

# THE TROTTER

Teignbridge Trotters est. 1982



May/June 2018

## D-DAY is coming...



For these people, life is just about to get a great deal busier. Our own Dartmoor Discovery kicks off the first of five races which we as a club organise and these people are significantly involved in making it happen. Popularly known as the DD it is the mother of them all and is the country's longest single lap road ultra. And this year marks its 20th anniversary with an epic 34-mile route. Club Chairman Roger Hayes introduces us to the team and gives his view on how it's going so far. Read his account on page 6.





### Editor's letter

I'm very much a British cliché at the moment because I want to be able to start this letter by saying in an upbeat fashion: 'welcome to the warmer weather!' Sadly, the wet and grey days seem to be outstaying their welcome. The only exception to this appears to be the weekend of London Marathon where a contingent of Trotters did amazingly well in very hot conditions. Chairman Rog reports back on what was a 'brutal' day in the office. You can read all about it on page 10 onwards.



Let's hope there's a bit more of a happy medium for the Dartmoor Discovery on Saturday June 2. I'm thinking cool, overcast conditions, perhaps a smattering of light drizzle at around mile 20 with the sun coming out blazing when all the runners have finished. The hard-working race team are spending a great deal of their own time putting on this event which marks its 20th anniversary year in 2018. You can see who is involved by turning to page 6. Best of luck to everyone taking part in the DD, particularly Richard Keatley who is making it his 100th marathon. Amazing. Remember: enjoy it!

We welcome more new faces on pages 4 & 5 and Membership Secretary Kev Besford reveals where we're going for pub grub after the club trip on page 7 and Club Championship Secretary Graydon Widdicombe updates us on page 9.

As always, it's been great fun putting this magazine together. I've been doing it for a year now and there's never a shortage of things to tell you. But I also want to know what you think about the magazine. What do you want to see more or less of? Are there running-related matters that I'm missing or you think would be good to read about? I say it every month (and I mean it!) but I would love to hear from you.

I hope you all have a great couple of months with your running whether that's socially, on the race circuit or at your weekly parkrun. And for those of you who are injured or have lost their mojo, I'm sending a load of positive thoughts your way and wishing you a speedy return to fitness.

Enjoy the issue.

Em x



## NEWS ROUND-UP - YOUR GUIDE TO A FEW OF THE THINGS HAPPENING

### CLUB CAMP

Preparation is underway for 2018's Trotters Club Camp. The man at the helm is Stu Moulson and our destination this year is Dinam Farm camp and caravan site, Rock, Cornwall over the weekend of the 16/17 June. It's a great spot on the River Camel with estuary views, a pool, play areas and washrooms. For the newer members among us, this is a great chance to spend time with your family and Trotter friends. Usually there's few runs at an easy pace so everyone can get involved and there's plenty of time to go off exploring on your own if you want. There's no pressure, it's all about the relaxing and having a good time. See Stu Moulson at club and hand him £10 deposit to secure your place!



### NEW RACE DIRECTORS

Our Ladies 10k and Templer 10 races now have new Race Directors. Tracey Jolly and Chris McIntosh have come forward to take on the roles. We're really grateful to them both for stepping up and choosing to get involved. Tracey will helm the Ladies 10k, our all-female race in September and Chris heads up the long off-road favourite the Templer in November. The committee is really pleased to have them both on board and we are sure they will be fantastic. These races are a key part of the racing calendar and we're sure they will do a great job - with help from lots of you too!

### SANDYGATE LOOP

We've just had our first Sandygate Loop of the season. Some 25 members of varying abilities turned out to get involved and fortunately the rain held off long enough for us all to get around.

We're encouraging anyone who has not yet had a go to come along to the next one. Sandygate Loop is on the last Friday in April, May and June. It's a good way to test yourself over a challenging four-mile course and is a great social get-together!



The course starts and finishes at the Sandygate Inn, Kingsteignton, and follows quiet country lanes on a circular loop. There are two start times - 6.50pm and 7pm - so most people taking part finish closer together. Anyone running under 32 minutes is asked to start at 7pm and if you think you'll be over that time, line up on at the start at 6.50pm.

Parking is available nearby but please be mindful where you leave your vehicle. Usually, a few people head to the pub afterwards for a drink and a bite to eat. Why not come and give it a go? The next ones are on May 25 and June 29.



### TOTNES 10K - CAKE GURU SOUGHT!

The team behind Totnes 10k are busy getting 2018's event sorted and have taken delivery of this year's medal, done out nicely in Trotter colours. The crew need a kind-hearted soul to be cake co-ordinator for the club's race on Sunday August 5. You'll be responsible for selling home-made cakes to the race finishers and their supporters. Usually, lots of handy members bake their own cakes so no need to fret about being a Mary Berry or Gordon Ramsey. You just need to have a sunny disposition, a few spare hours and strong enough willpower not to tuck in. If you're keen, contact Race Director Roger Easterbrook via Facebook.



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

After what seemed like a quiet spell around February the flow of new members is picking up again and we now stand at a total membership of **320**. That means we need only another eight to match the highest ever total membership number, I am sure we will reach that and beyond before the next issue and definitely by renewal time in October.

We are currently in the midst of renewals for England Athletics, I have received fees from a number of you but there are still a lot of you that are registered that have yet to get me their dues. If any of you are unsure what England Athletics is and are not sure if it is for you 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 out on the various runs and sessions 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 so if you have a positive testimonial or experience of the club then please let me know. More positive experiences or testimonials are always welcome.

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

Since the last issue 11 new members have joined us and are all listed below.

**Darren Wills**, 50, from Newton Abbot. Darren says he has average pace of 8.30 miles and has entered two marathons this year including Berlin and has his fingers crossed for the New York ballot. Also in the half marathon at Madrid and Liverpool. Darren only started running three years ago and already has close to 100 races under his belt.

**Leanne Bartlett**, 28, from Kingsteignton. Originally from Cirencester, lived in Australia for 5 years where she first started running. It was obviously a bit warmer over there and Leanne only managed a couple of miles. She has joined Trotters to get fit, meet new people and to challenge herself to run further. She has certainly started well with the last one clocking up the miles in the Improvers Group

**Susanne Westgate**, 57, from Denbury. Susanne started running a couple of years ago when she moved to Denbury and enjoys running along the lanes and through Broadhempston Woods with her dog Lily. She is no stranger to hills running there! Susanne has completed a number of 10k events including our own Totnes 10k and her target for 2018 is to do a half marathon. She is looking forward to meeting and running with other members and getting help with her training.

**Hannah Trebilcock**, 29 from Kingsteignton. Also originally from Cirencester but moved to Devon after university. She said: "I haven't really run since doing a bit of the Couch to 5k program four years ago before I got married. I've joined the Trotters to meet new people and get back in shape after having my baby boy, Ollie, who is now 16 months. Everyone has been really friendly and encouraging and I'm already chuffed with the distances I've been able to run."

**Nikki James**, 28, from Teignmouth. Nikki has moved to Teignmouth from Elgin in the north of Scotland a few weeks ago with her husband and two young daughters. She is hoping to make new friends. Nikki got into running after baby number one but has never properly stuck at it. Nikki is struggling with her 5k runs in Teignmouth as it is so hilly compared to Elgin.

**Mikey Johnson**, 36, from Bovey Tracey. Mikey did briefly try us back when we were at Teign School. Has joined us now primarily to help with his training for an event in September, an Ironman triathlon no less. Talk about straight in at the deep end!



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

**Estefania Clavel**, 30, from Newton Abbot. Estefania originates from Argentina and is currently staying here with her sister. Estef saw the Friday Club in action and stopped Del Skinner to ask about us. Subsequently she came to the Monday and Wednesday night sessions and went straight into the 8 mile group and joined immediately. She has also committed to Friday Club and the weekend Burger run.

**Kyle Hutchins**, 15, from Widecombe. Kyle is son of Mark & Sharon and has been putting in the effort in recent weeks in sessions. Perhaps he will be following in the standards set by Mum and Dad, meantime a useful addition to the junior ranks.

**Miranda Stone**, 35, from Newton Abbot. Miranda joins us with legs still tired from recently completing the Manchester Marathon. I'm sure she will be a regular on the racing scene.

**Cathy Bray**, 48, from Kingsteignton. Cathy has been a Trotter previously but had let her membership lapse. She has come back full of determination to keep it up this time.

**Tom Cooke**, 41, from Teignmouth is the last of the new members to welcome this time around.

Happy birthday to quite a number of members who celebrated notable birthdays in April and May. They are:

Claire Ayling 40, Emma Boobyer 40, Sarah Burningham 40, Maggie Butt 45, Andrew Fox 45, Marie Taylor 45, Andy Distin 50 and Jacki Woon 55.

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



# Counting down to the DD

With Saturday 2 June fast approaching, preparations for the Dartmoor Discovery are in full swing. Staging the UK's longest single lap road ultra marathon is the Trotters biggest undertaking of the year. As Race Director I'm truly grateful for the fantastic team I have working alongside me. We've had two very productive meetings where we try to cover every eventuality and a third is pencilled in for after the race, when we prepare a comprehensive race report for the committee.

Such is the popularity of this iconic race that it was full months ago. The reserve list is currently seeing a lot of activity. Unfortunately a few Trotters have had to pull out through injury and various other reasons. However, it looks very likely that we will still beat our current club record of 26 members finishing an ultra marathon.

I've gone for a new-look medal this year to celebrate the 20th anniversary of the race. The finishers t-shirts will be an Oxford navy/sky blue colour and will also have a new look to them!

As I'm sure many of you are aware our very own Richard Keatley has chosen the race to clock up his 100th marathon. Patrick Munn from the Mud Crew has also decided to celebrate his 100th marathon at the DD. It's a great honour when runners choose the DD for such a wonderful milestone in their running careers.

That brings me nicely to the legendary DD disco! It would be great to see a massive posse of Trotters there. You don't have to have run the race to attend. It's open to anyone, especially those who played a part in helping stage it. The more the merrier to help celebrate Richard's 100th and those Trotters who also conquer 2018's DD.

With those extra two miles this year, Keith Anderson is looking for another five or six marshals. If you can help out please let him know as soon as possible via [keithanderson50@gmail.com](mailto:keithanderson50@gmail.com).

In the last edition of the Trotter I kindly asked that supporters of those Trotters running the race didn't follow them out on the course. The less traffic/bikes we have on the course the safer and more enjoyable it is for those taking part. Please try to adhere to this. The one thing out of our control is of course the weather. Fingers crossed we won't experience the kind of temperatures seen at London Marathon. May I take this opportunity to wish all those Trotters that are taking part, especially the virgins, the very best of luck. And to thank in advance those who are marshalling/helping - without whom the race wouldn't take place.



Richard Keatley



2017's winner Adam Holland out in front closely followed by former Trotter David Tomlin (number 168) pursued by Royal Blues.

## WHO'S WHO?

**Roger Hayes ~ Race Director**

**Liz Barnett ~ Race Secretary**

**Keith Anderson ~ Chief Marshal**

**Nathan Elphick ~ Course Coordinator**

**John Ludlam ~ Communications**

**John & Tina Caunter ~ Catering**



# Club trip: the pub is revealed

On July 14, the club is planning to fill a bus with Royal Blues and head over to Tipton St John in lovely East Devon for the Otter Rail and River Run. And guess what? We want you to be there! In fact, we want you to come so much, we've printed a copy of the entry form here so you can print it, fill it in and get involved no excuses.

Of course, we're not all Luddites. We've also set up a Facebook event for those who spend more time online than off (pretty much everyone, then). Kevin Besford, our tenacious Membership Secretary, will keep reminding you to think about coming or sign up while out training or on social runs. In fact, it may be an idea just to come to stop him from badgering you!

To ensure your seat on the bus whether you are running or not, Kevin needs £5 deposit from you which you can give to him at any club night between now and then. Feel free to thrust a fiver at him in a pre-emptive strike before he tries to give you the hard sell! When you come on the day this will be credited against the cost of your meal at the chosen hostelry, more on that later. If you are unable to come after paying a deposit you will get this back as long as someone else is able to take your seat on the bus.

Now here's an important bit (no, not the beer - yet). If you gained the requisite marshal points in 2017, entry for you is FREE. If you didn't, you'll be best signing up before the day by filling in the form and giving it to Kevin as that is the only way you will get the discounted price of £7 which is, we think, a bit of a bargain for a 10k multi-terrain race. Cheques should be made payable to Teignbridge Trotters. Please ignore what it says on the form in respect of cost. The Race Director has deemed us as special and given us all a discount.

Right. Here's the best bit: the pub. After all our efforts slogging around the countryside we will stop off at the Bowd Inn in Sidmouth. A lovely family-run thatched pub with some excellent reviews. They are going to provide us with a bespoke menu to make life easier for us all. We have been there before but with the high standard of their food and the lovely beer garden, it's a bit of a no-brainer. Kevin seems to agree as he's going there twice before we go as a club. He reckons he needs to do a couple more taste tests but we know his game - he just likes to be in the pub. A true Trotter some would say. The menu will include plenty of choice including vegetarian. Details will be given to you nearer the time, just let him know what you have chosen by a week before the big day.

The bus is a 51 seater so let's see if we can fill it this year and have a great day out. If you haven't been on a club trip before and are not sure if it is for you then just ask any of the many Trotters that enjoy the trip each year and they will convince you to join our great day out. Make a note in your diaries for Saturday 14 July and come along!







## TIPTON ST JOHN PLAYING FIELD (EX10 0AF)

### Multi terrain 10km race (min age 15) + Jackie Box Mile Fun Run

**10km start time 11am**

**Fun run start time 12.30pm**

Held under ARC rules (Permit applied for) by Tipton St John Playing Field Association

In conjunction with **SIDMOUTH RUNNING CLUB**

The 10km is a mostly off-road, flattish, scenic countryside route with start/finish on the playing field. The fun run will be on the field.

*NB: Because of stiles, narrow paths the 10km is not suitable for wheelchairs, prams or pushchairs.*

**Michelmores**  
Solicitors

**Harrison-Lavers  
& Potbury's**



Many thanks to our sponsors. Proceeds to Tipton St John Playing Field Association and its nominated charitable causes.

**Entry fees: 10km £12 - discounted to £10 for ARC/EA club members. Fun Run £3**

**\*EARLY BIRD ENTRY UNTIL 14/4/18 - £10 unaffiliated/£8 affiliated\***

10km entries £2 extra on the day space permitting

10km race limit: 250

**10km prizes:** 1/2/3 Male and Female. Teams of 3 men/women.

*Veteran category (5 year grouping) and local runner prizes. Mementoes for all.*

**Fun run prizes:** 1/2/3 M/F, also age and local runner awards. Medals for all.

Closing date for receipt of postal entries 7-7-18 Send form to (enclose SAE if you wish your number to be posted):

**Jo Earlam, Brambledown, Green Lane, Tipton St John, Sidmouth, EX10 0AH**

Race updates at [www.tiptonpfa.wordpress.com](http://www.tiptonpfa.wordpress.com) or email [jo.earlam@hotmail.co.uk](mailto:jo.earlam@hotmail.co.uk) (Tel: 01404 813313)

**\*Weekend camping Friday/Saturday on this picturesque riverside site – see website or email for details!**

### Otter Rail and River Run - Saturday 14<sup>th</sup> July 2018 Or enter online at:

Please circle as appropriate: **10km Unaffiliated £12** (£10 early bird to 30/4/17) (£14 on the day)

**10km ARC/EA affiliated £10** (£8 early bird to 30/4/17) (£12 on the day)

**Fun run £3**

Cheques payable to: Tipton St John Playing Field Association

*I choose to enter the event at my own risk and agree to abide by ARC rules.*

Name:.....Male/Female:.....DoB:.....Age on race day.....

Affiliated Club:..... If you live within Tipton St John Parish put an L here: .....

Address:.....

Tel: ..... Email: .....

Date: ..... Signed: ..... (To be signed by parent or guardian if under 18)

*NB: Numbers issued on the day unless SAE enclosed.*



# Club Championship - Champ Secretary Graydon fills us in



As April draws to a close and hopefully the warmer weather continues into the spring and summer, it's a good time to look back on the Club Championship to date.

The Club Championship hasn't been without its challenges so far, with three races having to be replaced for various reasons, and another delayed due to the snow. Hopefully, things will settle down over the rest of the year, in that regard!

I'm currently writing this in the 20deg sun, and that snow back in March, which caused Tavy 13 initially to be postponed, seems a long way away, thankfully. Even on the date that the Tavy 13 was eventually ran, conditions were challenging for the runners, but I've had some positive feedback that the race was enjoyed by the competitors, with the event making its first appearance in the Club Championship.

When the committee set about choosing races for the 2018 Club Championship, some decisions had to be made about which races would feature, and which ones would not. With only 20 races in this year's competition, it was inevitable that some favourite races were unfortunately left out. For example, when I initially set about creating the draft list, I felt sure that Bideford Half would be in there, but in the end I didn't even have it in the short list. However, I hope a good mix of races, from old favourites to new events, are making the championship interesting, and just because a race wasn't in this year, it may well make an appearance next year. We'll have to wait and see!

Although 7 races have been completed already, with 13 events still remaining, there is still plenty of time for Trotters to mount a challenge on this year's Club Championships. It's still possible to complete, even if a runner has ran no races so far.

Turning to the standings so far, Jacki Woon has made a return to the Club Championship and is so far the lady to beat. At the time of writing, Jacki has competed in five races and scored the maximum 250 points available, which is a fantastic achievement from one of the club's most experienced coaches. Other ladies are running very well too, so the competition is hotting up there.

For the men, Geoff Davey is currently leading the championship, with a total of 296 points from 300 available, so is doing brilliantly too. However, it is still very possible that his lead could be overhauled, so we'll see if anyone makes a surge later in the year.

I can't not mention Eleanor, who has been a massive support in helping me get used to the new software needed to administer this year's Club Championships. I've spent a few hours at her place going over the software, for which she's kindly supplied with me tea and biscuits, whilst we've been immersed in some of the vagaries of the code. Thanks again, El.

Finally, I try and keep everyone up to date with what is going on via the club's Facebook page. If there are any other changes to the remaining races, or anything else Club Champs related, I'll post it there first. If you do spot any errors in what I publish, please do not hesitate to contact me and I'll look into it - [gwiddicombe@icloud.com](mailto:gwiddicombe@icloud.com)

Graydon Widdicombe

Club Championship Secretary



*Note from editor:*

*The East Allington 10k and 3km fun run, in memory of Graydon's late wife Claire, takes place on Sunday 13 May at 10am (3k) and 11am (10k). The race, which starts at the village's primary school where Claire worked, is now in its fourth year. It's a wonderful event in beautiful countryside and every finisher will get a medal.*

*Trotters are encouraged to show their support and you can enter online via [eastallington10km.co.uk](http://eastallington10km.co.uk)*



# London, baby



The London Marathon is a national institution. A treasure. A challenge. An achievement. It's commitment, charity, pain, elation, prowess, athleticism, endurance, all rolled into 26.2 miles on the roads around the capital of this country. For many people, it's something they see on telly once a year but for others, they've been there, done that and got the t-shirt - or would like to get it.

**Roger Hayes reports back from 2018's event. And what a day it was.**

The London Marathon has to be one of the best marathons in the world. Last year an incredible 386050 people applied to enter this year's race. No other marathon has ever attracted that many runners wanting to enter it! I was fortunate enough to get a Good For Age (GFA) place. I think most of the Trotters that took part this year got in that way, there were very few who actually got accepted via the ballot.

In the past I've travelled up on the Torbay AC coach and stayed at the Clarendon on Blackheath, this year it was all change as Oodey and myself stayed in the Travel Lodge at Raynes Park (near Wimbledon). Allen Taylor had previously stayed there and recommended it as a cheaper option. It was certainly that - three nights in a double room cost us £129. There is a Wetherspoons and a couple of nice restaurants all within 100 yards of the hotel. The train station is also a short walk away and only a 20 minute journey into Waterloo station. There was quite a Trotter posse that ended up staying there this year.

We all managed to park in the hotel's car park and after checking in and a quick pint we headed to the expo to collect our race numbers.





# London...continued

I'm always amazed at the brisk trade done at the official VLM merchandise shop, especially when you consider how expensive it is! I'm not a big lover of Expos, the least time spent in them the better. We regrouped and headed back to Raynes Park. By this time we were all pretty hungry and had worked up quite a thirst! Straight to Spoons was the order of the day. This was to become our local over the course of the weekend.

When we walked out of the pub a few hours later, it felt like we were abroad such was the outside night time temperature. This made for an uncomfortable night's sleep. We woke to another beautiful sunny day, ideal for exploring London and all that it had to offer. This was underlined by the variety of excursions the gang did that day; London Zoo, a riverboat trip, museums and of course shopping. Oodey and myself headed to Camden Market, an old favourite of ours. In the afternoon I met up with Nigel and Travis and we caught the bus to Wimbledon to watch them play Oldham Athletic. No prawn sandwiches there!

As Travis is a Spurs fan and they were playing in the FA Cup semi-final that evening, it would have been rude to leave him in the pub to watch the match on his own. We were joined by our better halves and a bit of a session soon developed. It took all my willpower to keep it to just the one pint!

Race day arrived and boy was it hot, even at 8am. We caught the train to Blackheath and walked to the Clarendon Hotel. I'd put the word out for a Trotter group photo at 9am outside the hotel, disappointingly, apart from the Raynes Park gang, there were only two other Trotters who made it - thanks Hannah and Jamie.

Standing at the green start with half an hour to go it became clear just how hot it was. I stood with Allen and Kurt Read (our Trotter from Leicester) and we were all starting to feel a little anxious about the heat. Once Her Majesty got us underway there was no going back! My mouth was so dry in that first mile, by the second mile I was sweating profusely, by the fifth mile my pace was drifting off what it should have been, by the eighth mile I knew any hope I'd had of getting a sub 3:10 was over. By mile 14 I was walking. The last 12 miles weren't pretty, resulting in my slowest ever London. In the 16 times that I've been lucky enough to run London, I've never seen so many runners requiring medical treatment. It was brutal out there and it was so sad to hear later that a young guy had died.

Meeting up with many of the Trotters afterwards is always a highlight for me. However this year, the usual jubilation and hearty smiles were replaced with looks of total exhaustion. I guess on reflection, as a club we all did extremely well just to finish. At least we can all say we took part in the hottest ever London Marathon!

My normal London weekend trip ends with a coach journey back to Devon that Sunday night. This year we had an extra night away and boy was I glad of that! We had booked a table for all of us in a very nice restaurant back at Raynes Park. It was a lovely way to finish off a top weekend away with a great bunch of people. For those lucky enough to get a place for next year's race I thoroughly recommend staying here.

*On On - Chairman Rog.*



## Summer's Club Championship races at-a-glance

### May

Sunday 20: Clyst Hydon Huff. A multi terrain 10km and 2km off-road races.(10k is in the Championship)

### June

Thursday 7: Dawlish Dash. Roughly four miles on beach over groynes and on footpaths.

Sunday 24: Torbay Half Marathon. All road from Paignton to Torquay and back. Contrary to popular belief, this is not flat.

Saturday 30: Muskies Madness. Mostly off-road starting and finishing in Kings Tamerton Community Centre.

### July

Saturday 14: Otter Rail and River run CLUB TRIP. See the deets in this magazine. 51st Anniversary of Tipton St John's Playing Fields. Off-road race. Fairly flat - for Devon.

Friday 20: Chudleigh Carnival road Race. A challenging 5miles 944yds course but with a party atmosphere of a big race. Starts and finishes outside the Bishop Lacy - great for quick access to booze.

### August

Friday 10: Forest Flyer. Almost 5 miles, all off-road. Great views of Haldon Forest and towards Exeter. Entry fee includes parking.

Monday 27: Lustleigh Show 10k. It's Dartmoor so it's, um, hilly. Also off-road. Free entry to the Lustleigh Show for runners.



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