

Saturday, 1st June, 2019



100 NOT OUT!



NOT ONE BUT THREE!

Who said it was like waiting for a bus, you wait 12 months for a Trotter to complete their 100th marathon and then along come three all at once!

What a fantastic day Saturday 1st June was. A day, I'm sure, that will live long in the memory of Allen, Kurt and Chris. They couldn't have chosen a hotter day, it was pretty brutal out there. Despite the heat, they were roared home by the crowd who had gathered to see them finish.

A fact that is often mentioned when discussing completing 100 marathons, is that more people have climbed Everest than run 100 marathons. That gives you an idea of the sort of achievement our three intrepid Trotters have conquered.

Knowing first hand what it takes to run all those miles, I wanted to take the opportunity to find out a bit more about each of the guys and their journey to 100. This special edition Trotter magazine delves down deep and uncovers quite a few surprises!

As the Dartmoor Discovery, affectionately known as the DD, played a big part in their achievement I thought I would give you a few facts about the race as well - you know how much I love my stats! I hope you find the read an enjoyable one and a fitting tribute to three amazing Trotters.

Rog Hayes

Top of the pile

When Allen, Kurt and Chris became the latest members to join the ever growing number of Trotters who have completed 100 marathons, I did a bit of research to see if any other running club had as many members as we did. The answer seemed to be no!

The Trotters are leading the way, a pretty amazing feat when you consider how many running clubs there are in the UK and how big some of them are!

We now have 11 members who have reached that magical 100. I know others are already well past 50, so there could be more to follow!



Chris McIntosh

1. **When and why did you join the Trotters?** I joined in 2017. I had until then never joined a club in the area as work had always prevented me from getting to weekday evening training sessions so I changed my work and joined the Trotters! It is always worth the hour or so drive each way from home.
2. **When was your first marathon?** It was way back in 1981 - the Pony British Marathon in Bolton. It is the only time I have ever been to Bolton which is no reflection on Bolton!
3. **How old were you when you ran your first and 100 marathon?** I was 25 in 1981 and 63 when I completed the DD. A long journey!
4. **That is some journey. Did you know you have beaten the record, currently held by Mark Wotton, for the longest time between someone's 1st and 100th marathon. It's a record officially recognised by the 100 Marathon Club.** I had no idea! Does that make me the Trotters tortoise? I read in the RRC (Road Runners Club) magazine a few months ago that Adam Holland had completed 100 marathons by the time he was 23. I only heard of the 100 Marathon Club after I joined the Trotters and just before last year's DD, so that was stimulus to get on with it.
5. **At what stage during that journey did you start to think about reaching 100?** At last year's DD when I became aware of the existence of the 100 Marathon Club and decided to try to find records of all my previous marathons and ultras. I may not have been able to find some but 100 is my current official total.
6. **How did your 100th go?** There are many alternative less demanding races to enter for a 100th marathon but I can't think of one more memorable than the DD - an iconic and demanding Trotters race with so many club runners taking part, and many more organising and marshalling, who provide the encouragement which helps to keep the spirits up and legs moving when the body may be wavering. Also not to forget all the non-Trotters runners and helpers who combine to make the event what it is. It was quite a relief to shuffle over the finish line and at last be able to put on the 100 Marathon Club t-shirt.
7. **Which three races have you completed the most times?** Jungfrau Marathon - 22. London - 16. Endurance Life Coastal Trail Marathons and Ultras - 15.
8. **What are your three favourite races?** 1. The Jungfrau Marathon in Switzerland: Stunning scenery, Swiss organisation, almost 2000 meters of climbing, mostly between miles 15 and 25 and I have completed it 22 times. 2. Marathon des Sables (the second time): The first time was a very painful experience as I developed a number of blisters and consequently lost a lot of skin from my feet so I decided I had to do it again, manage my feet better and enjoy it more. Fortunately this worked. 3. City to Sea Marathon: took part for the first time in 2018. This is in my top 3 not so much for the event itself but because it epitomised the ethos of the Trotters with such a number of us competing, others helping at the event and others there to support the runners. It highlighted the inclusive, supportive and active nature of the club and its members.
9. **What was life like on the injury front?** I've been very lucky overall. A knee injury put me out of action for a year and took 5 or 6 years to settle almost fully. The likely cause was buying a pair of running shoes which were wrong for my feet.



Chris running the Johannesburg Marathon in 1985.

I did not realise the shoes were for over-pronators nor did I realise I am a supinator. Ignorance was not bliss on this occasion.

10. Why the love for running marathons? Running is a sport you can do any time, almost any place, does not rely on needing someone to participate with, so suited my awkward working hours over the years, it clears the mind, is a stress-buster and marathons add the extra dimension of a personal challenge with success being measured by personal goals rather than necessarily on placing in a race, at least for those of us not competing in the higher levels of the sport.

11. What's next now you've now reached 100? I'd love to be able to improve on quality rather than quantity.



Chris taking part in his favourite race ~ The Jungfrau Marathon

The Trotters were approached by Phil Hampton, who founded the DD in 1998, to see if they would be interested in taking over staging the race. By then it had become a firm favourite with the club, with many of our members taking part. Such was the passion for the race, the Trotters decision to take it on was an easy one to make.

Sadly the race's sister event, the Two Bridges Ultra in Scotland, folded in 2005. I was lucky enough, along with a number of other Trotters, to travel up to Dunfermline to take part in what turned out to be the last ever race. The overall distance was 35 miles 498 yards. It was first held in 1968 and was Scotland's most famous ultra marathon.

There was a trophy for the fastest combined times in the same year for both the DD and Two Bridges. Because of this the DD attracted many runners from way up North and indeed Scotland. I still have the perpetual trophy as I was the last ever person to win it!

With the demise of road ultra marathons the DD is now the UK's longest single lap ultra. It has gained a cult status within the running community, not just for it's amazing scenery and brutal hills also for its care towards the runners, both before, during and after the race.

This can only be achieved by the whole club pulling together to make it work. A fact that as the Race Director I'm very aware of and immensely proud of.

There is a small DD team that go one step further, they do a huge amount of behind the scenes 'stuff'. Not a great deal has changed, personnel wise, in the nine years we have staged the race, as the list on the right shows.

TEAM DD 2011 ~ 2019

Race Director: Roger Hayes

Assistant RD: Noel Fowler, Liz Barnett

Chief Marshal: Ian Langler, Daryl Milford, Keith Anderson

Course Director: Dave Dunn, Nathan Elphick

Communications: John Ludlum

Catering: John & Tina Caunter



Allen Taylor

1. When and why did you join the Trotters? It was around October 2011. I was convinced to join by Marsha Garrard (no longer a member) after helping her to train for the London Marathon.

2. Your first marathon was Edinburgh in 2011, at what stage did you consider running 100? It most certainly wasn't during my 1st marathon! At 18 miles in, I cried and told myself and maybe a few others in ear shot, "never ever again, this is bloody horrible. I will finish, get the damn medal and that will be it". When I joined the Trotters I started running marathons with Smokes and yourself, as you were both chasing your 100 target, so the two of you were my inspiration from the start. From then (2012) I knew I would get there myself but didn't want to rush it so that's when I started to set myself targets to keep me inspired. I wanted to make my challenge hard so I had to keep pushing myself to the next level and wouldn't run the risk of losing interest. So dipping into the world of ultras from 50k to 100 milers were my stepping stones (bloody big stepping stones I know). Before I knew it I had completed all my goals so it was time to step up the marathon count running my last 43 marathons in 24 months.

3. Which three races have you completed the most times? Imerys Clay Trail - 7. Dartmoor Discovery - 7. Cornish - 6.

4. What are your three favourite races? 1. Imery Clay Trail Marathon for the best off road racing challenge with a one of a kind scenic route. 2. Bovington Marathon for the most technical off roader I've ever run. Running through freezing rivers up to your knees, in wet sand and mud and trying to stay upright whilst following motorbike tracks through hilly woods. To top it off, running in the tank tracks - unforgettable! 3. Then of course London; the wow factor of running your first one is awesome plus London isn't just about race day but a great weekend away as well.

5. You broke 3 hours for the first time at the recent Manchester Marathon (2:58:08), how did that feel?

Mixed emotions really. The first one was thank God for that! I don't like running under pressure so didn't tell anyone I targeted Manchester for sub 3. Even Marie didn't know! So major relief I did it as I had changed the way I trained, (it was my first attempt at sub 3) and wasn't sure if it would work. I dropped a lot of my high mileage runs and focused on shorter distance but higher tempo runs instead. Also major relief as I messed up the first 10 miles missing three drink stations and a toilet stop!

I became quite emotional at the finish and had to hold back the tears before meeting up with Marie but when she said "well done I can't believe you have just run a sub 3" I did well up because it was the last achievement I wanted to complete before my 100th marathon and was never 100% confident I was capable.

6. You say you dipped into the world of ultras, in fact you've done 28 of them! The four 100 milers in particular must have taken a lot of mental strength to complete. It's all about building iron will and determination, getting used to being on your feet for long periods, running through the night, how to fuel, but without a doubt the biggest hurdle to overcome is your own mind. No pain no gain is so true – suffering is a big part of long distance running, the more suffering you can tolerate during races the better you will perform in them.

7. Do you do any other sports/cross training? No not really, but when training for my ultras I add gym work to my routine to strengthen my upper body and once a week I would wear a weighted vest and walk up and down the stairs for 45 minutes to an hour. This helps a lot when carrying a fully loaded backpack for 20 plus hours.



Allen after his first marathon

8. How's it been on the injury front? I've been lucky, no real injuries to date, other than the usual running niggles we all suffer with.

9. What is it that you love about running marathons? I DON'T!!!! I guess it is all about challenging myself and the sense of achievement in finishing every marathon (no DNF's to date!).

10. How did your 100th go? It went well as I stuck to my plan. I ran the downhills a lot slower than previous years to reduce impact and tackled the uphill with a gentler pace to try and stay more relaxed. As planned I ran all the hills as far as Buckland-in-the-Moor and then started to run/walk the remaining uphill. Considering the heat it all worked well for me giving me a course PB and my highest finishing position of 9th.

11. What's next now you've now reached 100? I would like to run a major in America; New York or Chicago. I would also like to enter into 12/24 hour team event. Also, maybe improve my half marathon time and possibly complete the club championship.

CAUGHT ON CAMERA



DD Trotters Hall of Fame

Roger Hales	19
Ewan Walton	12
Stuart Moulson	10
Kurt Read	10
Sally Ingledew	9
Chris Wride	8
Roger Hayes	8
Robert Tinnyunt	8
John Tweedie	7
Sharon Sharples	6
Mark Wotton	6
Garry Smart	6

DD Finishers by Club

Teignbridge Trotters	284
Plymouth Musketeers RC	107
Tamar Trotters	101
Road Runners Club	90
Running Forever RC	78
East Cornwall Harriers	65
100 Marathon Club	53
Mud Crew Trail Runners	50
Littledown Harriers	46
Plymouth Harriers	41
Bearbrook Joggers	41
Crawley AC	39

Trotters Winning Teams

MEN: 2004, 2009, 2010, 2012, 2013, 2014, 2016, 2017, 2018, 2019

LADIES: 2010, 2012



Trotter Race Winners

MEN: 2011 Dave Tomlin ~ 3:57:48

LADIES: 2015 Helen Anthony ~ 4:18:29



Smokes



Sally



Ewan



Kurt Read

1. Leicester is a long old way from Teignbridge, what made you join the Trotters? I joined in 2016 because of my experiences at the DD. Skinns (John Skinner) with his happy commentary at the finish and Smokes (Roger Hales) and his smiley face made it all the more appealing. I'll never forget Skinns telling me that if you're not a Trotter you're a ****!

2. Your first marathon was Shakespeare in 2008, at what stage did you consider running 100? It was probably when I got to about 20 - although it was only a passing thought!

3. Which three races have you completed the most times? Leicester Marathon 10 ~ Dartmoor Discovery 10 ~ Belvoir Challenge 9

4. What are your favourite three races? The London Marathon has to be right up there, it's a brilliant occasion every time. The Rome Marathon is not far behind, such a beautiful city and there's beer outside the Coliseum! Of course the DD has to be in there: Rugged, wild and iconic.

5. I see from your list of races you've completed the New York Marathon, how was that? It was a great experience, although the worst preparation for a marathon ever! We walked 16 miles on the Friday, 12 miles on the Saturday and a dawn start on race day. Then I had to push a fella in a wheelchair for the last half a mile of the race. It was a fantastic finish in Central Park though and there was a rather nice Irish bar we found afterwards!

6. Have you had any major injuries during your journey? No not really, just niggles. Diabetes has been the biggest problem. I was diagnosed in 2004 as a type 2 diabetic. I was on tablets till 2018 before moving over to insulin. After more tests they found out I'm actually a type 1 and have been for a long time. I think the running made the type 1 diagnosis a little more difficult as my sugar levels were always better than a typical diabetic. Running with the insulin has been a learning curve!

7. Why the love for running marathons? It's a great way to spend a morning! I've met some amazing people whilst running - actually running is only a small part of the reason I love marathons. When I reached the age of 38 I had a choice of continuing drinking, eating curries etc or start moving more. As they say in the intro to the Trainspotting soundtrack 'choose life'.

8. How did your 100th go? It went as well as expected. I finally got to have a sit down at the pub about 19 miles in, and I stopped to have a chat with Kevin Besford at Widecombe. All in all it was a brilliant day. Thank you very much for putting it on and making everyone who enters it feel important.

8. What's next now you've reached your 100? Simple really - just keep going and try to visit as many different places as possible. I'd love to do run the Chicago, Boston, Madrid and Berlin marathons - anywhere different really.

9. You've got pretty close to that holy grail for marathon runners - sub 3 hours (3:04:30). Is it on the cards? It would be nice to get under 3 hours, but I won't worry if I don't. The need for the loo is starting to have a massive impact on my running, if they stopped the clock for me I might have a chance!



Kurt competing in the Ibiza Marathon earlier this year



I would like to take this opportunity to say a massive thank you to everyone who played a part in helping to ensure the DD was another wonderful success. There are far too many people to thank individually. Whatever your role was, I and the rest of Team DD couldn't have done it without you.
Thank you xx