleased on her run but so excited to get her prize from the mascot!

How did you celebrate your last birthday? Sarah Charnley did the Chudleigh Road Race, known for its 'challenging' route, for the first time. This was the first time in the Chudleigh race for Maggie Butt, who's continuing to stretch herself. In early August, newcomer Annika Longthorpe wore her Trotter vest for the first time in the Sturminster Newton Half Marathon and ran an impressive time of 1:39:40.



As well as great runs from Annika and an on-form Hannah Jones, the Forest Flyer was the first race for newbie Abigail Woodward. 2015's Most Promising Female Newcomer contender, Suzie Mills completed White Star's Dorset Invader - her 5th Marathon. What an amazing lot you are. Challenging yourselves, achieving, then setting the next challenge!

Congratulations to all who've achieved a target, whether that's running a marathon, or joining our club. Looking for the next target? Why not enter the Ladies 10k on Sunday 24 September. It's well-organised with lots of lovely marshals (Trotter men and friends). Or do you prefer something a bit shorter? – try the Westward League Cross Country races. Wendy has written a piece in this magazine about it.

Apologies for any personal bests, firsts and other achievements I've not mentioned. There are so many. Until next time...

Eleanor

Richard's journey

By Emma Percy

You are bound to have seen his photo on Facebook or in the local paper. If you're a marathon runner you've no doubt bumped into him on the circuit.

He is the ubiquitous Richard Keatley. Not a week goes by when Richard isn't enthusiastically updating us all about his latest marathon feat and he looks so happy and relaxed about the fact he's basically just run another marathon. And another one, and another one.

Richard is well on his way to completing 100 marathons and becoming a member of the famed 100 Marathon Club alongside the likes of Chairman Rog, Smokes, Lance 'Skippy' Mason, Sally 'Marathon Queen' Ingledew and Mark 'Wurzel' Wotton.

It's enough to feel exhausted just thinking about it (a 500-mile round trip in a car to Kent on a wet and windy weekend with a marathon chucked in between, anyone?) but Richard has a dogged determination and enthusiasm for what he is doing.

As someone who was there around the time that Richard decided to go for this incredible feat, it's been interesting to observe him on his path to success. To paraphrase, the boy is doing good.

But it's only been within the last couple years that the 38-year-old forklift truck driver has really ramped up his training and amped up his mission.



Richard joined the Trotters 10 years ago. He started training in 2000 and used to do triathlon up to Olympic distance. He harboured ambitions of qualifying for his age group in the duathlon distance but, in his words, 'wasn't good enough' although he was lucky enough to gain a reserve place in Belgium and really enjoyed it. His main passion is running and his first marathon was Dart Vale in 2008.

He confesses: "I got a bit lazy and I wanted to get fit again. In 2015 my cousin asked if I wanted to do a marathon the day before so I said yes. It was in Milton Keynes and we got a sub-five hour time. He told me about the 100 Marathon club, the people, the medals and I was hooked."

The 100 Marathon Club promotes and organises various marathon challenges for members, shares knowledge and experience and encourages newcomers to the sport of marathon running. You become a full member when you've reached the hallowed 100 or an associate member (or 'wannabe' as its colloquially known) when

you've completed 50.

Richard said: "I started thinking about it, spoke with Sara and we set out a plan. She's fully supportive and behind me 100%. She comes along to encourage me whenever possible. My family are also very proud of me for what I hope to achieve."

In 2016 he completed 32 marathons, mostly alongside his cousin and this year he was awarded an accolade for competing 52 marathons in 52 weeks. "There are so many things I can say that are the best thing about this insane journey", he says. "My best achievement so far would have to be completing 52 marathons in 52 weeks."

"The places that I've been along the way are really memorable. Completing some things like the quadruple mara-





thon (four over four consecutive days) and getting a sub-five hour time on the last day, to my first three marathons in three days and getting a time of 4:33. Completing the May the 4th trail mountain in Shropshire was breath-taking. The motivation is there I just do it as I really enjoy this whole experience.

“The worst time was getting up early in January 2017 in the deepest darkest Kent to do a second double-header. The weather was like OMG! It was so cold and windy on both days. When After a few miles a lot pulled out. I couldn't as I was focused on the bigger picture. There was ice still in the cups at noon and I had ice in my hair. Sara ran a few laps with me and was there to support me around the course too.”

I always wonder what other people think about when they are running. As a (lapsed) marathon runner myself, I don't tend to think about much. My heartbeat. Leg motion. The ground in front of me. What I may or may not cook for dinner. Minding the pothole. Why I love/hate running. Thoughts come and go like flotsam and jetsam.

What gets Richard through? “When I'm running on my own, I think about Sara or life and just enjoy every step which is working towards the 100th marathon. I think about how much I have learned along the way. I'll chat to friends or listen to music. It helps to have a sing song! I guess everyone is different and it's what works for them.

“When I'm tired I just keep going and focus on getting the job done knowing that I will have the satisfaction of picking up awesome bling and another number ticked off. Then I have the drive home.”

Ah, yes. That must be quite an interesting experience. How often have we, after a race, sat down for a while and then struggled to get back up.

Richard's marathon journey has had a positive effect with his attitude to life. He says: “I always wanted to achieve something big with my running career and this is it. It's been great to see the whole country and places that you would never see otherwise. I look at it a bit differently now as always hope to go for a goodish time but sometimes it's just about clocking up the numbers. I'd recommend it to anyone, and recommend to any member or new runner to go for it.”

Even I, a jaded, cynical old hack can't help but feel inspired by what he's saying to me. OK, so I may not go out and do quite what he's seeking to achieve but he's right about the positive impact on mental wellbeing, seeing places and finding support in your own running game, whether that's 5k, marathons or 100-milers.

Richard says: “Never think about giving up. The 52in52 weeks was going to be a tough challenge. It's a bit easier now because I am doing a maximum four per month until I get to my 100th which will be 2018's Dartmoor Discovery. This will mean having a more normal life with Sara, family and friends. Hopefully all will go well to get there. I have my fingers crossed and it's been the goal to achieve this mission by the 40th birthday next year. Eeek!”

Eeek indeed. However, the DD's a home race marshalled by scores of Trotters there's no doubt he'll have huge applause if he gets there. And what a day it will be for, him, Sara and his family. The Trotter support has helped him through some tough races too. “I'd like to say a massive thanks to all Trotters who give me support along the way and those who have done 100 have really helped too. The support really picks you up.”

Previous years have seen Trotters presented with the famed 100 Marathon shirt - will Richard join them? Lots of us are keeping our fingers crossed for him. Watch this space...



This edition of the Trotter is dedicated to the memory of Dennis Milstead.

Three years ago, in August 2014, Dennis died unexpectedly while out running with our club. Sometimes it still feels difficult to express feelings about his loss and our thoughts remain with his wife Jacquie and family.

Dennis was a father, a husband, a friend, a cyclist, a runner, a mountain climber, an adventurer and more. His personality summed up the very essence of what it is to be a Trotter - a person who's generous with their time, easily engaged in a conversation, ready and willing to offer support and complete with an incredible sense of fun and adventure.

Dennis joined the Trotters in May 2006. His laid back approach and genuine friendliness saw him settle into the club very quickly. He soon made friends and became a regular at Monday and Wednesday training nights.

By his own admission he was never one of the quicker runners but that didn't stop him enjoying his running, far from it. If you speak to any of his close friends within the club the fond memories they have of Dennis are the trips to London for the marathon, his love of cycling and the outdoors, his altruism, his knack for organising a great Club Camp and his ability to debate and orate.

Dennis was elected onto the committee at the 2012 AGM as a general member. He enjoyed a fair and lively discussion and got involved with organising social events and the annual club camp. Following his death, the club put together a beautiful tribute magazine - which you can still access via the 'mag' section of the website - and dedicated their Ladies 10k race to his memory.

Chairman Roger Hayes said: "I often think about Dennis, like many of us I'm sure. He was a man who made an impression. I remember his time on the committee, he certainly brought a lot to the table, not just his thoughtful contributions but his humour as well. Some of his one-liners would have us all in stitches, he was great at defusing situations!

"I always salute him when I pass Milstead Way, a sign the club paid for and which Smokes and myself put up in his memory."



The Trotter

Editor: Emma Percy

Love and thanks go to those who contributed to this edition with words and photos.

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