

The Trotter

Issue 3 March 2021

**Poised to
spring...**

Born to run

Trotters' AGM

Committee News

Members' Interviews

Welcome



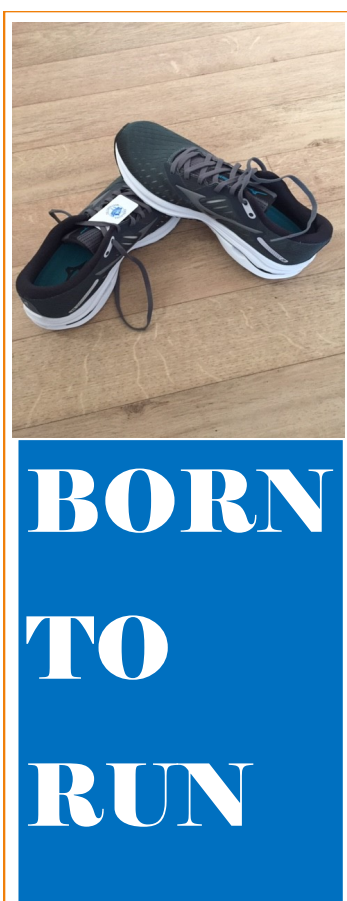
Welcome to the latest edition of The Trotter and the first magazine of 2021.

If you missed this year's AGM, catch up here on the reports and news of Committee Members.

Although there has been no official training or actual races yet this year, Trotters' training news and interviews with members provide ample motivation to keep fit.

And spring is officially on its way. Fingers crossed for both drier conditions and the chance to run together soon!

Ali Clayton



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AGM

This year's AGM meeting went ahead on 23rd February via Zoom

Chairman's AGM report

Good evening everyone and thank you for tuning in!

It's difficult to know where to start, 2020 was a year like no other. I think it's safe to say that no one knew quite what an effect Coronavirus would have on all of our lives.

Official training was stopped on March 16th as we went into our first national lockdown. At that time I was still hopeful that the DD would take place. Myself and the rest of my DD team had only just been up to Princetown to look around our new Race HQ. We were all very excited about staging the race at the community centre, with all of its wonderful facilities.

As time passed it became clear that we wouldn't be staging the race and the decision to cancel it was made. I was touched by how many runners said the club could keep their entry fee; this helped us out enormously, as various purchases had already been made. However, thankfully, most of our expenses were rolled over to next year or cancelled. John will explain more in detail in his report.

Our committee meetings became Zoom meetings, a first for me and indeed the club! They took a little getting used to but now seem like the norm. We actually had more meetings than we would have normally and I would like to take this opportunity to thank Liz for all her fine efforts in taking the minutes and for Graydon in setting up the meetings on Zoom.

During that first lockdown we were lucky enough to have one of the best Spring's weather wise on record. This certainly helped keep peoples spirits up and we were allowed to exercise with others, which also helped. In fact one of the lasting memories of this pandemic was the explosion of runners that appeared during that first lockdown.

Although we could run we couldn't race, as rightly so, races were being cancelled throughout the country. Our Haytor Heller, Totnes 10K, Ladies 10K and the Sibelco Templer Ten all went by the way. We did though, manage to stage a virtual Totnes 10K race, another first for the club. It proved fairly popular and was a great way to recoup some of the races losses and to raise some much needed funds for Totnes Caring.

We had a change at the top as far as coaching was concerned; Karen stood down from her role as coach coordinator and was replaced by Joe. A lot of work behind the scenes went into preparing for the restart of official training on the 12th August. An online booking system was introduced and most of the sessions soon became full on a regular basis.

We continued to meet at the Rec, but the ever-changing rules and regs meant we were never too sure if we would be allowed inside the building or not. Lockdown number two came in early November, which meant we had to suspend official training. We restarted on the 9th December, this time meeting up in a marquee at the back of the Rec. Sessions were as popular as they were before. This was to prove short lived, as the pandemic took a vicious turn for the worse after Christmas and training was once again suspended on the 30th December.

Chairman's report continued..

Obviously with no club championship or John Scott Trophy in 2020, awards were a little thin on the ground. Because there were races at the start and end of the year the committee decided to award the set of fastest times trophies. Taking nothing away from the usual group of winners, it was fantastic to see so many new faces lay claim to a fastest time trophy. Many congratulations to you all - you now have a place in Trotter history

Graydon won the committee cup. What a great job he did in keeping us entertained during that first lockdown with his Q&A interviews and zoom quizzes.

2020 also saw a change of editor for our much-loved Trotter magazine. Ali Clayton took over the reigns and is doing a fantastic job.

Our membership total stood up surprisingly well; we closed out the year with 243 members. We did have some issues with renewals via our online membership system; these have all been sorted and shouldn't occur again.

That is pretty much it, as far as summarising a year we would all probably like to forget. On the plus side, with the rapid roll out of the vaccination, and a roadmap that hopes life will be back to normal by the end of June, light is definitely at the end of the tunnel.

I shall now hand you over to our secretary for her report.

On On

SECRETARY'S REPORT

Thanks Roger.

Good evening everyone and thanks for joining this year's virtual Annual General Meeting.

As with previous years, we have continued to be affiliated as a Club to both England Athletics and the Association of Running Clubs.

As Roger said, Committee meetings have been different this year but have still had good attendance, as you will have seen in the attendance record sent out with tonight's Agenda.

Next month we will find out if we have been granted a Club place for this year's London Marathon in October. As always, the number of places allocated is based on how many registered England Athletics members the Club has, which at present, is a lot lower than in normal years. As we have not had the opportunity to earn marshal points this year, it was decided to refer to the marshal points for 2019, to allocate the place, should we receive one. The names of those who earned 6 points were put into the draw. I'm very pleased to say that I was the lucky winner and have passed the place on to Nigel, who is now one very happy man!

Like all our races, the Club Trip and Club Camp were both cancelled in 2020 due to the pandemic. Club Camp should have been at Watermouth Cove Holiday Park near Ifracombe; the venue has confirmed that they will be opening in 2021, as soon as regulations allow, and so we have transferred our booking to 11th/12th June this year.

Yet another victim of the pandemic was our annual end of year Presentation Evening. As with the Club Camp, the booking has been transferred and so 2021 awards night will be held in January 2022; more details will follow later in the year. I'm sure by then there will be lots to celebrate.

Thank you.

Liz Barnett



TREASURERS REPORT for year 2020

Good evening everyone. 2020; not a great year for the running community??

I will do my best to keep this short and talk you through the accounts and balance sheet as you, hopefully, see them on your screen. Starting with page 2 (the right hand sheet), you can see the club made a loss in 2020 of just over £15k, compared to a profit of just over £13k in 2019. The breakdown of our funds are listed just above, and above that our balances. At the top for the information of RD's only, are the figures for our races, this is explained in detail later. As you can see 3 of them made a loss (due mainly to the purchase of medals and/or mementoes which are no longer appropriate), 1 had no financial movement and 1 (the DD) made a profit, which was due to differences in refunds etc.

Page 1 (the left hand sheet), details where we spent our money, and acquired our income, in 2020, along with the actual financial entries for races in the calendar year. These differ from the race figures on sheet 2, as monies are often spent and/or received in the previous or following year. I hope that's clear. From this you can see that in 2019 our races provided us with a profit of £8.8k, but a loss of over £12.3k in 2020.

For info, between 2015 and 2019 our race profits averaged nearly £14k. If as club we have 250 members that would bring in around £6.5k, but would cost us around £6.5k to be members of the NADRT. The importance of our races can now be seen, and as I have said many times before, we need them to keep our subscriptions as low as they are, and run this club.

Other income shows a big drop in kit sales, as you would expect and presentation evening shows a drop in income and expenditure, again what you would expect. Miscellaneous income includes the purchase of more premium bonds.

In 2020 we donated £1058 to charities, over £2.5k down on 2019.

The new club kit in stock at the end of 2020 was valued at £3145. Along with this there are several items of old kit etc which, at sale prices, would amount to about £600.

My thanks to the officers and committee for their support during the last 12 months, and I wish the club and all its members every success in 2021 and let's hope our race directors can 'get back to work'.

I will now answer any questions you may have, after which I would like to propose that membership to Teignbridge Trotters, from 1 Oct 2021 – 30 Sep 2022 remain as for 2020-2021, subject of course, to no change from the Newton Abbot Recreational Trust (NADRT).

John Caunter

Treasurer; 18 Feb 2021

COMMITTEE MEMBERS 2021-2022



The Officers for the Teignbridge Trotters remain the same as last year:

CHAIRMAN – Roger Hayes
VICE CHAIRMAN – Nathan Elphick
SECRETARY – Liz Barnett
TREASURER – John Caunter
MEMBERSHIP SECRETARY – Kevin Besford
CLUB CHAMPIONSHIP SECRETARY – Graydon Widdicombe

General Committee members are:

Keith Anderson
Ruth Johnson
Jacki Woon
Ryan Anthony
Stuart Moulson
Gary Brooking
Deb Hart

Non-Committee posts are:

PRESS & PUBLICITY OFFICER – James Saunders
SOCIAL SECRETARY – Nigel Barnett
CHILD PROTECTION OFFICER – Wendy Goldthorp
WELFARE OFFICER (Adults) – Wendy Goldthorp
CROSS COUNTRY OFFICER – Wendy Goldthorp
LADIES CAPTAIN – Lucy Evans
MENS CAPTAIN – Andrew Fox

New committee member, Deb Hart



Awards



And in case you missed it.....

The awards for 2020 were as follows:

Most Improved male: Julian Scanes

Most Improved female: Deborah Hart

Best Newcomer female: Jane Hutchinson

Best Newcomer male: Ben Elphick

Coach of the year: Joe Hornsby

Committee Cup: Graydon Widdicombe

Fastest times Male:

Marathon: Julian Scanes, running grand prix Goodwood 3:03:25

Half Marathon: Ian Langer, Bideford Half Marathon 1:25:35

10k: James Saunders, Mad March Hare 10k 41:36

Fastest times Female:

Marathon: Sharon Sharples, Plym Trail Marathon (Autumn) 4:36:30

Half Marathon: Anabelle Evans, Bath ½ Marathon 1:37:38

10k: Louise Gentry, Speedway 10k 39:45

A huge congratulations to all



Trotters' Treasure

An interview with Club Treasurer, John Caunter.



Devon born John joined The Trotters in 1997. He volunteered to become Club Treasurer in February 1998, so has served in the role for an impressive 23 years! As well as a love for all things maths and money related, John was also a keen runner until knee injury forced retirement. Here he shares his passions and racing achievements.

When and why did you start running?

I have participated in many sports since primary school, including football for Kingsteignton Athletic and hockey for Dawlish. I represented my grammar school at county level over 100m, 200m and X/C. So, my answer is that I have always run!! After many years of running 'on my own' for enjoyment and to keep fit I joined The Trotters (persuaded by brother Gary) in June 1997.

Favourite running distance?

100m and 200m and X/C. Triathlons are much more enjoyable, more later.

Share your most memorable race/ proudest running achievement.

I don't really have a 'most memorable' running race, although my Half Marathon PB in Exmouth was pretty special.

Brown Willy also stands out. Great event on New Year's day across Bodmin Moor. Excellent start to the new year, followed by pub lunch; a good family day out.

The bike leg of the London tri in 2007 is my most memorable achievement, but at the same time very annoying. I completed the bike leg (25 miles) in 60m 25s, just missing that goal of 1h.

Proudest moment was beating Chairman Rog to the top of a hill and back at one of our club camps. To be fair I think he may have had a shandy or two!!

Before retiring in 2008, what did you do for a living?

I was an Ecotoxicologist, working (very apt at present) for AstraZeneca in Brixham. It was my entire career, from 1973 to 2008. Briefly, I was involved with ensuring that chemicals and pharmaceuticals did not adversely affect the aquatic environment when entering rivers, estuaries etc. In the latter years I specialised in hormone effects on some species of fish. May sound exciting to some, but it was a job and paid my mortgage!!!

Why volunteer as Club treasurer and what keeps you in the role?

I became club treasurer in Feb 1998 due to them needing one!! I have always had a love of maths/numbers/figures and I currently look after the finances of 6 organisations, all voluntarily!!!

Most significant change to your club role over the years?

Over the years I have had many roles within the club. I was the Race Director for the Teignbridge Ten from 1998-2010, and the RD for the Templer Ten from 2002-2012, a total of 24 events; only our Chairman has done more. I have been the club's chief timekeeper for many years, and more recently, I have looked after the club's CRB/DBS applications and I am currently on the DD organising committee. Until very recently my wife (club president) and I were the organisers and caterers for our annual awards evening/xmas bash.

Trotters' Treasure continued...

Something interesting about me

At 6th form my partner and I were the SW region bridge champions.

Hopes for the future?

Apart from the exercise side of our life, Tina and I both like to travel and have been lucky enough so far to visit 45 countries worldwide - our plans to surpass 50 have been 'put on hold' - so let's hope we can resume our travels very soon. It will also be great to once again visit our family and friends and spend quality time with our grandchildren.

Health and happiness to all.

A potted history of John's racing achievements:

After leaving school I did a few races socially, but didn't really start seriously until I joined The Trotters, something which, with hindsight, I wish I had done many years before. During those 'on my own' years, I did have some success, the best of which was 1st Male Veteran in the BIG RACE (now Wellington 10k) in 1994. Many of my PB's were in those years, as I was younger. I have always wondered how much my PB's would have improved if I had been a Trotter? I have done the Great North run 3 times and London Marathon once (way too far).

Times:

100m:11.59s (at school). 1 mile TT time trial: 5.05. 2 mile TT time trial: 11.38. 10k – Brixham; 38m 52s.

Half Marathon – Exmouth: 1h 22m 22s.

And some respectable times for some of our own races:

Haytor Heller: 46m 59s in 1995. Templer Ten: 63m 40s in 2001. Teignbridge Ten: 62m 38s in 1987

Now my serious passion.

In the late 90's I fancied a change and so I learnt to swim properly, started some serious cycling and entered a few triathlons, the first of which was at North Devon in 2003. I got the bug, purchased a TT bike, and started serious triathlon training. My last tri was in 2010 (Wadebridge; 1st in age), having completed over 100, with many age category wins along the way (oh how I wish I had started them much earlier).

Most notable are:

Blenheim Palace: 1st in age in 2008, 2009 and 2010.

London Tri: 2006,2007,2008,2009 & 2010, finishing in top 6 in all 5, with 2nd the best.

Other favourites were Wansdyke, Bath (only time I have swam in a 50m pool- its long!!) and Fowey River, where you swim across the river with your bike waiting for you on the other side.

In 2006 I competed in the White Rose Duathlon, a British ranking event, but without success and I also completed the Ballbuster Duathlon, along with brother Gary.

In 2009, I entered the South West Triathlon Series– a series of races with a certain amount to be completed to qualify. I am happy to say that I managed to win my age category and I am very proud of my winner's hoodie.

Also in 2009 I entered the UK 70.3 Ironman in an attempt to qualify to represent my country. Sadly, I finished 2nd, with only 1st being selected.

Over the years I have had several knee operations, and in Feb 2012, whilst on a club training night, my knee broke down irreparably and my running and tri career were over. I continued cycling and occasionally swimming (although I hate it) and in Dec 2017, I tried running again. This was after my grandson had persuaded me to join him and enter the September 2018 Torbay Tri. It was Astons first tri at the age of 12. My knee held up for short runs on grass and I managed 2nd in my age category.

I now cycle around 50 miles a week and run twice, 30 mins or so, on grass or off road.

ON ON

MARSHALLING NEWS

Points mean prizes

With 2020 being a complete wash out as far as staging our races was concerned, I'm hoping you'll all be champing at the bit to don your yellow marshal bib and get out there this year. With the DD selling out in just over two hours and the Haytor Heller already having four times as many entries this year than at the same time last year, it promises to be a bumper year for our races.

Of course, as always, we can only stage them with your help. As a way of saying thank you we have put in place a points system that rewards members for their loyal support.

For every race you help out in you will receive a point; this is at the discretion of the Race Director and Chief Marshal. If you make a cake for three of our races (DD excluded), you'll also receive a point. There are therefore a maximum number of six points available.

Nathan 'Lovely' Elphick will collate the points throughout the year and those with the following points will be entitled to the following;

2 points: A free race entry into next year's club trip and a place on the coach.

4 points: A place in the draw to win one of eight £50 vouchers to spend on a race of your choice in 2022 (this is transferable to another member).

6 points: A place in the draw for the 2022 London Marathon place that the club receives. Only two members achieved this in 2019!

As no one got a point last year it was decided that members 2019 points tally would determine who will get a free club trip entry for this year. If, like me, you can't remember what you had for tea last night, let alone what you did two years ago, then Nathan will be happy to remind you of your points total.

On that note, as a reminder to those that were unable to use their voucher last year due to covid, the good news is that you can use it this year! The winners were; Tina Caunter, Yasi Jeffrey, Stu Moulson, Tracy Elphick, Nathan Elphick, Jacki Woon, Rog Hayes and Neil Pallant.

All winners of a £50 voucher should let John Caunter have proof of entry once you have completed the race. He will then reimburse you.

If you choose to take part in one of our races, remember you can only enter a maximum of two of them. There is always a way to earn a point as well- just drop the RD a line.

A list of our race dates were published in the previous edition of the Trotter and can also be found on our websites race diary page. So, go grab your diary, do people still use them, and whack those dates in.

I look forward to seeing you.

On On

Chair

On the Starting Blocks

Nigel Barnett introduces his new role.



Ready for a night out....?

No, I'm not flirting, I'm just guessing that you're in need of some socialising.

For those of you who don't know me I'm Nigel. I'm a lifelong Liverpool FC supporter and I'm always up for a night out!

And guess what? I'm your new Social Secretary.

Like life in general, the social side of our Club has taken a huge hit in the last twelve months or so due to the pandemic.

Now that there is a glimmer of light at the end of the COVID tunnel, it's a good time to start thinking about how we can escape our four walls and get together.

I've got some ideas for days and nights out, both couples and family friendly, and our Club Secretary (the wife!) and I will get something in the diary as soon as regulations allow.

Following Boris' announcement this week, it could be this Summer.

We'll post on our Facebook page when the time is right so keep an eye out!

However, I'd love to hear from you if there's anything you'd like to do.

Drop me an email at nigel.barnett@hotmail.co.uk and we'll get it sorted!

Jacki Woon

Trotter Jacki on the joys of running and never giving up.

What drew you to running?

I started running in about 2003, I think. I used to do exercise classes and they had stopped for the Xmas break. I was going through a difficult time and felt that I needed something to do some sort of physical activity. I'd just got some sort of portable music player and went out for a run with some music. I think it was the music that motivated me at that time, and it was several years before I could run without it. During the last lockdown, having to run alone in the dark which limited my routes, I've gone back to using music sometimes and it still motivates me. But I also like running without it and don't want it when I can run away from traffic or with other people.

I run for the benefits to my mental health as well as physical. It's not just the enjoyment of the act of running itself, but the experience of being in the environment and with other people (when possible!). Joining Trotters in 2011 changed my running and I started training smarter. I've made some great friends along the way and the shared love of running is always something to do together (eating cake, drinking wine and going on social events is a bonus!).

How often do you train?

I'm doing around 45 miles a week at the moment, over 6 days, although that will probably start to increase soon with training for the DD. I generally do a longer run on Saturday mornings so have a rest day on Friday. In the week, I've been trying to do some focussed efforts but don't always manage it! I miss training nights for that. Mandy and I did meet one night a week (when lockdowns allowed) to do some sort of session.

If I've got a big event coming up, such as marathon, I will try to follow a plan. Anything up to a half marathon I can manage without additional training. I have thought about concentrating on training for a specific short distance such as 5k to see if it would produce a good time, but I'm not sure I'm focussed enough on short and fast!

I also try to do some stretches and weight bearing exercises regularly but find it easy to forget to do them. I never forget to go for a run though!

Proudest running achievement to date?

Difficult to decide. Completing the DD in 2012; a virtual ultra I did with Mandy last summer; winning the Club Championship 5 times; the Virtual London Marathon last year in 3:33:41 which was only just outside my marathon PB from 2013 of 3:31:15; breaking club age group records. Sometimes it's a surprise race result, such as getting an unexpected 10 mile PB of 1:12:34 at the Great South Run in 2018. I don't often get emotional at the end of races any more but I found myself welling up after that one. I thought PBs were a thing of the past (they probably are now!).

Jacki and Mandy after completing the Virtual London 2020



Jacki Woon Interview continued..

As with anything in life, you can learn from the things that don't go well. My worst racing experience was the club foreign marathon in Lanzarote in 2018. I'd had an injury which hampered my training and then had a cold in the few days before. It was Pikey's 1st marathon and her training had been good. We ran the first 10 miles together and I felt ok but realised I was finding it harder than she was so I told her to go on. From then on it went downhill. I walked/ran it. It was an out and back route, along the coast, and



into a headwind on the return. The race t-shirt had been given to us in a goodie bag before the event and lots of runners were wearing them for the race. On the back it said 'Never Give Up'. I kept seeing that and it kept me going. It was a PW of nearly 4.5 hours and I felt dreadful afterwards. Pikey had had a great race and was feeling the euphoria of completing her 1st marathon. I'm sure she wanted to get to the bar where we'd all arranged to meet but, good friend that she is, she stayed with me until I'd recovered a bit and felt well enough to get moving again.

Lanzarote Marathon with Pikey

The achievement that still eludes you?

A sub 3:30 marathon. My PB is 3:31:10 and I've done a few between that and 3:35. You wouldn't think that a couple of minutes across 26 miles would be so difficult to do!

Top Trotters training tip?

The first mile or 2 of any run is a lie. You can start out feeling sluggish and end up bouncing, and vice versa. There are more times I've regretted not going for a run than going though.

Your mind will tell you lies and you can often do more than you think, although sometimes it is best not to run if you're ill or injured. Rest and recovery is an important part of training too.

What keeps you motivated?

I'm not sure. As I've said, I can easily not do other exercise but running is just part of my being. Fitting my run in around the weather, work and other commitments is a priority and is just something I do. It helps my body and mind. I do sometimes lose my mojo, like everyone else, but it's not for long. If I need some motivation to get out of the door I sometimes have a look through Strava at what other people have been doing and that can give me a push. Training for a specific event can also help sometimes but can become draining and too formulaic as well. Meeting friends to run with is good as I tend to forget about the run itself and think of it as a catch up with them. I love planning and exploring new routes too and have done a lot of that over the last year with the lockdowns, especially when unable to run with anyone else.

Favourite running buddies?

The Bap girls! (Mandy Wheeler, Sarah Pike, Debbie Proctor, Sarah Burningham). It's nice to go on club runs though too and talk to different people each week.

Fantasy/Dream race?

One where I don't feel nervous, the weather is perfect, the running feels like I'm floating on air and I finish to find that I, and all my friends, have achieved our desired results. Then we all sit in the sunshine and eating chips or cake (or whatever) sharing stories of the race and having a good laugh. On girls' weekends away when we've raced, we have a pint of Guinness followed by food and drinks, and often ending up with some dancing in a dodgy nightclub.



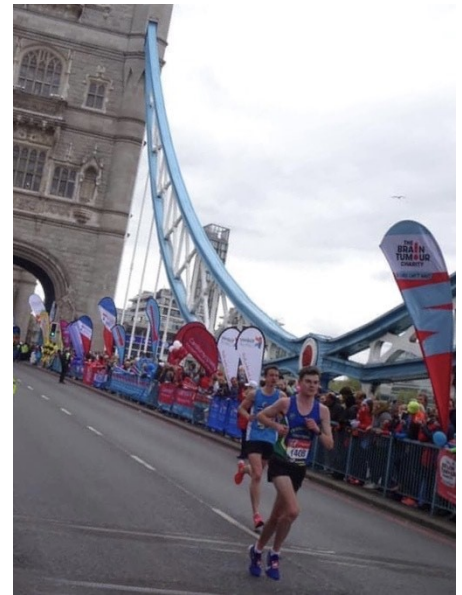
A run with The Baps

In the zone

Jamie Barnett provides an update on his training and racing plans.

Since dropping out of the Valencia Marathon in December 2019, I have yet to step foot on another start line. Not completely by choice of course, with the Coronavirus pandemic putting a stop to all the major marathons and half marathons. However I don't think that has been a bad thing for me.

I was injured until March 2020, but since then I have trained pretty consistently (a few issues here and there as always) and have made huge jumps in fitness in that time. When you are racing regularly your fitness is always up and down as you peak for a race, then drop off, and so on. By removing any races you can keep training more consistently and this makes a big difference.



Jamie crossing Tower Bridge

Despite missing around 15 weeks of training in 2020, I still ran 3300 miles, with more than 20 x 100 mile weeks in there. So my aerobic base has significantly improved. But on top of that, I kept very consistent with doing a tempo run, threshold run, or 5k time trial once a week. I have never really done that before, as I've always taken the long term approach with my training, which means focusing on building the aerobic base with lots of long slow running. I would run faster maybe once every 2 weeks, maximum. But last year was my fifth year of running high mileage and so my aerobic base had reached a very good level, and I decided it was therefore time to start increasing the intensity levels in my training a bit. And this has also made my fitness levels improve greatly.

I got my 5k time trial down to 15:05 at 9pm on an October night around the infamous Brunel Square, which was an average pace of 4:51 per mile. I was doing my 10k threshold runs in around 31:30, which is 5:05 per mile. This effort would be around half marathon race pace, and put me in around 1:06:30 half marathon shape. But the main focus was my tempo runs.

I am now going to be primarily focusing on the marathon distance, and so the tempo runs are the most specific session for that distance. Tempo is a very loose term in running as you can run them in a few different ways. But for me now they are basically 'goal marathon pace' runs. My current goal is to break 2 hours 20 minutes for the marathon. That is because it's the point where you essentially go from a 'good club runner' to an elite marathon runner. It would open up a lot of doors in terms of racing in the elite fields at major marathons, prize money, sponsorship, and international selection for England teams, and then eventually Great Britain teams (Olympic Qualifying Time is 2:11:30).

Jamie Barnett update continued..

To run 2:19 you have to run 5:19 per mile for the 26.2 miles. So each week I do a 5k warm up, then run at 5:19 (or thereabouts) pace for a certain amount of miles, then do a 5k cool down. When I got back from injury in March 2020, I could only manage 5k at 5:19 pace for my tempo run. By September I had built up to 15 miles at 5:15 pace, which is 2:17 marathon pace. The Wrexham Elite Marathon was scheduled for October, and I knew I was in shape to run under 2:20 so was looking forwards to having an attempt at it. But the race ended up getting moved to April 25th 2021. So now I am targeting that and trying to break 2:20 then.

I started my 16 week build up on January 4th, and just finished my 8th week of training. So far each week has been over 100 miles, and I've got my tempo run up to 11 miles at 5:18 per mile. So I am right on track.

The plan now is to do 7 more weeks of 100+ miles, peaking at around 115-120, and get my tempo run up to 16 miles at 5:19 pace or quicker. If I can do that, I'll know I am ready. Then I will do 1 week where I drop my miles slightly, and then just pray for good weather on the day and hope I'm feeling good and it all goes to plan.

The race is an elite only event being held around an industrial estate on a 6km loop (so 7 laps) which isn't really ideal. I find the big atmosphere of London Marathon etc. gives you a real boost, but it's better than no race at all or running a solo time trial in one of these COVID raceway marathons or something, and should still be a good chance for me to achieve my goal as there is a really strong field assembled with some foreign athletes trying to run the Olympic qualifying standard and many top British athletes with some who should also be trying to break 2:20.

Then after that I will run the London Marathon in October if it goes ahead, as either another sub 2:20 attempt or hopefully trying to improve on that if I achieve it at Wrexham. If London doesn't go ahead though I will look at doing one of the European marathons like Frankfurt, which has a much smaller field than London but is a very quick race. Other than that I won't do many other races this year, if any at all, as I have realised that to perform at a high level in the marathon, you have to prioritize the distance. The training to run a fast marathon means you won't be able to perform as well in 5k and 10k, and even half marathon. That's why the likes of Kipchoge run a couple marathons a year, and that's it. For me, I realised this when training for London in 2019 as I put way too much emphasis on the half marathon. It worked, as I achieved my sub 1:10 half marathon goal, but when I ran London 3 weeks later, I ran out of gas very early. I ran 2:30, which, had I done more marathon specific training, I could've run more like 2:25.

So from now on, the marathon is my number 1 focus and hopefully I will achieve my sub 2:20 at some point this year. I hope everyone else has a good year of training and racing and you achieve your goals!

An inky issue

A call to arms and all other body parts, by John Skinner.

It was all Watsa's bright idea. We were warming up prior to the Torbay 10k, one of those evening events as I recall, and a lovely evening it was to be sure. We were experiencing a scorcher of a summer, one where the hazy days stretch into the sunset, painting the sky with wistful memories.

'Why aye! Why don't we all get tattoos done? Yer nah, Trotters ones with born to run on them!'

The rest, as they say is history. That was decades ago and much lager has flowed under the fabled Trotter bridge since that fateful evening. Adrian Bailey was the first to go under Troy Bond's needle, since then a steady stream of biceps, thighs, calves, shoulders, forearms and who knows what other parts of the body have been adorned with the celebrated logo. To date, the score stands at a highly impressive 37, with Bon Rymel being the latest addition. It's interesting to note that among the first 15 or so Tatooees, very few had any previous tats. We must also remember that this was back in the mists of time prior to the latter-day explosion of elaborate tapestries that decorate the Adonis like figures who parade and festoon themselves across our sun splashed promenades.

Personally, I find it tricky to actually define the 'tattoo' as a tattoo, more a brand perhaps? But whatever way you odds it, it is without doubt tribal. Good thing? Bad thing? Well that's a moot point. What we can't also odds however, is that it's definitely a hoot! And I'll wager your money that we are the most decorated running club on the planet.

So to the point. I thought it would be a thing of great beauty to archive the images of all the tattoos through the ages. The earlier more prosaic design of the Trotter dinosaur, barely up onto their hind legs, juxtaposed with the more imaginative and intricate works of their modern day equivalents.

I thought a poster or calendar, something of this nature. The important thing though is to gather all the source work. So it's a call to arms, legs, torsos or any other relevant body parts; get your photos in to your editor.

Here's a picture of mine, as you can see it's a bit of a TABOAC.....

Taken a bit of a caning. ON ON!



Skin's work of art

Cross Country Challenge

An update from on Wendy Goldthorp's 256 mile challenge across the South West Coastal path.



I have just passed the half-way mark of my 48-week program at the end of February. I've allowed myself a few contingency weeks in my program for school holidays, anything unforeseen or if I just need a break between now and September's start.... the recovery week every month still requires around 35 miles of running.

Since the start of training on 14th September 2020 to the end of February, I have:

Covered 1,292.4 miles

Climbed 124,183 feet

Spent just over 245 hours on my feet (it's not all running - I do a fair bit of hiking and walking too).

I'm expending around 6,500 - 7,000 calories a week training during my high mileage weeks. I'm trying to avoid getting too lean as I need to retain a bit of muscle strength to carry my backpack and make sure that I have enough energy to train, so it's a bit of a balancing act. On top of that, I'm typically getting through a pair of trainers every 5 weeks! I've also begun creating a kit list of what I need for my challenge and trying to keep it as light as possible. Nearer the time I will need to ask around to see if I can borrow bits and pieces. I also need to get comfortable with wild camping.

The past 6-months have created a good training base. However, with ultra races currently on hold, I've nothing to gauge myself against, so it does feel that I am training in a bit of a vacuum. I am, however, looking forward to the DD in June. I will be joining the start line pre-fatigued (!), but still hoping to come in under the cut-off time this time around. It will be good practice.

One of the highlights so far has been running from Teignmouth to Haytor Heller and back (around 36 miles) to celebrate my birthday last month with a birthday cake in my backpack to eat on the rock. Helen offered to run with me - I hadn't expected her join me for 20 miles, which was a happy surprise. Eleanor and Wilf passed us at Haytor so I also got a happy birthday rendition. It made my day.

As my training intensifies over the remaining months, I will need to be creative as to how I get my training in each week around home life and work. With better weather, I'll also be heading back onto the trails once I get my feet in my first pair of trail shoes.

Day-to-day it's more a question of discipline to get out and get it all done in all weathers. The motivation lies in getting to the start line in the best possible shape and completing those miles on behalf of Rock2Recovery ("R2R").

Wendy's challenge update continued...

If you're not familiar with R2R, it is a veterans charity which supports service personnel and their families affected by stress. I have personally benefited from their support over the past couple of years when I experienced a relapse of the PTSD I developed after serving in Iraq some 17 years ago.

I'm grateful for all my Trotter friends that have come out and kept me company on my many runs and stopped me dawdling my way around, as well as the support on Strava and Facebook to keep me going. If that's you - thank you!

For further details of Wendy's challenge, please see: <https://teamfortitude.uk/collections/team-members/products/wendy-goldthorp>



Helen Anthony supports Wendy in her quest

Photo by Eleanor Taylor

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Do contact me with ideas for your club magazine.

