

THE TROTTER

Teignbridge Trotters est. 1982



February 2018

SIMPLY THE BEST



Club Chairman Roger Hayes pays tribute to stalwarts John and Tina Caunter who between them have given the club 36 years of their lives. Read his story on page 14.



Editor's letter

I bring you the latest edition of The Trotter along with an apology: our magazine arrives a little later than planned because Storm Emma put paid to my efforts to get this to you by the end of February. However, the two days snowed in did mean that I was able to add some extra news items, making this issue a bumper read.



The club recently had its annual meeting where Chairman Roger Hayes paid tribute to John and Tina Caunter for their sterling efforts over the years in making the Trotters what it is today. You can learn more on page 14 where Roger tries to sum up decades of work.

The committee will now, no doubt, be reflecting on the excellent annual presentation and awards evening in January. It was a great night: very well organised and Keith Anderson did a fantastic job as compere. Thanks to all that were involved. Many of you completed a post-event survey and the feedback will help inform what we do going forward. Learn more on pages 8 and 9.

Having just marked another International Women's Day it seems fitting that Ladies Captain Eleanor Taylor has chosen to celebrate the women that were nominated awards on page 12. It's great to see women embrace running and use it as a force for good, from personal progress to supporting and empowering each other in runs and races. Go girls!

Elsewhere, we're looking ahead to the warmer months and Chairman Rog, Stu Moulson and Kev Besford tempt us with words about days out and camping trips. If you've not been on one of these socials before then I really encourage you to go - they are so much fun.

Summer also sees us get busy with putting on our own races although the work starts way in advance. Two of our key races are looking for new race directors so if you fancy it, now's your chance. Page 11 has more.

And what advice could you give to someone new to running? Members put forward some great tips. See page 19 for inspiration.

Don't forget to come and see me if you want to put forward articles for this magazine. It's for you, by you. My thanks go to everyone who contributed.

Enjoy the issue.

Em x

RUN HAPPY
RUN GRUMPY
RUN SPEEDY
RUN SLOW
RUN A LITTLE
RUN A LOT

JUST RUN



NEWS ROUND-UP

What's new? Lots of stuff, so it would seem. Without further ado, let's get down to it.

P*SS UP IN A BREWERY

Back in the day the Trotters were known more for their social events than their running *writes Roger 'Chairman' Hayes*. I thought I'd try and turn back the clock by organising a trip to Truro to visit Skinners Brewery.

Those longer standing members amongst us will no doubt remember the trip we made down there many moons ago (there's a pun in there somewhere!). The day didn't get off to the best of starts as our train broke down en route, but we certainly didn't let that spoil our fun. A great day out was had by all, even by those who missed the train home!

The club have agreed to pay for a coach to take us there and back. We didn't have a summer BBQ or club trip last year, so the club saved itself £1000. The committee agreed with me that it would be a nice idea to spend some of that saving on a social event open to members only. The most the Brewery can take is 50 people.



Here's the crack: we will be leaving the bus stop opposite the Enterprise car hire place on The Avenue, a short walk from the REC, at 9.30am on Saturday 28th April, arriving in Truro in time for a midday tour of the brewery. This takes roughly 25 minutes and if you like real ale then it smells divine, if you don't then you might need to bring a nose clip! After the tour we will have full and exclusive access to their beer tasting which takes place in their bar. They have plenty to choose from including old favourites such as Betty Stoggs and Cornish Knocker. They also do a very nice cider, a stout and for the heathens among us they have lager and wine. There are also soft drinks, teas and coffees. You also get a traditional Cornish pasty or the vegetarian option if you prefer.

Our time ends when the landlord rings his bell at 3pm. It's up to you how much you consume during that time! All this for the price of £16.50 per person - a bargain if ever there was one.

The brewery is a five minute walk to the city centre. The coach will stay parked up at the brewery until it leaves for home at 7pm to arrive back at the REC by 9.30pm. That gives us four hours to explore Cornwall's capital city. Plenty of time to go shopping, have a meal or as Nigel will do I'm sure, head for the nearest pub! The first 50 people that let me know they would like to go, will do, as long as I have their £10 deposit and their choice of Cornish pasty. I look forward to hearing from you.

CLUB CAMP IS COMING

The 2018 Trotters Club Camp is being held on the weekend of the 16/17 June. Yes, we are already thinking of the summer and hoping (as usual) for a lovely sunny weekend!

It's always sunny for our camp (well except for previous years!) This year is going to be a scorcher. For those that regularly go, they know all about it. But for those that haven't been before, you've been missing out! Just speak to anyone who's been and I'm sure they will tell you it really is a great weekend away with your fellow Trotters and their families. It's a weekend for us runners and our families to get away for a fun weekend social.

Most camp on the Friday and Saturday night. Obviously as we are a running club there will be some running for those that want it and for those that don't, just relax and enjoy the sea views and lovely sunshine we are bound to get! This year we are off to the Cornwall, we've been there before, just hoping they will let us back in!

Final details of exact destination will be revealed very soon so keep your eyes peeled and your ears to the ground. When the details are out, all you'll need to do is give Stu Moulson a £10 deposit to secure your place.

A CATERING PLEA

Donna Walker (pictured left with Tracey Jolly) got in touch with The Trotter with an appeal for members to step forward and take up the responsibilities for that one thing we all love: cake.

Donna writes: "I have been doing the role of catering manager for a number of years at various races and have really enjoyed it. There is always oodles of cake much of which is baked by you. The races that are available include the lovely Ladies 10k and Totnes 10k. Both are fabulous races with great atmospheres and you get to sell people lots of cake!

"The Ladies 10k is always a honour to be involved in. It's a really feel-good morning out. You get to dish out cake to the lovely lady runners (who 'umm and ahh' for ages over what slice to have! We've all been there!) and it's a great opportunity to get chatting to them. Oh, and of course, there is cake! I think it would be an epic race for a chap to take over, that way the ladies of our club get to run this fabulous race.

"Totnes 10k is a very busy day as the kids fun run happens before the big race. There's always lots to do and you get to meet lots of kids and their parents. The children all want to show you their sparkly new medals and talk to you whilst shoving in cake and their chocolate bars! After the main race it is a bit of a party atmosphere as there is the BBQ and the beer tent. Cake, beer and burgers heaven! What's not to love?

"For me, being part of the races have been fabulous days, all of them. If you are interested do come and chat to me at club or message me on Facebook. Happy to help with as much information and insight as I can give so you can enjoy it as much as I have. "



Wa-hey the lads!

Gary Watson has been tasked with organising this year's lads weekend away. Here's what he's got to say - and why the men of the club should get involved.

Back in the day, well 2014 to be precise, the lads weekend away was in Shropshire in a small village, namely Little Stretton. This is the home of one of the most challenging races the Trotters do. I do include the DD in this list. The race in Little Stretton is slightly shorter, it's called the Callow and it's only four miles. Here are the times we did four years ago:



Gary Watson: with hair

1:10:05 Roy Brown

1:15:10 Daryl Milford

1:15:16 Geoff Davey

1:18:25 Chris Cleave

1:22:27 Roger Hayes

1:27:46 Roger Hales

1:28:10 Bruce Campbell

1:29:16 John Tweedie

1:35:56 Wavell Vigers



1:39:42 Travis Wood

1:43:16 Paul Reynolds

1:43:31 Stephen Barker

1:45:02 Nathan Elphick

1:45:11 Pete Heywood

1:48:30 Peter Aston

1:49:42 Mark Wotton

1:52:23 Gary Caunter

1:52:43 Chris Wride

2:08:03 Andrew Ludlum

2:08:21 Ryan Anthony

2:14:50 Gary Watson

2:17:53 Nigel Barnett

2:19:51 John Webber



Two of the runners that year broke the magical 1 hour barrier. This is why I'll offer £1,000 to any Trotter who could do this. Look at the list - are you better than any of these fine athletes?

Now some of these athletes were slightly tired as they had done an amazing event on the day before. The Bishops Castle Tandem Triathlon is a unique event and follows the Shropshire tradition of leading the way when it comes to athletic events - you all probably know that the Olympic games began in Shropshire. This year we will be taking part again. I've managed to get 6 tandem bicycles for the event, this has taken me a year to do!

These two events take place on Saturday 30 June and Sunday 1 July. We'll be setting off on Friday the 29 June and camping until the Sunday morning. Chairman and myself will be leaving on Friday morning to put up the tents for us all. You can all buy me and him a beer in one of the local pubs (walking distance from the campsite) on Friday evening.

We'll be travelling by car as minibuses are far too expensive these days. If anyone has a car with a tow bar (or a box trailer at least 8.5 feet long) please let me know. The use of the bikes will be given to the first 24 people who get their deposits to me. Some of you of course may not want to do both events. I will enter you in the Tandem race. The cost is £60 per team/£30 per rider. Here are the details of the race:

Competing as a team of two, one team member will swim 1km in the leisure centre pool and then both team members pedal furiously along a 30km road tandem ride. After that, the second team member completes a challenging 10km woodland run. A 5km tandem sprint finish completes the team's crusade.

Last time we did the event one of our teams came 3rd. We were also first ladies team as well! The entry for the Cal-low was £3 last time. It may be a bit more this time.

So come on lads, give me a £30 deposit (I'll use this to enter you into the triathlon), and you're in. I'll do the entry for you, all I need is your name. We will not have a reserve list for this event so don't hesitate or you may miss out! The cost will be minimal, just a share of the petrol money to get there, if you're doing the triathlon the cost of hiring the bikes (Roughly £15-£20 each), and a share of the camping costs (£12 each). This will be a trip you'll talk about for years to come and the bragging rights for doing both of these events are incalculable!

Membership Secretary Kevin Besford gives us the lowdown on who's in the club

New members are still coming to us on a weekly basis and we now stand at a total membership of 308. At the current rate of recruitment it seems certain that we will break new record numbers before I am chasing you for your money again next October.

Talking of chasing you for money, the renewal for England Athletics is due on 1 April so for those of you that are registered with EA you will be getting a renewal reminder email towards the end of March. If you are unsure what England Athletics is, then please ask me and I will fill you in with all the details.

I continue to hear very positive feedback of the club both personally and via posts on social media which just goes to prove what a great job you are all doing in making everyone welcome. I have been adding more great comments on the membership section of the website including one recent one where we were recommended by Torbay AC. We must be doing something right. More positive experiences or testimonials are always welcome.

I am currently getting on with organising the club trip and you will find the details elsewhere in this issue of The Trotter.

Since the last issue 12 new members have joined us and are all listed below.

Fiona Hingston, 49, from Kingsteignton. Fiona has run a couple of marathons in the past having done her first while living on Isles of Scilly doing the Tresco Marathon. Did this with her husband but he has not joined Fiona in joining us. Fiona has a place in the 2018 London Marathon and is hoping to get round in 4 and a half hours.

Zoe Winterbourne, 37, from Newton Abbot. Zoe was gifted her membership as a birthday present from her husband having badgered him since they moved to Newton Abbot last year. Zoe used to run a fair bit before she had her daughter in August 2016. Zoe says she is nervous that as a beginner she will hold everyone up so I am sure all of us will welcome Zoe to the fold and support her as she progresses.

Sadie Barclay, 39, from Torquay. Sadie loves to run near the sea and in the woods in company of her dog Boo. Sadie did the London Marathon in 2013 and has done a number of half marathons. Sadie loves to travel and is partial to a drop of booze every now and then, so will fit in well with us!

Thomas MacTaggart, 32 from Newton Abbot. Tom started to run in June 2017 with the parkrun at Parke and he has now completed 25. He competed in the Dartmoor Vale 10k last year and has entered the Torbay half marathon this year.

Katey Blackmore, 35, from Buckfastleigh. Katey is married and mother to Bethany and Joseph. She has never run before and is looking to get fit and lose weight. Two friends who are already Trotters have given her the inspiration to join us. Katey has been for a couple of weeks and has enjoyed the friendly welcoming atmosphere. She has now progressed to the Improvers group and is aiming to do her first 10k in the summer.

Dean Hughes, 38, from Marldon. Dean originates from Reading and has recently moved down from Basingstoke where he was social secretary at his previous club. Now married with an 11-month-old daughter and a second child due in May he felt the time right to join a club again. Dean said that after training with more 'local' clubs, South Devon and Torbay AC, both reliably informed him that Teignbridge Trotters were the 'drinking club', therefore for me it was a no-brainer who to join!

Dean says the half marathon is probably his favourite distance with a PB of 1:27 and last year he did a spell of five marathons in five weeks for charity. Dean says his main aim is to get back to being as fit as he was 12 – 24 months ago and discover the social side of the club.

Kate Rew, 50, from Teignmouth. When Kate first joined Chairman said he knew this lady and she was a fine artist, I hope he meant with paint and brush as the first reaction from Kate when told about the Rec was that she liked the idea of a discount at the bar! Kate used to sprint competitively as a teenager when she grew up in Australia but she admits she knows little about how to run longer distances. She is hoping to learn from the Trotters and to do some 10k races to start with.

Mandy Plummer, 50, from Liverton. Mandy ran with Erme Valley Harriers until she took a bit of time out from club running when she moved to Liverton. She has run various events in the past including Cardiff half, the Grizzly, Haytor Heller and our Ladies 10k. Mandy has an entry for the Grizzly again this year. Mandy enjoys the social side of running and hopes to improve her speed as a club member.

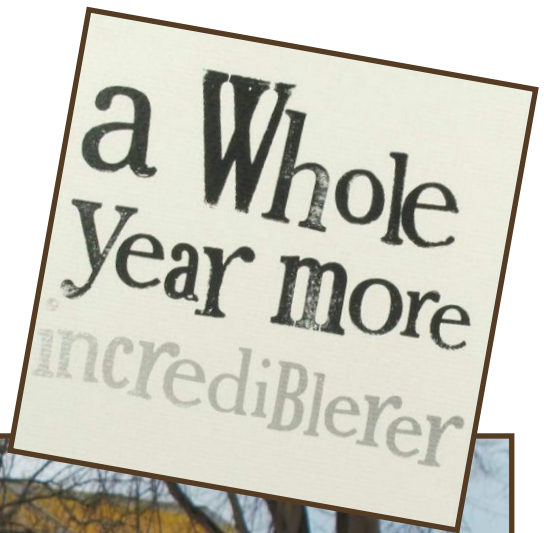
Gavin Parrott, 44 from Teignmouth, has been a regular at training in the faster groups since joining us as has Christopher Jones, 39, from Torquay. Becky Abbot, 30, from Newton Abbot has recently joined and is finding her feet.

Lynda Cooper, 38, from Newton Abbot was brought to training by Caroline Clark recently and on her first visit told me that she had joined online before leaving home. Now that is what I call keen.

It's happy birthday to quite a number of members who celebrated notable birthdays in February and March.

Ryan Anthony 40, Darren Petch 40, Tracey Jolly 45, Shani Adams 50, Tina Hearne 50, Fiona Hingston 50, Jimmy Donovan 55, Angela Evans 55, Sue Tremlett 55 and Adrian Youngman 55.

Happy birthday to all and best of luck in your new age categories on race days.



The survey says...

2018 saw some major changes to our annual awards evening: it was held after Christmas and at a new venue. The committee were really keen to hear what you thought, whether you went or not, and asked members to fill in a short survey. One hundred people completed it and here are the results.

Q1. Did you attend this years awards night?

Yes 66%

No 34%

Q2. How did you rate the following on the night this year?

Venue: Poor 10.61% OK 37.88% Good 40.91% Brilliant 10.61%

Food: Poor 1.54% OK 35.38% Good 48.23% Brilliant 13.85%

Disco: Poor 6.06% OK 34.85% Good 50.00% Brilliant 9.09%

Presentations: Poor 0% OK 10.45% Good 31.34% Brilliant 58.21%

Q3. When would you like the awards night to take place?

Two weeks before Christmas 34%

Sometime in January 31%

No preference 35%

Q4. What type of food would you prefer?

Hog roast 34%

Cold buffet 36%

Sit down meal (two or three courses) 26%

No food 4%

Q5. What price would you be prepared to pay based on your choice from question four?

£10/15 26% £15/20 44% £20/25 23% £25/30 7% 30/35 0%

Q6. Would you be prepared to travel to the following towns for the awards night? (Choose as many as you like)

Newton Abbot 98%

Teignmouth 69%

Dawlish 36%



Pictured: 2017's Club Championship winners Garry Smart and Kathryn Steemson with Club President Mark Becker.

The survey says...

Torquay 46%

Exeter 28%

Totnes 31%

Q7. Should we have a raffle?

Yes 84% No 16%

Q9. Any other comments.

Have a raffle, but, pull the numbers and add to the prizes in order, no disturbance to the music. The raffle takes too long.

Thought the hog roast was a really good idea and the cold buffet bits to go with it. Felt the seating areas felt a bit disjointed. Enjoyed the evening though.

Regarding the venue: driving on-to the grounds it looked amazing but the venue was a bit cold and it felt like being in a student bar.

Hog roast was great. Can we make sure the Trotters song is played before everyone goes home.

Plastic glasses should be banned!

Having plastic glasses made me feel like I was at a student gig rather than an awards night.

I really enjoyed the evening, but I feel the catering could be improved (although understand serving large numbers can be logistically difficult). A warm meal and a few more menu options. Thank you.

Scrap the Horses Arse award.

Keep it simple. There's never enough time to dance once the awards and food is over. Party and celebrate being a Trotter!

Q8. What type of music would you prefer?

Disco 61.62%

Live band 25.25%

Ceilidh/Barn dance 12.12%

No music 1.01%

We felt the venue let it down.

More discretionary awards rather than just achievement. I feel we need to be more inclusive and encouraging as a club and I think the awards evening may help that.

Please make it a Christmas bash again.

Anecdotal feedback suggests people felt Seale-Hayne was a little remote and not served well by public transport so would committee consider putting on transport to help encourage more members to go the awards night, particularly newer ones. Very grateful to the committee for organising it. Lovely to see people getting recognised for lots of hard work.

Prefer one large room rather than two separate ones. Less atmosphere this year as many stayed in the bar area, never seen the dance floor so empty! Presentations were brilliant, Keith (Anderson, who presented the awards) was the best yet.

To sum up...

Broadly speaking, the results show that 60% thought the presentations were brilliant and around 50% thought the venue, food and disco was good although there was 30 of you who felt it was OK. There was a definite split in opinion on 'date night' with 35 of you saying expressing no overall preference for when it's held. What is clear is that your preferred location is Newton Abbot - no real surprise given it's our base and the most central location for everyone. The feedback you gave is going to be really valuable in helping the committee shape plans for 2018. We will keep you posted on developments. In the meantime, thank you all for taking the time to tell us what you thought.

Race updates: new opportunities up for grabs and will DD records tumble?

ALL HANDS ON DECK!

It looks like a club record could tumble at this year's Dartmoor Discovery. As I write this we have an incredible 46 Trotters signed up to run the race. Even allowing for the inevitable injuries and regrettable withdrawals, we should smash the record number of Trotters finishing an ultra marathon, which was set at the DD in 2013, when 26 of us crossed the finish line.

As I'm sure you're all aware, this year is the DD's 20th anniversary. To celebrate the occasion the route is reverting back to its original distance of 34 miles. I'm sure this has had a bearing on the number of Trotters wanting to run it. It's even brought me out of DD retirement!

With such a huge number of Trotters taking part it really is going to be all hands on deck. We'll need more marshals than ever to cover the extra couple of miles which will also include another drinks station. Keith Anderson is the chief marshal and he would love to hear from you; keithanderson50@gmail.com

We have noticed more and more traffic out on the course each year, most of which are runners' supporters. While we can't stop this we can try to discourage it. My plea to you as Race Director is please don't add to the congestion, stay off the roads, better still please offer to marshal. You can bag an early marshal position and still get back to the finish to cheer your loved one across the line. Supporters on push bikes are another major issue, so please don't ride round the course.

It promises to be a memorable occasion, it would be a great shame if it was spoilt by well meaning spectators in their cars and on their bikes.

On On

Chair

Trotters leaderboard ~ completed DDs (as a Trotter)

- 17 Roger 'Smokes' Hales
- 12 Ewan Walton
- 10 Stuart Moulson
- 8 Robert Tinnyunt
- 8 Dave Tomlin
- 7 Sally 'Marathon Queen' Ingledew
- 7 Roger 'Chair' Hayes
- 7 Chris 'Smiler' Wride
- 6 Sharon 'Fizz' Sharples
- 6 John Tweedie
- 6 Mark 'Wurzel' Wotton



Smokes (top) and Sally Ingledew (below): Currently hold the record for male and female Trotters who've completed the most DDs.



Want to be a race director?

Now's your chance to be more hands-on with two of our races.

Unfortunately, due to a pending operation, Lucy Payne has regrettably decided to stand down as Race Director for the Ladies 10K. Lucy has been a fantastic race director and she goes with our thanks for all her hard work.

The club is looking for someone to replace her with immediate effect so preparations can get underway for the race on Sunday 23 September. The Ladies 10k is always a great morning out for runners, families and friends.

Lucy is more than happy to show the new RD what's involved and Rod, her husband, is happy to continue as chief marshal so you'll have lots of support if you fancy taking up the mantle.

If this is something you might be interested in then please drop Chairman Rog a line. It would be great if we could find a new Race Director sooner rather than later as there is work that needs to be done, such as applying for a race permit.

Please be assured the role isn't as daunting as you may think. Many club members have been involved in organising the race over the years - Angela Blakesley, Sharon 'Fizz' Bowman, Emma Donovan as just a few names that spring to mind - and they will be able to chat through their experiences. Most will tell you that it's really rewarding. If you're interested please speak with Roger Hayes at club or email him: chairmanrog@icloud.com



We are looking for someone to take on the role as Race Director for the Templer Ten, our 10mile off-road race which usually takes place in November. Sadly after three great years in the role, Ryan Anthony have taken the difficult decision to step down due to work commitments. He said: "It is a great role to take on and the race and venue are a standout in the Teignbridge Trotters calendar year. I will be making sure the venue is booked and the race permit is applied for in advance, but if you have any questions or are interested in the role please get in touch with me. You can drop me a message over Facebook or email me: ryan@enduragas.co.uk"



Ladies Captain Eleanor Taylor reflects on a successful 2017 for the female of the species

The 2017 Teignbridge Trotters awards evening was a great night of celebration. For the females in the club, there were so many good stories to share that I wanted to highlight everyone nominated, and say 'great work and well done' to every member who made progress with their running last year. Let's hope 2018 is even better for all of us!



Most Improved Female

Lucy Evans. Last year's Most Promising Newcomer spent 2017 as she ended 2016. In March she improved her Bideford Half Marathon time by 5 minutes. Her focus was on longer distance. She wanted to do a 'home' marathon and being a Brummie living in Devon and a keen runner this meant doing both Birmingham AND Dartmoor Vale! She completed the Birmingham marathon in a PB of 4:06.20, then did the tough Dartmoor Vale Marathon in a cracking 4:11.48.

Sarah Pike. Sarah has been working on her running. She was training with the Improvers last year and has worked-up to the 6-7 milers. Now she is a regular on the Dirty Burger run. This has all helped her earn a 1:44.56 for the Torbay Half Marathon and 48.00 for the Torbay 10k.

Hannah Jones. Spurred-on by successfully completing the Championship for the first time in 2016, Hannah has pushed herself further in 2017. Starting the year by taking 3 minutes off her 10km PB. She achieved a 3minute PB at the Bideford Half Marathon with a time of 1:37:23 on the way to a 3:46.09 London marathon.

Kathryn Steemson is another relative newcomer. 2017 is the second time she completed the Club Championships and she has done it style. Improvements include taking nearly 5 minutes off her 2016 time for the 10mile Granite Way and nearly 10 – yes 10 minutes! – faster in the 2017 Ottery 10k in 49.36.

Most Promising Newcomer.

Since joining Trotters at the end of 2016, **Louise Stokes** has moved from Beginners to Social Run. She's set herself targets in racing as well as training. Louise completed her first 10km in March and went on to two half marathons this year as well. She hasn't confined herself to roads and has done a total of 50 parkruns and the 11ish miles off-road challenging Bicton Blister.

Melanie Saunders took up running in 2017 and soon had the confidence to match her comfortable speed, moving from Beginners to Social Run. She raced the Dartmoor Vale 10k in 1:15.20 and won the John Scott Trophy! Clearly encouraged by this, she is planning to race more.

Sue Tremlett is new to Trotters, but not to running. Sue has proudly worn her Trotters vest to a Westward League Cross-Country event. Sue did one of the toughest races of the year, the City2Sea, in very tough conditions in a time of 6:18.32.

Claire Atkins is one of many recent recruits to Trotters encouraged by Emma Ray's catching enthusiasm. A regular attendee at training, she has stepped-up from Beginners to Improvers and has run in the 6-7miler. Shortly after joining Trotters Clare raced the Ladies' 10k in 79.10.

Becky Harvey joined Trotters after running a bit by herself. Motivated by the company and the challenge, she has got faster over the past eight months or so and now comfortably runs in the 6-7miler and challenges herself to some of Wednesday's Sessions. I have it on good authority that she has run comfortably on a Monday night A run.

It's been great to see the improvements everyone is making. I hope the newer members among us are enjoying being part of such a supportive club and that you see your times tumble too - and that you get to enjoy all the runs and sessions available to you!

Club Championship - Champ Secretary Graydon fills us in

Keeping a close eye on the age grading and results throughout the year has been brilliant, as I've been able to see different strategies at play. Some thrive at road races whilst others prefer off road, and others may do comparatively better at the shorter events compared to the longer ones.

The great thing is that the Club Championship has something for everyone! At the end of 2017, there was a maximum of 600 points available and the final results were announced at January's awards ceremony.

Below you can see the runners who completed the Championship by running at least twelve races with at least one race in each of the seven categories.

Huge congratulations to Garry Smart and Kathryn Steemson on their fantastic performances throughout the year.

Ladies Final Standings	Total Points	Races Completed
STEEMSON, KATHRYN	594	21
CAUNTER, TINA	576	13
TAYLOR, ELEANOR	572	16
JOHNSON, RUTH	570	13
KNIGHT, KIM	558	12
RANDALL, JOANNA	549	13
MILLS, SUZIE	523	15

Men's Final Standings	Total Points	Races Completed
SMART, GARRY	600	12
EASTERBROOK, ROGER	593	13
WATSON, GARY	586	17
HAYWARD, PETER	584	14
SKINNER, DEREK	566	13
CHURCHILL, CRAIG	561	19
KNIGHT, DUNCAN	549	12
CROWE, EAMON	520	14
BARNETT, NIGEL	509	13
STEPHENS, SCOTT	478	13

Club Championships 2018

I hope that everyone is now aware that the format for the 2018 has been changed as the Club Championship now consists of 5 race categories, with runners having to complete 8 races, meaning that for 2018 there is a total of 400 points available. The hope is that more people have a crack at the Club Championship, and potentially increase the competition throughout the year

Since the club's committee agreed the initial list of races, there have been a couple of enforced changes:

- Torbay 10K is unfortunately not being ran, so that has been replaced by Easter Bunny 10K.
- The date of the Crediton Crunch has been set but it clashes with an existing Club Championship race. Therefore, Crediton Crunch has been replaced by Chudleigh Carnival Road Race.

The up-to-date list of races in the Club Championship is always available from the Trotters website, should more changes be needed.

Here's to a great year of racing!

Graydon Widdicombe, Club Championship Secretary



Trotter thanks to 'ever-presents'

By Roger Hayes

There are two people who have contributed endless hours, time, hard work and dedication over an incredible 36 years, to the Teignbridge Trotters.

John and Tina Caunter are, put simply, superstars. There's no doubt the club would not be what it is today without their input and influence. This edition of The Trotter pays tribute to their commitment and celebrates just a few of the jobs they've carried out over the years to make us one of the best clubs to be part of.



John joined the Trotters in 1994. He was a keen runner, entering many local races as well as completing the London Marathon in 2000, but John's real talents lay in his organisational skills. He was the Race Director for the Teignbridge Ten for 15 years and Race Director for the Templer Ten for 11 years. Many of you probably won't have heard of the Teignbridge Ten, but it's a race our club used to organise before it sadly became impossible to stage on busy roads in and around Kingsteignton. John was actually Race Director for both races during a ten year period - no easy task!

John's running career is now sadly over; he had to stop running in February 2013 due to severe cartilage damage in his right knee but he has still been involved in the club. He was elected onto the committee in 1997 and has been our Treasurer since 1998. You don't need to be a mathematician to work out that this year sees John reach the incredible feat of having been our club Treasurer for 20 years.

This really is an amazing achievement and one for which our club is truly grateful. As the Trotters have grown over the years and our races have become more popular, John's workload has also increased. Those that know him well will know he's a no-nonsense man, super efficient, very modest and who simply gets on with the job in hand.

Tina joined the Trotters on the 2 June 1997. You'll be hard pushed to find a member who has achieved the level of success as Tina has done in our Club Championship over the past 21 years. An amazing record that was recognised at this year's annual awards night when Tina was presented with a bottle of champagne.

Tina brings so much more to the table than her running ability. She's been in charge of catering at our races for many years, resulting in the club making thousands of pounds for our club funds. The Dartmoor Discovery is as renowned for its hills as much as it is for Tina's amazing spread of food at the end of the race!



Tina joined the committee in 2003 and has been an ever present since, serving most of that time as Vice Chairman. Never afraid of speaking her mind but always smiling come the end of a meeting.

As well as her commitments to the Trotters, Tina is heavily involved in the Guides where she holds many different roles including the District Commissioner for Paignton and the Assistant County Commissioner for Devon. These roles are taking more and more of her time and she felt the time was right to stand down as Vice Chairman on our committee.

Tina is the longest ever serving lady on the committee (15 years) and I think it's safe to say that she will be sorely missed. Tina's a wonderful lady, who like her husband is very modest, very reliable and a real asset to the club.

We are very lucky to have had the pair of them doing what they have done and continue to do for as long as they have - 36 years between them on the committee!

On behalf of all of us at the Trotters, thank you John and Tina.

Both John and Tina were presented with specially engraved glassware to mark their lengthy dedicated service to the Trotters at the club's annual meeting on Tuesday 27 February.



Annual Reports

February 27 2018 was the club's annual meeting. Commonly referred to as an AGM its a formal meeting which is held once a year (unless there are exceptional circumstances, then you can hold an extraordinary meeting).

The AGM acts as a review of the year and deal with issues such as the election of committee members, reviewing the annual accounts and dealing with any Constitutional matters. Each year, members get the opportunity to hear reports from the Chairman Roger Hayes, Secretary Liz Barnett and Treasurer John Caunter. Members can also stand for, and vote for, the people they want to see hold key committee and non-committee positions. Although it is a formal meeting, it's also a good opportunity to meet one another, vote and have a say in how the club is run and get a good overview of how the club is functioning.

Here are the reports from Chairman Roger Hayes and Liz Barnett.

Good evening and welcome to this year's AGM. As you will see from the agenda there are no less than seven proposals put forward this year. Six of those are basically to tidy up the constitution. There is one vacant position available on the committee as a general member. I will accept nominations tonight from the floor, more on that and the proposals later.

As with last year, it's very disappointing not to have had more than six members standing for the seven positions available as a general member on the committee. We currently have 310 members. I don't think it's too much to ask for someone to give up a couple of hours to attend a monthly meeting. We all know how much running means to us and indeed how much the Trotters mean to us, it's worth remembering that without a committee there wouldn't be a club – simple as that!

Throughout 2017 numbers were up during Monday and Wednesday training nights. On August 30 we saw a record 97 Trotters turn up to train. Mark Walker continues to do an excellent job as coach coordinator. Until you've been in Mark's position I don't think anyone realises the work involved. That said, his task is made more bearable with the dedicated team of coaches and leaders.

We have now settled into a good routine at the REC. They seem happy to have us and Paul, the manager, lets me know in advance if there's a football match on and if we can't use the changing rooms. I'm pleased to report that we have finally got a place on the REC Trust board. I will be representing the club at their bi-monthly meetings.

John Caunter's report shows our finances are in a very healthy state. As a club we hope to be able to use a large chunk of our funds to help finance a new shower/toilet block at the REC. I will of course keep you posted on any developments.

2017 was another successful year for our races. The DD, Totnes 10K and the Templer Ten sold out well in advance. Having been an RD for a few years, I've noticed the increased amount of work involved in staging a race, that's why each of our races now have their own team working together to ensure not only the race is a financial

Annual Reports

success but that it passes without incident and most importantly everyone has an enjoyable time.

We are currently looking for new Race Director's for the Templer and the Ladies 10K, as unfortunately Ryan and Lucy have both regrettably decided to stand down. On behalf of the club I would like to say a huge thank you to both of them for their time in the hot seat. My thanks as always to everyone who played a part in helping out at any of our five races last year.

The lack of interest in the Club Championship was one of the few disappointments last year. Numbers who finished the championship were the lowest they've been for many years. However, take nothing away from our two fine champions, Garry Smart and Kathryn Steemson. Hopefully with the introduction of a new format, this year will see numbers increase considerably. Graydon has done a superb job in overseeing the smooth running of it and our thanks go to him.

Graydon certainly had a busy year; apart from the role of Club Championship Secretary he's been our Press and Publicity Officer. Like so many roles within the club, until you've done it yourself you don't appreciate the work involved. It was great shame that Graydon missed out on claiming top spot at the Teignbridge Sports and Community Awards for his role but he did, however, win the Trotters Committee Cup at the awards evening and a very worthy winner he was.

As our races revert to online entries it underlines the incredible power of the internet and social media. Each of our races now has its own Facebook page. The brilliant Trotter magazine is viewed online, while more information is relayed via our Facebook page and we have a race diary page on our website that's the envy of many clubs.

I mentioned our membership at the beginning. We actually had our 1,000 member join the club in November of last year. That's a lot of people who have been a Trotter at some stage in their life! If numbers continue to grow at the speed they currently are then we should smash our all time record of 326 set in September last year.

The Trotters have always been known for their social side as much as for their running, although over the past few years I don't think this has been the case. 2017 was certainly lacking in that department. If you have an idea for a social event please let our Social Secretary Ruth Johnson, know. You might be surprised to learn the committee will part fund it. For example the club is happy to put up £250 towards the cost of a summer BBQ, we just need a willing host!

2017 saw one member take his running to a whole new level. Jamie Barnett broke every record going. It's surely only a matter of time before he's spotted, whisked away and goes on to achieve greatness and the stardom that follows. It will be nice to say, "He was a Trotter once don't you know". We wish him well. Before I sign off I would like to thank Neil Pallant and Tina Caunter, who are standing down from the committee, for all their time and effort.

I would like to thank Tina in particular. Tina has been on the committee for 15 years, making her the longest serving lady in the history of the club. Future meetings will seem strange without her. I would like to call upon our club president, Mark Becker, to present Tina with an engraved vase as a thank you for her 15 years of dedicated service.

Not to be outdone I must also pay tribute to Tina's husband, John. Last year John joined the exclusive group of Trotters who have served 20 years on the committee. He became club treasurer in 1998, which means this year sees him celebrate 20 years in the job. That's an amazing feat, one the club should be truly grateful for. If I could call upon Mark to present JC with a specially engraved tankard to thank him for his incredible achievement.

Thank you - Roger Hayes, Chairman.

Annual Reports

Good evening everyone and thanks for attending this year's Annual General Meeting. Over the past year, we have continued to be affiliated as a Club to both England Athletics and the Association of Running Clubs. All our races continue to be ARC permitted.

Committee meetings have had very good attendance and this year there are six members nominated for the seven available general committee positions and I thank them for putting themselves forward.

Our races were again successful and profitable throughout the last year with a substantial amount going to various charities.

2017 was our last year as hosts of the Westward League's Stover Cross Country event; our thanks go to Wavell Vigers and his team for all their hard work in organising the race.

At the end of last year there was another Race Directors Meeting. This meeting gives all our Race Directors and the Assistant Race Directors the opportunity to discuss any issues that may have arisen during our races and share good practices.

Last year, we were granted just one club place for this year's London Marathon. The number of places allocated is based on how many registered England Athletics members the Club has, which at present, is about a third of the Club; the numbers of EA members required to gain just one place has sadly risen. The successful entrant in the draw for the 2018 place is Ruth Johnson who will no doubt enjoy the experience.

At the last Committee meeting we had 306 members. There is no cap on membership although this is sometimes reviewed and would be subject to the coaching team's ability to maintain a safe and workable schedule on training nights.

Stu Moulson organised another successful Club camp in 2017 and I'm pleased to say that he has offered to organise it again this year; details of which can be found in this edition of The Trotter.

Unfortunately, we didn't have a Club Trip in 2017 but Kevin Besford is organising one for 2018 and thanks go to him for doing this.

The end of year award's and presentation evening was well attended and enjoyed by all; this year it was held in January and at Hannah's@Seale Hayne, a new venue for us.

It was once again organised by a small team lead by Ryan Anthony; our thanks go to Ryan and his team for making the evening another great success. Details of 2018 Presentation Evening will follow later in the year.

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

Thank you - Liz Barnett, Club Secretary.



Make a date for 2018's Club trip

On Saturday 14 July, we're heading to a pretty corner of East Devon for the club trip, back after a year's sabbatical.

This year, we are going to Tipton St John for the Otter Rail & River Run, a lovely multi-terrain run. The club trip is a great day out and it won't cost you very much because the club funds most of it and lays on the transport too. If you collected enough marshal points in 2017 the club will cover your entry fee so you pay nothing to run it! It's completely free for you.

To guarantee your place, Membership Secretary Kevin Besford will need a £5 deposit which he is collecting now on club training nights. When you come on the day this will be credited against the cost of your meal at the pub we go to afterwards. Keep an eye on our Facebook group for more information. Even if you don't fancy running, you can still come. The more the merrier! Kevin will still need a deposit to secure the seats on the bus.

Details of bus pick-up points and times will be announced nearer the date but the usual pick-up points will probably still be available, that is Chudleigh, Drumbridges, Newton Abbot Leisure Centre, Kingsteignton and possibly Teignmouth.

After the race, we'll head to a nearby pub to stuff our faces and enjoy refuelling. I am reliably informed that Kevin has been enjoying the tough task of choosing a place for us to go. The menu will include vegetarian options and will be published on Facebook nearer the time. Much like our recce runs, you'll need to pre-order in advance to help make things a little easier on the day.

The club trips are great fun. In the past, we've had some scorching hot days (check out the photos below - they were taken in 2016 at Ottery, 2015 at Cotleigh and 2014 at Swimbridge) It would be fantastic to see newer members come along, be part of the Teignbridge team running a race elsewhere in our beautiful county and enjoy a feast afterwards.

Make a note in your diaries for 14 July and see you there!



One piece of advice...

The Trotter asked members: if they were to give one piece of advice to new runners what would they say? Here's what they said...



My advice? Follow your own path; don't pay too much attention to other people's advice. - *Keith Anderson*

Start within your comfort zone until you get your confidence then set yourself a realistic goal so you don't fail. Avoid overtraining: the clue is in the word 'training run' not race pace. Never be afraid to ask questions no matter how silly it sounds to you (we have all been there just ask!) Oh, don't ask our chairman for directions on a run. The Trotters will become part of your family so embrace and enjoy. - *Lance 'Skippy' Mason*



Never undervalue strength and core work as part of your training. Even consider skipping a run to stretch and do core work, or do a short run to fit some in, particularly if you start to up the mileage. - *Hannah Jones*



Start off building mileage slowly, get your body used to running and running at different paces. Focus on the shorter races first, if racing is your aim, and give it time before considering marathons. This way you build endurance without hopefully getting injured. Try mixing in different paces to prevent your legs getting used to one pace. Maybe a simpler tip would be: have a plan (keep a training diary) to keep motivated, see what you are achieving and what you have done week by week. Include things like how you felt on the run, any niggles, any foods you ate before running that could lead to dashing to the nearest bush!!! - *Mandy Wheeler*

Relax, be positive and take your time to be where you want to be with your running. - *Derek Skinner*



1. Don't compare yourself to others we are all different

2. Make sure you take rest days otherwise you will break and give up

3. Don't give up.

4. You will have good runs and bad runs, forget the bad remember the good

5. Don't go out too fast. Slow the pace you will go further for longer. Speed will come. - *Suzie Mills*





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The Trotter

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