



# The Trotter

DECEMBER 2019

## WHAT A YEAR



Another year, another Trotters awards and presentation evening do - and what a night it was. Nathan Elphick was crowned Coach of the Year, winning the Dennis Cup, and was presented the award by Dennis's wife Jacquie in what was a very touching moment.

In the Club Championship, Garry Smart and Jacki Woon emerged victorious. There were many deserving winners and nominees, plus there was a new tattoo - but who was it? See inside for all the details.





# Editor's Letter



## Welcome to your end-of-year Trotter.

I'm writing this the morning after the night before. Yes, we've just marked our yearly awards with an excellent evening of celebration at Teignmouth Golf Club. I always feel inspired and slightly humbled when I hear of everyone's achievements and 2019 was no exception. You can read all about it from page 7.

Speaking of achievements, Sue Tremlett has spent this year running a dozen marathons. She set out her ambition at the start of the year and reached her goal in Valencia. It's an amazing feat and she took time out of her busy schedule to chat to me about it. Read her story on page 26.

Captains Lucy and Lance offer their highlights of the year, Graydon gives us the low-down on what has been a superb Club Championship and Suzie shares with us her favourite photos from this year - check it out from page 23. There's loads more too, so get stuck in!

With 2020 just around the corner, you might already be training for races you have planned in the early part of the campaign or you might be thinking about running a little bit further in club training or perhaps doing a session. My advice? Just enjoy it and let whatever will be... just be.

After a period of time exploring the trails and feeling a little off the boil with my own running - where I ended up feeling cross and wondering why I even bothered - I am back in training for events next year. I am absolutely loving being back into the groove and feel really excited about 2020.

It's too easy to forget that running is about enjoyment, personal freedom and looking after yourself so I am going to try and hold that close to me more.

Whatever you have planned let's make 2020 another year to remember for all the right reasons.

Have a lovely Christmas and New Year. See you on the roads and trails!

Em x

# Born to Run

# NEWS +++ NEWS+++ NEWS +++ NEWS

## TRAINING NIGHTS

Training nights are changing over Christmas and New Year. There's no training on Christmas Day (although we may see some at a parkrun!) and the same goes for New Year's Day because both are on Wednesdays. Training WILL take place on **Monday 23 December** and **Monday 30 December** as usual. Food won't be served at the Rec until Wednesday 15 January.

## TWIXMAS RUN

Alan Boone is hosting an away run to help us burn off those mince pies and pigs in blankets. He's holding a run on **Saturday 28 December**. It's a 10.30am start from his house at Clappitt Close, Ipplepen. TQ12 5RL. Please park in Clappitt Road. Boonie is leading a 10-miler (8.30min mile pace) and Ruth Johnson is leading a 6-miler at 11-12min. Food after. Everyone welcome. If you want to go please let Boonie know so he has an idea of numbers in advance.

## CLUB ANNUAL GENERAL MEETING

The AGM is on **Tuesday 18 February at 7pm** in the Rec function room. Nomination sheets for committee and non-committee positions will be posted on our notice-board from January 8, until two weeks before the meeting. Resolutions for people and positions should be sent to Secretary Liz Barnett along with the names of the proposer and seconder, two weeks before the AGM.

## OUT WITH THE OLD IN WITH THE NEW

There has been a delay with the latest order of the new club kit and we're expecting it to arrive in mid-January. There are several members who are waiting for kit and as you're all aware, we had set a deadline of January 1 2020 for the old kit to be worn at races.

Due to the unfortunate delay we are extending the deadline for wearing the old kit in races. You can carry on wearing the old or new club kit at races until **February 18**. This coincides with the change in the Club Constitution regarding the new kit at the AGM.

Club Kit guru Jacki Woon said: "Many apologies for this delay, it is not how I'd planned the transition to the new kit! Thank you to everyone for your support and understanding this year as we move over to the new kit. I know it's not loved by everyone, but we could never please everyone and the old kit was far from perfect and needed to be changed. Please do contact me if you have any queries."

If you're a new member doing a race and you don't have any club kit at all, contact Jacki who has some kit in stock. If your size isn't available, you can buy the 'old' kit at £5 (you will still be able to wear this to train in after 18/2, just not when racing). Alternatively you can ask a friend, or put a post on FB to see if someone who is the same size as you would be willing to lend you an item.

# NEWS+++NEWS +++NEWS+++NEWS



## Happy birthday Maurice!

The Club recently had a very notable birthday that needs to be recognised.



One of our life members Maurice Piper recently reached the grand age of 80. Congratulations Maurice!

## WHO'S WHO?

**Who's responsible for what race in 2020? Here's the answer.**

**(RD = Race Director, Asst RD = Assistant Race Director and CM = Chief Marshal)**

**Dartmoor Discovery June 6.** RD: Roger Hayes. Asst Race Director; Liz Barnett. CM: Keith Anderson.

**Haytor Heller July 18.** RD Nigel Barnett. Asst RD Allen Taylor. CM Graydon Widdicombe.

**Totnes 10K August 2.** RD Bob Small. Asst RD Ruth Johnson. CM Alan Boone

**Ladies 10K September 20.** RD Jason Trevenen. Asst RD Kate Williamson. CM Gary Caunter.

**Templer Ten November 1.** RD Chris McIntosh. Asst RD Nathan Elphick. CM Gary Caunter.

## STAYING IN EUROPE

If you've not signed up already, there's still time to get involved with next year's foreign marathon trip.

We're going Cologne (pictured) on October 4 for the marathon and half marathon.



If you want to come you're best off entering the race early as prices increase the more that enter!

Flights are available with Ryanair from Bristol on Friday 2 October returning on Monday 5.

Chairman is currently looking into a nice centrally located hotel - so get your skates on if you're keen!

## SIBELCO PARTNERSHIP SECURED FOR SECOND YEAR



Last year we were fortunate enough to secure a substantial sponsorship package with minerals firm Sibelco - and we are carrying it on into 2020.

Sibelco's backing makes them our main sponsor and helps us secure our annual five-race schedule and raise money for charity too.

With the 2020 running season nearly upon us, both parties have decided to keep the relationship going, much to Chairman Rog's delight.

'We are very grateful for Sibelco's continued support,' he told The Trotter.

"It allows us to maintain the high standard of service at our races, something we are renowned for on the running circuit, and at the same time being able to give something back to many local charities."

Recently, we presented children's cancer charity CLIC Sargent with a cheque for £500 bringing the total 2019 charitable donations to more than £4,000.

Sibelco's Richard Giles added: "It's an honour for Sibelco to support the Trotters with not only their race programme but the work they do for the community.

"Here's to a successful season in 2020 and more fundraising for some very deserving causes."

# BIG SUCCESS FOR BOB SMALL

Trotter Bob Small (pictured left), our new Totnes 10k Race Director, completed an amazing run across the country with his pal Mike Peace, 69.

The two seniors followed Alfred Wainwright's Coast to Coast Footpath from St Bees on the Cumbrian coast to Robin Hood's Bay on the North Yorkshire coast line, a distance of 196 miles and a total ascent of 28,000 feet.



These two are no slouches. Bob has competed for England against the Celtic Countries in a half marathon in his age group of 70-74 and Mike is one of only 10 people to have run every one of the 39 London Marathons.

Bob, who has walked the footpath a couple of times, wondered whether was more tiring to walk the distance or to run it, so him and Mike set off to find out. In 16 days they covered the ground by doing an average of half a marathon a day. Whilst challenging themselves they raised funds for Rowcroft Hospice.

They were supported by Bob's wife Tracy and their black Labrador Lola in a camper van, providing dry, warm clothing at the finish of each day's run and tea, soup or cold drinks.

The footpath covered all terrains from the Lakeland fells and mountains to the flat, rural countryside of the Vale of Mobray, then the Pennines and the North York Moors. They encountered all types of weather conditions but it was generally kind to them with some very hot, sunny days and temperatures in excess of 20 degrees.

Bob said: "This was quite a tough challenge but, generally, we had very good weather which made a huge difference. We were really delighted with the support we received along the way for Rowcroft Hospice and how generous people were. Oh, and one last thing - it's more tiring to run the footpath than it is to walk it - and that's official!"

Mike added: "Some terrain was too steep or unstable to run (rocks and peat bogs) while other surfaces were pleasantly forgiving. The weather was a blessing (on the whole); the people we met were amazing (from all over the world); the sights and views were incredible. On balance it was marginally better to run it because we had longer rests, and shorter pains."

Alison Upton, Rowcroft Hospice's Community and Corporate Fundraising Manager said "We are totally in awe of Mike and Bob - what an incredible achievement! Each year Rowcroft helps over 2,000 people with life limiting conditions and we rely upon our local community to help fund this. The money Bob and Mike have raised will make a real difference enabling families to make the most of every moment."

# A BIT OF A DO AND A NEW TATTOO

It was a hat trick of awards for talented Jamie Barnett at the Teignbridge Trotters Awards and Presentation Evening.

Jamie smashed three club records in 2019 over the 10k, half-marathon and marathon distances, setting personal bests in the process.

The 21-year-old added the trophies to his growing collection of awards, topping off a superb year of racing.

Jamie was just one of many Trotter luminaries to celebrate success at the awards night on Saturday 14 December at Teignmouth Golf Club.

The annual event celebrates the achievements of new, promising and established members, the final standings for the Club Championship as well as the people behind the scenes who make the club the success that it is.

Awards were given out across a range of categories. Every person who completed the Club Championship were given a memento with the top 10 finishers taking home a special award for their efforts. Final standings are on page 19.

Yet again, the event was compered by an inimitable Keith Anderson. Chairman Roger Hayes handed out the awards, ably assisted by Ruth Johnson, and Suzie Mills captured the night on camera.

The winners and finalists were:

## **MOST PROMISING NEWCOMER (MALE)**

WINNER: Joe Hornsby

Nominees: Alan Kember, Joe Hornsby, Matt Steele.

## **MOST PROMISING NEWCOMER (FEMALE)**

WINNER: Debbie Proctor

Nominees: Alexis Marsh, Kat Ashburn-Scott, Rachel Steele, Debbie Proctor, Ella Bowles.

## **MOST IMPROVED (MALE)**

WINNER: James Saunders

Nominees: Ian Langler, James Saunders, Jamie Barnett, Neil Rutley, Julian Scanes.

## **MOST IMPROVED (FEMALE)**



# A BIT OF A DO AND A NEW TATTOO

**WINNER:** Caroline Clark

**Nominees:** Suzie Mills, Emma Ray, Natalie Cusack, Louise Gentry, Caroline Clark.

## COMMITTEE CUP

**WINNER:** Eleanor Taylor

**Nominees:** Eleanor Taylor, Jacki Woon, James Saunders, Stuart Moulson, Suzie Mills.

## DENNIS CUP (*as voted by members*)

**WINNER:** Nathan Elphick

**Shortlist:** Nathan Elphick, Ian Langler, Karen O'Brien, Jacki Woon, Caroline Clark.

**CLUB CHAMPIONSHIP SHIELD (MALE):** Garry Smart

**CLUB CHAMPIONSHIP SHIELD (FEMALE):** Jacki Woon

**MALE FASTEST 10K:** Jamie Barnett 32.37 (Exeter Speedway)

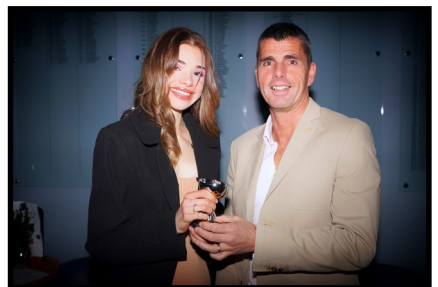
**MALE FASTEST HALF-MARATHON:** Jamie Barnett 1:09.49 (Taunton)

**MALE FASTEST MARATHON:** Jamie Barnett 2:30.41 (London)

**FEMALE FASTEST 10K:** Molly Canham 37.50 (Ladies 10k)

**FEMALE FASTEST HALF-MARATHON:** Helen Anthony 1:28.37 (Bath)

**FEMALE FASTEST MARATHON:** Mel Sheehan 3:16.50 (London)



# THE NEW TATTOO!

And there was another tattoo to add to the growing list. This year it was Bon Rymel, who's not only had a great year with his running but topped it off in style by getting inked, downing a special drink and taking his kit off.



## THE YEAR IN MEMBERS (WAY-HEY!)



**Kevin Besford gives us a personal view of looking after our growing membership levels.**

For this edition of the Trotter I thought I would do something a bit different and had a question and answer with Editor Emma Pearcy. I hope this gives you an idea of what I do as Membership Secretary.

### ***Describe how you typically deal with a newcomer.***

I meet new and prospective members all the time and get email enquiries on an almost daily basis. Everyone is welcome to come and try us out first so my first contact is at club night help them understand the different sessions on offer and help them decide what is best for them.

Once they have joined I make sure they have everything they need, invite them to the Facebook group and send their membership pack to them at the earliest op-

# LIFE AS MEMBERSHIP SECRETARY

portunity. I do try to touch base with them to ensure they are OK as it can be daunting joining a new club.

## ***What's the biggest challenge?***

Most of you will be aware of the issues we had with the implementation of the new online system for subs, kit and much more. At the end of it all I did feel like I needed a good lie down!

We got there in the end and will be in a better position for it. To be fair it got sorted probably easier than the previous system we had. Another challenge I have is keeping abreast of any changes such as address, email address, phone number. You all now have access to your own profile on the online system so please keep this up to date and if you can add a picture to your profile.

## ***What's the best part of the role?***

I get a deal of satisfaction in seeing new members settle in well, develop through the groups, join in with social events and get involved with marshalling. We are all about enjoyment as a club! While it is great meeting new members it does occasionally be a challenge when all of a sudden a larger number of prospective members turn up on the same night.

## ***How has the 2019 membership gone?***

Apart from the aforementioned online system the year has gone well. We reached a record high of 342 members and even after the expected drop on renewal it was at 281, a lower drop off than previous years. One thing I have noticed this year is that we have had a number of new members join during the year who have not renewed, some of these made a point of telling me why (such as injury) but I do find it odd to stay for such a short time when we are such good value

## ***What's your biggest piece of advice for new members?***

Never be scared to have a try at any session or group. You will always be looked after and only be expected to do what you can manage - there is no cracking of whips!

## ***What are you looking forward to most about 2020?***

On a personal front I just want to be able to get out there and be joining in again and get back to the weekend social runs.

On a membership front I would like to see us get back to the levels of this year's membership and to see more of the membership getting involved outside of club nights.



# CAPTAINS CORNER WITH LANCE AND LUCY

## *Lance writes*

Well done to all the nominees and winners at the awards. It's been a great year for our club.

I've enjoyed seeing more youngsters coming through and enjoying what we do. As for the more mature among us, the bar has been raised again and again!

While it's been good to see so much success my own running has been up and down.

I've not raced as much as previous years but I have been doing shorter distances (as well as 12 marathons) and I'm delighted to have completed the Championship for the fourth time and the first since 2014.



After Bridgewater half in September I lost my mojo and have found it hard to motivate myself to train run 100%. With new year round the corner, races are booked and perhaps they'll help me find it again.

It's been good to see so much progression for so many whether you're new or experienced. Seeing people reach their goals, from Couch to 5k and ultras, is great. For others, it can be just as rewarding to come back after a long injury or similar.

During those times, we all need that extra bit of support and this is where the Trotter family stands out - it can be something as simple as a message or private word in the ear. It goes along way.

It's that sense of community that sets us apart from others. We are outstanding at pulling together; helping at races, coaching/leading runs, racing or supporting those who do race!. And let's not forget the committee who work all year round. Thank you everyone.

The Championship has been a belter. Personally I like the format and mix of races. If you do decide to do the Championship, then my advice is to get the races in early after a decent winter's training and then you have the freedom to pick and choose later on to try and improve your point score.

If you just want to complete it, try planning it into your diary early on so you don't end up double-booking. The key is not to try to do too much - be realistic and this will help build your confidence and progression.

I also like to look at the age grading profile to see how well I perform in relation to my age. If you are unsure about this, then don't be afraid to ask - I'm happy to explain!

## CAPTAINS CORNER WITH LANCE AND LUCY

As you may be able to tell, I love stats! But what I love most is coaching and seeing people grow in confidence.

One of my favourite jobs as captain is sorting the Erme Valley/Torbay relay teams. It's a challenge getting 40+ Trotters together in one place but it's rewarding when we pull it off. We've had a lot of success at the relay events over the years - what will 2020 bring? Remember: relays don't cost you a penny (the club foots the bill) so it's a great chance to get involved.

And so to the awards. Each year us captains are tasked with putting names forward with the committee voting in a sealed ballot for the winners. It's always a really tough job to single people out because everyone does so well.

Aside from the winners and nominees, there are a few others who deserve a mention for their running this year. Allen Taylor had a great first half of the season hitting personal bests in most distances and cracked the three-hour barrier for the marathon for the first time. Unfortunately he is unable to run right now after picking up a serious injury but we wish him all the best and hope he gets well soon.

Kris Ward has also been racing and training hard with PBs including the DD. It's good to see Ian Langer back at training/racing after time away. He's putting his all in quality training and is racing hard. Watch out you speedies!

There are many more and it does not go unnoticed. Well done everyone. Finally, here are a few tips for 2020:

- Be proud of what you've done to get here.
- Try not to be nervous - channel the energy into your run.
- Relax and enjoy! We all have highs and lows. That's what helps us improve and get better.

Great running everyone and all the best for 2020.

Yours in sport - Skippy

### **Lucy writes**

I have been blown away with the challenges members have set themselves this year. Many of you have stepped up to the next distance from 10K to ultra there has been lots of club records smashed too.

Personally I've had a mixed bag. After time on the dreaded injury bench, training for speed has made me nervous and home life has got in the way too (as it does with everyone) so my race times have suffered.

On the plus side I achieved my long-term goal of completing the DD in under the official cut off of 6:30. I also took on a 36-mile race across Dartmoor. It was a very



## CAPTAINS CORNER - WITH LANCE AND LUCY

hot day and was the first time I'd ever considered pulling out of a race. However, I knew I would be more angry if I didn't try and finish. It was such humbling moment finishing and seeing Trotter friends waiting for me (They waiting a fair while!)

What I've learnt from this year is I'm a plan follower and this help me to focus on my goals.

The stand-out moment in the club's running season for me was seeing Molly knocking a chunk off the Ladies 10K. It was a fantastic moment. Another one of my favourite moments was co-ordinating the relay events. I was really nervous about doing it but it was great seeing everyone run so well and do their best.

This year I've been really proud to be a part of the team of leaders. What many members don't see is how all the leaders and coaches support each other with the training sessions both Mondays and Wednesday's and the time they spend out of club hours arranging extra training and weekend runs.

They give lots of support and I've noticed a fair few of you are thinking of taking on the next distance challenge which is great!

Well done to all those who completed the Championship. You ladies did us proud

If you've not done it then give it a go - it isn't just for the competitive; it's a great way to try local events where you're guaranteed some support! Most of all it's good fun.

Speaking of doing us proud, let me say congratulations to all those who won awards or were finalists. It was tough whittling the list down! So many people have had a good year for a variety of different reasons.

Special mention to Karen O'Brien and Natalie Cusack took on the 100km Race to the Stones and Sue Tremlett for running 12 marathons in 12 months. Sue tells her story on this magazine.

Good luck everyone for 2020. Go out, enjoy your running, get to know your body and see where it takes you!



# POINTS MEAN PRIZES

Each year you all help us put on the best races around. Without our marshals, our races would not exist. **Nathan Elphick** provides a race round-up.

On behalf of the Committee, Race Directors and Chief Marshals: huge THANK YOU to all of you who gave your time to marshal and/or bake cakes. Without your support the club would be unable to put on these events each year. Our races generate substantial income for our club, keeping our membership fees amongst the lowest around and great value for money.

Our flagship event, the Dartmoor Discovery, is a massive undertaking. The year 89 of you kindly helping out it clearly shows how big the DD is. We are fortunate that Dawlish Coasters regularly marshal for us as well and we have the support of Dartmoor Radio Club and other organisations.

Haytor Heller was again organised by Race Director Nigel Barnett and Allen Taylor as his Assistant RD. Set on beautiful Dartmoor, the Heller is now in its 34th year - our longest staged event. On race day 65 marshals were needed to aid the runners on the tricky and challenging course. For a relatively short race the obvious problem of runners getting a little lost means this race requires a great number of you. And you delivered!

It was Roger Easterbrook's final year as Race Director for Totnes 10k with Ruth Johnson as Assistant RD and Alan Boone as Chief Marshal. With race entries reaching nearly 600 it is our biggest race and there's a fun run for little ones too. Seventy-three of you turned out on the day to cheer them all to the finish.

At the Ladies 10K, 55 of you gave your time to marshal. Jason Trevenen answered the call for a new Race Director and was assisted by Peter Blakesley and Chief Marshal Gary Caunter. 2019 was the 22nd year at the current venue of Dornafeld caravan and camping site.

Bringing our event season to a close was the Templer Ten, now in its fifth year at Stover School. It's a busy one, with a one-mile fun run and challenging 10-mile multi terrain race. This year 70 of you enjoyed the November weather which really gave the race team plenty to deal with the night before! Because of weather-related flooding, the race was cut down to 8 miles for safety reasons.

Chris, Gary and I would like to thank Eleanor Taylor and Keith Anderson our two section leaders for their help in adapting the course and the marshals who helped bring our race season to a successful conclusion.

Our cakes and refreshments have always been the envy of the race circuit and this year again was no different, with 43 of you baking at least one cake and 14 making three or more.

If you made a cake it meant you were eligible to collect marshal points too. Four points or more meant you were entered into a prize draw to win one of eight £50 vouchers. The winners were announced at the awards do. They were: Tina Caunter, Yasi Jeffrey, Stu Moulson, Tracy Elphick, Nathan Elphick, Jacki Woon, Rog Hayes and Neil Pallant.

A special mention to Liz Barnett and Ruth Johnson who collected a maximum of six points this year. Don't forget if you have two or more marshal points then you will receive a free entry on the club trip. Contact Kevin Besford if you want to take up this offer.

# RUNNING THE JOHN SCOTT TROPHY

Every November, a little stone bridge in Kingsteignton sees a bunch of shivering, Lycra-clad runners gather upon it alongside more conservatively dressed people - they've got the right idea as they're wearing gloves and hats and scarfs. Some of them are carrying clipboards. Others have stop-watches.

Any passer-by must wonder what on earth is going on. So what is?

What you're witnessing is the John Scott Trophy race. It's by Trotters, for Trotters. It's been organised by our club since 1998 and is so-named after a former club president.

There are probably only a handful of members left in the club who remember John Scott. He held the role of Secretary for 10 years and was Chairman between 1994 and 1995. He later went on to become our President in 1997/98.

Shortly after that John decided to move to Spain, where he stayed for a number of years before returning to Devon and settling in Teignmouth which, funnily enough, is home to Chairman Roger Hayes.

Roger, who served on the committee alongside John, recalls: "Before John left for Spain he donated a splendid trophy to the club for us to use as we saw fit. We decided to create a four-mile handicap race and present the winner with the John Scott Trophy."

Since then, it has grown in stature. Each year, lots of us line up on that little bridge. Usually you'll see club stalwarts John Caunter and Buzz busily making sure the runners go off at their allotted times. Other Trotters marshal the course while some watch on and give noisy support.

The 'JST' as its fondly called is headed up by Race Director Graydon Widicombe. Because it is a handicap event G is responsible for making sure you provide him with your best times so he can perform some numerical jittery-pokery and mathematical magic to figure out your start time.

It's not just the trophy which is up for grabs. There's an equally contested competition going on for the Ross Cup.

The Ross Cup was introduced by Steph Ross in 2000 and is awarded to the first tattooed Trotter to cross the finish line. A cursory glance at previous winners are like a roll call of legends: the Caunters, the Hales and the Dunns. This year Jimmy Donovan added his name to the list.

And, like other Trotter events, it goes off without a hitch. There's lots of good na-

# RUNNING THE JOHN SCOTT TROPHY

tured chatter as people get ready to go and each person starts to encouraging words. Good luck! Go for it! Have a good run! Us supporters say.

Off they go. Up, up, up the road towards Higher Sandygate before veering off on- to John Acres Lane - still going up - before spinning 180 degrees at the turn around point and retracing their steps to the start.

And then..... here they come! First runner on their way back! For those of us not running there's a quick game of Guess That Runner. Who's is it? Who was wearing a white coat? Is it Deb Hart? I think it's Deb. It's definitely Deb. Go Deb!

The inaugural winner in 1998 was Julie Crocker and in 2019 it was Deb Hart (pictured left) who received the trophy with her name freshly engraved on it, alongside other illustrious Trotters.

But who'll be on that coveted trophy in 2020?

And which tattooed Trotter will be handed the Ross Cup? As they say: you need to be in it to win it.



# CLUB CHAMPIONSHIP UPDATE

Here's Club Championship Secretary **Graydon Widdicombe** with the low-down.

The awards night again saw prizes given to all those who completed the competition – and what a bumper year it was!



19 men and 16 women finished the competition, which is the largest number for a few years! It's great to see newer faces running alongside longer-standing members as it helps promote the "friendly competition" element throughout the year. We saw some great performances too.

This year, it changed over the last three races. Jacki Woon and Mandy Wheeler needed the final race of the year to complete the competition. Similarly for the men, Roger Easterbrook went from 20th (with three to go) to finish third so it was all to play for up to the wire.

## **Consistently brilliant....brilliantly consistent**

Garry Smart won the men's competition again gaining 50 points for each of the nine races he entered, as did Jacki Woon for each of the 12 races she entered. Not only that but Jacki won it for an unprecedented fifth time.

Not only does this show amazing consistency, it also shows they are each fantastic over any distance and terrain. Congratulations Garry and Jacki!

It's a big achievement for anyone who completes the competition so well done to everyone. It's great to see Ian Langer and Caroline Clark back on the racing circuit after time away. Both completed the competition and recorded great times.



## **Club Championship 2020**

Thanks to Eleanor who is a big support in managing the Club Champs. As always, we've tried to get a good mix of old favourites and different races to keep the competition fresh and you interested!

We've spread races and categories as best we can. It's hard to decide which races to drop as there are so many good ones. We're keeping the same format as 2019. Races highlighted in grey are TBC - I'll keep you posted. Now is the time to get your diaries out and plan your campaigns! Best of luck.

# CLUB CHAMPIONSHIP UPDATE

Race	Category	Date
Oh My Obelisk	Mixed	12/01/2020
Looe 10-miler	Long Misc	22/02/2020
Duchy 20	Mixed	01/03/2020
Tavy 13	Half	29/03/2020
Taunton Marathon	Long Misc	05/04/2020
Easter Bunny 10k	10k	13/04/2020
Sandygate Loop	Short Misc	01/05/2020
Ottery 10k	10k	10/05/2020
Beer Blazer 10	Long Misc	17/05/2020
Dawlish Dash	Short Misc	11/06/2020
Torbay Half Marathon	Half	21/06/2020
Coleton footacher	10k	11/07/2020
Frome Half Marathon	Half	19/07/2020
Torbay Relays	Short Misc	24/07/2020
Lustleigh 10km	Mixed	31/08/2020
Stockland Scamper	10k	15/09/2020
Barnstaple Half	Half	27/09/2020
Mendip Muddle 20km	Mixed	11/10/2020
Drogo	Long Misc	22/11/2020
John Scott Trophy	Short Misc	06/12/2020

## Competition format

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

# CLUB CHAMPIONSHIP UPDATE

## Final standings 2019

Here are how things lined up after this year's contest came to a successful conclusion.

1	JACKI WOON	400	12
2	MANDY WHEELER	394	12
3	LUCY PAYNE	389	10
4	ELEANOR TAYLOR	388	14
5	KATHRYN STEEMSON	377	10
6	KIM KNIGHT	368	9
7	SUSANNA GOFFE	367	9
8	RUTH JOHNSON	362	11
9	SUE TREMLETT	360	9
10	SARAH PIKE	359	9
11	SALLY INGLEDEW	357	8
12	SHARON SHARPLES	355	10
13	CAROLINE CLARK	347	10
14	SARA KEATLEY	337	8
15	LUCY EVANS	314	10
16	CORINNE BRIGHT	308	8

1	GARRY SMART	400	9
2	LANCE MASON	395	11
3	ROGER EASTERBROOK	393	8
4	JAMES SAUNDERS	385	10
5	PAUL SHARPLES	373	13
6	IAN LANGLER	372	9
7	DEREK SKINNER	371	9
8	NEIL RUTLEY	363	12
9	DUNCAN KNIGHT	359	9
10	GRAEME BAKER	352	9
11	CHRIS ROBINSON	332	8
12	SAM CROWE	321	8
13	EAMON CROWE	315	14
14	ALEX LYONS	311	11
15	BON RYMEL	307	11
16	NIGEL BARNETT	303	9
17	PHILIP NORDEN	295	8
18	SCOTT KNIGHT	290	12
19	RICHARD KEATLEY	267	9



# FIRST OUT, LAST IN!

If there is one person who you can rely on it is Nathan Elphick. He's usually the first Trotter you see at a race and the last one to leave. He's been a member of the club since April 2009 having been introduced to it by his wife Tracy, herself an excellent runner with many accolades to her name.

Emma Percy caught up with him to find out more about his involvement in the club and it extends into all corners.

## **What motivated you to join the Trotters?**

Tracy convinced me to go to the awards do. It was fantastic, I loved it. The camaraderie and togetherness reminded me of the banter from my rugby days.

## **What do you think is the best thing about being in the club?**

For me it's the friendships I've made. There's such a diverse membership from all walks of life but we all share a common love of running.

## **Describe your involvement with the club**

I joined the committee in 2010 and served for three years stepping down for work reasons. I was co-opted back on following the tragic death of our dear friend Dennis Milstead and have served ever since.



I became Vice Chairman two years ago and I'm Assistant Race Director for the Templer Ten. I coach when I can and really enjoy doing this, I just wish I could commit to taking more sessions. I also collate the marshal points throughout the year. I'm the fetch and carry man for many of our races and can usually be seen running around behind the scenes at our races.

## **What was the first race you marshaled at?**

The Haytor Heller. Mike Hicks was the Race Director back then and HQ was a gazebo on the grass by the middle car park, a far cry from what the race is

# FIRST OUT, LAST IN!

today.

## **When did you get involved with race set up and take down?**

At that race I jumped right in and lent a hand packing up the equipment. I hadn't intended too but many hands make light work and all that. I haven't looked back and over the years I have become more involved.

I remember being asked by Dave Dunn and Adrian Youngman later that year to help in the finish funnel at the old Templer Ten which used to finish at the Passage House Hotel. I felt honoured to be given an important job sorting runners in the funnel, it is mad when you have a whole load finish at the same time.

I learned fast from those two legends and we later become the core course team for the DD. From the start of 2010 I have missed only one race which was the Heller in 2016.

## **Describe a typical day setting up and taking down a race.**

Tough question! Each race is so different. Let's take the Dartmoor Discovery as an example because it's like no other race we host. Before race weekend there is loads of prep work that goes on in March/April. Race weekend is tough and starts at 8am on Friday morning collecting all the equipment from our stores. This is taken to Princetown and sorted out.

In the afternoon I start setting out course equipment and signage. It takes me around 5hrs - at the last count we had 170 signs! I have a well-earned pint and dinner around 6pm.

On race day me and the team are up at 6am and after a good breakfast we are on the course for 7am setting up water stations and delivering drinks. We don't see much of the race as we are behind the sweep bus collecting equipment back in.

I usually get to the bar somewhere between 6 -7pm once everything is packed



# FIRST OUT, LAST IN!



away. The first pint does not touch the sides! On the Sunday it's a case of Friday morning in reverse and I'm generally home by 2pm.

Other races are fairly similar. I'll normally collect the equipment from the store the night before the race and then start very early putting out signs and water stations.

We'll then start setting up race HQ. I concentrate on the start/finish areas putting up mesh fencing to create a funnel and hang off the scaffolding whilst fixing the race clock to it.

Coordinating the finish is my default job and this involves overseeing the whole finish making sure runners stay in finish order through the funnel so their times and positions are recorded correctly.

Once the last runner has exited the finish area I'll begin the task of taking down everything going out on the course collecting signs and drink stations, packing the van and taking back to the store. Generally I'm done and home by 5pm.

## **What's your favourite race to set up?**

It has to be the DD for all the anticipation and atmosphere that builds throughout the day on Friday and then the party on Saturday night when it's all done. That's when you can relax and unwind with runners and the race team. Always a great weekend.

## **And least favourite?**

Thankfully we don't host the Cross Country anymore. It was a real challenge staging six different races with six different distances and a blooming nightmare to get right!

## **What's your stand out moment?**

Seeing Helen Anthony and Molly Canham win the Ladies 10k were great moments. I will never forget Christian Robinson's struggle to finish the DD a couple years ago. He was in a world of pain. I walked with him for a while and seeing him finish is something I'll never forget. The crowd erupted as he approached the

# FIRST OUT, LAST IN!

finish line. Guts determination and sheer bloody-mindedness got him home. It was truly inspirational.

## **Any Horse's Arse moments?**

At the DD I forgot John Skinner and Tim Hassell were in the back of the van. I jumped out to help Tina and John Caunter with something, locked it and walked away... leaving them trapped in the back. Sorry guys!

## **How does doing this job make you feel?**

A whole host of emotions from frustration and despair to totally knackered but I always feel fantastic and look forward to the next one. We always put on a great show and proof is in the entries; runners keep coming back because they know our races are challenging and really well organised. I love doing it and the comments we get afterwards from other clubs and runners make it all worth it.

## **What's the first thing you do when you get home?**

Have a shower, cup of tea and a snooze!

# A YEAR IN PHOTOS

This year we took a different approach to our race photography. Suzie Mills took a lead in organising a wonderful group of photographers to ensure we captured lots of amazing race photos for runners at all our races.

In previous years race photography was often seen as a bit of an after-thought. Suzie went to committee with a suggestion that she coordinate photography for our races, and set up an online archive of old race photos.

Suzie said: "Big thank you to all the volunteers who took photos at our races and supported me in setting this group up. We've had an amazing group of about 10 of us covering races and photos were uploaded to the event Facebook pages as well as our new online archive where runners can buy prints.

"We have uploaded around 9,000 photos! Feedback has been brilliant. If you would like to get involved with doing some photography next year please get in touch."

Here are some of Suzie's favourite photos of the year....





# SUE GETS 12 IN 12

2019 has been a fantastic year for Sue Tremlett who has completed 12 marathons in 12 months.

Many of you will have followed her exploits on Facebook, where she regularly posted her progress.

**Emma Percy** snatched a few moments with her to catch up on what motivated her to do it.

## What motivated you to join?

I had run my first marathon in September 2016 (City2Sea) with some Exeter running friends and I loved it. When I tried to get them to sign up for another they all said "Nah mate, you're on your own"! Undaunted I signed up for Brighton marathon then thought "shit, who am I going to train with?" I'd already met Lucy Evans during Templer Ten and we got chatting. Then an Exeter friend who had moved to Totnes, Andy Southard, suggested I try the Trotters, I've never looked back.

I love the variety of running on offer. When I first joined I needed longer weekend runs so I hooked up with some Trotters training for spring marathons - Eamon (Crowe) in particular became a great friend, as did Lucy, Andy Muir, Cathy Burgess to name a few. I've formed some great friendships at the club and I really value them - I can't remember what life was like without them!

## How long have you been running?

I started in January 2010 with the Women's Running Network in Exeter. I used to do a lot of fitness classes like step and spinning then I took on another role in addition to my full-time job at DCC (I was a slimming world consultant for three years) and found I couldn't commit to specific days/times. I thought if I could run I could just lace up my trainers and go any time.



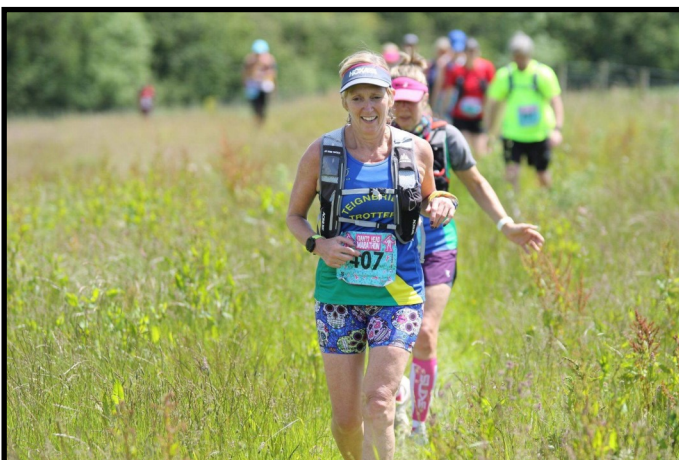
## Why did you decide to do 12 in 12?

2016 was one marathon, in 2017 I did three, 2018 I'd foolishly entered DD and needed to train so did three in the lead up. Afterwards I just kept entering them and by the end of the year I'd done 10! I was inspired by Suzie Mills and wanted to set myself a similar challenge so I thought with a little more effort I could do one a month.

## How did you decide which races to do?

I started with Plym Trail in January, then found Portland Coastal in February and so on. My favourite this year so far was Barcelona in March and was my best time for the year.

## Have you done any other training to compliment the run-



# SUE GETS 12 IN 12



**ning and stay fit for the 12 in 12?**

I do Yoga and Pilates, I had been swimming and I've taken up spinning again in the last few months. We also go skiing every spring.

**Best moment of your challenge so far?**

I think finishing Barcelona as I felt proud at having pushed through the last 10k and kept running when many were walking.

**Any obstacles you've overcome?**

Luckily I've avoided injury and illness this year, so none really other than feeling tired pretty much all the time!

**Are you planning anything for 2020?**

Yes, lots including a 50-mile ultra on Jersey (Round the Rock). Fewer marathons, more variety of runs. And Peter is Captain of Teignmouth Golf Club next year so I need to be around a bit more!

**Who's your biggest running inspiration?**

I am in awe of people like Sally Ingledew and Richard Keatley for the number of marathons they've run. But I think all runners are special and I admire anyone who gives it a go. I think Suzie has done amazing things in terms of fitness, achievement and self-confidence. But there are lots of others who have quietly inspired me without knowing.



THE festive season is here! Ho, ho, ho! We asked your coaches and leaders a couple of questions to round the year off. They were:

Describe your running year in three words:

Finish this sentence: All I want for Christmas is \_\_\_\_\_

Here's what they told Emma Pearcy...



100km ultra run  
Health and happiness  
- Karen O'Brien



100k ultra run  
Find running mojo  
- Neil Pallant

Hot and cold

- Lucy Evans

Finding my mojo!

Focus and determination.

- Nathan Elphick



Lots of running  
A new pair of knees...

- Joe Hornsby

Always getting lost!  
Built in Satnav  
- Roger 'Chairman' Hayes



Older not slower!  
Sleep! (or more coffee)  
- Caroline Clark

Frustrated with injury  
A new knee and more oxygen  
- Kev Besford



Love being back  
An updated watch, maybe.  
- Ian Langler

I'm coming back!  
Prosecco (silly question!)  
- Shaz Sharples



Keep on plodding  
Another year of carefree and happy running (maybe a big race or two)  
- Marie Farrelly

50 races completed .

A rest

- **Pete Hayward**



I've had better.

Some new running experiences.



Should race more!

Some PBs....perhaps!

- **Clare Youngman**

Achieved so much

To be injury free next year

- **Suzie Mills**

Filthy, moist, fun.

Time to do lots of running. (Not really - Wine. I just want wine. And maybe some chocolate).

- **Jacki Woon**



Enjoyed usual variety.

A healthy and injury-free 2020 for friends and family - and getting better at hills!

- **Eleanor Taylor**

Got better later

Living life to the max from 2020 onwards and plan out my multi-day ultra attempt for 2021.

- **Wendy Goldthorp**



Resolute. Determined...Persistent

Peace.

- **Derek Skinner**



Did not start!

Health and happiness for my family

- **Helen Anthony**

Up yours, 2019

Fitter, further and funkier. Hell yeah!

- **Donna Walker**

Track. Different. Fun.

Continued health and happiness!

- **Ewan Walton**



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