

# THE TROTTER

Teignbridge Trotters est. 1982



January 2019

## TAT'S LIFE! - PIKEY & FOXY GET INKED





### Editor's letter

One of my favourite things about being a Trotter is the collective sense of celebration when one of us does well. I saw this very vividly at the awards evening: big cheers punctured the air pretty much every time ace compere Keith Anderson opened his mouth to speak!



We live in a world where big societal messages still focus on appearance, not merit, and all it does is build feelings of anxiety and insecurity. There's none of this at the Trotters. We cheer each other on for the big achievements and small achievements. We celebrate each other's personalities. In fact, personality is something the Trotters' have in spades!

I think it's great that we get together and mark each other's achievements. For me it created a sense of optimism for the year ahead. This particular edition of The Trotter acts as public record of the successes and accomplishments of 2018, but also looks forward to the next 12 months.

In this issue, we have the final standings for 2018's Club Championship, some exciting dates for your diary (we're back to pre-Christmas awards night this year) and there are some key positions in races vital roles that some of you may want to put your name forward for.

Elsewhere Suzie Mills brings us up to date on her 12in12 marathon campaign, Liz and Nigel Barnett put forward a persuasive case for club camp, Kev does the same for the club trip and Chairman Rog reveals where we will be going for our marathon abroad. There's lots more besides as you'll find out.

Before I leave you to read on, I want to pay tribute to Eleanor Taylor who, after three years, is stepping down as ladies captain at the forthcoming AGM. Eleanor is unfailingly enthusiastic, positive and always willing to spare time to chat and offer advice. She's a runner full of determination and grit (and difficult to shake off if you're racing against her!) and I wish her all the best.

I hope you are all enjoying your running (and for those of you doing RED January: keep going!) and if you are nursing an injury I wish you a speedy recovery and hope to see you at training soon.

Enjoy the issue. If you want to put forward a story or share something through these pages drop me a line or grab me on club nights.

Em x

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

**JUST RUN**







### **New club kit**

Our new club kit has arrived! Jacki Woon has the unenviable task of distributing it and collecting payments from those who pre-ordered. Take your bets on who will be first to race in it...

For those of you who didn't place an order, Jacki does have a large selection in stock. This will be sold on a first-come first-served basis. If the size you're after has sold out, we'll have to place another order.

Get in early to get what you want at the heavily discounted prices.

### **Trotters AGM**

The Trotters AGM is on Tuesday 26 February at 7pm in the function room at the REC. Nomination sheets for all committee and non-committee positions will be posted on our notice board from the 15 January, until two weeks before the meeting.

Proposals need to be sent to club secretary Liz Barnett along with the names of the proposer and sec-



onder, two weeks before the AGM.

### **Chief Marshal needed!**

The Ladies 10k is looking for a Chief Marshal. It's a great role to carry out, lots of fun and a lovely event to be part of. If this is something you might be interested in, please let Chairman Rog know. Traditionally the menfolk from the club have marshalled and many of the positions on the course have had the same old bugger doing it for years. This makes the job of Chief Marshal that much easier!

### **Press & Publicity**

A reminder that the role of the P&P officer is to report on Club Championship races and our own races. It is up to individuals to contact James if they have run elsewhere and want a mention. Contact James via email on: [j.saunders131@btinternet.com](mailto:j.saunders131@btinternet.com).

Please remember: it's not James's fault if he misses someone because they were not listed as a Trotter in a race. If you are missed, you're best course of action is to get in touch with the race director so it's corrected.

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

That busy time of year has now passed with the renewal cycle all complete. Before the end of the membership year we reached the heady heights of 341 members which is an all-time high for the Trotters.

There is of course a natural drop off at the year end and now that all the dust has settled we stand at a membership level of 281 and still new members come along all the time. Between starting this write up and completing it another new member joined us online!

This year the percentage of renewals done online were slightly down and a number of members experienced problems relating to PayPal. I have since found out that this is a known issue with PayPal which is well on the way to being fixed so it should be sorted next time.

New members seem to be predominantly online these days and there is a growing tendency for me not to meet members until after they have joined. But here are just a few that have joined us recently.

**Danny Brown**, 33, from Kingskerswell. Danny has recently taken up running having given up playing football. Has run a couple of half marathons and is looking forward to getting miles in his legs and getting his times down.

**Ed Hounsell**, 68, from Dartington. Ed lives on the route of the Totnes 10k and came to join us after seeing all the runners pass his house. In fact on his first night with us he returned a couple of signs left behind from the race

**Natalie Cusack**, 31, from Teignmouth. Natalie started running when she moved to Devon three years ago and has so far completed four marathons. She is hoping to progress to an ultra in 2019. Natalie says she has joined the club to add structure to her training and to enjoy the social side of running with a club.

**Julia Street**, 53, from Teignmouth has recently joined and has made her debut in Trotter colours in the Ladies 10k. **Steve Mariadas**, 44, from Newton Abbot has been a regular at training since he joined the fold.

**Amy Robson**, 28, from Paignton. Amy started running in October 2017 jumping straight into a marathon in memory of her nan. She has since completed seven marathons/ultra marathons and was second lady in 2018's Dartmoor Prison break 12-hour ultra. Amy runs for her own enjoyment and to raise money for Mind and the mental health and wellbeing of others. She is currently doing 12 marathons in 12 months for Mind and has a place in the London Marathon.

**Paul Dean**, 53, from Bishopsteignton. Paul says living in Bishopsteignton means every run from home is hill! Paul is an avid hasher and enjoys trail running and active social life involved with this. Paul trained for a 250km sponsored run through Germany this summer, where he and his son retraced the escape route of his great-grandfather from a WW1 PoW camp on the 100th anniversary of his escape. This rekindled his love of road running.

Paul says he is really appreciating the variety of group runs the Trotters offer and looking forward to taking part in some races soon. He has a place on the Grizzly, so that will provide some motivation too.

**Mandy Burke**, 50, and husband **Darren**, 48, from Abbotskerswell have both been regulars and Mandy in particular is very pleased with the improvements she has been making with increased mileage. **Neil Dawkins**, 46, has moved to Newton Abbot from Torquay. Neil is second claim initially until his current club membership elsewhere expires early this year when he will become fully fledged Trotter.

**Stan Hayes**, 17, and **Jessica Hayes**, 18, from Teignmouth are son and daughter of Chairman Rog and Caroline. Apparently Rog has promised them a reward if they can do a spring marathon!

**Rebecca Booker**, 55, from Teignmouth joined shortly after Julia. Has been running well in the Improvers group and has fitted in well to the group. **Louise Lee-Gammage**, 60, from Bovey Tracey. Louise joined us to help with getting her round the Great West Run for her first half marathon. With the encouragement and help of the Improvers group she achieved her goal.

**Siobhan Moyes**, 40, and **Melanie Ford**, 44, both from Newton Abbot have been very recent additions to the ranks and are settling in well. **Steve Holmes**, 44, and wife **Deb**, 52, from Newton Abbot joined together after a few weeks of trying us out and now Steve is flying in the higher groups while Deb is showing good improvements in the Improvers group. Other new arrivals are **Anthony Davis**, 40, from Ashburton, **Imogen Farley**, 22, from Ipplepen and **Kelly Saunders**, 50, from Newton Abbot.

Welcome aboard!

## Club trip 2019

We are off to the Clyst Hydon Huff on 19 May for our annual club trip and the 51-seater coach has been booked. A bit nearer the time, you'll be invited to it via an event on Facebook where you can get the latest info.



To ensure your seat on the bus whether you are running or not Kevin Besford needs a £5 deposit from you. He's after them now along with the completed race entry form which you can download and print off from our website. When you come on the day this will be credited against the cost of your meal at the pub.

Don't forget if you got four marshal points in 2018 then you don't have to pay the race entry fee. If you need to pay then the entry form should be given to Kev with your money. You can also enter online. After the efforts of the 10K we will go for some food at the Five Bells Inn, which is very close by.

**DEADLINE KLAXON!** To guarantee yourself a nice race T-shirt in your size you need to tell Kev that you're going by April 15. You can still enter after that, but you just may not get the tee you want. The Race Director has kindly reserved 50 entries for us so let's get as many of us there as possible! 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.

If you haven't been on a club trip before then why not come and give it a go? It's a hoot. Don't delay! make a note in your diaries for 19 May!

## Diary dates

The 2019 Trotters presentation and awards night is on **Saturday 14 December** at Teignmouth Golf Club. We're resurrecting the Trotters charity Christmas card. If you know of a worthwhile local charity that would benefit from a generous donation please let Club Secretary Liz Barnett know. The committee voted unanimously to stop doing the raffle at the awards night although the draw for the eight £50 vouchers (which you need to collect four marshal points over the year to qualify for) will take place during the evening of the awards night.

## John Scott Trophy race

This year's John Scott Trophy race is on **Sunday 24 November**. We're changing how we present the winners of the John Scott race with their trophies. The triumphant Trotters will get their prizes after the race rather than at the awards night. With all the data protection issues we now have to be mindful of these days, the committee has also decided to stop awarding the Dave Dunn trophy to the first cohabitating couple over the finishing line.

## On Your Marks

The final date for setting the fastest times of the year is **Sunday 1 December**. Get training!

# CLUB CAMP: HERE WE COME, KERNOW!

**By Liz & Nigel Barnett**

Summer 2018 feels like a long time ago now and while the nights remain long, our thoughts to summer 2019 and in particular our Trotter Club Camp.

Stu Moulson has organised the camp for the last few years and a cracking job he did too. However, he decided it was time to hand it over to someone else and so we have taken on the role!

Club Camp is open to all Trotters and their families. If you have never been to one before, you've certainly missed out! It provides a chance to relax with your club mates over a weekend. The club has organised these camps for many years and they are always great fun – even though the weather hasn't always been in our favour! You can bring your tent, your camper van or your mobile home, in fact bring a box to sleep in (Skinns??), if you wish!

There are always some (optional) organised runs during the weekend; alternatively, you can do your own thing all weekend.

Club Camp is on Friday 14 and Saturday 15 June and our venue of choice is Monkey Trees in Cornwall. It's between Newquay and Perranporth, just off the A3075 or B3285 (depending which way you go) on Scotland Road.

It's a family and dog friendly holiday park set in 56-acres of Cornish countryside. It's ideally situated for exploring the wonderful beaches of both Newquay and Perranporth. There is a regular bus service (the No 87) to both towns (on the A3075) and the bus stops are a short walk from the holiday park.



The facilities on site should cater for everyone.

There's a heated outdoor swimming pool with plenty of space to sunbathe which happens to be right next to the well-stocked bar (of course!) in the club house which also offers evening entertainment (so we don't need to bring our own entertainment, Chairman!)

Just a selection of what's on offer in the bar – always thinking of you Smokes and Travis!

There's a shop that stocks all the camping essentials, a restaurant that offers breakfast, lunch and dinner and a take-away service if you feel like dining under the stars.

For the younger ones among us there's outdoor and indoor play areas and for those just young at heart there's a crazy golf course (we wouldn't want to leave you out would we, Foxy, Watsa and Jimmy!)

There's also a selection of lakes on site all fully stocked with carp, tench and roach; for an additional charge you can try your hand at a spot of fishing (provided you have your own rod licence from the Environment Agency and buy a Monkey Tree Fishing Permit).

We're allowed to have barbecues (as long as they are raised off the ground), just don't cook anything from the lakes! The shower/toilet facilities are award winning. The rally field that we'll be in is conveniently situated between two shower/toilet blocks so there should be no waiting in line to wash!





For even more information on the park, go to [www.monkeytreeholidaypark.co.uk](http://www.monkeytreeholidaypark.co.uk)

Now for the money bit. If you were to book into Monkey Trees individually (whether it be with a tent, camper van or mobile home) on the dates that we are going, for two adults, two children, a dog, a car and a pitch with an electric hook-up, you'd pay over £61 for the two nights. We can have the same (or less) for £24 per night - the only condition is that we must be a party of at least 12 pitches.

So, all you have to do is write the dates in your diary, give us your money and come along! Let's see if we can make this the biggest Club Camp ever!

Nigel & Liz 'Red Coats' Barnett

## A Trotter legend from yesteryear.

By Roger 'Chairman' Hayes

Whilst out walking the dogs I bumped into Linda and John West. Now the vast majority of you won't know who they are, although those that like to keep an eye on the club records page might just recognise the name! For those members who go back to the late 1980s and early 1990s Linda is someone you'll remember well.

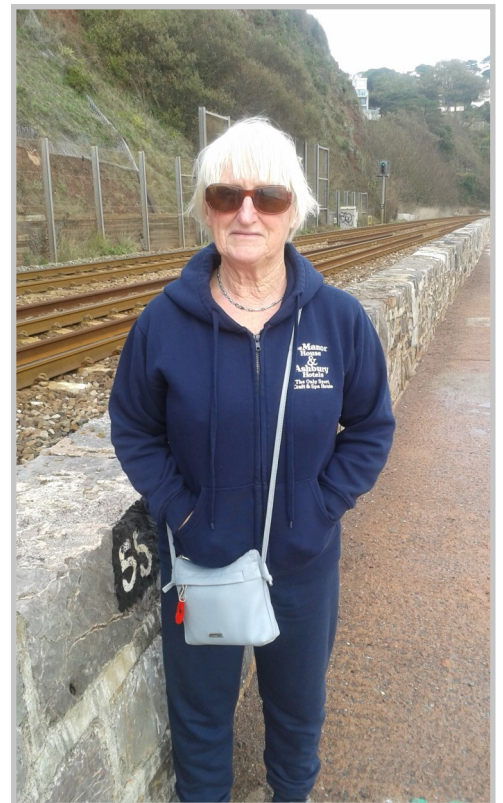
Linda, *pictured*, was a superb runner, putting paid to the theory that you need long legs to run fast. I'm sure she won't mind me saying she's not the tallest lady ever to have donned the royal blue vest, although back then our club colours were light blue! What she lacked in height she more than made up for in speed.

Linda set three FV40 club records in a golden year of running back in 1991. Two of those records still stand today; 10K 39:39 and 10 Mile 63:39. They are the longest standing records in the club's history. It was only a couple of months ago that Helen Anthony broke Linda's half marathon record of 1.26:53.

It was great talking to the pair of them, reminiscing about the good old days and discovering what they are up to now. It was little surprise to learn that they are both still very fit, playing regularly for Dawlish Tennis Club and sharing a passion for walking. They are both in their early 70s now but haven't lost the zest and enthusiasm for life that they had when I knew them 30 years ago.

Linda was keen to find out a bit about Helen as she had read in the paper that her club record had fallen in September. They both enjoy reading our press reports and spotting the odd name from the past that they recognise. I suspect that's the same as many of the hundreds of ex-members that have since left the club.

With Helen currently in fine form and with some serious London marathon training ahead of her, I wonder just how much longer Linda's two remaining records can last - I guess time will tell.



## LADIES CAPTAIN ELEANOR TAYLOR REFLECTS ON A GREAT YEAR OF RUNNING

Over the past 12 months, there was some great runs from lots of female Trotters. Each year, the committee votes on a shortlist of women as Most Promising Newcomer and Most Improved Female Trotter. I want to share some with you the achievements of the amazing women who were the 2018 nominees and winners.

*Most promising newcomer nominees:* **Katey Blackmore** hadn't run before joining Trotters in spring 2018. She did Totnes 10k in August, then went on to complete the Dartmoor Vale Half Marathon in a great time of 2hours 8mins.



Before joining Trotters **Natalie Cusack** had already done four marathons. She is aiming to do an ultra and is training hard to achieve this.

**Lynda Cooper** hadn't run before running with Trotters – she joined Trotters before coming along to a session! (Well done to recruiting agent Caroline Clark!). Lynda is another one who has gone from strength to strength including weekend runs with Kevin Besford and ran the Ladies 10k in 56.47. This is a benchmark for her next target.

**Louise Lee-Gammage** set herself the challenge of doing a half marathon, then built up from couch to 5k before joining Trotters. She earned herself a 2.40 11 in the Great West Run.

Our well-deserved winner was **Susanne Westgate**. Susanne joined had run a few 10ks when she joined Trotters this spring. She was hoping to do a half marathon this year and so far she's done three! Just this weekend she did First Chance 10k and her next big challenge is the London Marathon. Go Susanne!

*Most improved female nominees:* **Suzie Mills** has been running for about three years now and has been setting herself challenges from day one. She's achieved her '12 marathons in 12 months' (more on this on page 10 in this magazine) – then done more. Along the way she did a PB in the Cornish Marathon (5.18) in the same week as a parkrun PB.

**Emma Ray** stepped-up to the marathon distance this year. She chose the challenging City2Sea as her first one! Along the way, she ran a PB 10k in Fast Friday clocking 53.02 and she did Torbay Half Marathon in 2.04:24, improving her PB by seven minutes.

**Mandy Wheeler** is back with a BANG! She bagged club records and personal bests in style. She holds the W45 10m club (1.06:56) and ran a brilliant Yeovil Marathon in 3.28:06, then beat that by over 13 minutes in Valencia in December. Over the last couple of years, **Hannah Jones** has been steadily improving her form and this is continuing to pay-off. She earned a 5.38 in the Dartmoor Discovery and smashed her marathon PB at Amsterdam in 3.25:50.

**Sarah Pike** won our most improved female accolade having achieved two cracking PBs. She improved her half marathon time by 5 minutes in the Taunton Half. It is now 1:38:59. Her 10k PB is now faster by 2 minutes – 45 bang-on at Fast Friday.

It's been a hard call to come up with these short lists. I know many other women have achieved great things in 2018 and it's never easy whittling the list down. As you can see, it's not all about club records. There's a lot to be said for achieving personal bests. That may be running further or running faster than you've ever done before. Well done to all of those who have pushed themselves – whether that's breaking records, or getting your bum out the door!

After three years in the role, this is my last write-up as Trotters Ladies' Captain. It has been great, yet again, looking back over the amazing achievements of those above and lots of others. I've routinely struggled to edit down the list as I am so impressed by so many who challenge themselves and achieve. I know that if I name names, I'll worry about missing someone out so big WELL DONE to all the female Trotters. Best wishes for a healthy and injury-free 2019.



# MEN'S CAPTAIN LANCE LOOKS AHEAD

Welcome all newcomers to this great club and the Trotter family.

Where do I start when we talk about 2018?

There's been some great racing and performances from the fastest to the slowest of us. Running is all about our own personal goals and targets and they will be different for every single one of us.

I've seen people complete couch to 5k as well as their first 10ks/half marathons and marathons. I've been really pleased to see new personal bests, club records, race wins and podium places!

Well done everyone on some fantastic running over the last 12 months.

As many of you know, the club is not just about us adults - we have some younger people among us who are the future of our club and I can see are already giving it their all in races. You can bet some of them are going to give us oldies a good run for our money this year!

And how does this happen? Hard work and discipline - and good coaching of course. I would like to say a big thank you to all our coaches and leaders who continue to put in a lot of thought and work behind the scenes to organise and lead runs and sessions.

Also we couldn't do any of this without the non-runners of this club either. These people are our biggest supporters with many taking time to volunteer for races, serve on committee or help out. What also helps is those of our supporters who turn out at races and shout at us from the side-lines, spurring us on that little bit faster!

My final tribute goes to those who organise and help at our own club races. Everyone - from race directors, course directors, caterers, marshals and tail runners. You all contribute to our reputation for being a great club which organises great races. Let's keep it all up as we march forth into 2019.

Yours in sport

Lance Skippy Mason.



# 12 BECAME 15!

Suzie Mills brings us bang up to date on her epic marathon journey of 2018.

As most of you know I set myself the challenge of running 12 marathons in 12 months during 2018.

In the last edition of the Trotter, I was coming up to number 12 and I hoped by the end of the year to complete 15 marathons raising lots of money along the way for the 401 foundation.

Well I completed those 15 and raised over £1,800 including gift aid. There is still time to donate if you would like to <https://uk.virginmoneygiving.com/12marathons12months>

For those of you who don't know the 401 foundation was set up following Ben Smith's amazing challenge of 401 marathons in 401 days. The foundation was set up to provide small grants to grass roots projects and individuals to build confidence, self-esteem and tackle mental health issues throughout the UK.

Ben has just announced his next challenge and you can read about that and get involved: [www.the401challenge.co.uk/usa-2020/](http://www.the401challenge.co.uk/usa-2020/)



Marathon 12 was in Dorset where I had spent most of my summer running marathons with a company called White Star Running. The Crafty Fox was a tough two-lap marathon with almost 4,000ft of elevation gain - and I loved every second of it! It was also where I was presented with my 12in12 medal at the end of the marathon. I didn't stop there though. Following the Crafty Fox there was the Chase marathon, again with White Star Running (an out-and-back across the Dorset countryside that actually ended up at 28+ miles!) I then ventured back onto road for the Cornish Marathon and surprisingly a new marathon PB, before the final marathon in Leeds.

I have learnt a lot about myself this year. I am stronger than I give myself credit for mentally and physically. Having the focus of a challenge keeps me going and gives me a drive and determination that I didn't realise I had. Having a challenge to focus on has kept me busy and mentally healthy in what has been a very challenging year. I cannot say enough how much exercise has improved my mental health: the sense of achievement at the end of each marathon left me wanting to do more. Marathons really are addictive; well, they are for me it would appear!

So what next? Well I am not going to be taking it easy in 2019 I knew I would need another challenge to keep me focused, so I shall be attempting a 50mile event in May. I also have another six marathons that I have already signed up for and a few more still to book, so I will definitely be keeping busy again but 2018 really will take a lot of beating!



## Calling budding photographers...

*Do you have a digital camera? Would you like to become more involved at Trotter races and help continue the tradition of free race photos at our events?*

I am looking to put together a team of photographers for the Trotter Races in 2019 and beyond. If you would like to know more and get involved then drop me an email at [suzie.mills@gmail.com](mailto:suzie.mills@gmail.com)

I am also looking at putting together a digital archive from all previous races. Do you have any photos from races over the years that we could use to build up that archive again? If so please get in touch!



# VALENCIA IT IS!

Yes, we've got somewhere really god-damn cool to go for our marathon abroad. Weather may not be so cool though...

By Roger 'Chairman' Hayes

Each year it gets harder to find a new marathon that the Trotters haven't already done as their foreign marathon trip. The first official one took place in 2004 when a group of us ran the Amsterdam marathon. We've been somewhere different every year since, with the exception of 2009 and 2013 when we didn't go anywhere although a few hardy souls tackled Dublin.

The criteria has changed since those early days when the only option was to take part in the marathon, now we try and find a marathon that also has a half marathon and or a 10K attached to it. We try and find a low budget airline that flies out of either Exeter or Bristol. Sometimes this isn't possible and we have flown out of Stanstead and Gatwick.

The biggest trip as far as numbers was concerned was in 2007 when over 40 of us went to Venice. In true Trotter style, it was a rather drunken night the night before for many of us. I remember catching the boat on race morning at some ungodly hour, having only had three hours sleep and still feeling the effects of far too many tequilas! Of course nowadays having all got that bit older and wiser those sort of antics never happen - hey Smokes!?

Another thing that seems to have changed is that we no longer stay in youth hostels. It has to be said we've stayed in some pretty god damn awful ones. The one in Barcelona surely being the worst! Hotels now seem to be the way forward, with some quite swanky ones - lifts, showers and even room service!

Last year we did something very different, we went all inclusive, a first for the Trotters. As I'm sure you can imagine, those that went certainly got their money's worth! Last orders for all inclusive was called at 11pm, the way round this as Smokes soon found out was to order trays of Bacardi and cokes (16 at a time), to see you through the rest of the night.

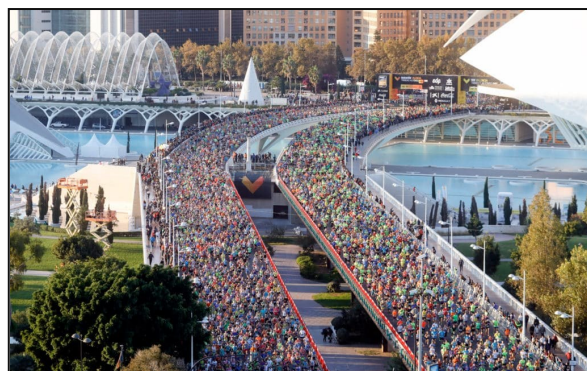
So ladies and gentlemen, that brings me to this year's chosen destination. After a vote on Facebook between Valencia and Cologne, I can announce the clear winner was Valencia - we're off to sunny Spain! Alongside the marathon there is also a 10K. Both races take place on Sunday 1 December. Entries for the full marathon and 10K are already open. The marathon is a very reasonable 55 euros and the 10K is 28 euros.

Flights are with Ryanair from Bristol airport but are not yet available. As soon as they are I will let you know. They should cost less than £100 return per person.

I haven't had chance to source the hotel, please feel free to send me some suggestions. Centrally located and good value for money being the main criteria.

Valencia is Spain's third largest city with a population of around 800,000. It's situated on the east coast of Spain and sports a number of beaches as well as a large historic centre, with ancient monuments, views and cultural attractions.

If you've never been on a Trotters foreign marathon trip this could be just what you've been waiting for! *On On - Chair*





# PICTURE GALLERY







## CLUB CHAMPIONSHIP - CHAMP SECRETARY GRAYDON FILLS US IN

The Awards Night saw 2018's Club Championships come to an end with the final standings announced and prizes awarded, and what a great competition it was.

Full results are below, but it was another fantastic year for Jacki Woon and Garry Smart who are both multiple winners of the championships. They walked away with the winner's trophies, with both runners amounting the maximum number of 400 points available. That's a brilliant achievement, so very well done to both of them.

It was very tight in the ladies competition as two competitors finished on the same points, and it went down to the last race - John Scott Trophy - to decide the finishing order. In the end, it came down to age grading between those competitors, with Kathryn Steemson just nudging ahead of Kim Knight to claim third place.



Speaking of Kim, she did manage to leapfrog Sarah (not literally!) at John Scott as Kim claimed the full 50 points available, meaning her previous race in that category was no longer required as a counting race. The competition between Kathryn, Kim and Sarah went right down to the wire.

Well done to everyone who finished the Club Champs. Interestingly, the day after the awards ceremony Oh My Obelisk took place which was the first Club Championships race of 2019 so as you read this, 2019's edition of the competition is already underway. Good luck all!

Current Standings & Statistics	Total Points	Races Completed	Sections Completed	Position
SMART, GARRY	400	9	5	1
DAVEY, GEOFF	395	11	5	2
SHARPLES, PAUL Sr	388	10	5	3
SKINNER, DEREK	380	10	5	4
KNIGHT, DUNCAN	378	11	5	5
SAUNDERS, JAMES	370	8	5	6
ROBINSON, CHRIS	365	13	5	7
RUTLEY, NEIL	347	11	5	8
BLAKESLEY, PETER	345	8	5	9
BARNETT, NIGEL	327	10	5	10
RANDALL, MARTIN	321	8	5	11
CROWE, EAMON	291	8	5	12

I think 2019 has all the hallmarks of being another cracking year, as we've got a good mix of old favourites alongside new races. Plus, for 2019, one of the races will be the fantastic North Dorset Village marathon, which I hope is a great addition to the Club Championship.

The race will be part of the "Long Misc" category so if you don't fancy doing a marathon, there are still three other races to choose from in that category. It is a popular marathon with Trotters and a local event to us, so we thought we'd add it to 2019's competition as it also comes at a great time of year for those who may be considering the Dartmoor Discovery.

The format for 2019 will be the same as for 2018:

- there are five categories, each of four races
- a competitor has to complete at least one race in each category, as well as completing at least eight races overall to count.
- there is a men's and ladies competition, and the scoring is based on age grading percentage with the highest age grading per race getting 50 points, the next highest 49 points, and so on.

Current Standings & Statistics	Total Points	Races Completed	Sections Completed	Position
WOON, JACKI	400	13	5	1
WHEELER, MANDY	393	9	5	2
STEEMSON, KATHRYN	385	10	5	3
KNIGHT, KIM	385	10	5	4
PIKE, SARAH	380	14	5	5
JOHNSON, RUTH	375	10	5	6
TAYLOR, ELEANOR	374	11	5	7
HOLMES, TERESA	354	11	5	8
RANDALL, JOANNA	348	8	5	9
SHARPLES, SHARON	341	10	5	10
EVANS, LUCY	339	9	5	11
STOKES, LOUISE	300	8	5	12

The list is on our website. Good luck! As always, if you have any comments or questions get in touch via email or Facebook.

# A TALE OF TROTTER AWARDS

**By Emma Percy with photos by Suzie Mills**

The day after the awards ceremony, I was feeling retro. I stuck a pop playlist on Spotify and the song 'Unwritten' by Natasha Bedingfield started streaming.

I'd forgotten how awesome that song was, with lyrics that lift you up. I bellowed them out: *'reaching for something in the distance, so close you can almost taste it. Release your inhibitions. FEEL THE RAIN ON YOUR SKIN!'* etc.

Natasha goes on to sing about today being where your book begins, how no one else can do it for you. It's up to you, she says, to live your life with arms wide open and write your own story.

What a goddamn poem that song is.

It struck me that, just 12 hours earlier, a lot of the people I had spent the evening with were in the process of rewriting their stories and were filling pages with sparkling, joyful copy that spoke of celebration and achievement. Some inked the story into their skin.

2018 was a good year for the Trotters, as a club and as individuals. Lots of records tumbled, good times were set and we had a surprising twist in the Dartmoor Discovery plot penned by Chairman and Race Director Roger Hayes who took it back to the original distance of 34 miles.

Every good book has an inspiring figure or two often in the form of partnerships: Holmes and Watson, Tweedledum and Tweedledee as examples. The Trotters have their own legendary twosome in Dave Foster and Maurice Piper who presented the prizes to the lucky winners at our awards night.

When we look at the stories people told through their running, Jamie Barnett and Helen Anthony wrote 2018's history by clocking the fastest times for the year in different distances. Garry Smart and Jacki Woon emerged as victors in the Club Championship.

As Eleanor so eloquently summed up on page 8, a whole lot of promise was shown by newcomers with Susanne Westgate triumphing (and accepting in a touchingly modest manner). Nominees in the same category for most promising newcomer (men) were Max Conroy, Chris Jones, Tom MacTaggart, Steve Mariadas and Jason Trevenen, all of whom have peppered their pages with personal achievements. Max came out on top but all could be proud of their journey so far.

Leaps into new narratives were abound for Hannah Jones, Suzie Mills, Sarah Pike, Emma Ray and Mandy Wheeler all of who were shortlisted for most improved female with Adam Johnstone, Tim Pratt, Christian Robinson, Kris Ward and Scot Wiggins representing the men. Like every Mills and Boon romance, it was a happy ending with winners being Pikey and Christian. Ahh, cute.

Every great plot has colourful characters, ones we become attached to because they're resilient, fun and transformed by the obstacles they've faced. No-one more so than Suzie Mills who was honoured with a special presentation for her unwavering commitment to running, her unrivalled passion for doing good.

Change is what propels a story forward - just look at thrillers or murder mysteries. Thankfully the only murder to take place was on the dancefloor with criminally offensive dancing. But just as we deal with change, we also recognise it with retiring Coach Co-Ordinator Mark Walker offered a memento for his patient direction behind the scenes, keeping the Trotter coach and leader structure moving on.

And development, dear readers, is what keeps the story alive and interesting. Friendship, camaraderie and sometimes loss form major narrative arcs - Winnie the Pooh, The Kite Runner, PS: I Love You to name but a few. We're invested in them, we want them to win. We love them, we grieve their passing. We remember late Trotter Dennis Milstead by celebrating the success of our coaches with members given the power to influence the ending. In 2018, Dennis's Cup was awarded to dedicated coach Clare Youngman, a worthy winner. We celebrate the good of people - Liz Barnett and her work behind the scenes (and she doesn't even run. What a hero!)



# ...TROTTER AWARDS (CONTD)

The world of literature recycles plots like a runner reuses socks. Overcoming evil! Finding love! The chase scene! Rivalry! The John Scott Trophy sees rivalry put to the test every year with accolades handed out in the most obscure of categories. Sue Brown, Ewan and Zilpah Walton and Kevin Besford prevailed, fighting the evil of the long drag uphill to win the day.

And so we end our book on a high and look to start a new one filled with continued rises to success, life-changing experiences , a recognition of our flaws (eating too much cake) and doing something to deal with them (a bit more running) and a quest... a quest to reach for something in the distance, so close you can almost taste it..

The rest, as Natasha sang, is unwritten.





#### *WHOS'S WHO FOR 2019*

##### ***Dartmoor Discovery ~ Saturday 1 June***

*Race Director: Roger Hayes*

*Assistant RD: Liz Barnett*

*Chief Marshal: Keith Anderson*

##### ***Haytor Heller ~ Saturday 13 July***

*Race Director: Nigel Barnett*

*Assistant RD: Allen Taylor*

*Chief Marshal: Graydon Widdicombe*

##### ***Totnes 10K ~ Sunday 4 August***

*Race Director: Roger Easterbrook*

*Assistant RD: Ruth Johnson*

*Chief Marshal: Alan Boone*

##### ***Ladies 10K ~ Sunday 29 September***

*Race Director: Tracey Jolly*

*Assistant RD: Pete Blakesley*

*Chief Marshal: VACANT*

##### ***Templer Ten ~ Sunday 3 November***

*Race Director: Chris McIntosh*

*Assistant RD: Nathan Elphick*

*Chief Marshal: Gary Caunter*

##### ***John Scott Trophy ~ Sunday 24 November***

*Race Director: Graydon Widdicombe*

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