



THE TROTTER

Teignbridge Trotters est. 1982

October 2017

The First Lady



Men's Captain Lance Mason with Jose Waller

It's often said that everyone has a book inside them and Jose Waller probably has a few volumes tucked away.

Jose is one of the all-time greats of running having set and reset many records. She's influenced the path of the Teignbridge Trotters through her years of work behind the scenes. **Buzz Terrill** and **Emma Percy** tell (a small) part of her story.

A true ambassador for the sport, a genuine inspiration – the First Lady of the Trotters – Jose's prestige and status within the club was sealed on being awarded Life Membership in 1999.

(Continued on pages 14 & 15)

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Editor's letter

Wow, what an inspirational magazine we've got for you!

I have really enjoyed putting this edition together because there are lots of really exciting things to bring you.



Jose Waller and Ruth Johnson open up and talk about their lives in some detail. Both make for a fascinating read. I'd love to sit down with Jose and spend time talking about her amazing achievements. Find out more on pages 14 and 15. Graydon Widdicombe's compelling feature about Ruth is on pages 8 & 9. I am really grateful to Ruth and Jose for taking the time to share their stories.

Elsewhere there are some important changes to tell you. Firstly check out the redesign of the Club Championship on page 7. Hopefully it'll galvanise some more of us into action - I know that I'll be doing the Championship next year now and I am really looking forward to seeing which races will be included.

Our captains Lance and Eleanor sum up a great summer of action although it's impossible for them to highlight all the achievements. I know they are both really proud of what you've all accomplished. Keep going! Our committee has also altered the date for our presentation and awards night. You can read about that on page 6. I wonder if Nigel (pictured below right) will let me borrow his dress?

Enjoy the issue. Emma x



Nigel Barnett, one half of race management team behind the Haytor Heller, got in touch with a special plea...

"We need someone to take on the role of Chief Marshal for the Haytor Heller - Lance 'Skippy' Mason did a fantastic job but has sadly stepped down.

"It's a great opportunity to be part of one of our world famous events - yes, world famous - we've had entrants all the way from America and Spain!

"Don't be shy; if you're interested, please get in touch with either me or fellow Heller race director Allen Taylor We'd love to hear from you!" Contact Nige or Allen via the Trotters FB page or email Nige: nigel.barnett@hotmail.co.uk



Nigel Barnett. You can trust this man. Honest...

ON THE COMEBACK TRAIL

My Achilles, although not perfect, is at least allowing me to run again and it's great to be back. A lack of fitness prevented me from running any further than the 10K when the Trotters went to Munich for the annual away trip but at least it was better than nothing. Thirty of us made the trip to Germany for this year's foreign marathon and included many first timers. I think it's safe to say a good time was had by all and irons are already in the fire for next year's trip. An announcement will hopefully be made in the Christmas edition of the Trotter, so watch this space.

CAKE CALL OUT

The Templer Ten is almost upon us and once again we're after cakes! If any 'star bakers' could show off their talents and make a cake we would be really grateful. Donna Walker is in charge of catering and would love to hear from you. She's on donnawalker2313@gmail.com. Remember all profits go back into club coffers.



The Templer Ten recce run is on **Saturday 4 November**. Three groups are going out at various paces: C Group - 8.45am, B Group - 9am and A Group - 9.15am. Afterwards, a few are going to Home Farm Cafe, Parke, for coffee and cake. All are welcome.

JOHN SCOTT TROPHY

The John Scott Trophy (JST), a 4-mile handicap race, is on **Sunday 3 December**. John Caunter will work out your handicap. In order for him to do this he will need a recent time for you in any of the following distances; parkrun, 3K, 5K, 10K. Please let him know by Friday 1 December by emailing: esmond.caunter@sky.com



For those of you unfamiliar with the JST, it starts and finishes in the same place as the Sandgate Loop (the small bridge 100 yards on from the Sandgate pub). The idea is that because of the handicap system all runners should finish the out and back route at roughly the same time. The first runner will hit the road at 3pm.

There are prizes for the first three finishers as well as a prize for the first tattoo-ed Trotter and the first cohabiting couple. Everyone that enters is asked to bring a gift to the value of £5, suitably festively wrapped! Tina Caunter will collect your gift before the start of the race. These will then be transported to the REC, where we will distribute in race finishing order. There is the option to have a Sunday roast there and this will need to be booked in advance. Please let Ruth Johnson know; radnorterrace1@hotmail.com

HO-HO-HO WHO'S UP FOR THE MINCE PIE MARATHON?

This year's Mince Pie Marathon will be in Chudleigh on **Monday 18 December**. It's the first time it's been staged there and our thanks go to the Chudleigh gang for organising it. If you've never

experienced the delights of the MPM you're in for a treat. We will meet at the Co-op car park at the top of the town for a 7pm start.

We will run about 4/5 miles at a pace that suits everybody - the emphasis is on fun not speed! - and we'll call into four or five different Trotter houses en-route for a glass of mulled wine, a mince pie and some Christmas carols.

As you will read on page 6 the awards evening is taking place in January. If you don't try new things you never know!

Until next time...On On

Chairman Rog



**No clothes were taken off or harmed in order to bring you this update*

Kevin's corner

What's Membership Secretary Kevin Besford got to tell us this time? Read on for the Roll of Honour...

It's a busy time for me right now as renewal time is here. You can pay online, by cheque or cash - whatever works for you. Big thank you to all of you that have already renewed.

In the last edition I said our membership stood at an all-time high of 328. Little did I know that within a matter of weeks that figure would be smashed. As we approach the end of the membership year numbers currently stand at 337! There may be some drop off for non-renewals but I'd hope to see a steady increase again. Who knows what heady heights we could hit?

Such is the volume of positive feedback we get - and give - to each other that we have started to publishing some in the website's membership section. Your positive experiences or testimonials are always welcome!

ROLL OF HONOUR +++ ROLL OF HONOUR +++ ROLL OF HONOUR +++ ROLL OF HONOUR

Since the last issue, we've had a glut of new members.

Susanna Goffe, 26, from Bishopsteignton. Susanna has recently moved to Bishopsteignton and is looking forward to running in the countryside including the hills. Susanna is running the Berlin marathon this year and has a particular liking for running on trails and off-road.

Al West, 31, from Kingsteignton. Al has done a couple of half marathons in the past in Sheffield and Reading but none since 2010. Al ran as a sprinter for Sheffield and Warwick universities and does not have much of a long distance background. I'm sure we can change that. A raft of injuries put pay to Al's sprinting career.

Al has joined us primarily to get fit and meet more people in the area but may consider upping the distance if it goes well.

Andrew Fox, 44, from Torquay. Andy is the golf professional at Bovey Tracey and has been giving Gary 'Watsa' Watson golf lessons in return for some running tuition. Sounds a fair swap. Andy has jumped straight into the sessions and is easily holding his own.

Gary Brooking, 44, from Newton Abbot. Gary has been coming for a few weeks and has now joined before he goes away for a few weeks in the forces. Gary has been a regular in the social run groups.

Simon Baker, 30, from Newton Abbot. Simon is a fitness instructor and runs local boxer-cise classes among other things. Simon ran the Torbay half this year and has a target of a sub 40minute 10k. With his natural fitness I am sure this will come before long.

Chris Vinall, 46, from Kingsteignton. Chris has run two New York marathons in 2014 and 2015 and a number of half marathons including Dart Vale, Plymouth, Bodmin and Bath. Chris has returned after injury and is looking to get back to running half and full marathons in the near future with our help.

Emma Boobyer from Teignmouth has re-joined us after a period away.

Other new members who have joined us are Becky Heale, Jo Kyte, James Bassitt, Dave Mills and Sharon Still. Hopefully you can read a bit more about them either here or on the website. Better still, go say hi to them during our club nights!

Birthday wishes to those who celebrated through September, October and into November: Tania Bull 35, Jo Kyte 40, Gary Brooking 45, Kathryn Steemson 45, Rosey Oakes 50, Sally Merryfield 50, David Evans 55, Erica Ross 55, Melanie Saunders 55, Vicky Hales 60 and Chris 'Smiler' Wride, 60. Congratulations to Smiler who got married recently and our very best wishes to you for the future.



CHANGES AFOOT FOR ANNUAL GALA EVENT

Committee decides on Seale-Hayne as new venue and January date for celebration

Usually at this time of the year we are thinking about dusting off a tuxedo or buying a new outfit for the club's annual awards night in December. This year you don't need to do anything just yet because the committee has decided to host the awards night in January. The date to keep in your diary is **January 20 2018 from 7pm - midnight**.

There are several reasons why the date has changed and the decision was not taken lightly. Considerations were:

- How busy the December calendar can be for many people.
- The challenges faced by those organising the event particularly regarding timescales involved for decisions on nominees/award winners and administrative matters such as getting trophies engraved.
- Greater flexibility in being able to include the fastest times in December races.



We explored alternative venues to the Royal British Legion in Kingsteignton, mainly to try and accommodate more people but also to try somewhere different. We have opted for Hannah's at Seale Hayne, just outside Newton Abbot. Dame Hannahs is a charity which works with people of all abilities to train, learn and reach their full potential without judgement or limit.

All money generated by the charity goes straight back into helping its supportive work for children and adults with disabilities. It is also a social enterprise and is open seven days a week hosting events, conferences, weddings, performance and visual arts and music concerts.

It's an ideal space and there's a well-stocked bar - perfect for our needs! Car parking is available on site and there is the option for accommodation too although this is still to be confirmed. I'll keep you posted on this front. Food wise, we will be having a hog roast with roast potatoes and salads. For vegetarians, there'll be vegetable tart with salads. Puddings will be like the normal affair - rest assured, you will not go hungry!

Tickets for the awards night are on sale from **Friday 1 December** and will be sold by Nigel Barnett. There'll be a raffle too and tickets will be sold by Ladies Captain Eleanor Taylor from the same date. Ruth Johnson has been procuring some great prizes but you've got to be in it to win it!

As in previous years we will be organising a giant Christmas card for charity. Rather than sending heaps of cards out, we will have a big one for all members to sign and make a donation to a deserving cause. Stu Moulson will be at club encouraging you to sign and donate! We have yet to decide on a suitable good cause and would really like to hear some suggestions from you. Please let a committee member know if you have one in mind.

We hope you understand why the changes are happening and are happy with them. We hope you'll get behind the night and come along. I'm sure it will be a great success. Further details will follow about accommodation. If you have any questions or comments in the meantime just drop me a line. I'm on Facebook or you can email me at ryan@enduragas.co.uk

- Ryan Anthony, committee member

Club Championship 2018

A fresh approach is in store. CC Supremo Graydon Widdicombe tells all...

Over the last couple of years, it is evident that fewer people are completing, or attempting to complete, the Club Championship (CC), so your club committee has agreed to make some changes to the format from 2018.

The main catalyst for making the changes is that during 2017 there were a couple of races that attracted very few Teignbridge Trotters. In one race, there was only one lady and one man, who of course both claimed 50 points. With the new changes it is hoped the number of club members completing the CC goes up and the competition at each of the races increases too.



Summary of changes for 2018

1) There will be five race categories with four races in each category. This means there will be a total of 20 races to choose from, a reduction from 36 (or 37 for ladies) for 2017. Fewer races will hopefully increase the competition at those races, as there will be more runners at each race. The categories for 2018 are:

- a. Half Marathons
- b. 10Ks
- c. Short Miscellaneous
- d. Long Miscellaneous
- e. Mixed

2) A competitor will have to complete eight races in total, with at least one race per category. This is a reduction from 12 races for 2017. It is hoped this will encourage more people to complete the CC. Another advantage with this change is that the cost of completing the CC will reduce, which is a consideration especially with entry fees generally increasing.

3) The Ladies 10K will not be part of the CC, so races available for men and women will be the same. The committee will ensure that no other CC race clashes with the Ladies 10K, so women will still be encouraged to take part in our event. In addition, the other Trotter-organised races will also be avoided, in terms of ensuring they don't clash with a CC race.



Points awarded

The general points structure will remain the same as it was for 2017, so that means the maximum number of points available is 400 (i.e. eight races of 50 points per race). The competition will still be calculated using Age Graded Percentages and there will still be separate competitions for men and women.

To support the new structure, Eleanor Taylor has spent a lot of time making changes to the software that underpins the administration of the CC, so I'd like to thank her for doing this. It has been a massive help.

What's next?

In the December edition of The Trotter, a list of the 2018 CC races will be published, so you can all get your calendars out and start planning the year ahead. Good luck!

RUTH Johnson is a club committee member and assistant race director for Totnes 10k. Her sunny disposition hides a steely determination which saw her become one of the best cyclists of her time - until a tragic accident forced an end to her competitive cycling career. The mum-of-four opens up to Graydon Widdicombe sharing the good and bad times and how running has become a crucial part of her life.

Getting to know... Ruth Johnson

Before you got into running you used to be a competitive cyclist. What was your event?

Basically, I got into cycling because I fancied my husband, Steve. He was a keen cyclist and he bought me a bike for my birthday. I did use it for a while and then had a puncture and left it for about a year but told him I was cycling all the time. We moved in together and I had to stop lying and start cycling fast.

After doing a few time trials and cycling to work (a 40-mile round trip) in London for a few years, I started entering mountain bike races in 1989. I got sponsorship from a local bike shop the following year and was spotted by the GT Mountain Bike (GB) team manager at a race and signed up the next week. Although the main focus was mountain biking, part of my training involved competing in mixed road racing a couple of times a week, this really helped with my speed!

What places/championships did you cycle in?

I competed in all the national mountain bike races and my results were good enough to get me selected to three Mountain Bike World Championships in Italy, Canada and France, as well as World Cup series races. I also competed in various road races, including national events and circuits.

Do you have any favourite memories?

In 1990 I was selected in a team of six to do the women's Tour of Majorca, which is a seven-day stage race on closed roads with police escort, motor bike camera crews, various cars and motor cycles carrying spares, water. This was incredibly exciting with cars zipping in and out of the riders with their car horns blasting!

I remember getting dropped by the bunch in the city centre stage race and by the last lap had managed to tag on again. It was agonising, but I was so gutted to have been left behind and was determined to get back in the bunch. I loved the mountain biking but the road racing was incredibly exciting, being in the bunch and hearing the hum of wheels spinning. In one national road race I got too close to another rider and we locked handlebars at 35mph! It was a scary moment but we managed to get out of it without crashing.

Partying after the Mountain Bike World Championships was another highlight. Rubbing shoulders and getting drunk



Ever consistent, Carratti GT's Ruth Wotton. Pic: Dave Stewart





with all the best cyclists in the world will always be an unforgettable memory. Canada was amazing! There I met Gary Fisher, who virtually invented mountain biking.

Did you enjoy the competition? Did/do you see yourself as competitive?

I loved the competitive side of it, but you always had that pressure of performing well in races to ensure you are signed up for the following season.

The ultimate goal for me was to compete for Great Britain at the Olympic Games in 1996. This is what spurred me on and made me so competitive.

I think I am competitive in my running, but at my age and with other commitments I don't get the time to train as hard as I'd like. At the moment it's more about keeping fit and socialising.

I like to do the Club Championship because it gives me a reason to train and get out there and race. I enjoy the challenge of a marathon as well, having something to train for.

Did you enjoy team camaraderie?

I loved being part of the GT team; there were five men and me, so I was probably a bit spoilt! We spent a lot of weekends racing and travelling together and you form a close bond. Our junior at the time, Andy, remains one of my closest friends and lives just up the road.

Thinking about it, being in the team on the road was more exciting in a way, because to be honest in the mountain biking, once the gun goes off you're on your own after the initial sprint before the single-track starts!

Your husband coached you didn't he, how was that?

Yes, Steve coached me from day one, but we weren't married when he was coaching me – we were too busy training! He has always been involved in sport, primarily rowing for one of the top clubs in the country.

I trained a couple of nights a week with the guys in the rowing club doing circuits and weights and when Steve started his own cycling club I trained midweek and long distance miles at the weekend if I wasn't racing. When I read my training diaries now, I can't quite believe how much training I used to do.

I can think of quite a few one-to-one training sessions when it was so hard I was reduced to tears. Steve's training ethos was that 'training should always be harder than competing' – this certainly paid off.

What was it that forced you to stop competing?

I had a really good season racing in 1992 as I was moving steadily up and started to beat the top women and came through even stronger in 1993. All my training was for my ultimate goal of being selected on the GB team in the Olympics in Atlanta in 1996, but sadly this all ended overnight.

Whilst out on a long training ride one evening in June 1993, I was hit by a car. I don't remember anything about the accident, even now, but have been told I am really lucky to be here and thank goodness I was wearing a helmet as I landed on my head.

I didn't break anything (due to my body being so fit and strong), but I suffered really bad internal bruising which was agonising. I had trouble walking properly for a few months and had lots of intensive hydropool therapy to get my hips working properly. I was also left with sciatica and this was what made it really difficult for me to cycle again without constant pain on the bike. I lost my contract for the following year and then it was a downward spiral.

Things went from bad to worse really. I found it incredibly difficult not being able to cycle, our lives were consumed with everything cycling. Bikes and wheels hung from every ceiling and wall in our flat, Steve was still running the cycling club and it was all too much for me to bear at the time. Sadly this caused our relationship to break down. It was a very difficult time in my life and took me many years to accept what had happened, mostly because it was taken from me and I didn't choose to stop.

I think perhaps only athletes at the top of their sport, or those that aspire to greater things can truly appreciate the tragedy of being prevented from reaching their potential. But life goes on and you have to snap out of it. For us it was getting married and having four children!

I really don't mind talking about all of this but not sure it ever leaves you really. I'll always wonder how much further I could have gone.

Wow, a difficult time for you. Moving forward from that, what got you into running in the first place?

I've always fancied trying to run and did have to do quite a bit of running sometimes in mountain bike races. If the course was particularly muddy or technical, sometimes it was quicker to put your bike over your shoulder and run.

Wurzel (Mark Wotton – Ruth's brother pictured here with her at the Oh My Obelisk race of 2014) had been trying to get me to run for years and would try and get me to do the Totnes 10k with him. I would get really excited about it, go out and run too far, feel dreadful the next day and not do it again for another year.

In 2012 when I was 48 I made a list of things I wanted to achieve and running a marathon was one of them. I entered the London Marathon for a friend who was very ill with cancer and that made me determined to train properly. I started running in the June of that year, ran the Totnes 10k and joined the Trotters in the November.

You've done the DD as well. What is it that drew you to that event?

I entered the DD in 2014 and completed it and entered again in 2016 to run it with Wurzel, but sadly had to pull out with an injury at marathon point. I had that injury for over 2 years and decided to take a break from long distance last October.

What motivates me to get out there and do the miles is the thought that I probably wouldn't finish it without all that hard training. I used to hate running on my own before the DD and would find it incredibly hard to motivate myself to run for hours, but I grew to love it.

The key for me was planning a route of a certain amount of miles and then I would stick to it and not take a quicker way home if I was finding it hard. Of course, it's always easier running with a friend or in a group, but in this race it's quite likely you'll end up running sections on your own, so it's good practice!

I would say DD is my favourite race so far, I loved it; just thinking about it gets my heart racing again. That feeling when you turn that last corner into Princetown is something else and it's hard not to cross the finish line in tears!

What is your favourite event/terrain/distance and why?

A good tough 10 mile off road is my favourite kind of race. I love the hills, mud, streams, mixture of terrain, never knowing what's coming around the corner. I have taken a year off from long distance and have been testing myself with parkruns and shorter distances and have grown to enjoy it. I have been doing more gym work because of an injury as well and never thought I would say it but I love it.

You're a valued member of the club's committee and also you were heavily involved in this year's Totnes 10k. Is there anything you'd like to share about those roles and getting involved in the club?

I have got so much out of running and being a part of the Trotters. I am more than happy to step in and help when I can. I was pleased to be asked to be part of the committee and enjoy being more involved in the running of the club. Although there is a lot of work involved in organising a race and it can be quite challenging at times, seeing it all come together at the end is satisfying. Totnes 10k was a big undertaking this year, but we had a good team of people and it was a great success, generating a fantastic profit and raising lots of money for charity.

What's next for you?

I have a place in the London Marathon next year and am really looking forward to it. I've given my body a good rest this year and can't wait to start training for a marathon again. The first time I ran it I had been running for six months so it will be a different experience this time.



NOSTALGIA IN NUMBERS

Chairman Rog takes a trip down memory lane

Recently I was asked if I kept a record of how many races I had done. I replied that I knew how many marathons I'd run but that was about it. So, on a wet and windy afternoon, I decided to leaf through my log books and tot them up. I've always kept detailed records of every race I've entered, logging such things as weather conditions, my weight and where I fared in the pecking order against fellow Trotters.

It proved to be a great trip down memory lane. I've been lucky enough to never have had a 'Did Not Finish' (DNF) next to my name. I've had a few close calls mind you. A double hernia at 18 miles during the New York Marathon springs to mind! Many races, especially those in the early years, have long since folded. I'm sure some Trotters can remember the Luppitt Lollop, Moorhaven 10-miler, Okehampton Half Marathon and the Dartmoor Triangle Run to name but a few.

My first recorded race was the Exmouth half marathon (another race that has folded) in summer 1989. My notes said I paid £4 to enter and it was organised by the South West Road Runners. It was 87 degrees and the first 5 miles were quite hilly. That would clearly account for my time of 1:53:01. Well that's what I'm sticking to! I completed another 99 half marathons before I turned 40. My 102nd half marathon was my PB and remains so today. In fact my 40th year was a golden one as I set all my PBs that year. Just proves that you don't have to be in your twenties to set fast times...

I know there are other Trotters who have been, and in some cases still are, prolific racers. I'm sure their overall total of races would dwarf mine but for the record here are my stats.

Little did I realise at the time that this year's London Marathon was my 500th competitive race. I still get a real buzz out of racing. It's only when I'm injured (happening more often now I'm 50!) that I realise how much I miss it. It would be great to see other stats from more long standing members. Perhaps we could create a 500 club? Or maybe one of you is already in the 1,000 club!

parkrun: 1 **Westward League Cross Country: 39**

Under 10K: 81 **10K: 67** **10 Mile: 29**

Between 10K - half marathon: 49 **Half Marathon: 110**

Between half marathon - marathon: 9

Marathon: 102 **Ultras: 15**

Overall total: 502



Captains' Corner. Thoughts from Captains Lance Mason & Eleanor Taylor



A big Trotter family welcome to all newcomers. I hope you're enjoying being part of this great club and are getting stuck into the sessions. It's good to see some members return from injury - in particular Mark 'Wurzel' Wotton and Wilf Taylor - and for those who are still injured, I wish you an speedy recovery.

Jamie Barnett is having an outstanding season with much more to give the sport. He set some high targets - and smashed them! He set a super quick half marathon time at Bridgwater in 1.13.52 then demolished that at Cardiff with an amazing 1.11.30 for 34th overall. He broke the long standing club record from 1996 and set the fastest ever half by a Trotter. What an achievement. He is running his first marathon at Dart Vale and we all wish him the best.

The statistics for Jamie's improvement speak volumes for his dedication with times tumbling like a house of cards. His 5k time was 17.55 in 2015 and is 16.29 in 2017. His 10k has gone from 38.27 in 2015 to 33.48 in 2017 and his half marathon from 1.27 in 2015 to 1:11.30. Incredible. Jamie - we are really proud of you. Let's hope the right people are watching and can offer the sponsorship and backing you need to reach the top level.

Jamie is an example of someone who puts in effort and discipline to reach his goals. You truly do put in what you want out. Whether that's those who have run races, won races, won team prizes, age categories or scored a new PB. We all cover our own distances and set our own targets so well done all on your own personal achievements. And they are many and varied.

Tim Pratt, Roger Easterbrook and Garry Smart were a Trotter 2-3-4 at Muskies Madness. Josh Taylor was first junior at the Haytor Heller and Gary Watson was first MV60 at Lustleigh 10K. Toby Hooper was first U17 at the 1500m Steeplechase clocking a PB of 5.02 and Pete Heckles finished Run Exe 5k in 17.57.

Roger Easterbrook, Christian Robinson and Graydon Widdicombe won third male team at Torbay 10k with Christian getting a PB of 42.01. Kevin Woodard picked up PBs at Cardiff half marathon 1:19.39 and at Bridgwater 10k (34.58). Garrie Edwards knocked 12mins off his marathon time at Barnstaple clocking 3.25.05 and Andy Distin sliced 6min off his half time at the Great West Run in 2.14.48. Pete Kirby continues to improve and collected third MV65 and a Good For Age time at the Yorkshire marathon in 3.55 bang on.

The Club Championship looks interesting with Gary Watson leading the way. Can he be beaten? Not many more races to go. Saying that, Garry Smart was third MV50 and 12th in 44.02 Tavy 7 more recently. Is Smartie getting twitchy at the top end of the leaderboard? Watch this space!

August saw Josh Taylor do a double at White Star Running's East Farm Frolic. He ran the half marathon in 2:10 and the next day had a punt at the marathon with dad Allen. Both days were brutally hot but the duo did it.

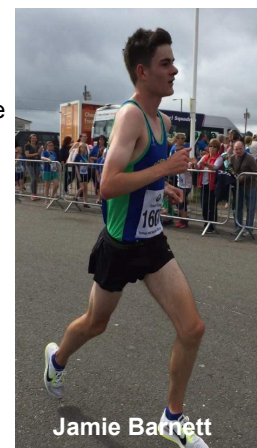
Rob Cooper and Jason Kidwell tackled the Salisbury 54321 race. Rob clocked 3.12.06 and



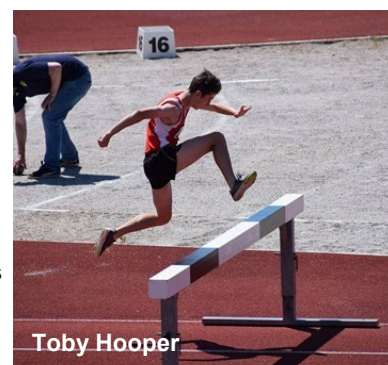
Jason, in his first race as a Trotter, finished in 4.01.56. There was great running from everybody in the City2Sea marathon/ultra. Special well done to Gavin Forbes in his first ultra and Darren Petch for his first marathon - a brave choice, Darren! Jason Lewis completed his first marathon in Bournemouth in a creditable 4.17.04.

The Trotters abroad trip this year was a good one and there was some drinking - sorry I mean running... Oh, ok. Both! All races started and finished in the Olympic stadium. Along with those of us who ran there was great support too. It was fantastic running into the stadium and hearing a big roar at 200-metres to go from those wearing the Royal Blue colours! What a great feeling it was. Where will we go next year? Find out soon...

Finally, congratulations and well done to Roger Easterbrook and the crew for their first year at the helm of the Totnes 10k and good luck to Ryan Anthony, Nathan Elphick and Gary Caunter for another successful Templer Ten.



Jamie Barnett



Toby Hooper

Yours in sport

Skippy

Captains' Corner. Thoughts from your captains Lance Mason & Eleanor Taylor

Welcome our new Trotters! Congratulations on joining this lot of enthusiastic / mad joggers / runners – depending on your perspective. You are in good company whether you want to build up to running for a whole hour or improve your marathon time.

I'm Eleanor, the Ladies' Captain. That means I have to write some words for the Trotter about recent achievements of the female Trotters – and I'm always spoilt for choice!

In the popular Torbay 10k, Tracy Elphick led the Trotter ladies home in 43:25. Jacki Woon and Hannah Jones followed in 44:24 and 44:32. Together, they made the first female team in a race with 578 finishers. Jacki's time beat her own W50 Club Record by 40s. Congratulations Jacki! This was AJ De Montjoie's first time in a Trotters vest and Suzie Mills beat her course PB by 5mins.



Lucy Payne has been busy 'Race Directing' another successful Ladies' 10k. As well as that, she achieved 55:18 in the Torbay 10k and was first W65 in the Bridgwater and Swallowfield 10ks.

In our Ladies' 10k, Tracy, Mel Dunn, Hannah and Jacki were the first team (*pictured*). After a long injury-induced lay-off, Emma Foreman is getting back to running and racing and improved her 10k PB by 8 minutes. Lorraine Kirtland, Clare Atkinson, Kay Shillabeer and Vanessa Hurst were among those who chose this great event to wear a Trotters vest for the first time.



Tracy went on to break the W45 record in Plymouth 10k in a time of 42:45. At the same event, Claire Ayling broke 50 minutes for the first time and Kathryn Steemson set a new PB in 46:57.

2016's 'Most Promising Newcomer' winner Lucy Evans has set her sights high with the 2018 Dartmoor Discovery. She is improving all the time. In the Cardiff half marathon, she ran with Tracey Jolly in 2:04. This was a PB for Tracey by a huge 17 minutes. Lucy followed this by getting a PB at Birmingham Marathon in 4:06.

Another Marathon PB was achieved by Emily Levey who took 16mins off her previous best in Chester with a time of 4:07. The Great West Run brought out more great performances. Among these was Emma Ray in 2:00:23 and Louise Stokes in 2:43:13, both improved their PBs (Emma by 11mins and Louise by 3:30). Experienced runner and F60, Teresa Holmes, achieved a five-year course record in 2:24:18. AJ and Deb Hart ran their first half marathons here too.

Some people have - literally - gone to great lengths to compete in the Championship. The Cheddar half marathon was a late replacement for a cancelled Championship race. Advertised as 'tough' and 'scenic' this should be translated to 'handle with care'. Jo Randall, Hannah Jones and Suzie Mills all stepped-up to the challenge. To put it in some sort of context, Hannah and Suzie were about 40 minutes faster in the flat Bideford Half.

On the subject of challenges, the City2Sea marathon and 34miler is straightforward from Exeter to Shaldon. From there it's on a HILLY section of the South West Coast Path. This year, grim weather made the relatively flat bit hard so big congratulations to Annika Longthorpe who was the first woman across the line in the ultra in 5:06, and seventh overall. WOW! Cross Country Captain Wendy Goldthorp was second female Trotter to complete this tough course in 7:03. Hannah Jones completed the marathon in 5:47. She was the first of nine Trotter women. These included Mel Dunn, fresh from a half Ironman, newbie Kate Williamson and team Sharples-Bowman (Shaz and Kirsty).

Wendy Goldthorp captained the Ladies' teams at the Stover race with a welcome return for Helen Anthony who's getting back to running after an injury. Marathon Queen Sally Ingledew has completed a few more marathons (no – I never thought she'd stop at 200 either). Well done all and do message or email me if you have any feedback or achievements I should mention.

Bev Dennis, Suzie Mills, Angela Blakesley and Maggie Anderson at the Ladies 10k



- Eleanor

(Continued from front page)

Born on April 16 1922, Jose was so named because her parents, expecting a boy, were rather taken aback by the opposite and at her father's suggestion, names went into a hat to decide what to call her. She was born in Hammersmith which, incidentally, is the birthplace of Lord Seb Coe.

Jose watched athletics from a young age at the White City Stadium (built for the 1908 Olympics, it was demolished in 1985) as her father was interested in the sport. She said: "In those days of course, girls weren't supposed to do much running. In my first race, I ran around a field and beat all the other girls easily. They put me against the boys and I beat them. I would have been at county-level but back then I just wasn't really interested. I enjoyed running for pleasure."

While working in an office as a young woman, her natural ability for running was on display. "We had a big yearly sports meeting. I was in a relay team with another very good runner and was given the third leg. In those days, a relay race was won or lost by the third effort. Afterwards I was rather nicely told that she didn't need to do anything because I made the race."

Twice-married with three children, she returned to running later in life through her third son himself a keen athlete. "I was getting on to 60 and wanted to do as much as I was able to do at 40. I was determined to keep myself more or less fit.

"Watford (where they lived) used to have big fun run and there I met Harvey Jaquest (the late President and founder of the Watford Joggers). There was a little park at the back of the houses - the recreation ground or rec as we called it - and he made me run around it. There was a little hill but, goodness, you would have thought I was climbing Everest.

"Harvey realised I had potential and had great ideas about women running as good as men. He encouraged me to do specific training. As I went past his house on way home from training I used to post a note of what I had done through his letterbox so we could talk about it. He did a great deal to encourage me."

Her results - 36 records in total - speak for themselves. Jose's first London Marathon was in 1986 aged 64 where she was second F60 and clocked 4hrs 18mins 47secs. The following year she broke the British women's record for F65 in 3:46.25, the British and UK records in the 1500m, 5k and 10k, and the world record for a 4k in 19:38.

In 1988, aged 66, she broke the world marathon record in London in 3:35.49 and the world records for 5k and 10k. In 1989 she broke the world half marathon record in 1:42.59 and her own record in the 10k in 46.52.

It didn't stop there. In London Marathon 1990 she was the first woman over 68 to finish with a time of 3:39.28. In 1991's London Marathon she was the first woman over 69 to finish. She has represented Great Britain and at the World Championships in Turku, Finland, won the marathon, 5k and 10k. "I had a great time", she remembers. "I could talk about all those places forever."

She broke the world marathon record for the over 70s at Gosport, Hants, in 3:52.9, and the world over 70s record for the 5k, 10-mile, 10k and 25k road races. She broke the 4k world record, previously held by the great middle distance runner Pearl Mehl, and the over 70s 5k world record.

1992 also saw her break the world marathon record for over 70s in New York; at the time the



record stood at 4:41. José did it in 3:57.08. In 1993 she took the indoor world record for 1500m and 3k in her age group, as well as the 4k, 10k and half marathon world records.

She moved to Devon after her husband passed away and in 1992 joined the Teignbridge Trotters. She said: "I was running around all this lovely countryside, although I did not think much of the hills – I still don't really. I was running around Dornafeld one day when I saw four girls running too. I stopped and said 'I want to belong to a running club' and they said 'come and join the Trotters. So I did.'"

Jose became an integral part of the club. She was Secretary from 1994 to 1999 and served as Ladies 10k Race Director. Aged 75 took the marathon and half marathon records as well as various other British records. After having a triple heart bypass operation in 2000, José completed her last London Marathon in 6:57.45 aged 82 in 2004. She became our first lady President in February 2013 until her retirement in February 2016.

Jose says: "I've enjoyed being a Trotter. It's a very social group. The club has become more ambitious and running has become more serious over the years but it's also become much more organised."

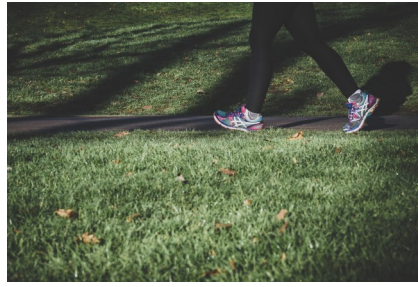
Her one piece of advice remains as relevant today as it did all those years ago for runners of all ages, all abilities and all experience levels. "I always aimed to enjoy my running and I never let myself get so stressed that I felt that I had to give it up. The one rule I had was that one day a week was a complete rest from running and I always followed it."

Fellow 'lifer' Dave Dunn says of Jose: "It is widely known that the Trotters stage some of the best races around, with excellent organisation and enthusiastic marshals, but this hasn't always been the case. We have Jose to thank for the reputation that the Trotters enjoy today.

"As Secretary she initiated and developed what she called the Race Directors handbook. This gave our race organisers a timeline for obtaining permits and permissions, as well as a step by step guide to everything that goes into making a successful race. This may seem obvious today but back in the 90s this information was priceless. Jose will be remembered for her record-breaking running but she was also a great administrator, something that we all should be grateful for."



A rose between two thorns: Jose with Dave Dunn and John Caunter



Dates for your diary

Templer Ten recce run - Saturday November 4/Templer Ten race - Sunday November 5

Westward Cross Country League dates - 12 November, Newquay; 3 December, Exeter

Championship races:

Dart Vale 10k/half marathon/marathon - Sunday October 29

Track 3km - Monday 20 November

Bicton Blister - Sunday November 26

John Scott Trophy - Sunday December 3

Wellington Monument Race - Sunday December 17

Awards night tickets go on sale - Monday 1 December

Raffle tickets go on sale - Monday 1 December

Mince Pie Marathon - Monday 18 December

Awards and presentation gala event at Seale-Hayne - Saturday January 20 2018



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The Trotter

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