

# The Trotter

**Issue 6 January 2022**

## **New beginnings**



**Foreign marathon news**

**Awards Night highlights**

**Championship update**



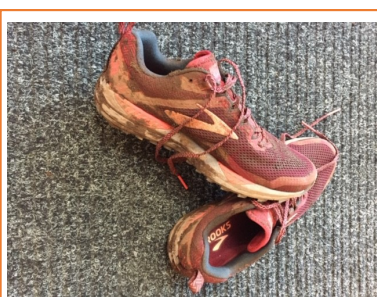
# Welcome

While New Year resolutions never appeal, new challenges do. And this first edition of 2022 provides plenty of food for thought.

So whether it's the chance to run a foreign marathon, form a relay team or volunteer for a new role, be prepared to be inspired!

Enjoy the read.

Ali Clayton



**BORN  
TO  
RUN**

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# Teignbridge Trotters

## Who's Who in 2022

### Dartmoor Discovery ~ Saturday June 11th

Race Director: Liz Barnett

Assistant RD: Nigel Barnett

Chief Marshal: Keith Anderson



### Haytor Heller ~ Saturday 16th July

Race Director: Bon Rymel

Assistant RD: Gary Brooking

Chief Marshal: Nigel Barnett



### Totnes 10K ~ Sunday 7th August

Race Director: Bob Small

Assistant RD: Ruth Johnson

Chief Marshal: Derek Skinner



### Newton Abbot Ladies 10K ~ Sunday 25th September

Race Director: Jason Trevenen

Assistant RD: Kate Williamson

Chief Marshal: Gary Caunter



### Sibelco Templer Ten ~ Sunday 6th November

Race Director: Chris McIntosh

Assistant RD: Nathan Elphick

Chief Marshal: Gary Caunter





# Trotter Legend

## Tina Caunter is honoured with a life membership

Club Chairman Roger Hayes looks back on her time as a Trotter

During the club's 40 year existence, there have only been nine members who have been awarded a life membership. It's not something that is handed out willy-nilly! Many years of dedicated service, almost a lifetime in some cases, are the basis for such an honour.

Tina certainly met the criteria, having joined the Trotters in the late nineties, she quickly threw herself into the thick of it. She became our head of catering and immediately set about providing cakes, teas and coffees at our races. Her reputation for making some of the best cakes on offer was legendary on the running circuit.

Tina used to make all the cakes herself in those early years before we asked members to help out by making their own. This certainly helped lighten the load, and I know she is very grateful for members contributions.

However, one race she always covered on her own, and still does to this day, is the DD - a race very close to Tina's heart.

She makes everything herself and I know it was the thought of that feast that kept many runners focused on getting across that finish line!

Mr DD himself, Graham Baker of Mid Essex Casuals, who has completed every DD since the race started, often told me that the food after the race is the highlight of his day.

Tina's skill at catering is only half the story. She was elected onto the committee in 2003, where she spent an incredible 15 years, making her the longest serving female to have been on the committee. She spent most of those 15 years as my Vice-Chairman.

I have fond memories of our time spent together on committee. There was the odd occasion we would 'clash horns', but any difference of opinion was soon forgotten outside of the meeting. One of the many things I admire about Tina is her ability to say her piece and move on, she's certainly not one to hold a grudge.

Then of course there's Tina the runner, and what a runner she was, and still is. She won the Club Championship in 2003 and has held numerous club records for various age categories.

We are certainly very lucky to have Tina as one of our own and she thoroughly deserves her life membership to our fantastic club.



# 2022 AGM

## Thursday 24th February

### 7pm at the Rec



The club's AGM will take place in the function room at the Recreational Trust, Newton Abbot. Nomination sheets for committee and non-committee positions will be on display before club training nights, until two weeks before the meeting. Resolutions should be sent to Secretary Liz Barnett along with the names of the proposer and seconder, two weeks before the AGM.  
[secretary@teignbridgetrotters.co.uk](mailto:secretary@teignbridgetrotters.co.uk)

#### **Committee positions;**

Chairman, Vice-Chairman, Secretary, Treasurer, Membership Secretary, Club Championship Secretary, plus seven general members.

#### **Non Committee positions;**

Child Protection Officer, Cross Country Captain, Ladies' Captain, Men's Captain, Press & Publicity Officer, Welfare Officer, Social Secretary.

Please make every effort to attend.

## Fancy Joining Our Catering Team?

With this year being Tina's last and Lucy Evans no longer a member, we are very short on personnel to form our amazing catering team. If this is something that interests you then please drop me (Chair) a line or speak to me at a training night.

You don't need any qualifications other than a food hygiene and safety certificate. This can be obtained by completing a no time limit course and assessment online (they usually take between 1 & 2 hours). The club will pay for the course, so there's no cost to yourself.

Our race day catering is a such a vital part of each race's income. But perhaps more importantly, it's such a highlight for so many of the runners. I'm struggling to think of another race that offers such a great selection of cakes.

Of course, as an added bonus, you get to wear one of our fantastic Trotter aprons!

I look forward to hearing from you;  
[chairman@teignbridgetrotters.co.uk](mailto:chairman@teignbridgetrotters.co.uk)



Kate Lenthall, a key member of the team

# AWARDS NIGHT NEWS

Chair Roger Hayes shares last year's Club results

## Who Won What in 2021

**Jose Waller Trophy:** (fastest ladies' marathon) Helen Anthony ~ Newport 3:09:25

**Fastest Ladies' Half Marathon:** Helen Anthony ~ Bristol 1:30:34

**Fastest Ladies' 10K:** Jacki Woon ~ Newton Abbot 45:48

**Dave Foster Trophy:** (fastest men's marathon) Jamie Barnett ~ Cheshire Elite 2:28:23

**Fastest Men's Half Marathon:** Julian Scanes ~ Bridgewater 1:25:37

**Fastest Men's 10K:** Julian Scanes ~ Exmouth 39:34

**Most Promising Male Newcomer:** Callum Price

**Most Promising Female Newcomer:** Megan Morgan

**Most Improved Male:** Adam Johnstone

**Most Improved Female:** Clare Youngman

**Committee Cup:** James Saunders

**Special Achievement Award:** Wendy Goldthorp (312 mile coastal challenge)

**Dennis's Cup** (coach/leader of the year): Joe Hornsby

**John Scott Trophy Winner:** Corinne Bright

2nd Place: Carl Bennett. 3rd Place: Deb Hart

**Men's Club Champion:** Garry Smart

Runner Up: Roger Easterbrook

3rd Place: Alan Kember. 4th Neil Rutley. 5th Duncan Knight.

6th Adrian Youngman. 7th Bon Rymel

**Ladies Club Champion:** Clare Youngman

Runner Up: Deb Hart

3rd Place: Susanne Westgate. 4th Corinne Bright

**Life Membership:** Tina Caunter



Megan Morgan



Corinne Bright



Clare & Garry



# Donning that yellow marshal bib

## Club Chairman, Roger Hayes, gives us the lowdown for this year



Alan on patrol

There aren't many clubs in the West Country, if any, that stage five races a year. In fact races organised by running clubs are becoming quite a rarity. The race scene seems to have been taken over by companies. Of course that's not all bad news, as many of them stage some great races. However, generally speaking, they're pretty expensive!

We couldn't stage our races without your support, and without our races, our membership fees would go through the roof! To give you an example, The Rec charge each member of The Trotters £32 each per year. When you consider our membership fee is £24 for an individual member, it gives you an idea of how our race income subsidises our fees. And the Rec's fees are just one of many overheads that we incur!



Gary in role

Last year we struggled more than ever to recruit members to help out with marshalling etc. That could have been down to Covid, although we had a record number of 92 entries into our races from Trotters and that didn't include the cancelled Sibelco Templer Ten!

When the RDs and their assistants met to discuss last year's races, high on the agenda was marshal recruitment. Gary Caunter (pictured above), chief marshal for two of our races, was also present. Lots of ideas were discussed, including only allowing members to enter one of our races rather than the permitted two. There was even talk of stopping members from entering any of our races!

We concluded that a more hands-on approach was needed. After the initial Facebook post appealing for helpers, it was agreed that chief marshals would approach individual members to ask if they were free to help. We especially want to target those that run in our races and don't necessarily marshal in any of them. We hope the rule of thumb will be if you take part in two of races, then you should also help out at two of them.

Fingers crossed last year was a one off and this year we won't experience the same difficulties.



Jacki and Sarah marshalling

We're continuing with the same incentives as last year: 2 points gets you a free entry and place on the coach to the chosen club trip race. 4 points will entitle you to enter the draw for one of the 8 x £50 race vouchers. 6 points (1 point for 3 cakes) and you're in the draw for the club's London Marathon place.

Last year's winners were; Nathan Elphick, Neil Rutley, Bob Small, Susanne Westgate, John Skinner, Lizzy Gorst, Derek Skinner and Bruce Campbell.

# Club Membership

## Membership Secretary Kevin Besford introduces new members



I wrote in my last write-up how pleasant it was to be back and helping to run the Beginners Group with Skins, aka John Skinner.

It has been very pleasing to see the good numbers coming into the group and a few already progressing onto the Improvers group.

I am sure this will continue to be an asset for the Club for getting in more new members and as a direct add-on, I have started to take the same nucleus of beginners on a second run on Saturday mornings.

It is also good to see established members not averse to joining the group when they have suffered a lay off and looking to get their fitness back again.

Our membership renewal cycle has been successfully completed and the membership number has settled at 256 as at the beginning of January; I would expect this to creep up over the coming months and while perhaps not reaching the previous high of 360, I'd hope we'll crack the 300 mark again before the next renewal in October.

The pleasing part of the renewals was that the number of drop-offs which we always get for many reasons was less than usual this time around.

I have been getting to know some of the newer members as I attend regularly on Mondays, though for now I cannot get to the Wednesday sessions. I'm sure that this will change at some point moving forward. If I have not met you, please come and say hello when you see me at the training nights.

If anyone would like to help with the membership moving forward, please let me know. Primarily it would be nice to have a regular welcoming face for newcomers on Wednesdays, so it's definitely nothing overly onerous that you would be stepping up for.

I have started to consider options for a Club Trip this year, probably best in September. Our club trip has always been a great day out in the past and it would be good to get back to it with a good one this year. Any suggestions for a race would be welcomed, not too far away and ideally with a fun run for the kids. Once we have a race, the club lays on a bus and we adjourn to a suitable hostelry for food and a drink or two on the way home.



## Membership news continued ...

Thought I should get back to giving the new members a name drop so here are the recent additions to the club ranks:

**Hayley Wright** from Totnes, **Julian Shelling** from East Ogwell, **Richard & Ellie Darcy** from Newton Abbot, **Lauren Hutchinson** from Totnes, **Patricia Atkins** from Teignmouth, **Matthew Wood** from Ashburton, **Jaike Pearce and Alex Browne** from Newton Abbot, **Tim Synge** from Teignmouth and **Philip Smith** from Totnes.

One strange fact – from a membership pushing towards 300, Philip becomes our only member named Smith.



Its **happy birthday** to a small number of members who celebrate notable birthdays coming up in January, February and March.

Kat Ashburn-Scott 45, Brian Lewis 50, Sarah-Jane Barr 55, Tamsin Cook 55, Tony Stepney 60 and Paul Conlan 65.

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

So I like to finish on a positive note so here goes...

A story of success for one particular Trotter, **JAMIE BARNETT**. Over the last few years, Jamie has won many Trotter trophies for fastest times and club records. He has been approached to sign for Newham & Essex Beagles, famous for having Mo Farah among their members.

Jamie has signed for them as first claim which hopefully will enable him to achieve all he has ever wanted to. Jamie will remain as a second claim Trotter and will continue to be around and taking some of the longer sessions. On behalf of the Club we wish him every success.

On On.

Kevin Besford

Membership Secretary

# CLUB CHAMPIONSHIP

Graydon Widdicombe gives a breakdown of Championship news



## 2021 Club Championship recap

Through the first part of 2021, with races being cancelled due to Covid restrictions, at times it really wasn't clear if we would be able to stage a club championship in 2021. But with Covid restrictions easing and local races being rescheduled, a format was agreed for 2021, which meant we were able to put on a championship in the second half of the year. The first race of the championship was Stoke Gabriel 10K in July, and it was great to see a team of Trotters at the race as the competition kicked off. Although I personally didn't complete the competition, I really enjoyed seeing everyone in the start area of Torbay Half; it felt great to be back racing and seeing the Trotters vests out on the course again.

As the year progressed, in the ladies competition it started to become clear that it was going to be a close finish, but no one could have predicted that the top two ladies would finish on the same amount of points, meaning that the result ended up being calculated based on Age Grading. A huge congratulations to Clare Youngman for the win, which was the second time she has won it, with her first win back in 2005. Well done to Deb Hart for pushing Clare to the wire, and also congratulations to Susanne Westgate and Corinne Bright for completing the competition.

Current Standings & Statistics	Total Points	Position
YOUNGMAN, CLARE	298	1
HART, DEB	298	2
WESTGATE, SUSANNE	285	3
BRIGHT, CORINNE	320	4

## Championship news continued .....

For the men, Garry Smart again proved what a fantastic runner he is, by winning the competition without dropping a single point. Roger Easterbrook claimed second, closely followed by Alan Kember, so it was fantastic running by those three to keep the competition tight at the top. Also, well done for the other competitors for completing the competition in 2021.

Current Standings & Statistics			Total Points	Position
SMART, GARRY			300	1
EASTERBROOK, ROGER			290	2
KEMBER, ALAN			288	3
RUTLEY, NEIL			281	4
KNIGHT, DUNCAN			273	5
YOUNGMAN, ADRIAN			251	6
RYMEL, BON			238	7

### 2022 Competition

Of course, one of the issues with the shortened version of the competition last year was that if a runner picked up an injury or missed a race, it meant that they may not have had enough time to complete it. We are hoping that 2022's competition will fill the full year, and at the time writing this, it has already started with January's Oh My Obelisk having taken place. It is great that more races are in the calendar this year, and we are hoping the competition will go on uninterrupted. The races are on our website, and you may notice that neither Sandygate Loop or the Club Trip are in there at the moment. I know the club are trying to find a suitable race for a club trip, and if that happens, it may be that we swap a race out in the second half of the year. Also, we haven't put Sandygate Loop in this year, mainly as a back-up in case another race is cancelled, but the club-only events will still be taking place.



## Championship news continued .....

### Races 2022

Date	Race	Category
16/01/22	Oh My Obelisk (13 miles)	Long Misc
06/02/22	Newquay 10k	10K
27/02/22	Looe 10 miler	Mixed
06/03/22	Bideford Half Marathon	Half
03/04/22	Taunton half	Half
18/04/22	Easter Bunny 10k	10K
01/05/22	North Dorset Village marathon	Long Misc
08/05/22	Ottery 10K	10K
02/06/22	Dawlish Dash	Short Misc
26/06/22	Torbay Half	Half
02/07/22	Mag 7 Road Race.	Mixed
15/07/22	Chudleigh Carnival road Race	Short Misc
17/07/22	Frome Half	Half
05/08/22	Forest Flyer	Short Misc
29/08/22	Lustleigh 10K	10K
02/10/22	Minster Challenge Races	Mixed
09/10/22	Mendip Muddle	Long Misc
TBC	Drogo 10	Mixed
TBC	Bicon Blister	Long Misc
TBC	JST	ShortMisc

Best of luck to everyone who is hoping to have a go at the competition this year.

Graydon Widdicombe, Club Championship Secretary

**For more information about Club Championship rules and how to take part,  
go to the Club's website, [teignbridgetrotters.co.uk](http://teignbridgetrotters.co.uk)**

# Captain's Corner

## Men's Captain Andrew Fox talks recovery



Dear all,

So where do I start?

This year has had its highs and lows for many of us.

My high started when we came back running together, then came the DD and then OMG... the BUMP!

After the DD I was on cloud nine like so many others, but then 5 weeks later, 3 weeks before the summer holidays BOOM, Covid struck the house. All 5 of us had it, one day after the other literally! The plus side was that we all had it at the same time!

But for me, long Covid struck. I was able to go back to work but it was 9 weeks before I could even contemplate going out for a run, pure exhaustion! Every night, brain fog, couldn't sleep, very restless, body aches for hours but I needed to start running again. After my first run (walk!), it took 5 days to recover and this went on for another 6-8 weeks. Eventually I managed to get some steady runs but yet my recovery was slow.

I approached Joe Hornsby, my saviour. I sent a message to him and he gave me a 6 week heart rate programme to follow to which I am following to this day (within reason.) I've managed to get myself up for RED JANUARY and it really has given me my Mojo back!

Anyhow enough about me, I just wanted you all to know why I hadn't been to training over the last 5 months; it hurt not being at my second family of brother and sisters.

So, whilst being miserable with Covid, I watched the progress of the runners at TT on FB and the news letters/results and there were some truly amazing success stories! And I think this was proved at Saturday night's presentation evening at the REC on the 15th January.

After speaking to so many runners on presentation night, it felt like I had verbal diarrhoea (it was great to talk, with a few pints of course!) However, what I learnt, not just from talking to so many people with reference to my Covid (we all know someone that's had it and we have all suffered very differently mentally and physically: ill health, tiredness and some have had nothing) but also the injuries that runners have had to deal with, is this: recovery is key! This is what I shall take from 2021!

Recovery...

## Captain's Corner continued ...

Recovery comes in many different ways, but we must listen to our body, listen to how it feels, allow it to rest. We're beggars when it comes to injuries, we run through it, we're scared that we'll lose fitness if we don't, or simply, like me I just love to run as it's an outlet for our mental health!

So, to all out there PLEASE ALLOW TIME TO RECOVER! Listen to how you feel, keep safe and when returning back you have so many running brothers and sisters here at TT you'll never be alone.

NO ONE IS LEFT BEHIND!

Also, may I take this opportunity to thank you all for being so supportive over the past two years; it's been a strange one to say the least. I love being and am very proud to be the Trotters' Men's Captain. Keep smiling you lot!

Best wishes to you all for 2022!

As the Chair always says! ON ON ...

Foxy





# Captain's Corner

## Acting Ladies' Captain Natalie Cusack talks events



Hello Trottettes,

Happy New Year to you all.

It was great to attend the awards ceremony recently and see all of the achievements you have had over a very difficult year for racing. I am excited to see some more accomplishments and PBs in 2022!

As we have a hugely talented pool of ladies, it would be good to get some teams together for upcoming relays and events over the Summer and beyond.

I am looking for teams for the following events:

[Friday 13th May - Exe Relays - City Runs](#) (4 X 4km)

I am looking for teams of 4 in the following categories:  
18-39, 40-49, 50-59, 60-69, 70+

There is an option to have mixed age groups as well (although they will be entered into the youngest group member's age category).

[Friday 17th June - Taunton Relays - City Runs](#) (4 x 3km)

Looking for teams of 4 in the same categories as above.

[Erme Valley Relays](#) - date -TBC (possible July)

I wanted to check if any ladies would be interested in forming a team for the [Hope24 event at Plympton](#) on the weekend of the 1st July? Just an idea to think about.

I have also seen some 5km and 10km race series which may be of interest to check your progress and fitness over the next year. More information to come soon!

For any more information, please contact me at: [ladiescaptain@teignbridgetrotters.co.uk](mailto:ladiescaptain@teignbridgetrotters.co.uk) or come say hello at club!

Happy Running

Natalie

## FOREIGN MARATHON 2022

It's back! This year the famous Foreign Marathon trip is the...

**Nice to Cannes Marathon (also known as the Riviera Marathon) on Sunday 30<sup>th</sup> October 2022 (or to give it its correct title, Marathon Des Alpes Maritimes Nice-Cannes)**

The race was first staged in 2008 and is now the second largest marathon in France.

The race starts at 8am on the Promenade des Anglais in Nice and the course takes you along the coast to finish in the Boulevard de la Croisette in Cannes. There is a cut-off time of six hours.

There is also a relay - two runners can each run a half marathon from Nice to Cannes.



Promenade des Anglais where it all starts

At the time this went to print, entries had yet to open; as soon as they are we'll let you know.

More details will be found at [www.marathon06.com](http://www.marathon06.com) when they update the site for this year's event.

So, how are we going to get there?

Easyjet fly from Bristol to Nice on Friday 28<sup>th</sup> October at 11:00 and return on Tuesday 1<sup>st</sup> November at 20:25. The cost of the return flight was £52.18 when the flights were released on 15<sup>th</sup> December 2021, which is why we posted on our Facebook page with the flight details. They may well have gone up in price by now.

We have a number of possible hotels, but a good deal has yet to be struck! So, book your flights and we'll give you more information on the accommodation shortly.

# CLUB CAMP 2022: The Reveal

Here it is, the news you've all been waiting for!

Next year's camp will be at...



...in Burton Bradstock, Bridport, Dorset DT6 4PT on 17<sup>th</sup> and 18<sup>th</sup> June.

Freshwater Beach Holiday Park offers family-friendly holidays and short breaks situated right on the Jurassic Coast. With the on-site Jurassic Fun Centre, entertainment and generous facilities on offer, there's something for the whole family. On site facilities also include indoor and outdoor pools, a bowling alley, gym, hot tub, sauna and steam room, convenience store and terrace bar. It gets 4.5 out of 5 on Tripadvisor!



The cost of the weekend is £72 (£36 per pitch, per night). This price includes up to six people, one car, an electric hook up and your tent/motorhome/campervan. It also includes their special offer of 3 for 2; we can stay the Sunday night for free!



## Club camp continued .....

We would normally have to vacate the pitches by 10am. However, even if you don't want to stay the extra night, you can still take advantage of the offer and have all day Sunday at the park, as long as you book for the additional night.

The price also includes entry to the club, indoor and outdoor swimming pool and on-site entertainment (subject to availability). The holiday park is dog-friendly but it's an extra £2.50 per night per dog.

Unfortunately, we're not able to make a group booking for the potential size of our group. So, if you would like to come to Club Camp, please can you let us have your **deposit of £20 per pitch by 28 February 2022**. You can either give Nigel the cash (and required information\*) at training or pay by bank transfer and email the details to us at [secretary@teignbridgetrotters.co.uk](mailto:secretary@teignbridgetrotters.co.uk); please message us for the bank details.

With your deposit, please can you provide us with the following \*information:

Name and address,  
Email and contact phone number,  
Number of adults/children/infants,  
Type and size (in feet or meters) of the sleeping unit,  
Any **extras\*** ie: dogs/boats/gazebo/pup-tent/2nd car,  
Vehicle registration, and  
Whether you want the Sunday night (free).

**\*Extras** (Charges each per night):

Person (up to 6 people free) £5.00

Dogs- per dog per night (maximum of 3 dogs per pitch) £2.50

Boat £2.00

Gazebos are free (Gazebos are by arrangement only, provided there is sufficient room on your pitch to allow for the 6m distance from your neighbours accommodation to comply with fire regulations)

Pup Tents (2 man-tent) are extras. - Please ask for prices

Extra Car £2.00 Maximum 2 cars per pitch

When we pay all the deposits (which should guarantee we'll all be in the same area of the campsite), we'll be given a separate booking reference for each pitch which you will need to quote when you pay the balance direct to the camp site (by 6 May 2022).

See you there!  
Nigel & Liz

# Wonder Woman

Special achievement award winner, Wendy Goldthorp, shares her experiences of a truly amazing feat.

Back in March 2021, I shared in the newsletter that I was looking to run 256 miles over 10 days along the South West Coast Path to celebrate my next decade. This was 100 miles further than I'd ever run. As the September 2021 start date drew closer, I decided to up the mileage to 312 miles (twice the distance I ran for Marathon des Sables aged 40) as I thought, if I didn't aim higher, I'd regret at least not giving it a try.

I'm pleased to say, as many as you already know, I completed my run – some 327 miles as it turned out – completing 275 miles over the original 10 days, then picking up again a month later to finish off the rest.

Getting to the start line wasn't without a few hiccups. Over the summer I moved 3 times in 6 weeks before settling in Torquay and, doing most of the moving myself, ended up pulling a hamstring meaning I could only manage 3 miles before the leg gave up. Thankfully, this resolved itself.

Then, the day before I was due to set off on my adventure, I was working until 30 minutes before departure (with hindsight, not such a great idea) and with everything over the lounge floor and the dog sitter arriving an hour early, when my lift to the station arrived, I ended up stuffing EVERYTHING I might possibly need into 2 large suitcases, 2 rucksacks and a handbag and piled onto the train to Cornwall and read up about the route in my guidebook on the train journey down – not recommended, but sometimes the best adventures are a little unplanned. When I arrived in Hayle, I was up till 1am packing, repacking and discarding kit to fit it all in my backpack – in total it weighed around 26/27lb with water bottles. Heavy to lift, but when it was on, it was not so bad.



Wendy at the start of her challenge

On day 1, I set off from Bedruthan Steps, just above Newquay. On the whole, the weather was very kind – a bit of mist and drizzle here and there, but nothing insurmountable. Just as well as I was travelling quite light when it came to clothes.

I carried everything, but at my friend's insistence I spent the first two nights sleeping in the back of his works van. The first night was a blessing as that night it really tipped down. However, when we shut the door for the evening, he then realised there was no internal handle and we couldn't get out! After a bit of panicking on his part (I was too tired to react) and hoping that, yes, the handbrake was definitely on, using the tools in the van, we were able to make just a big enough gap in the panel separating us from the front cab for me to slither through headfirst and get out through the driver's side. I can laugh at it now, but at the time, it wasn't so funny. The second night, I came in after dark, and got special permission from the lighthouse keeper at Pendeen Watch to sleep – again in the van – next to the lighthouse (handy in the night as I didn't need a torch!).

There were other highlights. I loved all that scrambling over the rocks at Zennor (it's what my strength training had focused on) and the ruggedness of the Cornish coastline, unlike Devon which was more undulating. Running through the historic Geevor tin mines with their abandoned chimney stacks felt quite eerie. Then there was racing the tide to make certain crossing points to avoid the longer way around. I shared photos of the amazing scenery over on my instagram account [here](#).

Often, I didn't encounter anyone for 2-3 hours at a time, and loved the simplicity of it all, carrying just the essentials. I felt safe with my GPS to track me and got to see parts of the British coastline that most never get to see. And then there was walking across a firing range (thanks to the GPX file for sending me that way) – the flags were down so it wasn't in use but I felt compelled to keep checking just in case. It was only when I came out the other side, I saw the big sign saying no public right of way. Oops.

## Wendy's achievement continued .....

Although I originally wanted to run without any support, this would have seen me camping out alone overnight in the middle of nowhere with no top-up supplies, sometimes with no mobile signal for a few hours at a time, and nowhere near a road if I needed help. This meant some days I had to cut short my target mileage as I felt it was too dangerous to run in the dark to my next inhabited point. I was extremely grateful that unofficially my friend ended up becoming my crew and meeting me on the course to hand over recharged USB sticks for my phone and bringing snacks. Other than the van, I slept 3 nights on campsites, 1 night in a garden chalet, 2 in a hotel to clean up after a tumble and because I was looking incredibly dishevelled/wild when I reached villages. One night I've now no idea where I stayed. Without exception, everyone I spoke to was incredibly positive about what I was up to and a few people I ran into a couple of times while out on the path and wanted to know how I was getting on.

Amazingly, as I was doing the challenge, I had no aches or pains. However, over those 10 days, my pace slowed as I became more fatigued. I was in a severe calorie deficit, despite eating loads at every opportunity, and I lost 7lb (of course, it came back on almost as quickly).

### Stunning views .....



With needing to get back home on day 10 for the dog sitter and childcare, I very reluctantly had to call it a day when I got to East Prawle, which is the most southerly (and a hard to reach) part of Devon.

A month later, I was back out on the coast path to complete the remainder of my challenge. This time, I didn't need so much kit. I picked up the path again from East Prawle and made my way across more familiar ground towards Exmouth, my finishing point. Thanks to Sue and Alan for

cheering me in at Shaldon – a welcome surprise. After I caught the ferry to Teignmouth, I seemed to run out of puff, so I walked with my poles as fast as I could muster to Starcross. The ferry across to Exmouth wasn't operating due to weather conditions – but I was adamant I didn't want to a) go round the long way or b) come back when it was working, so my friend came and got me and drove me to the ferry point the other side in Exmouth and from there I ran the last half mile to my finish point.



### ..... and challenging terrain

In all, I ran some 327 miles (even more than I anticipated) and raised £2,245 for Rock2Recovery (<https://rock2recovery.co.uk>), who support service veterans and their families. I would like to thank everyone who lent me their support in preparing for this adventure, came out training with me, and encouraged me around, as well as the generous donations. Thank you.

What's next? I needed to take 8 weeks off any serious training to get over that run, but now I'm back out again preparing for 1 or 2 ultras this year. And I'd love to finish off the bits of the coast path I haven't yet run. Watch this space!

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**Fancy being interviewed for The Trotter or sharing your running experiences? Drop me a line at the above address. Its great to have a variety of contributors.**

