

The Trotter

Issue 7 April 2022

Success in Seville!



Committee updates

DD preparation

Captains' Corner

Welcome



This edition speaks for itself; lots going on in 'Trotter World'.
So if you haven't signed up, stepped up, volunteered or set
yourself a new challenge, now is the time.

Be prepared to be inspired! Enjoy the read.



**BORN
TO
RUN**

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AGM



This year's AGM meeting took place on 24th February

CHAIRMAN'S REPORT

Good evening everyone and welcome to this year's AGM.

As you will see from the agenda, all positions for both committee and non committee posts have someone standing for them. We actually have 9 members standing for the vacant 7 general members on the committee. Allen Taylor has since withdrawn. We'll come to the voting later.

This time last year we were experiencing the joys of a virtual AGM, with members tuning in to watch via Zoom. That was one of many changes we experienced in what was another very strange year.

Thankfully, all but one of races, the Sibelco Templer Ten, went ahead. Such was the pent-up demand for runners to actually take part in 'real' races, the DD, Heller and Totnes all reached their race limits, selling out in advance. The Templer Ten would have followed suit if it wasn't for an outbreak of covid at Stover School and an enforced race cancellation.

The DD was many runners' first race back since the pandemic started. It was also our first year at our new race HQ, Princetown's Community Centre. I think we found the right balance with trying to ensure a safe environment and at the same time, allowing runners to enjoy themselves. The whole weekend was a massive success. It was my last year as RD, having now handed the reins over to a very special lady sitting on my left (Liz Barnett). It seems strange to no longer call myself an RD after so many years, first at Totnes and then the DD. I will still chair the annual race director's meeting, so they haven't got rid of me completely!

The Haytor Heller broke all sorts of records last year. The first ever Trotter race to have chip timing, this was enforced upon us by covid restrictions. The biggest ever entry, 352 had signed up, and the biggest ever amount of no shows at one of our races, we had an incredible 107 runners not turn up.

With our races doing so well, the club's coffers had a much better year than the miserable time experienced in 2020. This allowed us to purchase a new chip timing system. Although the initial outlay of 8.5K was a lot, we will over the long run save ourselves a fortune if we had to hire a company to do it for us. It will relieve a lot of stress and make our job that much easier, which is something we must always look to try and do.

2021 still gave our coaching team a few headaches, we drifted in and out of restrictions. Numbers slowly started to increase, peaking at the mid seventies, before dropping back again with the Omicron variant. We had a change at the top, with Joe stepping down from his role of Coach Coordinator and Ian Langer taking on the position. Our amazing team of coaches and leaders are continuing to offer great sessions/runs. My thanks to Joe, Ian and all of the team.

Graydon did a superb job in putting together a Club Championship, albeit a watered down version, but nevertheless it was a chance for members to get out there, do a few races and enjoy some healthy competition. Huge congratulations to our winners, Garry and Clare.

Chairman's report continued ...

James Saunders won the committee cup for his outstanding press reports. We've been so lucky to have James as our press and publicity officer for the past 3 1/2 years. He was certainly a very worthy winner of the trophy.

Ali Clayton continued her excellent work, producing the eagerly anticipated Trotter magazine. I know I've said it numerous times over the years, but the Trotter mag is your magazine. It relies on your contributions, please don't leave it to the same old few each time.

On that note, it's vitally important that everyone does their bit for the club. Last year was a real struggle recruiting enough marshals/helpers at all of our races. When the chief marshals put out their requests on Facebook, please get your name down nice and early, it makes such a difference.

Our membership at the end of the year stood at 256 compared with 243 last year, so a slight improvement but still a long way short of our record 344 that we had in 2019.

The future certainly looks a lot brighter. It's great to see the royal blue vests at races and the return foreign marathon trip. This year, the club celebrates its 40th anniversary and we have big plans in the pipeline to mark the occasion. More will be revealed but for now keep the 9th July free in your diaries.

That's it from me, I shall now hand you over to Liz for her secretary's report.

On On

Roger Hayes



Roger and Liz with club sponsors

SECRETARY'S REPORT

Good evening everyone and thanks for attending this year's 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. We've also renewed our membership to Devon County Athletics Association.

Committee meetings have had good attendance this year, as you will have seen in the attendance record sent out with tonight's Agenda.

In November we held our annual Race Directors Meeting. This meeting gives all our Race Directors and the Assistant Race Directors the opportunity to discuss any issues and share good practices.

At last year's London Marathon, a record number of places were not used and were rolled over to 2022. This, together with the number of places allocated to 2022 from the cancelled 2020 event, means they have to take steps to reduce the number of entries for this year's race so that the new maximum capacity of 50,000 finishers is not exceeded.

In 2023 they hope to return to the previous system for allocating club places, but that does depend on the uptake of places in 2022.

Accordingly, clubs, like ours, that already have a runner rolled over from a previous London Marathon will not be offered any additional places for this year.

Club Camp 2021 was at Watermouth Cove Holiday Park in between Ilfracombe and Combe Martin in North Devon. It was great fun - even the weather was fairly kind to us.

This year's Club Camp will be on 17th/18th June at Freshwater Beach Holiday Park in Bridport. Full details are in the latest edition of The Trotter; there's still time to book your pitch if you want to come along, just speak to Nigel or myself.

The end of year Presentation Evening was held at The Rec; thanks to all those who attended and congratulations to all those who took home a trophy. Planning of this year's Presentation Evening has already started and details will follow later in the year.

As always, I'd like to thank my fellow Officers and Committee members for their continued support during my sixth year as Club Secretary.

Thank you.

Liz Barnett



TREASURERS REPORT for year 2022

Good evening, everyone. 2021 was a very challenging year for your treasurer, due to the introduction of on-line race entries, various other events and kit sales etc, via the event trac system. Sadly, the financial arm of this is handled, on behalf of event trac, by Stripe. We have no control over this link and I can only prepare accounts etc based on these data. The problem we have is that although event trac take their fees and produce figures which are accessible and reportable, the same cannot be said for Stripe. Stripe simply 'dump' a sum of money into our account at the start of each month, without any ability to see what period or what event/race it relates to. I have, therefore, been forced to try and estimate fees etc for each of our events/races. This of course is not always a true reflection. However, the overall income and expenditure is accurate.

Starting with the bottom of sheet 2 you can see the club made a profit in 2021 of just over £11.6k. The breakdown of our funds is listed just above, and above that our balances. At the top are the figures for our races. As you can see, only the Templer Ten made a loss, due to the race not taking place.

Sheet 1 details where we spent our money, and acquired our income, 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 2021 our races provided us with a profit of over £16.5k.

Subs income is approximately £1153 less than the fees paid to the NADRT, which as I always say, highlights the importance of our races. We need them to keep our subscriptions as low as they are, and run this club.

Other income:

Shows a continuing drop in kit sales, Pres Eve is up, because we are actually having one, and Social is the John Scott dinner.

With regards to Expenditure:

Races Coaching and Training is up, due to the fees paid to Accuity for our on-line coaching system and the race refunds which were awarded for marshalling points. Trophies are up, as we will be making presentations.

Miscellaneous income/expenditure is down due to no new P Bonds being purchased in 2021.

With the recent purchase of our chip timing equipment, I thought it was about time to add the club's assets to my report.

I have always reported the value of the Club kit in stock, which at the end of 2021 was £4120. I am now adding the value of all the other equipment we hold, both at Brunel and at Princetown, which amounts to £24035, the total now being £28155.

My thanks to Nathan and Jacki for providing these data.

My thanks to the officers and committee for their support during the last 12 months, and to wish the club and all its members every success in 2022.

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 2021-2022, subject of course, to no change from the Newton Abbot Recreational Trust (NADRT).

John Caunter

Treasurer; 24 Jan 2022

COMMITTEE MEMBERS 2022-2023



The Officers for the Teignbridge Trotters:

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

Jacki Woon

Ryan Anthony

Stuart Moulson

Deb Hart

Corinne Bright

Joe Hornsby

Non- committee posts

PRESIDENT - John Caunter

PRESS & PUBLICITY OFFICER - Chris Broadbent

SOCIAL SECRETARY - Nigel Barnett

CHILD PROTECTION OFFICER - Wendy Goldthorp

WELFARE OFFICER (Adults) - Wendy Goldthorp

CROSS COUNTRY OFFICER - Wendy Goldthorp

LADIES CAPTAIN - Natalie Cusack

MENS CAPTAIN - Lance Mason



New committee member Corinne Bright

Press and Publicity Officer

Newly appointed Chris Broadbent on why he volunteered for the role

I've been with the club for around eight years now! Wow! Time flies. I have long worked in sport and the media, mainly in athletics and Olympic sport. This includes as press officer at UK Athletics and before that at Scottish Athletics. Selfishly, the club has always been a bit of an outlet for me away from my day job, so I have steered away from putting my hand up for this role for a while. But I think it's high time I put a bit more back. It's a great club, with so many brilliant people doing incredible things. Being press officer, you are privileged to be fully across the achievements. Quite honestly, there is no real difference in an elite athlete coming off the track having just won a World or Olympic medal and a club runner having smashed a PB in a time they never thought possible. It's nice to be a small part of those moments.



Chris and family at last year's Totnes Races

Trotters 40th Anniversary Celebration

Saturday 9th July - 2pm till Midnight



To celebrate 40 years of Trotter existence the club have organised a day of fun and games, followed by an evening of live music and dancing.

We want everyone to come along, bring your husbands, wives, partners, kids, the more the merrier. It's a proper family day out.

We've hired the marquee at Newton Abbot Rugby Club. We've got access to the rugby pitch, where we can

stage our list (see below) of organised games and competitions. There will be prizes!

We'll be laying on a BBQ, catering for vegetarians and vegans as well as all you meat lovers (proper butchers sausages and burgers). Local band, Basher Tate, will be playing live from 8:30pm. There's a fully stocked bar, including real ales, lager, cider and Guinness.

Tickets are on sale at the bargain price of £10 each and under 15's are free! You can buy your ticket via the link on our website's homepage and the one displayed on our Facebook page.

Ticket sales closes at midnight on Sunday 3rd July.

We will also be having a charity prize draw, with all proceeds going to a Rowcroft Hospice. We are actively seeking prizes, so if you or the company/firm you work for would like to donate a prize, please let Deb Hart know; mrs.deb.hart@gmail.com



Timetable of events

2pm - 6.30pm Games

- Tug of war
- Welly wanging
- Rounders
- Egg & Spoon race
- Wheelbarrow race
- Sack race
- British Bull Dog
- The conversion game
- The balloon game

6pm - 8pm BBQ

8:30 - Midnight Live band & disco

*Get buying those tickets
and help make it
a day to remember.
See you there!*

CLUB CHAMPIONSHIP



Club Championship 2022 is underway

The competition for 2022 has got off to a great start as, at the time of writing, we've had 5 races that have taken place: Oh My Obelisk, Newquay 10K, Looe 10 miler, Bideford Half Marathon and Taunton Half Marathon.

After a different looking competition in 2021 because of some races being cancelled due to Covid, I think it is great to look down the 2022 list and see some fantastic club races back in the calendar. When we put the competition together each year, we do try to support local clubs with their races, as these types of events are such a brilliant part of our local race scene, as well as generally being great value.

Looking ahead to the autumn, a change in the race schedule has been made, in order to accommodate our Club Trip race. Therefore, Minster Challenge has been replaced with Honiton Hippo, which takes place on 18th September. Deb Hart and John Skinner are the new club trip organisers, and will be in touch in due course with details of how to go about entering the event.

For a full list of races in the competition, and current standings, please check the Club Championship section on the website.

A quick reminder that it is an individual's responsibility to ensure they are in the race results as a Teignbridge Trotter if they wish to be included in the club championship for any race. When I process the results, I search for the club's name in order to find the participants in the race results so if you're not in the results as a Trotter, please contact the Race Director and ask if they will amend the results, and also let me know.

Graydon Widdicombe
Club Championship Secretary

Club Membership

Membership Secretary Kevin Besford updates us on the latest members' news



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

Little was I to know that all that was about to change. Many of you will be aware that in January I found myself being rushed to Torquay Hospital and a time in the ICU with what I found out later to be double pneumonia. I would firstly like to thank all of you that sent me best wishes for my recovery whether online or in person and it was very nice to be able to get to the AGM and see many of you again. Special thanks to Deb, Skinns and Eleanor for taking the time to visit me when I first arrived home. I have been making a steady recovery but will be many months before I am likely to be running again.

In my absence it is great that John Skinner has been successful in starting up the Couch to 5k programme on Mondays, which will become Mondays and Wednesdays. The numbers attending have been very promising.

Despite the group's name, established members who have suffered a lay off will still always be welcome to join in with the group. I am looking forward to being one of them.

Our membership number now stands at 271 and going by the amount of emails I have been getting, I expect this to creep up over the coming months and get closer to the 300 mark again. I have been welcoming new members and getting to know many that I have missed while attending regularly on Mondays, though as I have previously written, I cannot get to the Wednesday sessions.

I have in the recent past asked for a volunteer to step forward as my assistant with the membership primarily being there on Wednesday evenings to make new members feel very welcome to our great club. I am pleased to announce that **Corinne Bright** has stepped up to take on this role, so please, if you want to bring a friend or invite a new prospective member to a Wednesday session, make a beeline to Corinne. I am sure she will do a fantastic job.

One big change to my role is that I have stepped back from the club trip after doing it for many years and am pleased to inform you all that **Deb Hart** and **John Skinner** have stepped in to do this and have been busy setting up a trip for this year which I will leave them to tell you all about.

Membership news continued ...

There have been a number of new members since my last ramblings, so, in no particular order we have:

Kevin Rickard from Kingskerswell, Francesca White from Tavistock, Chanti Woolner from Ipplepen, Jack Longden, Lucy Bailey and Ross Chorley from Newton Abbot, Sarah Blanchard, Harley Law, Charli Bratcher, Laura Holland and Andy Gillson all from Kingsteignton.

Also we have a couple of returning members after a spell away so welcome back **Caz Vickers from Newton Abbot** and **Andrew Ludlam (aka Monkey) from Teignmouth.**

Please make them all welcome whenever you find yourselves running with them in a session.



Its **happy birthday** to quite a large number of members who celebrate notable birthdays coming up in April, May and June:

Natalie Cusack 35, Travis Wood 40, John Pullen 45, Gavin Forbes 45, Neil Dawkins 50, Tracy Elphick 50, Bruce Campbell 55, Joanna Griffin 55, Rebecca Hext 55, Rex Barnes 60, Joth Pigott 60, Geoff Woods 60 and finally ex-President Graham (Buzz) Terrill 80.

To all of you, enjoy racing in your new age category.

To finish on a positive note one of our newest members above, Sarah Blanchard, approached me when she first joined and we had quite a chat. She is helping a guy with a services background who is running 5000 miles for charity. The club have donated £271 (£1 per member) and Sarah will be hoping that some of you can join him as he runs through Devon.

On On.



The club donating to charity

Membership news continued ...

Hello fellow Trotters.

My name is Sarah Blanchard and I am a newbie to the club. Firstly, I would like to thank both Kevin and Roger for inviting me to tell you about an inspirational endurance runner 'Paul Minter', and the challenge he has set himself to promote mental health awareness, alongside fundraising for a new veteran's charity called *"Head-UP"*.

You may have seen him on the BBC and GB News.

Paul, along with three fellow Veterans, have plans to create a; *"uniquely non-Militarised, holistic 'safe haven' to help current and former members of the armed forces recover their mental health and wellness"*.

It is an ambitious project, but visit their website head-up.org.uk and you will see that they have done the ground-work and mean business. To enable this to become a reality, £3 million pounds is needed. They aim to open this retreat by the summer of 2023.

It is funny how things happen, as Paul and I had not met until this January at a 'UK Synergy Worldwide' Health and Wellbeing conference, when Paul stepped up and delivered his powerful and emotive presentation, sharing his story and his 'why' behind the retreat vision. Paul had us in 'awe' as he announced his fund-raising challenge to run a total of 171 days, a leg aching 5,000+ miles around the British Isles, a distance that will be equal to 191 marathons.

Like many others in the room, I heard the call to positive action and instantly knew that I'd found the 'driver' that was going to help me achieve my own personal 2022 running goals.

I love getting behind good causes and with a 30-year background in nursing care which included experience in mental health, to me, this was a no-brainer!

I returned determined to move on from being a solo runner.

A few weeks later a chance encounter with an 'interesting' lady led me to Teignbridge Trotters and after my first Monday run I knew this club was perfect for me and I am thoroughly enjoying being part of the TT family.

I have come with some personal goals. One being to achieve a Half Marathon (in a good time!). Then the big one, to complete a Full Marathon and this is where Paul has become my inspiration.

Below are the dates that Paul is running in Devon. I intend to join him for at least one of these days, so, if you fancy a run, or have any fund-raising ideas that could help make Paul's visit to our part of Devon a memorable one, let's chat. I am at the club most Mondays or you can connect with me through the members page on Facebook.

DAY	DATE	START	FINISH	MILES
129 T	05-07-22	REST DAY –	CHARMOUTH	
130 W	06-07-22	Charmouth, Dorset	Exmouth, Devon	32.0 miles
131 T	07-07-22	Exmouth, Devon	Torquay, Devon	21.9 miles
132 F	08-07-22	Torquay, Devon	Torcross, Devon	29.2 Miles
133 S	09-07-22	Torcross, Devon	Bigbury-on-Sea, Devon	27.5 Miles
134 S	10-07-22	Bigbury-on-Sea, Devon	Barbican, Devon	27.1 Miles
135 M	11-07-22	Barbican, Devon	Looe, Cornwall	24.5 Miles
136,137,138	12,13,14-07-22	REST DAYS	LOOE	

And in other membership news.....

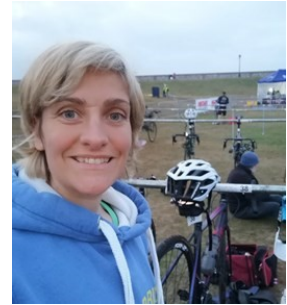
Trotter Chris McIntosh, Race Director for the Sibelco Templer Ten has been in touch with Roger Hayes. Chris is currently deployed with a small UK-Med team in western Ukraine in the city of Drohobych, providing care for internally displaced people and trying to support the local health services. He's going to be out there till mid May.



Chris out running, not a soul in sight

Captain's Corner

Ladies' Captain Natalie Cusack



Hello everyone,

I am writing this entry after a sunny bank holiday, I hope everyone is enjoying the start of Spring and running in the sunshine! We have had an awesome start to 2022, with PBs all round.

First, I want to give a shout out to Wendy Goldthorp for her solid work and consistent representation of the club in the Westward league Cross County season. Thank you, Wendy, for your hard work, I look forward to the next season in winter! Now it is time for summer, and the relays, but more on those later.

We have had some smashing PBs over the past 3 months, in both the half and marathon distance. A huge congratulations to Susanna Goffe, who has smashed out some incredible times this year, giving herself two PBs. A potential winner for the club championship!? Keep going Susanna!

Another lady running well is Jacki Woon, who continues to impress with a new half marathon PB and consistently sweeping up awards in her age category (including her own club records).

Over the past three months we have also seen another club record broken by Deb Hart, breaking her own club record for the half marathon.

Other notable mentions include PBs for Kathryn Steemson, Rachel Steele, Corinne Bright, Dominique Harcourt, Debbie Proctor and Natalie Cusack.

I am looking forward to seeing what happens over the upcoming months, I can see some solid training going on from you ladies (Rachel Steele I am looking at you) and some great performances from our ultra-runners (Ruth, Sue T and Karen) working towards the 100 marathon club.

If anyone wants to recommend a shout out for a Trotter lady running well, or reaching a milestone, please email myself at ladiescaptain@teignbridgetrotters.co.uk.

Can I please make you aware, that the Summer relays are fast approaching, I will soon be gently reminding everyone that we need a team to represent the club at these races. Please see the poster for more information! Your entry fee will be covered by the club, there really is nothing to lose!

Until next time, keep up the good work!

Natalie

Ladies Relay Teams

2022



Ladies Wanted!

It's almost time for the Summer relays again, it would be amazing to have a team of Trotter's ladies representing the club for the 2022 season. If you have not joined a relay team before, it is very easy, you will be in a team of four, and as a team, you all run 1 loop of the course (usually about 4km). Teams can be split into age categories or just a mixed team. All ages and abilities are welcome, no one is 'not good enough' for the relays! It is a great way to build team camaraderie and socialise at an event. They are usually held on Friday evenings, it's short, it's fun and it's free. Join in for a laugh (and maybe post-race cake and gin) or join in for a PB.

All Trotters are welcome!

2022 Events

- Friday 13th May - Exe Relays - Exeter Riverside - City Runs (4km)
- Friday 17th June - Taunton Relays - City Runs (3km)
- Friday 22nd July - Erme Valley Relays - Ivybridge (4km)
- Friday 19th August South Devon Relays - Torbay Velopark (3km)

List will be updated throughout Summer (last update 02/04/2022)

Teams and age 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 members age category).



Want to get involved?



OMG! Yes Queens! Of course you do!

If you can run an event (or multiple) contact the ladies team captain, Natalie. You will be put onto my super spreadsheet and teams can be created close to the event.

If you have a team of four, either mixed or an age category, let me know, I will enter your team to the race.

Email - ladiescaptain@teignbridgetrotters.co.uk
Or send me a facebook message - Natalie Clare
Or just come and say hi on club nights!

Captain's Corner

New Men's Captain, Lance Mason, is ready to motivate



I've just returned since January from a two and a half year loss of mojo & no races because of the pandemic. Things are now going in the right direction for me in my training, thanks to this great club.

Now I'm back as Men's Captain, I would like to welcome all new members to The Trotters; we are one big family as you will find out, with great coaches/leaders and a committee to forward you in your goals.

There has been some great racing over the last few months and some of you have met your own targets - well done to all. Let's keep it going. Whether you're speedy or a middle of the pack runner, we all give advice to enhance everyone. Don't be afraid to ask - it's free!

A good addition to our training nights is the Couch to 5k, thank you to John Skinner (aka Skinns). The aim is to encourage new members to move onto racing or just enjoy a sociable run.

One other quick mention goes out to Paul Sharples (senior), doing his first 4 marathons in 4 days, from Friday 15th to Monday 18th April. Paul has successfully finished all - a great achievement. Well done Paul! Also, Paul is a 65 vet, which shows age is no barrier and inspires you to set yourself targets.

Stay fit and healthy.

Yours in sport
Lance Skippy Mason

Skinns' Wisdom

John Skinner waxes lyrical

A SPARK IN THE ORDINARY DAY

Good Easter noon. I'm quite well refreshed so firing off the hip. Let's go. You know it's never too late is it for anything really. It's post covid ish and spring has begun to spring with the brand-new Trotters C2 5k regime two weeks in. Buds are popping on eager mossy twigs and the chatter of songbirds fills the air. Meanwhile the optimistic buzz of a puffed-up bumble bee drifts over across the gathering beneath, running sedately alongside the swaying marshlands of the river Lemon. Someone once said, "Spring is for plans and projects"; sounds about right.

And so here we are, the assembled group of likeminded souls embarking on a fresh enterprise. A curious mixture of the old and the new. Both ends of the spectrum, battle hardened old soldiers with a willing ear of experience to advise those of us who are new to the sport and the Trotters. So, two weeks in and bonds already forming. I look around the group, the joy palpable, grinning faces abound. There will of course be pain, but as we know joy and pain are like sunshine and rain, but it's alright they are both one in the same.

As for myself, a veteran of 30 years, it feels like it did when I first started, a new lease of life perhaps. I love a common goal, a journey. As I suggested at the onset, it's never too late for a second or even third coming. I'm completely familiar with the "lost my mojo" concept, we've all been there. So why not get off the couch and join us? Inject a spark into the ordinary day.

On on.



John stretching post run.

DARTMOOR DISCOVERY PREPARATION

This year's 32 mile Ultra Marathon takes place on Saturday 11th June. As the longest race organised by The Club, it takes a lot of preparation. But how do the runners themselves prepare? Here, Trotters share their thoughts as they prepare for the big day.

Susanna Goffe



Susanna racing in last year's DD

Number of times you have run the DD	Twice
Reasons for taking part	The 1st time was a challenge, 2 nd time lucky, 3 rd time...am I allowed to say "fun"?
Preparation/training	Loads and loads of miles. I've just run Taunton Marathon and have another marathon booked in. And all the hills of course.
Least looking forward to..	Probably mile 30, so close yet so far.
Desired outcome/ time	Erm, not to die...hopefully quicker than last time.
What's next?	My other favourite race of the year, Haytor Heller. Lots of off road runs in the summer and then London Marathon in the autumn.

Andrew Rattlidge

Andrew in the recent Taunton
Marathon



Number of times you have run the DD	Never. I've only just completed my first marathon
Reasons for taking part	After speaking with many fellow Trotters about the race and how much they enjoyed it, I wanted to challenge myself. Having never done anything more than a half, the DD Seems like a definite step up.
Preparation/training	<p>I've been doing long training runs most weekends for the last month or so. During a 20 mile run, the last 5 miles I really struggled with a high heart rate (185) and was worried that I'd 'maxed out' and wouldn't be able to run any further. Luckily, this turned out to be covid and so, after about 10 days, I was able to continue training.</p> <p>I've just completed my first marathon - Taunton last weekend and was very pleased that I was able to complete it without any issues. I'm looking at doing another marathon in the next few weeks and running the DD route over a few weekends to familiarise myself a bit.</p>
Least looking forward to..	The Ups!
Desired outcome/ time	As I'm relatively new to longer distance running my main aim is to complete it within the cut-off.
What's next?	I was lucky to secure a London Marathon place in the ballot so will be doing that in October but I have a feeling that the DD will be a lot harder!

Bon Rymel



Bon and Gary after completing the DD in 2021.

Number of times you have run the DD	Only once in 2021
Reasons for taking part	<p>The Dartmoor Discovery is famous. If you mention the DD to anyone who likes running, the general reaction is a screwed-up face and a frown, along with some light-hearted 'good luck' or 'fair play' words of encouragement.</p> <p>If you mention it to friends and family who don't run then the general response you get is, 'isn't there a bus?' or 'the furthest I run is from my sofa to the fridge.'</p> <p>The DD is famous for being an extremely tough single loop ultra-marathon, that not only takes extreme mental strength but also a huge amount of prep work. I don't like to fail, and for me this is a challenge and a half. It gives me focus and drive, to enter something you're unsure if you're going to finish....</p>
Preparation/training	<p>Well... if you speak to 10 people who've entered you get 10 bits of advice, not all the same but if you pick the bones out of it the general consensus is that you need to prepare for this one.</p> <p>My preparation consisted of plenty of weekly mileage, and on weekends I did back-to-back long runs. I was watching what I was eating and on all my training runs, I was taking on fluids and food and finding a balance I could work with on the day.</p> <p>I also did a lot of training with Gary Brooking, who was an absolute legend, both training and on the day. Training and running with someone really takes your mind off the task in hand.</p>
Least looking forward to..	<p>'That' feeling in your legs, I know it's mind over matter. But try telling your jelly legs that on the day.</p> <p>The field starts busy but then soon spreads out, the last leg from Postbridge to Princetown can be quite a lonely stretch, and if the weather on the day is poor, then it can be a real slog.</p>
Desired outcome/ time	<p>If I can get inside the cut-off, I'll be very, very happy.</p> <p>Just to complete this one is enough for me.</p>
What's next?	<p>A nice sit down and a beer.</p> <p>Let my legs recover and I'll start looking.</p>

Shaz Sharples



Shaz and daughter Kirsty at the DD

Number of times you have run the DD	7
Reasons for taking part	<p>I was dating a guy that had done it many times and heard about it on the racing circuit.</p> <p>Once I had done one, I was hooked. Its just a fantastic difficult race (I use that term loosely). I got to Ashburton – half marathon point and knew I would be back again. Didn't realise it would be 7 times!</p> <p>Its so friendly and the camaraderie is second to none. Each runner helping others at difficult points and chatting to likeminded people struggling too.</p>
Preparation/training	<p>I generally run marathons most months (when I'm not injured.) I do a variety of different courses and try to do more hills as it comes up to the DD event.</p> <p>I do hill sessions on Buckland hill and just try to vary my training. When I do the long runs, I use the gels and water for fuel. I tend not to be able to eat food as such on marathons although on the aid stations I do put out a few bits like cereal bars and crisps- Wotsits are good I find.</p>
Least looking forward to..	<p>Unfortunately, due to a stress fracture after Xmas, I'm unable to do the event this year. I'm gutted but I can't push the miles up too quickly and the DD isn't an event you can enter lightly.</p> <p>I've seen the best sobbing on the roadside or being pulled off as they didn't make the cut-offs.</p>
Desired outcome/ time	<p>When I have done the DD I always focus on the marathon cut off and the 20 miler. The first half marathon is down hill so you can get carried away and run too fast and have nothing left in the tank. Its rather bleak around Buckland-in-the-Moor and Widecombe and you really must pull on your mental strength to get you through. If the weather is rubbish, it's even worse.</p> <p>I have made all the cut-offs in all 7 times I have done it.</p> <p>Even met my hubby at the after-party disco in 2016! Now married for 4 years. He also ran it too.</p>
What's next?	<p>Hopefully I will return but for this year, I will have to watch and cheer on the runners.</p> <p>Whether its your 1st or 10th it still hurts! Its still an iconic and wonderful event with a Teignbridge Trotter around every corner, spurring you on (another reason why I love it!) And the after party – dancing all night - a great way to get rid of the DOMS!!!</p> <p>It's a must for your running CV.</p> <p>Be careful: you could get addicted to the pain!</p>

Seville Marathon

Graydon Widdicombe on his overseas success

At one point on Thursday 18th February it felt like the Seville Marathon weekend may not happen due to Storm Eunice coming in and disrupting plans, with widespread travel disruption being warned about for the Friday. I was due to fly to Seville from Bristol on the Friday, so I took a late decision to find a hotel close to Bristol Airport for Thursday night, so I was at least close by on the morning I was supposed to be flying, and then just head to the airport and take my chances. Turns out I was lucky! My flight left on time, even though other flights around me were being cancelled or delayed. Pre-Covid, I feel very fortunate that I have done a fair number of marathons abroad and it is the thing I have missed the most the last 2 years, so when I felt the wheels leave the ground in Bristol I had a huge smile on my face, and even more so when we landed in the sun of Seville.

I was very keen to get the expo stuff sorted on the Friday, in order to free up Saturday, and so I checked into the hotel and went straight back out to get to the expo. I knew it was a bit of a trek out there, but I got a bus to and from and it was fine as I was back to the hotel in around 2hrs. The goody bag was quite good as it included the bag, t-shirt, buff and running cap along with a couple of drinks and energy bars.

Saturday morning I went for a 4 mile run, heading out to the start area from my hotel so I knew the way for race day. The rest of the day I did a fair bit of



walking, lots of eating of tapas, and enjoyed the city a lot. It's a great place and one that I would definitely visit again. It was brilliant to be out there combining a city trip with a marathon, once more.

I slept pretty well, but when I woke up at 5:30am on race day I was really nervous. I'd bought some breakfast from the supermarket but it was a struggle getting it down, so

I decided not to force it, and I just ate bits here and there before race start.

Seville Marathon continued ...

I got to the start area in plenty of time, and after the usual faffing, made my way to the front of my 3:15-3:30 group to try and avoid any potential weaving in and out (I got my place off the waiting list so I don't think I had much say in my start pen, so I was fine with this). But, more or less on the start line there was the 4:30 pacer so I had no idea what was going on there as they're usually pretty strict with the groups, and basically everyone (me included) surged forward and everyone was mixed up.

The race started at 8:30am and it took me about 30secs to get over the start line, and we were off! This is a flat and fast course (the organisers say they're the flattest in Europe, but I don't know if that is true; regardless, it is very, very flat, so totally perfect for me) and it was low humidity, a decent temperature and a gentle breeze. So ideal running conditions, really. Of course I had spent some time thinking about what pace to aim for and I had told myself that I should go no quicker than 7:10min/mile pace until half way, but that went out the window early on as the 3rd mile was 7:08! I carried on, trying to keep relaxed, and got through half way in 1:33:34 still feeling really good; no niggles, I'd had plenty of water, and I'd had one of my two gels at this point. Two weeks before the race though I had struggled around a Half Marathon in 1:34 so although I knew that had been in tough conditions, I tried to put that out of my mind as I was only half way through this race!

Miles 13-20 ended up being my quickest as they were all under 7min/mile, and I did slow marginally during the last 10K, so those miles were a bit of a struggle. But they virtually always are so I just dug in, and I knew a big PB was on. I just had to keep going.

In the last 2-3 miles, even though I was slowing, I was going past loads of



A well – earned medal

runners but as the streets were narrower in this section I couldn't keep my pace smooth as there was quite a lot of congestion. In the last half a mile I had a real 'jelly legs' moment and my thoughts turned to that chap who had to be helped over the line at London a few years ago. I did slow a bit here for a few seconds as I didn't want to fall, but then the finish line came into view and I pushed on to finish in an official time of 3:06:14, which was a bit over a 13min PB, from Malta 2018, and a slight negative split.

Seville Marathon continued ...

To say I was delighted would be an understatement as this time was really at the top end of my hopes. I had a GFA in mind (sub-3:10), which is something that I have never managed before, so to tick that off I am really very happy with. This all averages out to 7:03min/mile, and I don't think I could have done any better on the day, and it means I've hopefully secured a London qualification for the first time, although I'll have to wait and see what the process is for 2023 before I know for sure.



After the race, I headed back to the hotel and then went out to find some tapas, and also met up with a few runners from the 100 Marathon Club, as one member was celebrating their 100th marathon. Seville was my 98th marathon and it dawned on me that it was over 2hrs quicker than my first ever marathon (5hrs 15 at London 2010, when I didn't have a clue what I was doing). I feel marathoning is a very individual pursuit, and everyone has their own reasons for running or goals they may be aiming for, but if you had asked me after that first marathon back in 2010 that I would go on to get over 2hrs quicker, I would have honestly thought you were crazy.

After I crossed the line in 2010 it really, genuinely was a 'never again' moment.



I was due to fly back home on the Monday, but I went out for my customary slow recovery run that morning and although my legs were a bit sore and I was tired, it was great to be back out there as it is a lovely city. Then I went out for a decent breakfast before heading to the airport.

In summary Seville Marathon was a fantastic race and is one I would do

again, plus Seville was a brilliant city and the tapas were first class!

Contact us

President: John Caunter president@teignbridgetrotters.co.uk

Chairman: Rog Hayes chairman@teignbridgetrotters.co.uk

Secretary: Liz Barnett secretary@teignbridgetrotters.co.uk

Treasurer: John Caunter treasurer@teignbridgetrotters.co.uk

Membership Secretary: Kev Besford membership@teignbridgetrotters.co.uk

Club Championship: Graydon Widdicombe clubchampionship@teignbridgetrotters.co.uk

Press & PR: Chris Broadbent press@teignbridgetrotters.co.uk

Men's Captain: Lance Mason menscaptain@teignbridgetrotters.co.uk

Ladies' Captain: Natalie Cusack ladiescaptain@teignbridgetrotters.co.uk

Cross Country Captain: Wendy Goldthorp crosscountrycaptain@teignbridgetrotters.co.uk

Mag Editor: Ali Clayton mag@teignbridgetrotters.co.uk

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