

The Trotter

Number 8

July/August 2009



Here come the girls!

The countdown to this year's Ladies' 10K starts here. Turn to page three for [Vikki Ratcliffe's](#) preview of a much-loved South Devon event.

News Desk

Look out for these races coming up over the next few weeks:

23/8	Torbay Regatta 10K
27/8	Trelissick Estate Summer 10K
28/8	Forest Flyer
1/9	Run Exe 5K
6/9	Bideford 10
6/9	Treggy 7
9/9	Exeter Track 10K
12/9	Accelerace Extreme Triathlon

At last, a bit more summer for us to enjoy before the evenings start drawing in. Here's hoping it lasts!

First of all, the committee would like to pass on their sincere thanks to Mike Hicks for his time and dedication as Race Director for the Haytor Heller. Mike has been at the helm of one of Devon's best-loved races for a number of years, but has decided to stand down. We are now looking for a suitable replacement. So, if you've always fancied becoming a race director, now is your chance! Mike is more than happy to show you the ropes, and Howard Cotton has already volunteered to be chief marshal. Next year's race will be the 25th Haytor Heller – a true landmark if ever there was one. Anyone interested in the post, please contact Chairman Roger Hayes.

Here are the details for the away run on Monday, August 17. Start and finish from Coombe Cellars – <http://www.thecoombecellars.co.uk/> – a large pub and restaurant with an outside play area. So bring the whole family.

It is about 15 minutes from the centre of Newton Abbott. Take the Combeinteignhead road from the Pen Inn roundabout, up past the car wash and Centrax. After about three kilometres

you will be in Combeinteignhead. Follow the road around to the left at the garage and after a further 400 metres there is a left fork down to Coombe Cellars. Drive past the sailing club and into a large car park.

The route is about 5.5 miles on quiet country lanes, rough tracks and fields. There is one challenging climb rewarded by some outstanding views. See you there!

The trial run for the Ladies' 10K will take place on Wednesday, September 16, at 6.30pm, from the Dornafeld campsite and touring park. There will be a beginners' group and one other session from Newton Abbot Leisure Centre, leaving at the normal time of 7pm. Entries are 100% up on last year, so ladies get your entries in ASAP. As the boys are marshalling, there is no excuse not to run. Let's try to get 30 Teignbridge Ladies out there. Boys, please contact Nikki Kennard if you are able to help, on 01626 353495 or Kennard@tpjkdevon.freemove.co.uk

We know it feels like we're still in the middle of summer, but come Monday, September 7, it's time to start wearing those reflective bibs again. If you need a new one, it will cost you a fiver. Bibs can be purchased from Head Coach Jan Caunter.



I don't think I'm a natural 10K runner. But I loved it.

If you leave Newton Abbot on the A381 and head towards Totnes, travelling through some gorgeous countryside, you will see signs for Dornafield Camping and Caravan Park. It's a fantastic campsite in beautiful surroundings and excellent facilities and it is also the starting point for the annual Newton Abbot (Dornafield) Ladies' 10K. This event is always very popular and well represented by Trotters and members of many other local running clubs.

This year, the race starts at the campsite at 11am on Sunday, September 20, and takes you through some breathtaking Devon countryside. It is a very rural race and has been described in the past as “undulating”. The race takes you through the villages of Ogwell and Denbury, where the locals always turn out to give the runners their full support. The course winds through quiet country lanes, up and down gentle hills and the views really are stunning. The atmosphere is always encouraging and relaxed and runners of all abilities are

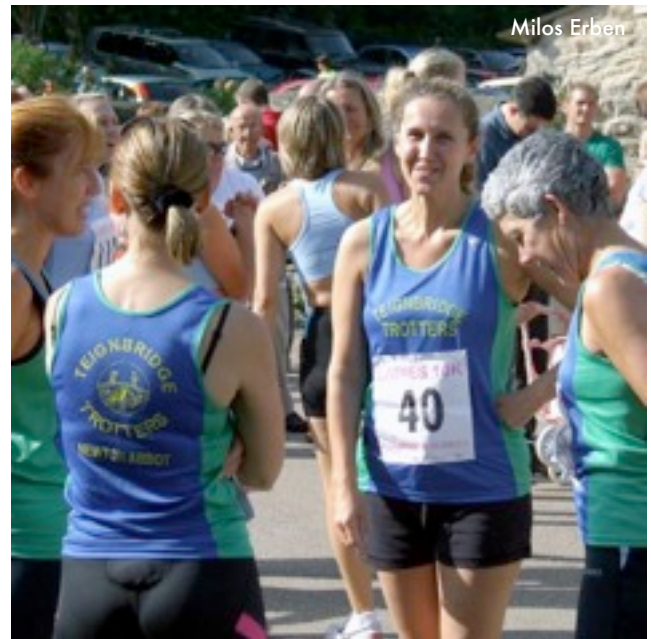


welcome. Refreshments are provided at regular intervals and the course is very well marshalled. An hour or so after the start, the race finishes back at the campsite, with the last 500m being run through the campsite itself, passing cheering holidaymakers. The facilities before and after the race are of an excellent standard, just right to soothe those aching legs.

Every finisher receives a unique memento of the race.

Race Director Michelle Willocks-Watts says: “It would be fantastic to get as many Trotter ladies entering the race this year. With numerous age category and team prizes up for grabs and the picturesque start and finish of Dornafield — and Tina's homemade cakes — it makes a great Sunday morning out!”

Nicola Caunter of the Women's Running Network has run the race seven times and says that she particularly likes “the friendship and encouragement of the other ladies” and “the



satisfaction of finishing, even if it is near the back!” She also says that a big positive is, “knowing that I am giving a bit towards a needy charity”. The race raises money for a Bowel Cancer charity.

And what do I think? The Newton Abbot Ladies 10K was the first 10K I ever ran and, I must admit, I don't think I'm a natural 10K runner. But I loved it. And it was the first race I ran after I had my daughter. It took me just over an hour to run it that time and at the end I felt like I had definitely run a 10K but the atmosphere, the encouragement of the other runners and the spectators and the spectacular views made it all worthwhile.

To any ladies out there thinking about doing the race for the first time this year, I would say: “Go for it, you won't regret it.”



Membership Report

Membership Secretary Dave Dunn makes the introductions.

What passes for a summer seems to have stifled interest in joining the Trotters. Just as for the last edition, I only have two new members to introduce this month. Having said that, there have been a few new faces at Newton Abbot Leisure Centre over recent weeks who appear to be enjoying their outings with us. I am hopeful that they will all be signing up soon.

Our two most recent recruits are Stephanie Gillard, 27, from Newton Abbot and Janelle Penfold, 30, from Liverton.

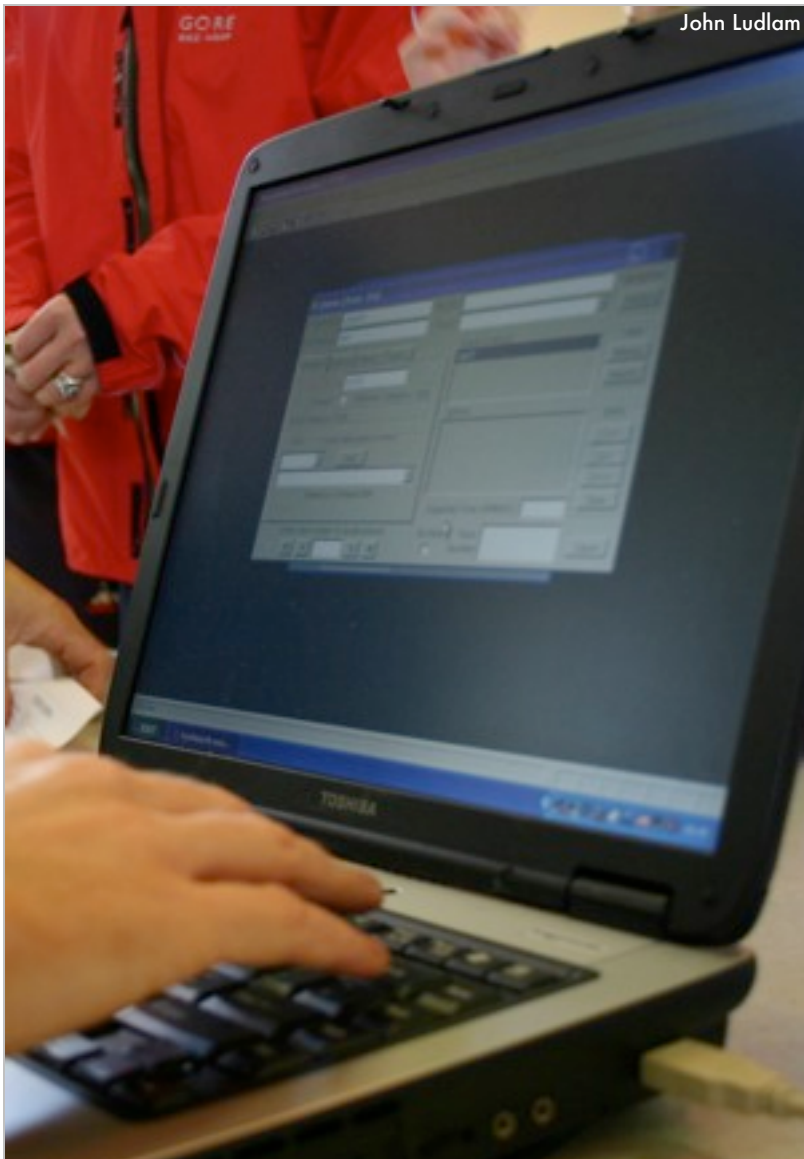
Stephanie is no relation to Claire, although they live within touching distance of each other in the Knowles Hill area of the town.

Janelle is an unknown quantity at the moment, but maybe our other Liverton-based members can fill me in. Janelle will

certainly have some good mentors in Stuart Moulson and John Tweedie.

Stephanie and Janelle bring our total membership up to 174, of whom 101 have elected to pay the extra fiver and register with England Athletics as a competing member. Further analysis of our membership shows that we have 99 male members, of whom 69 are vets, 24 are in the senior ranks and the other 6 are under 21. Of our 75 ladies, 54 are vets, 17 are between 21 and 35 years old and the remaining 4 are under 21.

Members who will be celebrating a landmark birthday between now and the end of September are Maurice Piper, who will be 70, Gary Caunter, who turns 45 and Samm Gee who enters the veteran ranks at 35. Congratulations to all of you.



Club Records

No club records have been broken for a few months now, but just maybe we might see some record-breaking runs over the coming weeks. All the hard work that's been put in on Wednesdays in the speed group focus sessions aimed at a 10K race ought to pay dividends before the summer is over.

Opportunities for personal bests, if not records abound, starting off with the Torbay Regatta 10K – always PB potential despite its ups and downs. They don't come any flatter than the track 10K at Exeter Arena early next month, and as long as you can get your head round running 25 laps of the track, a good time is virtually assured. Then it's the turn of the ladies to take centre stage with our own Ladies 10K before a trip up the M5 to Taunton gives a final chance for a dart at a fast 10K before autumn really sets in.

If stamina is more your thing, the Bideford 10 offers a fine chance of a quick time, and a guaranteed club record if you're female aged between 55 and 60 – Judy and Marion please note!

Whatever your plans and goals are, have fun and wear your Trotters vest with pride.

Running London

Helping out at Trotter events can deliver more than just a warm fuzzy feeling. It could win you a place in the **Virgin London Marathon 2010**. Every year, the club gives away four places in this great event. But you've got to be in it to win it. **Roger Hayes** gives us an update on who's in the running.

Remember you have to have been officially rejected from the London Marathon and gained four points to go into the draw for our four club places.

Members gain one point for each of our races they help out in. Ladies also get a point for completing the Ladies' 10K.

You must have every intention to compete in the 2010 race. Your entry is for your sole use only and cannot be transferred.

If your name is not up there and you think it should be, please contact me ASAP and I will investigate!

Thank you to all those members who have helped out in one way or another, especially to the nine who have gained maximum points. Our races just would not take place if it were not for the efforts of marshals, timekeepers, logisticians, caterers and other officials. Many thanks, guys and girls. You are the business!

John Ludlam



3 Points

John Caunter	Howard Cotton
Dave Dunn	Dave Foster
Roger Hales	Maurice Piper
Roger Hayes	Rod Payne
Judy Smallshire	Wilf Taylor
John Tweedie	Syd Willocks
Adrian Youngman	Clare Youngman

4 Points

Jan Caunter	Jimmy Donovan
Stewart Dunn	ian Langler
Andrew Ludlam	Stuart Moulson
John Skinner	Buzz Terrill
Ewan Walton	

Totnes travails



Roger Hayes looks back on a successful Totnes 10K. But it was a bit touch and go at one point. Photos by Graham Penn.

A massive thank you to all those who kindly gave up their time to help with this year's race. Special thanks to the catering gang, who worked really hard preparing all those lovely cakes and sarnies, and of course to John Skinner (my chief marshal) and Andy Ludlam for pegging out the course with me on Saturday night and again first thing Sunday morning.

You are all stars and this great club is lucky to have such a fine bunch of dedicated members.

This year was full of surprises, not least the floods that we encountered on the Wednesday trial run. The River Dart had burst its banks and we found ourselves in waist-deep water at times. If the race had been scheduled for the following morning, I doubt that it would have taken place! Thankfully the sun came out and the rain stopped, the course dried up and, although very muddy in places, it was very runnable come race day.

The leisure centre was having a new floor laid in the sports hall, which accounted for the step aerobic class having to take place in the room we use for registration. As it was dry we were able to do that outside. I really don't know what we would have done if it had been chucking it down...

The race was a huge success, with nothing but favourable comments from the many runners who spoke to me. St John's were a lot quieter than I expected them to be considering the slippery conditions through the woods. They did have to take one runner off to the minor injuries department at the hospital. I phoned his wife later that evening and, apart from his pride and a few stitches to a leg wound, he was fine.

One lady insisted her time was ten minutes quicker than we recorded. I explained that we had to go by the times our experienced, qualified time keepers recorded, but she was having none of it. Poor old Ian and Stew (on results) were getting a right ear-bashing, she was most unpleasant. Not



content with my reasoning she even woke Caroline and myself up at 11pm that evening to have another go – not something you really want after a hard day's graft! I'd like her banned from all future Trotter races, but that's something for the committee!

Anyway, here are a few stats from the race that I hope you'll find interesting.

The total number of entries was 489 (421 in 2008), of which 57.87% were male, 42.13% were female and 47.44% were unattached. The male entries were 6% down on last year. The female entries were 6% up and unattached was 8% up. Five

course records were broken and one was equalled, the five to go were: MV45, MV55, MV70, FV50 and FV55.

James Baker won the race for the third time in succession, missing out on the course record by just 6 seconds – last year he missed it by 9 seconds.

There were nine clubs with 10 or more runners: South Devon AC (11), SWRR (12), Erme Valley (12), Brixham Harriers (12), Tamar Trotters (16), Teignbridge Trotters (19), Exmouth Harriers (19), Women's Running Network (23) and – by far the biggest-represented club – Torbay AC, with 35 runners.



Captain's Corner

Stewart Dunn tells us what the boys have been up to.

Well it's been a busy period since the last of my reports. Most important for me was the Erme Valley Relays. Twenty Teignbridge Trotters paid a flying visit to Ivybridge Rugby Club on July 3 for the Erme Valley Relays and came away with 1st Prize in the FV35 category. Divided into teams of four, each participant is required to run a 2.5 mile circular route, on undulating rural roads. Hosted by the Erme Valley Harriers, this popular event attracted a total of 91 teams and their supporters. Conditions were almost ideal with a cooling light breeze.

First Trotter team, in 7th overall position and with a combined time of 56:40 was comprised of Dave Tomlin (13:48), Roy Brown (14:27), Ian Langler (14:35) and Ronnie Jones (13:50). In second slot (24th overall) was the MV 40 team: Gary Watson (16:06), Mike Hill (15:07), Roger Hales (16:17) and John Tweedie (15:53) with a time of 1:03:23.

The third team (1:06:57), in 38th position, were: Daryl Milford (15:27), Jim Donovan (17:15), Gary Caunter (17:30) and Bruce Campbell (16:45). Fourth (1:11:35 and 60th) were: Matthew Dunn (18:07), Andy Ludlam (17:00), Dave Dunn (18:07) and Graham Penn (18:29).

Chris Cleave with a late entry in the Torbay half set a rapid pace from the start, tearing across the line 40th, in a field of 1,348 finishers, with a time of 1:25:41 and becoming 4th Male (25-29) in the process.

On a very wet Saturday evening, thirteen club members attended the Duckponds 7K at Oreston Primary School Playing

Fields. This popular race, hosted by Plymstock Road Runners, is a two lap multi terrain course in and around Radford Park. First Trotter home was Garry Smart, in 6th position, out of a field of 158 finishers and a time of 25:26.

On Sunday 5th July, lone Trotter Ewan Walton sampled the delights of the Callow Fell Race in the hills behind the Ragleth Inn, at Little Stretton in Shropshire. The 5 mile course has 2,700 feet of ascent but held no terrors for 'Callow Veteran' Ewan as he arrived at the finish in an excellent 1:26:44 and 29th in a small field of 52 robust finishers.

Six Teignbridge Trotters took part in the club-hosted Haytor Heller. Leading the Royal Blues home in fine style was Dave Miller, in 4th place overall, with a time of 43:53.

Chudleigh saw a large Trotter contingent doing battle, first Trotter home was Dave Tomlin in 8th position, with an excellent time of 32:49. Second was Ian Langler, 20th overall, in 35:20. Chris Cleave, six seconds behind in 21st position, collected the 5th MV45 award.

At Totnes, the form continued with Dave Tomlin leading the Trotters home in an impressive 39:30 and 14th overall, in a field of 448 finishers. Also untroubled by the slippery conditions under foot, were Garry Smart, 21st in a time of 41:03 and Chris Cleave, 37th in 43:06.

Let's hope the great form carries on, especially with the club trip just around the corner.

Milos Erben





Trotters go tripping

This year's club trip, to the Treggy 7, set in the beautiful countryside surrounding Lanunceston, promises to be one of the best ever. It is also shaping up to be the biggest in the club's history, as Roger Hayes reports.

"A Club Record - 50 Trotters Finish A Race!"

Now wouldn't that make good reading? Well it could happen at the Treggy 7, this year's club trip, on Sunday, September 6. So far, we have 70 Trotters (including family and partners) signed up and 42 of those are down to run the race. So, all we need is eight more willing Trotters to help create a little bit of club history.

We are taking two coaches (free to all), which will have various pick-up points (to be confirmed). There are 28 places still available. You can download the entry form from our race diary page on our website, but hurry as the race is likely to fill.

The proprietors of the Countryman Inn (15 minutes from race HQ) in Lanunceston are looking forward to our arrival after the race has finished. It's a fantastic family pub, with a great kids'

play area, loads of open space, real ales, friendly staff and wonderful food. I have managed to arrange a special price for a roast dinner and pudding;

Roast Beef or Pork @ £6.75 (vegetarian options available)

Kids' Roast Beef or Pork @ £6.00 (includes free ice cream)

Apple Crumble, Chocolate Fudge Cake or Ice Cream, all @ £3.00 each

Please pre-order your choice of food with me: 01626 773562
chairmanrog@sky.com

So, let's see another 28 of you sign up for the trip to make it a real day to remember.

On On!

What a ball!

This year, the Trotters tried out a brand new social event, a fully fledged Summer Ball. How did it go? Rod Payne donned his best bib and tucker and sent this report amid the canapes and pearls.

On the evening of Friday, August 7, Torquay United Football Club was the venue for our inaugural Trotters Summer Ball.

This event was conceived as a result of a suggestion by Gary Watson that the club spent some of our funds on an event for the members. Such a shame, therefore, that Gary was on holiday and missed the evening. Nice one, Gary, we had a great time.

The event attracted a total of 65 members, spouses and partners. Although numbers were slightly disappointing, the evening proved to be a great success. There was a series of coach pick-ups from Teignmouth through Newton Abbot and on to Torquay, picking up expectant members along the way. Everyone got on but not necessarily in the right place and poor old Chairman Rog arrived at the venue with a bit of a headache and in need of a stiff drink or two (sorry Chairman).

The evening started at 7pm for reception drinks and then a wonderful buffet spread was served up. This was enjoyed to soothing background music as a pre-cursor to the main event. Everyone made such a wonderful effort and special congratulations must go to the ladies of the club who looked so resplendent in their fine attire.

After the food, the tables were cleared and the band, Dave Can't Dance with guest appearance by Bongo Ronnie Jones, played their first number and the dance floor was immediately filled with gyrating Trotters and Trottettes. Everyone agreed that the band were fantastic.

This was the scene for the rest of the evening. The floor was heaving, with just a short intermission only for the band to get their breath and the prize draw to take place. Each ticket sold had a lucky number. All of the tickets were placed in a box and the lucky winner of an £80 Ironbridge Runner Voucher was drawn out. The lucky recipient was Vicky Hales.

At midnight, the band played their last number, whereupon a very satisfied and well-lubricated band of revellers made their weary way back to the coach for the return journey.

The whole evening was a great success and will hopefully become an annual event.

Thanks must go to everyone who worked so hard to make the evening go with a swing. A special thank you should be extended to Becky George, who was the lynchpin of the whole event. The football club enjoyed having us along as much as we enjoyed it and want us to come back for another bash in the future. We may just take them up on their offer!



On yer bike



John Ludlam

Running coaches are always grinding on about how important it is to cross-train. Well, the Trotters Annual Bike ride is a perfect cross-training activity. So long as you count drinking beer as cross-training, that is...

Just imagine it. The wind is in your wavy hair as you pedal up hill and down dale. Your best moleskin trousers are neatly clipped at the ankles. There's a nice bottle of light ale in your knapsack, along with a pork pie, a hunk of cheese and doorstep of bread. Somewhere, a curlew cries. It's so warm you've had to remove your tweed jacket and roll up your shirtsleeves...

Yes, the Trotters annual bike ride is back. "It's a great day, packed with fun and frivolity," says confirmed biker Chairman Rog. "The Trotters annual bike ride is a real favourite on the club's social calendar. This year, we are introducing a new route. Don't worry all you hill lovers, we've kept the odd one in just for you!"

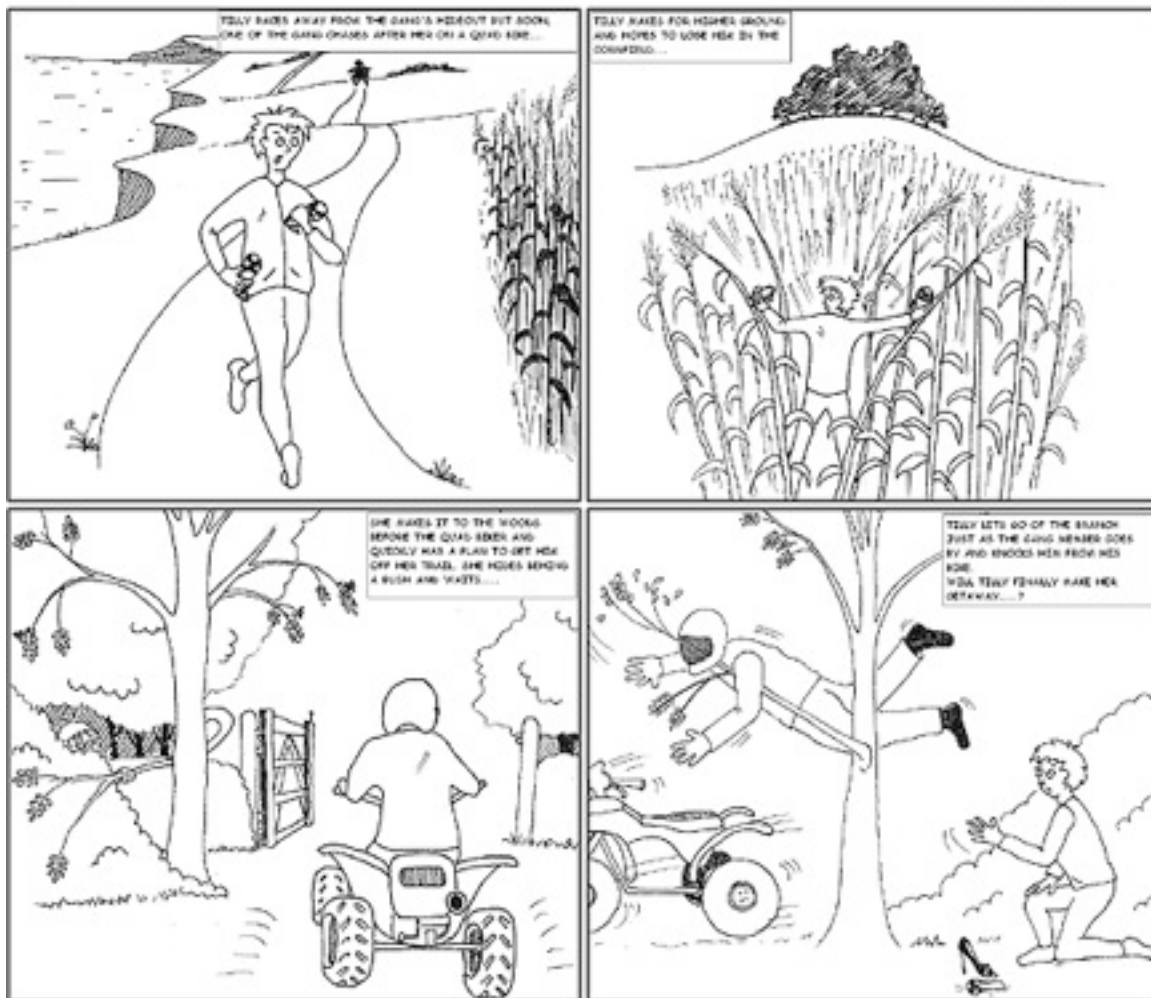
The meeting point is the Pen Inn at midday on Saturday, August 29. There is a plan, apparently, says Rog: "The plan is

to ride through Newton (with a couple of stops) then Kingsteignton (Ten Tors and Old Rydon) followed by Ideford (Royal Oak) and Luton (Elizabethan) before we reach Bishopsteignton (Ring of Bells and Bishop John De Grandisson). We end up at Teignmouth Football Club and a short ride to Skins' house where we can drop off our bikes and walk into town. All being well, there will be a couple of live bands playing on the back beach outside The Ship."

Phew.

"If you've never been on one before, then why not give it a go?" asks Rog.

Or, as Big Al would enquire: "What's the worst that can happen?"



Who is it?

So, who was it? Despite several attempts, no one managed to guess the identity of this fine little fellow correctly. Several of you, beguiled, no doubt, by the young gentleman's curls, plumped for Jimmy Donovan. Nice try but no cigar. It is, in fact, none other than Syd Willocks. He is clearly smiling because he's doing so well in the Club Championship!

Look out for a fresh mystery Trotter in September's issue.

The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: embrace the season of mists and mellow fruitfulness.

Have you got a Trotters story to tell? Is there a feature you'd like to see included? We'd love to hear from you.

Tel: 01626 773811 Or email: mag@teignbridgetrotters.co.uk