

The Trotter

Issue 4 July 2021

When the going gets tough....

Return of Trotter' Races
Club camp highlights
Club Championship news

Welcome



Welcome to the summer edition of the Trotter. Having recently survived The Haytor Heller, I can honestly say that The Club's reputation for organising fantastic events isn't overrated. Despite current circumstances, the extra essential measures and the searing heat, the race went ahead smoothly. This of course takes an enormous amount of effort and coordination, so a big thank you to all who work behind the scenes for our club, in whatever capacity. I wore the Trotter's t-shirt with pride.

Ali Clayton



**BORN
TO
RUN**

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CLUB CHAMPIONSHIP NEWS

Club Champion Secretary Graydon Widdicombe shares great news



Club Championship 2021

As we all know, the Covid pandemic put the brakes on many things throughout 2020 and 2021, including the Trotters' Club Championship. However, with some local races declaring their intention to go ahead, we're going to put on a simplified version of the competition throughout the remainder of the year.

For 2021, there will be a separate men's and ladies' competition as usual, but there will be no race categories to choose from. Instead, you'll have to complete any 6 of the below races to complete the competition, with the highest age graded percentage per race getting 50 points, the second highest 49 points, and so on. This means there are a maximum of 300 points on offer (6x50=300). We are going to organise three Sandygate Loops over the summer and you can enter as many as you like, but it will be your single fastest effort to count for the club competition.

Obviously, things are subject to change with the pandemic and any government restrictions that may impact races going ahead. In fact we've had two race cancellations since the list was initially published. Below are the current list of events to choose from. Let's hope these can go ahead and we can get back to toeing the start line at some of these local events, which I know many of us have missed. Entry details are available from the Trotters race diary.

Stoke Gabriel 10k	- 25th July
Sandygate Loop	- 30th July
Sandygate Loop	- 27th August
Rock Hard Races Half	- 5th September
Rock Hard Races Full	- 5th September
Torbay Half	- 12th September
Sandygate Loop	- 24th September
Exe Estuary Half	- 17th October
Exe Estuary Full	- 17th October
Tavy 7	- 31st October
Bicton Blister	- 28th November
John Scott Trophy	- TBC



Graydon Widdicombe
Club Championship Secretary



BEHIND THE SCENES: ADAPTING WITH THE TIMES

Haytor Heller Race Director, Nigel Barnett, on this year's special circumstances



The total number of entries received for this year's race was 350 - the first time we sold out whilst I've been RD!

When we opened entries on 23 December there was a flurry of entries followed by a steady pace until we sold out on 17 April. I think COVID played a big part in our sell-out. We were potentially one of the first local races to be held outside of restrictions.

We were, of course, expecting the Government to lift all COVID restrictions on 21 June, as they had suggested. However, it didn't quite work out that way and they extended the restrictions for a further four weeks. The 19 July was the new date for lifting restrictions - just two days after the Heller!

We had to think about how this would affect the race; cancellation was undoubtedly the last resort.

We obviously needed to follow all the relevant EA guidance, including wave starts. With the race only a matter of four weeks away, time didn't allow us to contact all entrants to ask for their predicted times, work out which wave to put them in and number each runner accordingly.

Wave starts created its own additional workload. We needed to create seven pens each for a maximum of 50 runners. It worked really well. The start area lent itself very well to setting up pens, one behind the other. We started the first wave at 5.30 followed by the subsequent waves, each two minutes apart.

To make life easier, it was decided that our only option was to engage the services of a chip timer and ask runners to put themselves in one of the timed pens. Timing Monkey could thankfully help us out.

The restrictions also meant that mass number collection was not going to be possible; this would've potentially created long queues in the limited space at Race HQ and therefore not in keeping with social distancing of any nature. We therefore decided that we would send the numbers out to runners. All of this obviously created a lot more work in a very tight timeframe. We sent our numbers to the Timing Monkey and they were very quick to return them with the chips attached. The numbers were then sent out to the entrants. Unfortunately, and possibly due to a large number of Royal Mail sorting office staff self-isolating, many runners did not receive their numbers in time.

We also decided not to accept transfers on the day and set a deadline of 30 June for the completion and acknowledgement of transfers; this deadline then gave us enough time to get the relevant information to the chip timer and the numbers to the entrants. Only those who had agreed a transfer (on or before the 30 June) could come to Race HQ to complete the transfer form and pick up their number.

In the week running up to the race, we were contacted by Teignbridge District Council's ASB & Safeguarding Officer and asked to provide a separate risk assessment to cover our COVID measures. This assessment needed to cover management of runners and spectators, the course, Race HQ, parking to name but a few. We provided them with a full and comprehensive list of actions that we would be taking, and they were satisfied with that.

Thankfully, the race went off without a hitch. The restrictions were lifted on 19 July, as promised. Let's hope that we don't have to worry about restrictions at any of our races in the future.

Nigel

Club Membership

Membership Secretary Kevin Besford gives us an update



I am writing this with a certain degree of hope as I believe we will be back fully open as a club by the time you read this and without all the pre booking of sessions.

Once that comes along it will be great to see everyone again and to meet our newer members for the first time.

The Rec has opened up again, albeit not quite back to normal but again I hope and expect this to change in a positive direction very soon. It will be great to stay on after a session to sample the delights of the new catering team that have stepped in to keep up the standards that Louise had set previously.

It is also so good to see the press report back again with our members gradually starting back out in to the world of racing and it will be good to see this grow over the coming months as the race diary returns to some sort of normality.

It is with crossed fingers that myself and the committee hope that we have cracked the teething problems that we have had with the online payment system. There continues to be certain elements that are causing a few headaches but the real test will again be our annual renewal cycle in October. On the positive side the recent influx of new members have all successfully joined via the online system.

It has been normal in the past to have a write up of many new members and while these are on the increase they are still some way short of the numbers we have been getting in the past. Of course an added difference is that with limited club nights and myself being still on the injured list, I have not as yet learned much about any of them, let alone met any of them.

So in no particular order, here are the new members who have joined us since my last ramblings: Phil Dunning from Derbyshire was introduced to the club by Kurt Read; expect to see him in a future DD.

Allesandra Baiardi from Newton Abbot, though originally from Italy. I have had the pleasure of running with Allesandra on one of my Saturday morning outings.

Lindsay Hall from Teignmouth.

Steven Major and Rebecca Hext from Buckfastleigh join us as a mother and son joint membership.

Henry Hunter from Newton Abbot joins the junior male ranks.

Stewart Cook from Newton Abbot is joined by Megan Morgan, who I believe becomes our current youngest member.

Cameron Peers from Decoy, David Adam from Abbotskerswell and Richard Pratt conclude the newcomers.

Membership News continued...

In addition we have two returning members:

Gary Caunter has returned having in the past been involved in helping at many of our races. And a special mention to the return of Kevin Woodard who has been away doing some specialist Triathlon work. Kev impressed everyone recently when he completed a month long charity run where he ran 1 mile on the 1st right through to 31 miles on the 31st. I find myself getting tired just typing that!

And it's **HAPPY BIRTHDAY** to quite a number of members who celebrate notable birthdays in June, July and August:

Mikey Johnson 40, Ben Elphick 40, Emma Ray 45, Sharon Still 45, Nigel Barnett 50, Stewart Cook 50, Rachel Steele 50, Jason Trevenen 50, Mike Hooper 55, Paul Johns 60 and Neil Rutley 60.

*To all of you, enjoy racing in your new age category, whenever that
may be.*



So to finish on a positive note, let's look forward to the return of normality and to seeing everyone on a more regular basis and for me personally to be back fit again.

On On

Club Kit

Club kit keeper, Jacki Woon, gives a shout out



With an absence of races over the last year or more, there has, not surprisingly, been a reduction in requirement for club kit. Since then we have had some new members too so I thought it would be a good time to put out a reminder about the wearing and ordering of club kit.

Any club member is welcome to buy and wear club kit. It's not compulsory wear for training but it is for racing as a Trotter club member (there are some exceptions to this - see the club kit section on the website for more info).

If you wish to buy some kit, firstly have a look on the website. The club kit section is under the **Membership heading**. Here you'll be able to see all the club kit that's available and the sizes in stock, as well as a size guide chart for you to check what size you might need.

You can order and pay for kit direct from the website. This will trigger an email to me and we then just need to arrange collection/delivery. If you contact me after putting an order through it's helpful as I don't have access to everyone's contact details due to GDPR regulations.

If you need to pay for kit by cash or cheque, please contact me direct to place the order, once you have looked at the website to decide what you want. (Please note that there may be a delay in your cheque being banked and therefore debited from your account, which may or may not be welcome!).

My contact details are all on the website, or you can send me a personal FB message.

I keep most common items and sizes in stock but sometimes there may be a delay before you can get your kit, due to high demands or waiting for orders from the manufacturers. There is a minimum order requirement from Scimitar so I can't place an order for individual items. As all the stock is kept in my house, there is also a limit to how much I can keep!

And one final point, please don't leave ordering club kit until the last minute. If you have a race coming up which you will need kit for, order it as soon as possible to allow time for delivery/collection and to avoid disappointment.

Thank you for your co-operation.
Happy racing!

Roger Hayes bows out as DD Race Director

And it's good night from me!

After last year's cancellation, I decided I couldn't retire as Race Director for the DD, as was the plan. It wouldn't have seemed right to go out on a DNS! Therefore, this year was to be my last year in the hot seat.

It certainly wasn't an easy year, what with covid and our new Race HQ. A lot of careful planning went into ensuring the race could actually go ahead. My fellow DD race committee met twice before race day, once in person outside and then when rules allowed, we met inside. Both times seemed very alien, having had zoom Trotter committee meetings for over a year, but I have to say, it was great to get round a table with the rest of the team.

Because of the size and the set up at the community centre in Princetown, we were very much in control of our own destiny. Our home previously had been the Plume of Feathers; to say we had had a rather strained relationship with the landlord would be an understatement. I now strongly believe the best thing that could have happened for the race was for him to tell us we were no longer welcome, which he did after the 2019 race.

With control fully in our hands we were able to offer our own Friday night pasta party and what a success it was. We had 88 people take advantage of a lovely meal and free drink from the bar, all for a tenner. A huge thank you to all those that helped make that possible.

As mentioned above, we had our own bar. Throughout the course of the weekend, we sold over 450 pints! Not bad when you consider we weren't able to have our legendary DD disco. Look out next year!

We also offered camping this year. We had over 40 tent pitches as well as 14 motorhome hard standing pitches. My vision is to try and replicate the race village feel that White Star Running create at their races. Those of you who have camped at one of their races will know what I mean.

Because of covid, the race had to go off in waves. Not an easy thing to sort out, let alone administrate. I'm glad we don't have to do that each year! The race went fairly smoothly with no major incidents to report. The weather was kind to the runners; I think this reflected in the high standard of performance. We only had 12 runners pull out of the race and only one of them missed the cut off at the marathon point.



Chief organiser: Roger on race day

And it's goodnight from me continued...

The wet weather put a bit of a dampener on things at the finish, although I guess from a runners' point of view it didn't really affect them. Presentations had to be done inside, which was shame as the back-drop at the rear of the centre is rather lovely. Myself and Liz were a blubbering wreck, so the least said about that the better! There were mixed fortunes for our teams; our ladies won the team award for the first time since 2014 and our men didn't feature in a podium finish for the first time since I became RD, 11 years ago!

We decided to lay on a quiz for the Saturday night. It soon became much more than just a quiz, as I'm sure those of you that witnessed it can testify. A completely bonkers night that was loved by everyone present. My thanks to all those that performed!

Breakfast was served to our campers on Sunday morning before the huge clean up began.

It was all very much a learning curve this year. One of the things we quickly realised was that the race has now moved onto something much bigger and involves a huge amount of work for it to continue on the same footing. There was a small nucleus of us who did far too much during the course of the weekend. Next year has to see the net widened with more members coming on board to help. One job we would like to advertise now is an admin role. This would include taking three sets of minutes each year, as well as other numerous tasks. If you would like to know more or indeed offer your services, then please get in touch.

There are far too many people for me to thank individually, as I'm sure you appreciate and understand. During my 11 years, I've seen the race evolve and become what it is today. I couldn't have done that without the help and support of my race committee and indeed the rest of the club, who have played their part in some form or another.

I've been asked what I'll miss the most. I think my answer would have to be the huge range of emotions on show as runners cross the finish line. The joy, the pain, the relief, the disbelief, the pride - I've witnessed it all. I've been moved to tears so many times. My handshake as they crossed the line, so often turned into a massive hug.

I've got to know so many runners during my time as RD, many of them becoming good friends. I can now look forward to being able to have a little more time to chat to them!

I leave the race in very safe hands, as I know better than anyone what a terrific job Liz will do.

It's been a pleasure and an honour to be part of something so special.

On On

Chair

Chair celebrates with Lucy
Evans at the finish in 2019



Photo by Suzie Mills

RUNAWAY SUCCESS

Andrew Fox writes of his Dartmoor Discovery triumph

Foxy was in the run!

So last year was a wash out as my first year as Captain. I managed to do a virtual relay and other social media fun organised between us all.

You've all had your emotional roller coasters and sharing the running, hiking, cycling stories during lockdown was amazing to follow.

I offered my services again and was delighted to be carrying on as Captain. However, shortly after the appointment, I was offered a new position as the head professional at Stover Golf Club and I accepted. And very happy too 😊.

However, this took its toll on training and trying to enter events as they slowly reopened. There have been some amazing events and super runs, notably from Jamie Barnett.

So the build up to the DD.....

My personal journey was, well let's say wobbly!

Up till 31st March, I had run all but every day since Christmas. I was feeling amazing. Then the change of employment came.

Hours spent redoing the shop and less time on the roads. The 12th April came and went and 12-14 hour days were happening.

Monday's my day off so I tried to get some form of routine going again, trying to up the milage but up till the last week of training before the Big day, I had only completed a 15mile run. Prepared? Not really. But at the same time really excited to be part of the DD journey.

I'VE ENTERED- I SHALL RUN, WALK, CRAWL- WHAT EVER IT TAKES.

I Posted on the Trotters' Facebook page about how nervous I was and wow, what a response from fellow Trotters. I would like to say a massive thanks for your positive attitude to the Virgin DDer!

The day arrived after a normal restless night sleep. Got up, had my normal breakfast and got my drinks ready for the day, with lots of nibbling food (this made an unreal difference) and I was on my way.

Meeting Chair and the gang at the beginning made me feel at ease and before we knew it, the gun went off and phase one was underway.

Off we trotted. I didn't really know which group to settle with - 10.30 pace, 9 min pace, 9.30 pace? Walk the small hills or not? Control the down hills? I managed to get to Poundsgate and at the top of the hill I met up with a Trotter I'd never met before.

'Hi I'm Foxy I'm the Men's Captain and you are?'

'Kurt Read, hello!'

Pleasant conversation passed and we got to a small climb. He stopped and said,

'Stay with me if you like.'

'Really- not running this hill?'

'Nope, forget ego save your energy, you'll thank me!'

Bang I was with him like glue.

The journey to Ashburton flew by with a walk, a trot and a run and I felt great.

The half marathon point came and went and the first big climb of the second third of the DD. Down to the water station at 16 miles.

This was it for me, I didn't know where I was going?!!!

(2 years prior I did the photos at check point 10k, Ashburton and 15 miles.)

Captain's News continued...

So again, Kurt talked me through the pending hills. Not forgetting the furthest I had ever run in my life was 18 miles. So, one milestone- hit 20 miles. Next the marathon! One massive climb to the marathon point and I reached it at 4.40. An emotional point (not for actually completing the marathon but for my Dad who passed 2 years ago. I did it for him. Love you Dad).



Foxy reaching the marathon point

10k to go.....

I passed people I never dreamt of passing in a million years, climbing, walking the hills worked 👍👏 I felt strong. Kurt said, 'We deserved this run as we've been kind to our body.' But still the journey had to be completed. Not once had I looked at my watch as it wasn't about the time it was about completion.

And Still Kurt was telling me to stop at certain points and walk, every bit of energy saved for the finish.

With a couple of miles to go the rain was still pouring down (which by the way was just beautiful!). I felt amazing.

A car came past and offered jelly babies. Yes please! But as I eased across the road, my big toe and second toe of my right foot stubbed against the heel of Kurt's shoe.

A massive scream followed and I thought 🤯 NOOOOOOOO IT CANT BE. But with a few F's and S's I quickly got back to running, well limping until it eased (2 black nails now!).

Dropped down to the last one and a half miles. One more little climb and home.

Kurt said,
'It's all yours on the finishing straight pal, you've deserved it!'

With a, 'Thank you', I turned the corner home straight. Skins was bellowing my name,
'FOXY MEN'S CAPTAIN!'

I ripped off my drink pack and threw it against the wall as I wanted a photo to remember the moment with my Trotters' shirt on passing the finish line! Punching the air in sheer delight 3-4-5 times, I had finished my first ever marathon! Oh and ultra-marathon.

And to cap it off CHAIR was there! I think you'll all agree that he has put so much into this club. That was special.

Then one last thing. Turning around, Kurt, the man who selflessly gave his time for me crossed the line and with one massive, 'THANK YOU', the journey was complete.

I didn't know what to do. I wasn't in pain, I wasn't lying in the floor shaking, I wasn't crying. It was just over. The only thing was to smile AND I DID.

WOW WOW WOW. Only the Trotters can put on an event like this.

Unfortunately, I couldn't make the evening but I hear as normal, we got up to many party games.....enough said.

So back to speed guys and girls.

See you all at training.

Much love

Captain Foxy



UNDER THE SPOTLIGHT.....

An interview with Club Press and Publicity Officer, James Saunders

As well as reporting on races, James is also a frequent participant. He recently finished The DD in an impressive 4 hours and 52 minutes! Here we find out more.

When did running become a regular thing?



James racing in this year's DD

Completing a Marathon has always been on my bucket list, so competing in, and finishing the London Marathon would be a great way of ticking the box. I sent my application off in 2016, hoping to be successful in the ballot. In the meantime, I purchased my first pair of running shoes and began slowly but surely to increase my distance and pace. The result I feared was emailed to me; I had been unsuccessful in the ballot! But hey, I was actually enjoying running, so why stop?

I then joined a group of local runners who met outside the local gym, including Ruth Thomas. She suggested that I joined the Trotters, which I duly did in August 2017. The rest is history as they say.

Describe your role as press and publicity officer

I am responsible as press and publicity officer, to create a report containing races that our Club runners have competed in during the week and chiefly on the weekend. The report will include details about where the race was held, the route, terrain, weather conditions and the experience that the Trotters experienced on the day. Also, their positions and times. Having compiled the report, I have a deadline of Tuesday 9:00 am to send the report to the local press. The report is then uploaded to the Teinbridge Trotters' website latest news page during that week. To drum up interest in races that the Club organise, I will send the press a write up of the event with entry details etc.

How did your role evolve ?

From what I can remember, a post was put out on the Trotters Facebook page. Emma Donovan was the previous press officer, and having enjoyed reading her reports, I didn't want this important role to fizzle out. My first report covered the Haytor Heller and Chudleigh Carnival races back in July 2018.

Most memorable reporting moment?

There have been some outstanding performances since I began reporting. There hasn't been one stand out report that would be considered to be more memorable than the others. Each report that I compile are memorable in their own way. I love to hear of personal bests achieved, distances covered in set times and best of all, I get a kick out of seeing the improvement made by the less experienced runners within the Club.

James Saunders interview continued...

How often do you run?

This will depend on what type of race I am training towards. In preparation for the Dartmoor Discovery, I was running 6 days a week, amounting to 50 miles per week. With the London Marathon just around the corner, the mileage is being ramped up after a brief respite.

Favourite race so far?

I will be honest and say that I don't really enjoy racing full stop! I suffer badly with nerves on the lead up to races, and I do exert myself to the limit. This applies more to the shorter race distances such as 5K & 10K races. I find that the longer races give you time to settle into a rhythm. Therefore, I would have to pick out The Barnstaple Marathon 2019 as my favourite race so far because of the race preparation and the race itself. This was my first marathon. I followed a training plan from twelve weeks out and reached race day injury free. Weather conditions were not favourable for fast times due to gale force winds and rain throughout the race. I held my marathon pace up to the 20 mile mark, before the first signs of cramp struck. Luckily, a quick stretch enabled me to cross the finishing line in 03:14:18, which gained me a good for age for London.



Sheer relief: James at the finish line in this year's DD

James Saunders interview continued...

If you could run anywhere in the world, where would it be?

I would like to take part in the 5 biggest Marathons in the world. Hopefully, London will be ticked off this year, so that leaves Berlin, Boston, Chicago and New York City.

Passions away from the Club?

Our lock down puppy, Betsy, takes up a lot of our spare time these days, which keeps us on our toes! Two walks a day and lots of retrieving games help with the fitness!!

I'm a huge Portsmouth fan, and have followed them for over 40 years, through thick and thin. Watching them win the FA Cup final in 2008 was definitely the highlight.

Secret ambitions?

I would love to break the 3 hour barrier for the Marathon, but I fear that time is against me. That won't stop me from giving it a right good go!

Thank you James

**To read James' race reports, please go to our
website: teignbridgetrotters.co.uk or visit our
Facebook page**

Club Camp 2021

Club Camp at Watermouth Cove Holiday Park was a year late! Like a lot of events and plans for 2020 it was scuppered by COVID and so we transferred the booking to June this year. Fifteen Trotter tents and motorhomes pitched up for the weekend.

The weather on Friday was not what you want when you go camping. It was grey and a little drizzly in the evening. The campsite was brilliant though - there was a very relaxed atmosphere, and the facilities were great. Thankfully, the weather began to heat up early on Saturday, just in time for the morning run, kindly led by Del Skinner. The rest of Saturday involved football, walking, eating and, of course, a few beers!



Trotters raring to go!

Club camp continued...

On Saturday night, in true Club Camp tradition, we played silly games. Shoes, clothes pegs and hula hoops were all involved!



Arthur and Lily Moulson in the final - Lily won!

Smokes invented a game! It involved running, wearing a Trotter hoodie back to front (with the hood up!) and shouting. When it was Christian's turn, he literally dropped in on a neighbouring barbeque - they were a Russian family! Thankfully, they did see the funny side of it.

We had a sweepstake for Euro 2020; Jackie and Christian were in the final and Christian was the winner of £100

As for next year, we'll let you know when and where soon!

Nigel & Liz

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Don't forget to send contributions or contact me about ideas for your club magazine!

