



# The Trotter

October 2019

## Another race success for the Teignbridge Trotters!



Talented Trotter Molly Canham stormed the Ladies 10k to take top prize for 2019 in an outstanding time of 37.50, smashing the club's long-standing junior 10k record. The race was yet again a huge success with women putting in strong performances across the field.

Race Director Jason Trevenen and his team pulled out all the stops to make it one to remember - kudos goes to all those involved as well as those club members who ran - and all competitors were rewarded with a beautiful print by our own feted artist John 'Skinns' Skinner.

And now we are looking forward to an autumn and winter that is packed with great races, club events and socials, some of which are featured in this magazine...



## Editor's Letter



### Wow, how is it October already?

This issue is a bit of a parkrun special. This weekend just gone marked 15 years of the national running initiative so it's quite timely! Check out page 7 where Graydon writes about his epic mission to complete different parkruns and page 6 where I've written a review about Ian Mortimer's book, *Why Running Matters*, which is a homage to parkrun. On page 12 you can read an interview with Teignmouth Promenade parkrun volunteer and Trotter Joe Hornsby too.

We're fresh out from another hugely successful Ladies 10k, superbly organised by new Race Director Jason Trevenen. Let's not forget about our Race Directors who have all done a sterling job of putting on the most fantastic events, supported by many of you in a variety of roles. We're now gearing up for our final race of the year, the Templer Ten. Good luck to the organising team, marshals and all those taking part.

On page 18 and 19 our coaches and leaders talk about why they teach us how to run each week. Many of them give up their own training time to do this and it's lovely to hear from them in their own words about why they do it. They are a great bunch of people so I hope you enjoy reading their thoughts as much as you love their sessions!

Throughout the year there's been a whole host of achievements. And yes while races are an important feature of our running lives there are people in our club who do not run (or can't any more) but still play a massive part in making sure our club is run efficiently and effectively and we maintain our reputation for being a great club (both for running and drinking!)

I can see that this year's annual award ceremony at Teignmouth Golf Club is going to be a tough one – there are so many contenders for the gongs. The Committee and Captains Lucy and Lance have another difficult year deciding who to nominate and I know they both take it seriously and always find it hard because there's so many to choose from!

As we gear up for Christmas, let's spare a thought for our committee members who are busy organising the annual awards bash and preparing for the year ahead.

Each one of them will be involved somehow making sure that we all have a night to remember. For now, kick back, relax and enjoy this issue of The Trotter.

Em x



# Born to Run

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

Here's Membership Secretary **Kevin Besford** with all the latest on who's new.

By the time you read this our renewal cycle is well underway and I hope that you will all be getting used to doing it online where, not only can you pay your subs, you can now order kit and enter our races in the same place.

You can also record all your own race performances for your own purposes. You will need to activate your profile and set a password and there's an option to add a photo to your profile.

Before the end of the membership year we reached the heady heights of 344 members which is an all-time high for the Trotters, beating last year's total by three. We usually see a natural drop off during the renewal process and after the dust has settled I expect numbers to have dropped by around 30 percent if last year's are anything to go by.

Without further ado, let me introduce you to our newest members.

**Dominic Styles**, 39, from Totnes. Dominic joins us having done a half marathon distance in 2 hours and 25 mins and would like to improve to be able to achieve a full marathon.

**Simon Durant**, 54, from Newton Abbot. Simon has been a regular at club nights and has been joining in with the Saturday morning social runs. Impressively Simon has been running to club and weekend runs and home again!

**Alice Rook**, 29, from North Bovey. Alice jumped in at the deep end running in the Haytor Heller just days before enrolling with the Trotters. Solid show! It will be interesting to see how much she improves in next year's event (if she decides to do it again!)

**Phil Woodrow**, 46, from Newton Abbot. Phil (*pictured right*) moved to the area a few years ago and has been enjoying his club runs. He is an avid Norwich City supporter as well which is a big factor in his favour (with me anyway).



**Adam Gilpin**, 36, **Tom Roberts** 25, and **Nikki Kennard**, 50, all from Newton Abbot, joined on the same night recently. For Nikki it was a welcome return as she was a member some time ago - it's great to have you back with us, Nikki.

**Jutka Molnar Sansum**, 53, from Dartington brings an international flavour to the Trotters originating from Hungary. She has been a regular in the social runs and structured sessions.

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

**Jo Baird**, 41, (*pictured, right*) and **Kat Ashburn-Scott**, 42, both from Abbotskerswell have been regulars over recent weeks since joining.

**Alan Kember**, 61, from Shaldon has been impressing everyone with his speed since joining and certainly strengthens the more senior ranks. Has also won his first silverware at Chudleigh Road Race - many congratulations Alan.



**Tricia Smith**, 26, from Torquay was introduced to Trotters by Steph Ross and has been enjoying her runs with us both on Mondays and Wednesdays.

**Simon Sherlock**, 37, from Ogwell. Simon has been running regularly and has already completed five marathons including the Ox, the Dartmoor Discovery, Manchester and Frankfurt. He is looking to improve on his current PBs.

**John Stephens**, 35, from Ashburton and partner **Kate Gunning**, 30. John has been running on and off for much of his life. Kate is new to running and is looking forward to making improvements with the help of you fellow members. Neither have been part of a running club before and are looking forward to the experience. They've definitely come to the right place for that!

**Caz Spinks**, 30, from Newton Abbot, started running last year and has really taken to it. She moved to the area very recently and is hoping to meet some new people along the way.

**Corrine Jackson**, 39, from Starcross, has always been interested in running and is keen to get back to a good level again. She wants to meet new people and learn how they achieve their running goals. **Robert Faulkner**, 56, from Kingsteignton, is Al Taylor's brother-in-law and got the running bug while supporting Al at the Dartmoor Discovery.

### Happy birthday!

There are a few celebrations (or is that commemorations?!) in October - December.



They are: Marie Farrelly 35, Richard Jellyman 35, Sara Collman 40, Lynda Cooper 40, Alex Lyons 45, Neil Pallant 50, Mark Gilligan 50, Andrew Watson 55, Kevin Canham 55, Chris Andrews 60, Mark Hamling 60 and Pete Hayward 60. Happy birthday all and good luck in your new race day age categories!



# Carry on Camping



Nights may be drawing in and the temperature dropping but that doesn't mean we can't get a little hot under the collar about next year's club camp!

We've struck a bargain and got two nights for £18 per night per pitch at a lovely campsite in North Devon. The price you pay is a pitch for a tent, camper van or mobile home with an electric hook-up.

If you were to book it individually you'd pay £65 for the two nights. You can thank us later...

We've had 16 sign-ups for 2020's camp and if you're thinking about holidays for next year, let us tempt you with more details.

Club camp will see us pile up the M5 and A361 to go to **Watermouth Cove Holiday Park** between Combe Martin and Ilfracombe on **Friday 12 and Saturday 13 June**.



It's a family (and dog) friendly holiday park with great facilities. There's two heated outdoor swimming pools with space to sunbathe, a shop with basic camping essentials, a bar, a café and a games room. Just don't let the guy in the picture on the left win!

We can have barbecues as long as they are raised off the ground and there's a regular bus service to Ilfracombe and Combe Martin.

There will be the usual optional organised runs or you can do your own thing. The South West Coast Path is not far away if you're looking to test your mettle over a few hills... If sleeping under canvas isn't your style, the campsite has glamping pods and chalets for hire. Please let us know if you'd like one of these and we'll try and get a good price; they've confirmed a 10% discount can be offered for the pods or chalets although it's a minimum booking of three nights.

This site has its own private cove where you can hire and launch a kayak, jump on a banana bus or have a go on a stand-up paddle board. You can also throw your line in and catch your supper - we hope Jimmy Donovan brings his fishing rods!

It's not too late if you want to come! Simply write the dates in your diary and let one of us have a £15 (per pitch) deposit. We look forward to seeing you there!

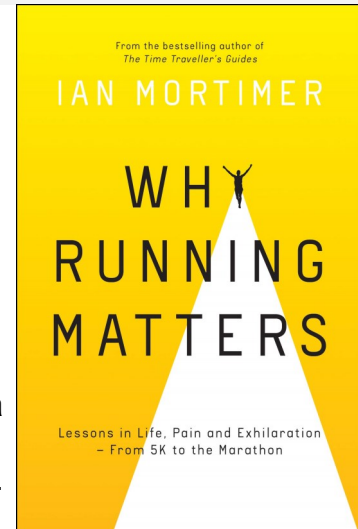
**- Nigel & Liz 'Butlins' Barnett**

# BOOK REVIEW: Why Running Matters by Ian Mortimer

In a year-long memoir, and as he approaches 50, Ian Mortimer explores the meaning of running.

Mortimer is a prize-winning historian and novelist who's best known for his bestselling Time Traveller's Guides to Medieval and Elizabethan England and Restoration Britain. He's a regular at parkrun (you're most likely to see him at Parke because he lives on Dartmoor) but he travels to parkruns all over.

Right from the get go he makes it clear this is not simply a book about running, nor is it a retrospective of how he performed in each race: it's about the meaning of running.



As many of us know, running is so personal it can mean different things to every one of us. In each chapter Mortimer tackles a specific theme and muses on the subject while sharing his latest running exploits. He deals with competitiveness, humiliation, ambition, determination, desire and endurance. He is honest, open and writes with beautiful clarity.

At times, I found myself nodding in agreement. There were also times when I shook my head in disbelief - like when he runs a half marathon when not fully recovered from a bad injury. But then I thought: which runner hasn't done that? I definitely have.

That is the thing about running: it gets you. It's so addictive because it can be whatever you want it to be. We all have different experiences of a single race, but we are united in sharing them - those moments you want to give up and those moments when you smash a new personal best. The book also highlights the comradeship within the running community as well as Mortimer's family life. Mortimer has two sons who run, Alexander and Oliver, and the book is as much about their achievements and their father's heart-warming reaction, as it is about our sport.

He sums it up in chapter 17 'Running is Your Friend' saying: "Running is indeed an old friend. If all the world should turn against us, we will still have running. It doesn't prefer me over you, or you over me, or anyone over anyone else, even if he or she is faster."

In a nice touch, Mortimer name checks the parkruns he took part in and the volunteers involved. A few Trotters get a mention including Craig Churchill, Claire Ayling, Tim Pratt and Kathryn Steemson. This book is a great read and I recommend it!

**- Emma 'bookworm' Percy**

# Seeing places as a ‘parkrun tourist’

What’s it like to explore new places while running? Here, **Graydon Widdicombe** gives an account of being a parkrun tourist.

I’ve been a regular parkrunner for a few years, proudly wearing my 50 t-shirt and later my 100 t-shirt to local events. We’re lucky in Devon we’ve got several events including Torbay Velopark, Parke, Killerton, Exmouth and Teignmouth.

All are fantastic events that promote the main ethos of parkruns: free, weekly, timed 5k events that are open to everyone! I think they’ve done more to promote healthy living or encouraging people into running than any other organisation I can think of.

Recently, I became involved with the “parkrun tourism” group, which, according to the associated Facebook page, is “for parkrunners who have run at 20 or more different (mainly UK) parkruns and thus appear on the UK parkrun most events table”.

It’s an interesting group, initially started by a parkrunner called Louise Ayling who has since gone on to co-host her own weekly podcast called “Free Weekly Timed” with runner and broadcaster Vassos Alexander. Some people take parkrun tourism very seriously indeed!

Down in this neck of the woods, it can be hard to get into the group without some travelling further afield and I often look at my London-based friends with envy, as they have dozens of events to choose from.

It’s true there are around 10 roughly an hour’s drive from Trotters HQ, but to get to 20 required a bit of effort so a cunning plan came to mind. Where possible, I’d try and combine a weekend away – whether it was for a marathon, or a non-running related getaway – with a parkrun.

Here, in no particular order, are five of my favourites a little further from sunny Devon.

## **Eden Project**

Wow, what can I say about this one? This was my 20th parkrun, thus qualifying me for the parkrun tourism group. The event allows free entry into Eden Project for parkrunners and spectators when usually you’d pay £26 for an adult ticket.



I went in August on what was then the largest event in its 87 event history, with 532 finishers.

# Seeing places as a ‘parkrun tourist’

Being in a holiday destination, the numbers can fluctuate (winter numbers can be around 70 finishers) but this is definitely my favourite parkrun event of those I’ve done.

The route starts outside the main park but soon we were in sight of the magnificent biomes. It is three undulating laps handily finishing outside the cafe, which was buzzing with runners. My non-running partner did this as her first parkrun which was a great introduction for her and we ran/walked it together. It’s about 90mins drive from Trotters HQ and I’d thoroughly recommend it. Fantastic.

## **Forest of Dean**

I was in the area for the Forest of Dean marathon and while there decided to do the FOD parkrun. I joined a throng of people who had never done that event before, listening to the event director’s instructions. Unusually for parkrun, he said he was going to allow a couple of runners with dogs to start at the front, whereas generally those with dogs are encouraged to start towards the back for safety reasons.

The reasons soon became clear as the forest erupted with loud, excitable barking from two dogs, with their owners calmly trying to keep them under control. It turns out the runners and their dogs were Canicross Champions and finished in first and second places in times around 17:30 - incredible! I had a chat with the dog owners after and they loved it (as did their dogs!)

My main memories of this event are how social it was in part due to the nature of the course. It was a nice-sized event with 159 finishers the day I did it but the course was such that runners saw each other regularly as it goes through a mainly flat, tree-covered forest. It was a brilliant event and one I’d go back to.

## **Heslington parkrun, York**

I was in York for 2018’s Yorkshire Marathon so I took part in the Heslington parkrun. It started in quite strange circumstances: while on the bus to the start I bumped into Trotter legend Peter Kirby! Peter was in the area having run Chester Marathon representing England the previous week. It was such a coincidence. I caught up with Pete and it was nice to see a friendly and familiar face on race day.

I ran its 35th event. It was quite a busy one with 415 finishers and lots of tourists doing the marathon too. It reminded me of Torbay parkrun as it’s partly on a Velopark and is laps. Global Chief Executive of parkrun and MarathonTALK host Tom Williams was there with his 72-year old dad. Both did the marathon the following day and ran together to ensure his father got a qualifying time for Comrades Ultra Marathon, the world’s largest and oldest ultra in South Africa, which was a fantastic achievement. They did it by seconds and their tearful hug at the end of the race was on the TV coverage.

## **Tokoinranta parkrun, Helsinki**

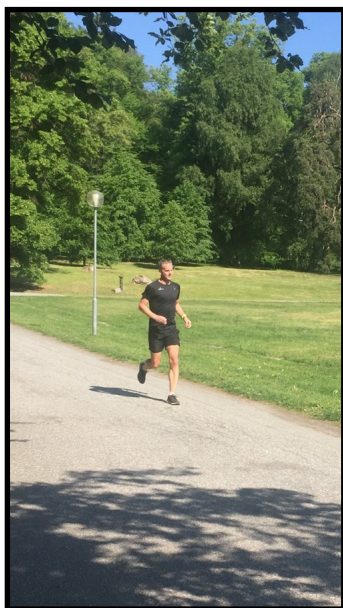


# Seeing places as a 'parkrun tourist'

I went to Helsinki in May with a group of non-running friends. Of course I made sure I did the parkrun which is in a park close to the city centre. My initial impressions were slightly tainted as it absolutely chucked it down with rain as I was running to the event, but the skies cleared and we ran in dry conditions.

This was the first out-and-back event I've done and it was a very small event with only 37 runners with around 22, mainly UK, tourists. It had the same, friendly atmosphere you come to rely on at parkrun and the locals made me feel very welcome and they are very proud of their event.

The course starts beside a lake before crossing a steep railway bridge and running along a second lake to the turn-around point before runners retrace their steps to the finish. The trip was a great one helped by doing my first European parkrun. I saw all the sights, as well as a day trip on the ferry to Tallinn - check out page 14 for Derek's account of running the marathon.



## Haga parkrun, Stockholm

My partner was in Stockholm for a conference and I joined her to enjoy the city in June. The owner of our Airbnb was a serious runner having done ultras and marathons, but had never heard of parkrun even though it's about a mile from her apartment!

I walked to the start on a very warm day and chatted to the event director, who is British. I did the 131st event on the weekend the country was celebrating King's Day. There were lots of people in traditional Swedish dress and there was a rendition of the national anthem which got the event off to a brilliant start.

## What's next?

I'm going to keep visiting different parkruns and I've got some planned in Inverness, Salisbury, Chelmsford, Severn

Bridge and Edinburgh. I'll keep supporting parkrun as I think it's the best thing to kick start a weekend!

## My current parkrun stats (pictured, right)

The badges signify over 100 parkruns completed, official 'parkrun tourist', Christmas Day parkrun, New Year's Day double, all-weather runner, tail walker, report writer volunteer. The flags are the countries I've visited.



# Awards night and Christmas card news!

**What:** Trotters annual awards evening

**When:** Saturday 14 December

**Where:** Teignmouth Golf Club

**Time:** 7pm till midnight



Every year, the club committee organises a night of celebration; one that recognises the many achievements of our runners and non-runners who make our club what it is. By the end of the night we are all wearing smiles, just like the one Allen Taylor wore at this year's DD (*pictured*).

The committee are really pleased to announce that this year we're having a pre-Christmas do (so get your gladrags on) at a new venue.

Tickets are on sale **TODAY!** You can get them from the party legend himself, Nigel Barnett, or online via our website.

In 2019 the evening will kick off at 7.30pm with the presentations (perhaps get there early and reserve a good seat) and there'll be a buffet serving hot and cold food followed by a disco. There won't be a raffle this year but don't let that put you off... just means more time to yap and have a drink!

Cars can be left in the car park at the golf club overnight.

## Charity Christmas Card

The chrimbo card appeal is back and this year we are raising money for Animals in Distress Big Bark Appeal (More at <https://animalsindistress.uk.com/appeals/big-bark-appeal/>)

There is an urgent appeal to build much needed kennels at the rescue centre at Ipplepen because the existing kennels are old and unfit for purpose. The new kennels will have space for 28 dogs in a stress free environment, with an indoor training centre, veterinary room and a grooming room. The existing kennels will be turned into a useful space for exercising the dogs in bad weather and education for local schools and groups.

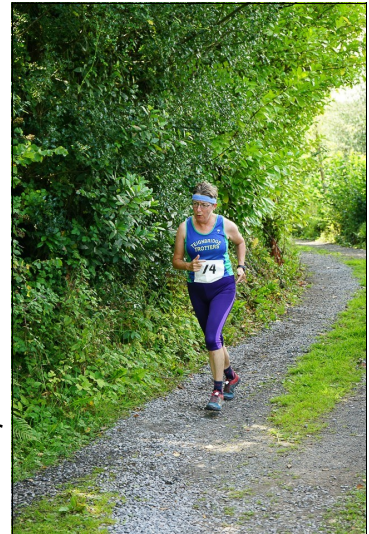
The idea is rather than sending lots of cards, you sign a giant one and make a donation. The club will match whatever total you raise. Nearer Christmas Stuart Moulson will bring the card to training for you to sign. Please spare some pennies for the pooches!

# Captains Corner - with Eleanor and Lucy

## *Eleanor Taylor writes...*

I wanted to reflect on some of the amazing performances we saw during my time as captain. There were many memorable moments. We've seen club records tumble - for example Helen Anthony's 2:59.01 London Marathon in 2016, Jacki Woon's 1:12.34 in the 10-mile Great South Run in 2018, Mandy Wheeler's F45 record of 41.22 at Fast Friday 2018 and Lucy Payne has broke not just one or two but four club records!

It's not just club records that impress. Achievements take many forms. It can be your fastest time over a particular distance or giving yourself a high five when you run further than you've ever run before - the point is, running is personal and so are our achievements. Well done to everyone. I enjoyed being Captain over the past three years and I wish Lucy Evans all the best as she takes the helm!



## *Lucy writes...*

I started running to improve my fitness for hockey and after doing a Couch to 5K course I joined the Trotters to keep motivated. I've learnt so much from everyone; at first I didn't know anything about trainers or pace!

Like everyone I've had my ups, downs and injuries but I'm happiest when I'm running. When the post of Ladies Captain came up I wanted to give back to the club and all the amazing ladies who support each other regardless of ability.



What a great summer of running we've had. Huge thanks to everyone who took part in the Erme Valley and Torbay relays. We put in very strong performances and scooped silverware which is brilliant. The events are great fun with a fun sense of team spirit. Why not give it a go next year?

I am now thinking about the annual awards gala on **Saturday 14 December at Teignmouth Golf Club**. It's my job to nominate names and the committee take a vote, with winners announced on the night. There are always so many worthy runners - I'm beginning to see how hard the task was for Eleanor!

I am really enjoying being Ladies Captain and Lance and Eleanor have been a great support. I've loved talking to lots of you at training but I would love to find out more about your plans and running journeys.

If there's something you're proud about, see me at club or send me a message on Facebook. I'd love to hear from you!

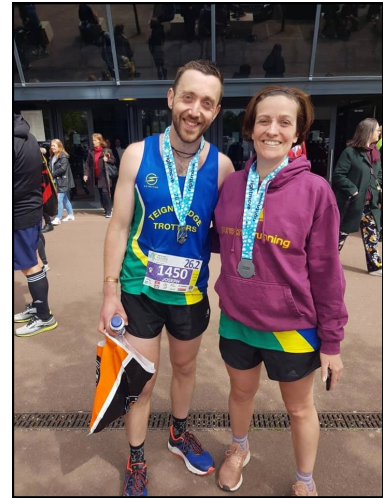
# So Joe what do you know?

If you ever need motivation to keep running then **Joe Hornsby** is probably the person to see.

Joe is a Trotter, parkrun race director and trail runner who, a mere two years ago, had not run a single mile.

He started running after seeing his girlfriend Natalie Cusack (*both pictured right*) complete her first marathon.

In his own words though he 'couldn't run a mile'.  
"Seeing what Nat had achieved with hard work made me determined to run a marathon at some point," he said.



Full of enthusiasm he signed up for the Torbay half marathon giving himself six weeks to transform from non-runner into a half-marathon finisher. "I trained hard, in hindsight too bloody hard" Joe reflects. "I'd go from not running to an exasperated 5km a few times a week – totalling between 10-18 miles a week I am amazed I didn't ruin myself although I used to do a lot of gym work and I think that saved me injury-wise to be honest."

Joe finished Torbay half in 2hours and 3mins. He remembers: "The buzz from finishing and the sense of achievement was overwhelming. I was hooked"

In October 2017 he ran the Great West Run half marathon in 1:50. Around this time Nat signed him up for White Star Running's Bovington tank marathon. He recalls: "I remember it vividly. The plan was she would run the marathon and I would run the half. However, the half had sold out and she entered me into the marathon when I was on the loo. I was not amused."

But sometimes those goals are just what you need to get motivated - even if its at the hands of a crafty partner and a toilet break. And so Joe took up the challenge. "In hindsight I did nowhere near enough training and remember being physically and mentally broke about 18 miles in.

"I remember staring around and seeing undulating sand/mud trails and wanting to sit down and cry. The only thing that kept me moving was trying not to lose Nat as she cantered off into the distance. Reluctantly, I dragged my feet and did the marathon newbie effing and jeffing bit for the next few miles.

"Weirdly enough about mile 21 I caught a second wind, managed to eat copious amounts of food at an aid station and keep jogging to the finish which was in fact 27.8 miles (cheers White Star Running!)"





Joe carried on running into 2018 until a severe sprain curtailed his training for two months. During this time, he read Matt Fitzgerald's 80:20 running (a method of running which focuses on the bulk of training being your slower-than-usual pace) and became interested in low heart rate training.

He spent much of 2018 and 2019 training like this while incorporating occasional hard efforts, mainly at parkruns and races. He explains: "The benefit of this approach is that you can get a lot of volume in because it is low intensity/slow but the catch 22 is it can be boring.

"That said I ran from September 2018 through to 2019 without an injury and it allowed me to run 10k, half marathon and marathon personal bests as well as an ultra and three back to back marathons spanning the length of Hadrian's wall.

Nat also adopted the method when she trained for the Race to the Stones 100km ultra, finishing within the top 10% of females in her debut at that distance ultra.

When he is not training you can catch him at Teignmouth parkrun. He became involved in parkrun in 2017. "I love the ethos and atmosphere of it. I am the first to admit I can get a bit competitive, so I like that element of it too - and I mean the competition of self-improvement because it's not a race!"

In June 2018 he answered a call to action for the creation of a parkrun in Teignmouth. He said: "During one of the meetings someone pointed out I was quite talkative and outgoing (aka I don't shut up about anything) and suggested I be a run director as a minimum of five were needed to get a parkrun green light.



"I accepted not really knowing the details but if it was delivering instructions to large groups, I assumed I'd be alright as a teacher."

Teignmouth parkrun has just recently celebrated its first birthday. Joe has volunteered 34 times, 31 of which have been at Teignmouth in almost every role. He joined the Trotters in January and regularly races, clocking impressive times.

"My favourite sessions are laps of Brunel, the one-mile time trail and several minute efforts! I enjoy running with the Trotters as some of the more experienced runners are bloody good and inspiring, smashing out insane performances from 40+ age cat and above. It makes me optimistic as to what I can achieve if I stay consistent. "For 2020 I aspire to run a couple of ultras, possibly one of the "Threshold" series ultras and maybe the Dartmoor Discovery again."

And that's only if Nat doesn't take advantage of any more loo breaks...

# Del does Tallinn

**Derek Skinner reports back from his travels to Tallinn where he ran the city's marathon.**

Estonia lies on the eastern coast of the Baltic Sea in Northern Europe bordered to the north by the Gulf of Finland with Finland on the other side. Its capital and largest city is Tallinn. With a population of 1.3 million, it is one of the least populous members of the European Union.



Estonia was repeatedly contested and occupied by the Soviet Union and Germany ultimately being incorporated into the former. In 1987 the peaceful Singing Revolution began against Soviet rule, resulting in their independence on 20 August 1991.

The marathon was established in 2000 and is Estonia's largest public sports event. It's also a well known international marathon in the Baltic States and I was there to take part this year on 8 September. The route sends you through the modern centre of one of the best preserved medieval cities in Europe. It's also as flat as pancake.

## **To the day itself...**

The weather was cloudy and mild - a perfect combination for the day ahead. Some 2,158 of us set off on the 26.2 mile journey and around the harbour and through parks we raced. I ran past two 100 marathoners from Reading, a Bideford lad, a couple Vikings and a dude with a real pineapple tied on his head - for him that was a great way of attracting attention and it got him on the TV! Finally we ended up back on the cobbled streets of old Tallinn (Tallinna) to cheering spectators at the finish. I felt OK but a bit tired (as you do) and my time was 3:50.40. It was a great trip to a 800-year-old city and the marathon wasn't half bad either!

## **Another little fact...**

The country has more women than men. For every 100 females in Estonia, there are 84 men so maybe that's why they are adept at the non-Olympic sport of 'wife carrying'. In fact, Estonian couples have won the 'Wife Carrying World Championships' for 11 consecutive years. Perhaps there's a new Trotter event in the making...?

# Club Championship update

Here's Club Championship Secretary **Graydon Widdicombe** with the latest standings.



As we move into autumn and close in on the end of the racing year, lots has happened since my last Trotter update.

We've had a marathon (North Dorset) in the Championship for the first time in ages and the Torbay 3k relays were in the competition for the first time. The relays were a great summer Friday evening of racing at Torbay Velopark in Paignton.

Similarly we've had old favourites like Chudleigh Carnival Road Race and Dawlish Coastal Dash alongside new races such as the Humdinger Half and Kingsbridge 10K. The idea of this mix is to support some long-standing races while providing Championship competitors with newer races to help keep things interesting.

The club's committee tries to stagger races and categories over the year, giving the opportunity for some to start their campaigns later and still finish the competition. With space for only 20 races in the competition it can be hard to juggle, but I like to think we try and get a good balance.

As for me, I have a chance of completing the competition this year and I didn't really start until July. With the new format now in its second year it does give the opportunity for more people to complete the championships and hopefully increase the competition, which was the main reason the changes were made.

Sadly for me, I actually had to do some work after Lustleigh as the majority of our runners were given the wrong times in the initial results. Fortunately I was able to speak with the race director who produced a set of results from times that she recorded manually, so all was fine in the end....thankfully!

One thing I have noticed is some popular races are announcing their race dates earlier than previous years and/or selling out earlier. I already know, for example, that Stoke Stampede and First Chance 10k will not be in the competition next year because at the time of writing they are close to selling out.

If your Club Championship Secretary remembers (ahem!), he'll try and get races such as that agreed earlier in future years.

As for the competition itself, there have been some great performances over the year. I'm not sure if Alan Kember will complete the competition or not, but just as an example he started fairly late in the year and is consistently pinching plenty of points from other runners in the races he does compete in. James Saunders is improving and is clocking PBs regularly which is great to see. Bon Rymel and Max

# Club Championship update

Conroy are also putting in good performances and are improving throughout the year.

As for the ladies, Jacki Woon has earned 50 points in each scoring race she's run so far and at the time of writing has a race category to complete before she can claim the top spot again. Lucy Payne is running well and it's great to see Caroline Clark (*pictured*) racing regularly again.



Well done to everyone taking part in the Championship. It does take some perseverance to finish it successfully without managing injuries, completing other races, and navigating whatever else in life may get in the way!

There's the final push now towards the club awards night in December where the final standings will be revealed...

## Lads Weekend Away - who's in?

It will have been three years since we last went away - remember Jimmy's stag do in Ilfracombe? How time flies! I know I retired from organising these trips but as no other b\*gger is going to organise one, I'm back in the saddle!

***So here's the craic for 2020.***

Meet at the Rec for 8:30am on Saturday 4 July. First beer on the minibus (the cost of each minibus is £180) at 8:35am. If you want to join Nige for pre-drinks at his place then be at his for 6am! We will have a fry up en-route.

We'll stop for golf football just off the M5 near Bristol - 18 holes in teams of two (to be drawn at breakfast) - at £5 per entry. The winning team takes all. Cost of 18 holes, a pint and bacon bap is £20.

Our digs will be the Premier Inn at Evesham. Cost of one room for one night (sleeps 3) is £100, breakfast not included. We'll have an afternoon/night out in Evesham (Worcestershire); a place renowned for its 26 pubs!

On Sunday morning we will do the Evesham 10K (compulsory!) before having a bite to eat and making our way home to Newton at around 4-5pm. **Fancy dress:**



# Lads Weekend Away 2020

Tibetan monks for the duration of Saturday. Outfits to be purchased from the same online shop (£18). For those unable or unwilling to have their head shaved (Oodey will do this for you) you can buy a skull cap for a fiver.

**Deposits:** I need £40 by **Monday 14 October** to secure your place. Please message me for my bank details to be able to make a bank transfer or see me training with cash. Will it be fun? Hell yeah. It promises to be up there with our memorable trips to Weymouth and Salisbury. Who can forget our girly day out? (pictured below).

What are you waiting for? On On! - Chairman



**Sometimes it's easy to sack off that run but it's not so easy for our coaches and leaders. They've still got to turn up and turn on the charm so we can leg it around Newton Abbot.**

**So why do they do they coach/lead and what do they get out of it? Emma Pearcy asked them and here's what they said.**



"To give something back to the club that got me where I am today through its support, encouragement and knowledge. I get great satisfaction in seeing new starters go through the distances and eventually join training sessions on a Wednesday and weekend runs too. I'm running anyway so it's no trouble to take a run out." - **Karen O'Brien Coach Coordinator (pictured)**

"Feeling part of a team, contributing the club. Taking Beginners and Improvers is great. Trying to get the balance between pushing them and making sure they're ok." - **Eleanor Taylor**

"I wanted to give support back to the club. It makes me commit to training and I love getting to know everyone and you talk to more members as a leader. It's great fun and support from other leaders and coaches is fantastic. It's not as scary as you think." - **Lucy Evans Ladies Captain**

"My days of being competitive are behind me so I want to use my experience to pass on and support others. I personally get so much out of helping someone go further than they have before or to get a PB or achieve one small goal towards their target. I get to meet more new members this way too." - **Kevin Besford**

"I know how hard it can be to join a running club but it's not scary at all! To give back especially going from zero to marathon in six months. It challenges me to lead and put myself 'out there' It's a great way of meeting people from all walks of life and because running is FAB" - **Marie Farrelly**



"Because I like chatting to people :-)" - **Mel Dunn (pictured, left)**

"To encourage others to achieve their goals." - **Nathan Elphick**

"It was the only way of me being in charge as I'm most definitely not at home!" - **Neil Pallant (pictured, below right)**

"I wanted to give something back to the club that has helped, supported and encouraged me so much. Being able to encourage and support beginners that come through the door and realise they can do it is an amazing feeling. Hopefully my experience and journey helps people believe in themselves and it has helped build some confidence in myself as well." - **Suzie Mills**

"It's a great way of giving something back to the club, committing myself to training and I also like a good yap! I didn't start running until





my mid thirties as someone who, apart from walking, generally avoided anything vaguely sporty.

"I remember how nervous I was and how much my first running coach, (lovely ex-Trotter Selina), helped me believe in myself and achieve my goals. This is why I particularly love taking Beginner and Improver groups. It's great to see others aiming for and achieving goals and if I play a small part in helping them do that then that makes me happy! :-)" - **Caroline Clark (pictured, top right)**



"I like planning different routes when I'm leading (and avoid hills if I'm not in the mood!) It's great to see members challenging themselves on coaching sessions and saying they enjoyed it afterwards, and then seeing their performance and confidence improving over time as well." - **Jacki Woon**



"It's great to see people pushing themselves to improve. It's rewarding when a session you've planned goes down well and runners feel they've benefitted from it." - **Ewan Walton (pictured left)**

"Apart from being a good way to give something back to the club, a good coaching session can give you the same buzz as a good run. It's a good feeling when people are still talking about a session weeks later. Also where else can you make a group of people skip, jump, run just by asking!" - **Ian Langler**



"I can be positive, encouraging and fun no matter how my own running is going. After moving into management 4-5 years ago at work, being a coach at the club helped me to learn and practice leadership skills...not for conventional office environment but more from an encouraging, inclusive, personal skills and awareness perspective.

"I am more aware of the 'mindfulness' side and benefits of running - when we train it is our time to focus on ourselves. I get a lot out of supporting others and seeing them encouraged by training hard, no matter what their ability. Quite simply, I love it!" - **Clare Youngman (pictured, above)**

"Because apparently I've got nothing else to do ;-)" - **Peter Blakesley**



"All of what's been said... plus a few extra hills." - **Alan Boone (pictured, right)**

"Because I was fed up with other leaders getting lost!" - **Roger 'Ordnance Survey' Hayes (not pictured—he's probably got lost somewhere again)**



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