

# The Trotter

Special Christmas edition



**Who won what in 2022  
Kris Ward goes long!  
Hamish & Susanna reveal all!**

# Christmas Greetings from Chairman Rog



Hope the hangovers not too bad this morning! We certainly picked one of the coldest nights of the year to have our awards night in a marquee! Many thanks to all those that came. Despite the rather chilly feel, I hope you all had a great time.

I must start by saying a huge thank you to Ali Clayton for all her fine work in producing the Trotter magazine since she took on the role in 2019. Ali has recently started a new job, leaving her less free time than she had before, and decided that she could no longer continue as editor.

The Trotter mag is such a vital part of the club and Ali should be proud of what she achieved during her time in the hot seat.

I have put together this special Christmas edition as a one-off copy, as I think I do enough for the club without landing myself with the job of editor of the Trotter! Therefore, we're looking for a new editor. How many editions you want to produce a year is down to you, but I would suggest a minimum of four. If you would like to know more about what's involved in the role, then please feel free to contact myself or Ali.

I hope you enjoy what I've managed to put together. Please try and read it all, as there is loads of important club information within it, as well as some very interesting interviews and many other articles. My thanks to everyone who has contributed. As I have said many times before, it's your magazine, without your input, there is not a lot to print!

There are some important other roles within the club that need filling, you'll read about them later. All I would say, is please don't leave them for the same old few people to do. There is no other better way to meet fellow members than by taking on some of these roles.

I ended the year on a bit of a downer, having fractured my foot whilst leading the A Group a few weeks ago. It tops off a bad year on the injury front, having torn my calf muscle at the Taunton Marathon in April and then cracking a rib whilst fishing (dangerous sport!) at the end of August. Maybe it's my body's way of telling me to ease up a bit with the marathon running - well that's what Oodey says anyway!

Many congratulations to our very worthy set of trophy winners. I'm always mightily impressed with how our members perform and this year was certainly no exception.

Happy Christmas everyone.



# How it all unfolded

Club Championship Secretary, **Graydon Widdicombe**, gives us the breakdown for 2022 and reveals the 2023 races!

I think it was great to look down the 2022 Club Champs race list and see some fantastic club races back in the competition, after 2021's Covid-impacted year. There were a couple of race cancellations during the year that had to be filled, but even so it felt like a more usual competition this year.

For 2022, it was very close for the ladies with Deb Hart scraping it this year, after just missing out on the overall win last year. This was despite Mandy Wheeler making a fairly late decision to have a crack at the competition, and picking up high scoring points and the year ended with Deb finishing on 397 and Mandy on 396 points.

I don't generally like to single out individual members as it takes a lot of commitment through the year for anyone to finish the competition. However, I feel Dom Harcourt deserves a mention as she completed a very impressive 12 of the 20 races through the year, the highest of any man or woman.

For the men, Roger Easterbrook had a fantastic year, finishing the competition on 399 points, out of a maximum of 400. Witnessing him putting everything into the John Scott Trophy (as he does at every race) and recording a seriously impressive time of 24:11 I think means he is a very worthy winner.

Well done to both Champions, and everyone who finished the competition this year.

Current Standings & Statistics	Total Points	Races Completed	Sections Completed	Position
HART, DEB	397	11	5	1
WHEELER, MANDY	396	8	5	2
GOFFE, SUSANNA	389	9	5	3
KNIGHT, KIM	379	10	5	4
HARCOURT, DOMINIQUE	371	12	5	5
TAYLOR, ELEANOR	371	8	5	6
PIKE, SARAH	370	8	5	7
BRIGHT, CORINNE	363	8	5	8
GRIFFIN, JOANNA	352	8	5	9

Current Standings & Statistics	Total Points	Races Completed	Sections Completed	Position
EASTERBROOK, ROGER	399	11	5	1
SCANES, JULIAN	394	11	5	2
KEMBER, ALAN	385	9	5	3
SKINNER, DEREK	382	11	5	4
KNIGHT, DUNCAN	375	11	5	5
LANGLER, IAN	373	10	5	6
RYMEL, BON	348	8	5	7
ANDREWS, CHRIS	346	9	5	8
ROBINSON, CHRIS	337	8	5	9
CROWE, EAMON	328	10	5	10

Turning to 2023's competition, as with every year, we are trying to support local club races where possible, and Chairman has been in conversation with several clubs whereby we actively let them know we are supporting their races in the hope they may support ours in return. I expect most members are sad to see the likes of Taunton Marathon/Half Marathon and Torbay Half fall by the wayside, so I think the focus of the Club Champs will always be club races where possible.

The eagle-eyed amongst you may have spotted that the Cornish Marathon is in for 2023! This makes me very happy as it is a really great marathon organised by a friendly club, and it has been possible to include it because our own Sibelco Templer Ten is being moved next year, whereas there's usually a date clash. Even if you're not doing the Club Champs, I highly recommend the marathon runners amongst the club to give this one a go.

2023's competition will take the same format as this year - that is 20 races, spread over 5 categories, with 8 races needed to complete the competition and at least one race in each category. You can see a couple of races still have dates to be decided so the club's Race Diary and Club Champs page on the website will be kept up to date as usual. Thanks as always to Eleanor who helps me a lot in chasing RD's for dates, thus enabling the creation of the list of races.

Happy planning, and Happy New Year to you all.

Date	Race	Section	Notes
08/01/23	First Chance 10K	10K	
15/01/23	Oh My Obelisk (13M)	Long Misc	
05/02/23	Blackmore Vale	Half	
26/02/23	Looe 10	Long Misc	
05/03/23	Bideford Half	Half	
26/03/23	Feighan Fury	Mixed	
07/04/23	Fast Friday	10K	
06/05/23	Ivybridge 10k	10K	
14/05/23	Weston Super Half	Half	
20/05/23	Muskies Madness	Short Misc	
11/06/23	Puddleton Plod Half	Mixed	
24/06/23	The Ugg	Mixed	Club Trip
01/07/23	Charmouth Challenge	Long Misc	
14/07/23	Chudleigh Carnival	Short Misc	
11/08/23	South Devon Relays	Short Misc	
28/08/23	Lustleigh 10K	10K	
30/10/23	Herapath Half	Half	
05/11/23	Cornish Marathon	Mixed	TBC
12/11/23	Drogo 10	Long Misc	
03/12/23	JST	Short Misc	TBC

# Our Club Champions can't get enough of the CC!

**Rog says:** The Club Championship gives you motivation to go for a run, to vary where you run, what distance, hills or flat, and what you train for. To accept the challenge of events that you might normally ignore (a flat race) and to participate.

Excitement of knowing that there's always danger lurking, whether it be a speedy youngster or a competitive seasoned campaigner like Gary Smart, James Saunders or Alan Kember, and that every second counts when you start thinking about the handicap factor with age grading.

It does need some thinking through as the different dates and category options can pass on by, leaving limited choice as the year rolls on, but that adds to the intrigue.

The battle within the race with other runners, to the fear factor of knowing that some hero might come past you near the finish - see photo opposite (Magnificent 7).

I think the Championship is a fine way of encouraging participation in running and testing your fitness throughout the year, it also means you've earned that extra cake, beer, ice cream we all love to consume. You get to see the same committed people in different places and share the aches and pains of one race (Oh My Obelisk for instance) against others (Torbay Half Marathon).



**Deb says:** I've been a member of the Trotters for nearly 6 years, and I'd never seriously thought about taking part in the Club Championship until 2020. I wasn't really sure how it worked, but with the help and patience of John (Skinns) and checking back through past articles in *The Trotter*, I thought this was something I could do.

Coming second last year really spurred me on for this year and early January saw me planning out my running year! My first race was the Obelisk Half Marathon, a day after the Awards Night - non-alcoholic lager for me that night!

I was checking the Championship regularly to see who was doing what and what points they were getting - healthy competition! It's great seeing other Trotters at these events all wishing each other well and then going for it. I've really enjoyed (if that's the right word) the challenge of getting out of my comfort zone for some of these races, pushing myself, and meeting runners from other clubs around the county and beyond.

The Club Championship is now complete and it's a case of waiting for the Awards Night to see where I will be this year. Oh, the suspense! So, come on ladies, make a New Year's resolution, immerse yourself in next year's Club Championship, the more the merrier - a word of warning though, it does become addictive.

# Membership Secretary, Kevin Besford, welcomes our new members, and there's some big birthdays coming up!

As I write this we have successfully come through our renewal cycle with our new provider SiEntries. I am pleased to say it has been a great success with the vast majority of members renewing online, even a few hardcore members who have always paid offline have taken the plunge without issue.

As we approach Christmas our member count now stands at 230 and it would be good to be able to get back to 300 by the time of our next renewal.

We are planning to start a new couch to 5k programme on 9th January and would be good to get some healthy numbers for this. If you know anyone who would like to take part please tell them the good news and get them to come along.

Previously I announced that we would be looking to pass any requirements/communication with UK Athletics/England Athletics back to the individual members. We have had to rethink that plan as EA have told members they are not allowed to pay their fees directly to EA but must pay through their club. What other organisation can you think of that only accepts payments from a third party? I certainly struggle to think of any. So the message to members registered with EA is please keep tabs yourself of when payments are due as they have a different year end to us, and don't leave it to the last minute before paying your £16 through the club.

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

- Sara Kane from Newton Abbot
- Steve Mason from Newton Abbot
- Lynsey Brown from Kingsteignton
- Christopher Mudge from Totnes
- Rowan Cranwell from Bishopsteignton
- Andrew Gunatilleke from Newton Abbot

Please give them a warm welcome if you find yourself running in the same session.

It's Happy Birthday to quite a few members who celebrate notable birthdays coming up in January and February. Enjoy racing in your new age categories!



Narina Shorland 40, Darren Petch 45, Ryan Anthony 45, James Taylor 50, Neil Tampkins 55, Kurt Read 55, Angela Evans 60, Roger Hales (pictured left) 60 and Tina Caunter (pictured right) 65.





# Roll of honour

Who won what in 2022?

Men's Club Champion: Roger Easterbrook

Ladies' Club Champion: Deb Hart

Men's Fastest Marathon: Julian Scanes (2:56:38)

Men's Fastest Half Marathon: Kevin Woodard (1:20:37)

Men's Fastest 10K: Jamie Barnett (32:43)

Ladies' Fastest Marathon: Helen Anthony (3:10:00)

Ladies' Fastest Half Marathon: Susanna Goffe (1:29:24)

Ladies' Fastest 10K: Chloe Olford (41:20)

Most Improved Male: James Saunders (nominees: Julian Scanes, Ollie Thomas, Bon Rymel, Luke Reynolds)

Most Improved Female: Susanna Goffe (nominees: Debbie Elphick, Natalie Cusack)

Most Promising Male Newcomer: Hamish Rae (nominees: James Long, Andy Gilson, Phil Smith, Jake Gluyas-Harris)

Most Promising Female Newcomer: Isabelle Cummins (Sarah Blanchard, Chloe Olford)

Committee Cup: Nigel Barnett (nominees: Liz Barnett, Bob Small, Roger Hayes, Arthur Moulson)

John Scott Trophy: Lucy Evans

Ross Cup: Bon Rymel

Nige gets the club's  
London Marathon place



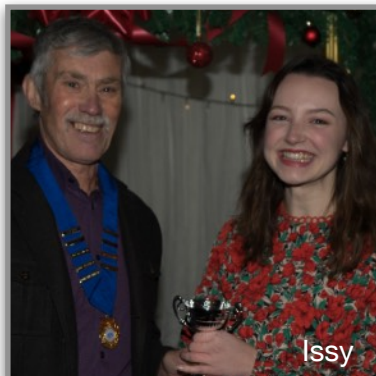
A few of our prize winners.  
Thanks to Suzie for the  
photos.



Lucy



Jules



Issy



Kev



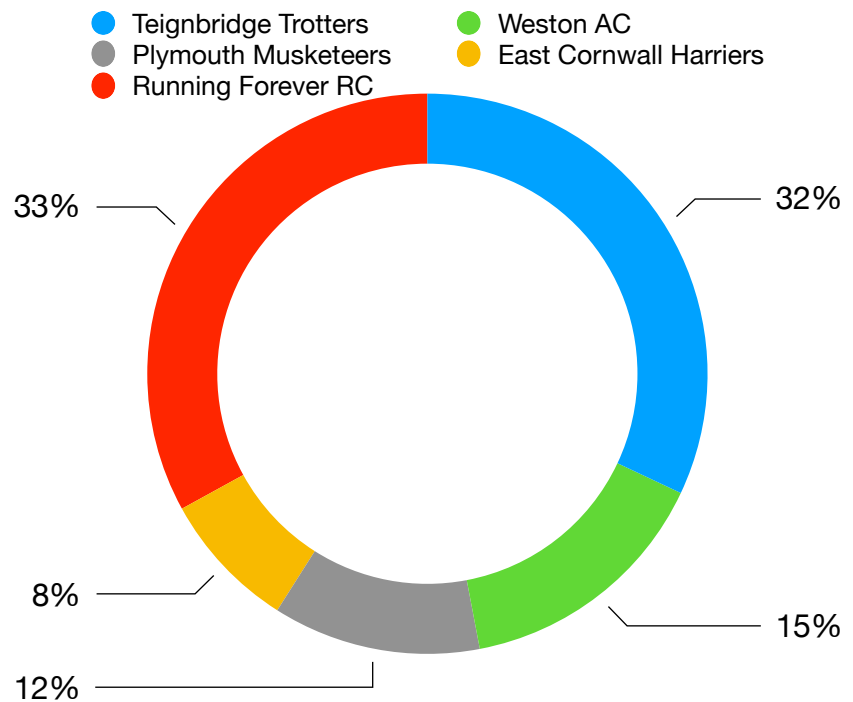


# 2022 RACE STATISTICS

Entries Secretary, Liz Barnett, takes an in-depth look into our races.

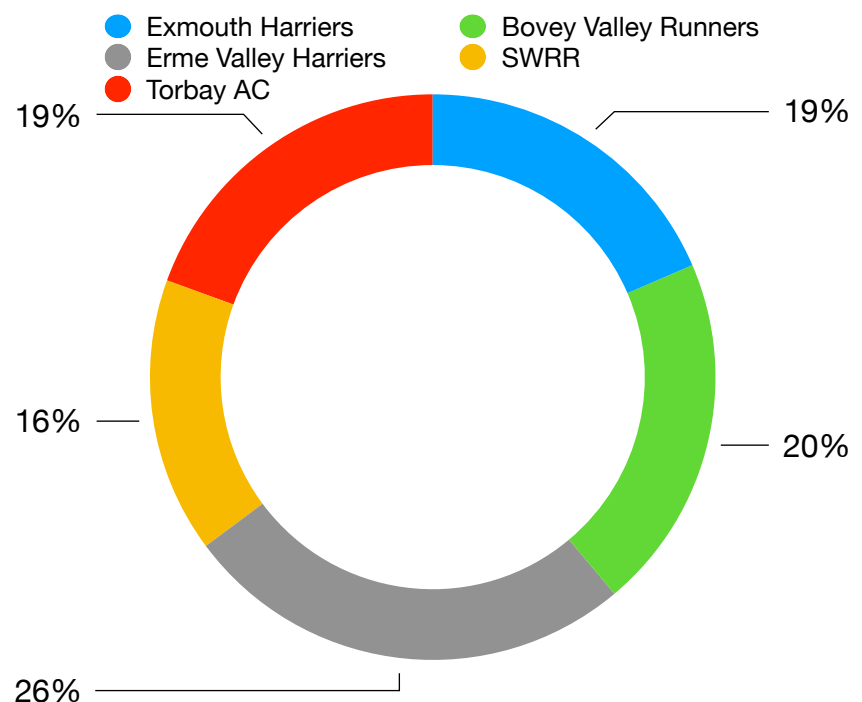
## DARTMOOR DISCOVERY

- 260 Entrants (100% Full)
- 187 Male (71.92%)
- 73 Female (28.08%)
- 86 Unattached (33%)
- 165 Finishers



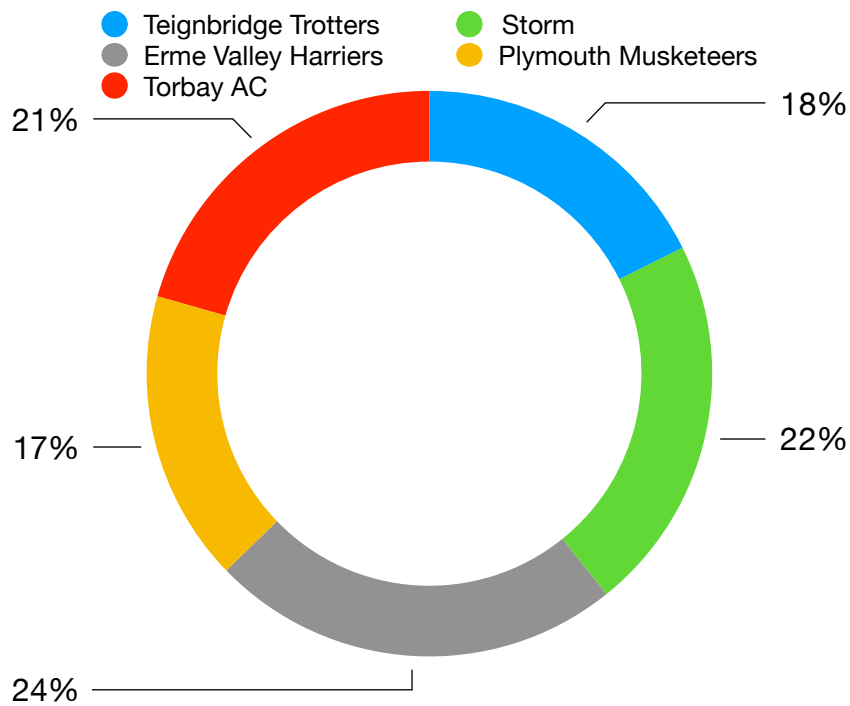
## HAYTOR HELLER

- 350 Entrants (100% Full)
- 200 Male (57.14%)
- 150 Female (42.86%)
- 119 Unattached (34%)
- 247 Finishers



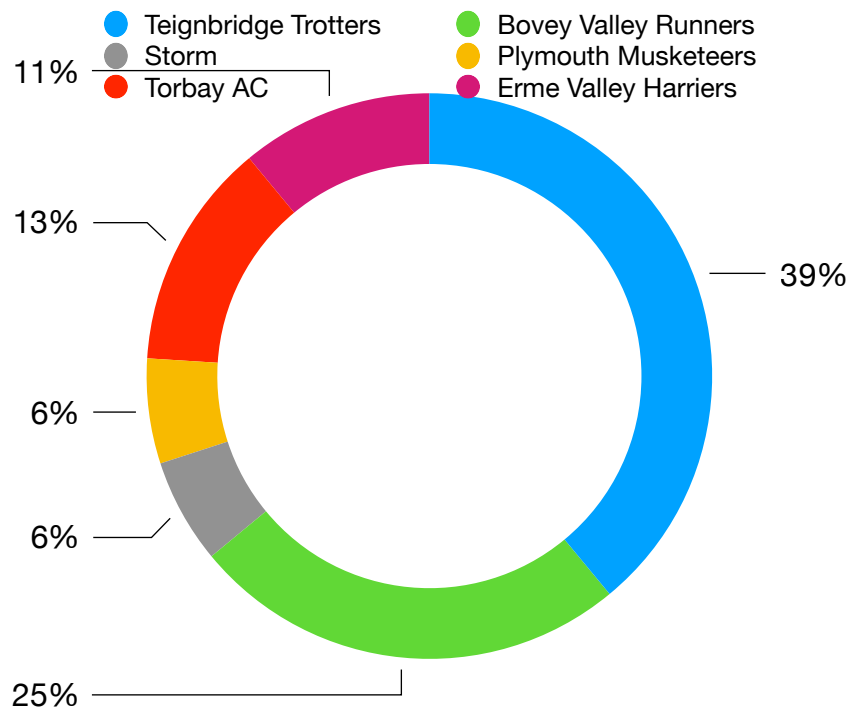
# TOTNES 10K

- 546 Entrants (87% Full)
- 300 Male (54.95%)
- 246 Female (45.05%)
- 269 Unattached (49%)
- 463 Finishers



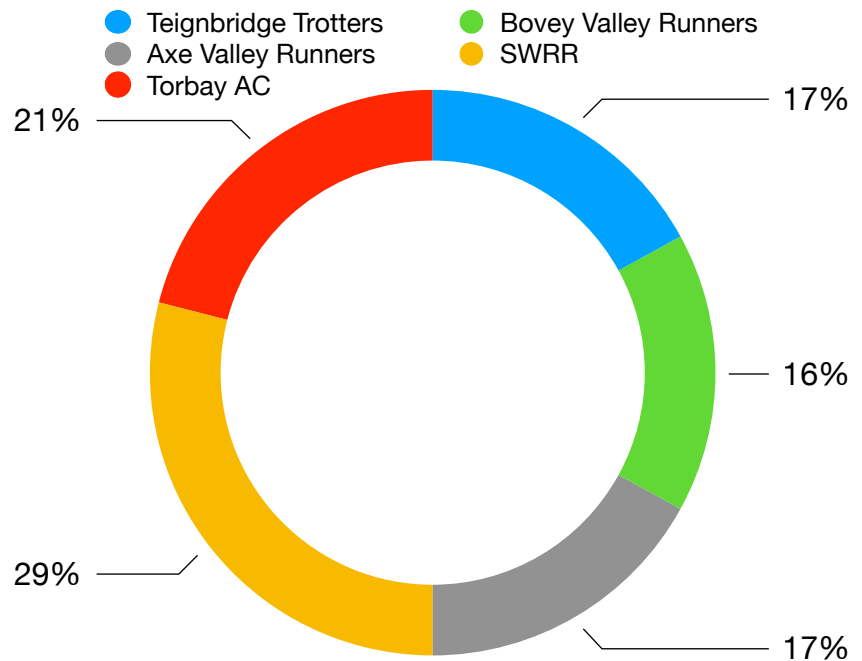
# LADIES 10K

- 259 Entrants (86% Full)
- 108 Unattached (41.70%)
- 211 Finishers



## SIBELCO TEMPLER TEN

- 209 Entrants (70% Full)
- 113 Male (54.07%)
- 96 Female (45.93%)
- 60 Unattached (28.70%)
- 182 Finishers



## Life on the front line! By Corinne Bright

Early this year, Chair emailed me asking if I would consider joining the Trotters committee as a general member. After consideration, I thought 'why not'. So I bravely stood up at the AGM clutching my speech, outlining my reasons why I felt I'd make a good/useful general member of the committee, and to my surprise and pleasure I was voted in.



Not sure what to expect, I headed to the first monthly meeting and realised I knew absolutely nothing about the organisation of a running club! Barely understanding the jargon, I sat quietly and listened and got to cast my vote on various decisions that had to be made.

After attending all but two of this year's meetings, I finally understand a bit more and am in awe of the amount of work that goes on behind the scenes, especially in organising the Trotters' races, not to mention the club trip, summer camping trip, foreign marathon, club championships, awards night and so much more. All great events for members of the club to take part in and all organised by the committee. I feel proud to be a part of it.

Our last meeting of the year was the Christmas one, held at the Sandygate Inn, where we enjoyed a meal first and then got to vote in secret for various awards in readiness for the Trotters annual Presentation and Awards Night.



# This year's Most Improved Female Trotter reveals all!

**Name:** Susanna Goffe

**Age:** 31

**Lives:** Newton Abbot

**Status:** Fellow Trotter, Tim Pratt is my partner

**Occupation:** Early years Teacher (Nursery)



**When did you start running/join the Trotters and why:** I joined the Trotters when I moved down to Devon 4/5 years ago. Mainly to meet some people and I enjoyed running with a club in London. Started running on a whim about 18 years ago.

**You've had a great year on the racing front, what's been your highlight:** So many! The list is so long, top 3 would be first sub 3.30 at Taunton Marathon, 5.11 at DD and a very surprising win at Lustleigh 10K.

**You're one of the 'bap girls' what's that all about:** It's a group of us who regularly run together, usually on a Saturday morning. Always great routes, company and a lot of laughs.

## **PB's:**

- 5K ~ 19:57 Exmouth parkrun.
- 10K ~ 44:08 Easter Bunny
- Half Marathon ~ 1:29:25 Bideford
- Marathon ~ 3:25:06 Taunton

**Favourite race and why:** Not sure I have one. DD is definitely up there for the atmosphere and challenge, Oh My Obelisk and Haytor Heller for the off-road chaos.

**Favourite 3 films:** Lord of the Rings (all 3!)

**Favourite 3 bands/singers:** Olivia Chaney, Simon and Garfunkel, Fairport Convention.

**3 people you'd invite to a dinner party and why:** Tim Peake for the conversation, Mary Berry for the cake, Greg Davis for the laughs (and the height difference!)

**Favourite holiday destination and why:** Cornwall for the coast and cold sea.

**Any tattoos. Tempted for the Trotter one?** Erm, no. Too much of a wimp!

**Top 3 pet hates:** 1. Being called the wrong name (I'm a twin) 2. Cleaning my piece of junk car. 3. Tim Pratt!

**To do list with your running career:** Just keep running. Find some picturesque places and increase the park runs.



## TROTTERS FOREIGN MARATHON 2023

With October's Nice to Cannes Marathon a distant memory, it's time to think about next year's destination. Next year we'll be going to.....

### Marathon Santa Cruz de Tenerife

It's the southernmost marathon in Europe where you can run in November at summer temperatures.

It's the perfect choice, described as a part undulating, part flat course. The Athletics Federation considers it the seventh most important national marathon. It has an 8km and a half marathon as well as the marathon.

Although the date has yet to be confirmed, the assumption is that the 9th staging of the event will be held on Sunday 12th November 2023, the same weekend as this year. The half and marathon start at 8:30am and the 8km starts at 11:30am.

Going on this year's entry fees, the early bird catches the worm, as they say! Entries cost between 9 and 18 Euros for the 8km, 15 to 38 Euros for the half and 23 to 45 Euros for the marathon, depending on how soon after opening you enter.

Both Easyjet and Ryanair fly to Tenerife from Bristol although they have yet to release the flights beyond the end of September and October respectively.

As for accommodation, we have a couple of hotels in mind.

As soon as the flights are out, we will decide on the hotel and let you know all the details.



Start of the 2022 race

# Now it's the turn of this year's Most Promising Male Newcomer!



**Name:** Hamish Rae

**Age:** 25

**Lives:** Newton Abbot

**Status:** Relationship with fellow Trotter, Isabelle Cummins. We met at Lancaster University - we were both in the Boat Club together.

**Occupation:** Royal Marines

**Royal Marines hey, tell me more:** I'm a Combat Intelligence Analyst currently working at RAF Wyton in Cambridge, acting as a liaison officer for 30 Commando IX Group in Plymouth. I did my 32 weeks of basic training at Commando Training Centre RM in Lympstone and passed in March 2020. I've been abroad twice since then. My first deployment was to California in late 2020 working alongside the Americans, my second was working alongside Mountain Leaders in Northern Norway in early 2022.

## **PB's:**

- 5K ~ 16:00 (track)
- 10K ~ 34:57 Telford
- Half Marathon ~ Hoping to run my first one in the new year
- Marathon ~ Not yet!

**Favourite race and why:** Castle Drogo 10-miler. It was the first tactical race I had done which tested all my running skills. It was also my first individual award (3rd overall) with the club.

**Other hobbies:** Kayaking, Paddle Boarding, Cycling.

**Favourite 3 films:** Secret life of Walter Mitty, Elysium, Gladiator

**Favourite 3 bands/singers:** George Ezra, Kaiser Chiefs, One Republic

**3 people you'd invite to a dinner party:** Eliud Kipchoge, Horatio Nelson, Robert Mayne

**Favourite holiday destination and why:** Austria, the landscape is amazing.

**Any tattoos. Tempted for the Trotter one:** No tattoos, and no thank you.

**Top 3 pet hates:** Injuries, Illness, anything that gets in the way of progress!

**To do list with your running career:** Trotters has helped me progress enough to get into the Royal Navy XC Team, something that I'm really excited about. I've got the Royal Navy Championships in early January, followed by a warm weather training camp in late January. The aim is now to progress in this team and become more and more competitive against other services.





# The Highs and Lows of Chip Timing

by Rog Hayes

It's been just over a year since the club took the plunge and bought their own chip timing equipment, it wasn't cheap, over £8000. I felt at the time it would be money well spent. I have to say that thought has been well and truly tested during the last 12 months!

Our team, consisting of Ian Langler, Neil Rutley, Joe Hornsby, Liz Barnett, Angela Evans and Becky George, have certainly learnt a lot. We now know not to rely on the battery for the main control box, if it goes flat during the race, the whole system collapses. That happened during our first real trial of the system, back at the Obelisk race last January. It was a gut wrenching feeling when we realised what had happened. We have since obtained a small generator, courtesy of one of our sponsors, ensuring that never happens again.

That was only one of many steep learning curves. The mats had a tendency to miss the odd runner crossing over them at the finish line. This was nearly always down to the runner stopping their GPS watch directly on top of the chip within their race number - the classic arm across the chest.

Then there was human error. This came into effect at most of our races. The importance of giving the correct race number to the correct runner at registration should never be underestimated! I was guilty of this at our Ladies 10K - twice...

We trialled a second set of mats, a metre or so behind the first set at the finish line of the Sibelco Templer Ten. This seemed to work a treat, as every runner's chip was picked up as they crossed the line.

We were all delighted at how well that race actually went. Our live results, displayed inside Race HQ on the TV screen, was hugely successful. There was a constant huddle in front of it. Ian and Joe were on hand to answer any queries. However, such was the accuracy of the system, they weren't needed. The live results even shows the category winners as they appear. I'm sure this was the main reason that every single person who won a prize stayed for presentations.

Going forward, we will be purchasing slightly smaller but thicker race numbers. These will be easier to store and distribute at registration. I want, in my capacity of chip timing team coordinator, to get Becky and Angie more involved with the results next year. It's vitally important that all those in the team have a total understanding of how it all works and the confidence to be able to do it by themselves.

We have already been asked by another running club if we can cover their race, this is something I can see us getting asked more often, as other clubs realise we have our own system. We have discussed this and it's something we haven't ruled out. It would give us extra practice and make a few quid for the club.

Apart from taking this opportunity to thank the team, I would also like to thank Nathan and Nigel, for their work setting the mats up.



# 100 Miles in less than 24 hours!

That was the challenge experienced ultra runner Kris Ward set himself. I dig deep to find out all I can about the man, the distance and the reason why!



How did your training go beforehand, what sort of mileage did you do:

Normally the first thing anyone asks when you tell them that you're doing a 100 miler is "How do you even train for that?" But unlike marathon training where you would go to maybe 80-85% of the distance on your longest runs, that's not the case with this type of training.

My longest run in the lead up to this 100 miler was 46 miles, other than that my training weeks consisted of a midweek run of between 6 & 10 miles with back to back long runs at the weekend, starting with maybe with two 10's, then a 16 & a 10, building up to two 20 mile back to back's. I think I threw in a 30 miler and a marathon in there too?

But my total weekly mileage was always between 40 and 70 miles I guess, depending really on how I felt and how much time I had in between work and family life. Not a lot different to marathon training weekly mileage really, just the back to backs.

It wasn't your first 100 miler, what others have you done:

After becoming inspired by the legend that is Allen Taylor, I decided I would like to take on the challenge of something a bit longer than your average ultra. He suggested looking at Centurion Running events who host a series of 50 & 100 milers.

Their 2020 Thames Path event looked most appealing to me, as it was flat and a point to point event that starts in Richmond and ends in Oxford, all along the Thames Path. Training went really well for this, only for it to be postponed due to covid, but instead they held a virtual event around the same time as what would have been the proper event, so as I had trained for it, I thought I would attempt this from my home!

I had my car loaded with supplies parked near to Countess Weir earlier in the day. I then set out from my house at around 4pm (strategically timed for low tide) then ran to Torquay then back to Newton, up the Teign to Teignmouth, on to Countess Weir, then I did out and backs to Exmouth and Exeter from my car, in a total elapsed time of 18 hours and 2 minutes.

The real event then took place on Sept 5th 2020, I had managed to keep my training up and mentally I knew I could do that distance. On race day I probably set out a little too quick, struggled from 35 miles on, to come home in 19 hours 37 minutes. However, it was an amazing experience, a gorgeous route with well supported and stocked up aid stations, plus the weather was kind to us, and it made me want to think about entering another one of their events.

### So which event did you choose:

I chose to do the Autumn 100 as it was the next flattest after the Thames Path, I wanted to improve on my best time. Also logistically getting back from a point to point was a nightmare, this event starts and finishes in the beautiful village of Goring on Thames.



### How did it go:

I followed the same training plan that served me well in my previous attempts at this distance. Race day I was surprisingly relaxed and really looking forward to it. The race consists of four 25 mile out and backs, two along the Thames Path (TP) and two along the Ridgeway.

Everything was going really well, I was holding back on my pace and not getting carried away. The middle two sections were a bit tougher than I was expecting, very similar to Imerys Marathon terrain, but I was still holding on well. The last section was out along the TP to Reading and back, this is where it went wrong!

I misread a signpost and ended up going back towards the finish, didn't realise for a while until I saw some familiar faces. I had done another 3 miles which in the grand scheme of things isn't a lot, but it was to me at that time. I totally lost my mental stability and started sulking, instead of getting on with it. Looking at it afterwards, I still could have easily beaten my TP100 time.





I spent around 40 minutes in Reading aid station only carrying on after a pep talk from one of the volunteers. So off I went, dragging myself back to the finish in a disappointing time of 20 hours and 40 minutes. Overall it was a fantastic event and very highly recommended.

#### What did you make of fellow Trotter, Natalie Cusack's performance:

I spent some time with Nat at the race HQ and on the start line while we waited for the race brief. She was telling me that she was nervous and that her training hadn't gone 100% to plan due to injury. She had performed well at some fantastic races in the lead up and I didn't think she had to worry at all, and I was proven right. Every time we past on the out and backs she looked like she was in control, to the point of seeing her after I had just left Reading, thinking she was going to catch me.



#### What's next:

Next for me is London. It's the first time I've ever been quick enough to get in through GFA. Then I have some unfinished business, so I'm hoping to head back to Goring on Thames in October for the A100 and this time give it a good wallop.

# Couch to 5K

## A new format for 2023

When we first launched our Couch to 5K it was a great success. We had a mixture of new people and current members coming back from long term injury/couldn't be arsed! Skinns did a great job knocking them into shape and getting them fit enough to tackle a 5K. However, since then we've struggled to attract more than the odd one or two. Therefore, we've put into place a new format for next year.

We will have three set dates when the 12 week programme will start.

- Monday 9th January
- Monday 15th May
- Monday 11th September

During the in-between times, runners will be encouraged to move up into the Improvers group, and Skinns can have a bit of a rest. The cost for the 12 week programme is £10 (free to current members), anyone wishing to join the club will get £10 deducted from their membership.



Now this is where you come into it! We need your help to spread the word, tell your friends, neighbours, anyone you think might be interested.

This is a great way to introduce people to the club, and hopefully they'll see what an amazing bunch we are, sign on the dotted line, and form an orderly queue for the Trotters tattoo!

### POINTS MEAN PRIZES

Any member helping at one of our races will receive a marshal point. If you bake three cakes for any of our races you'll also receive a point. 6 points is the maximum number on offer.

#### WHAT YOU GET...

6 points ~ A place into the draw for the Club's London Marathon place

4 points ~ A chance to win one of 8 lots of £50 race vouchers

2 points ~ A free race entry into the 2023 club trip, plus a seat on the coach

## Running legend, Steve Edwards, an ambassador to an exciting new venture, invites the Trotters to join

The Trotters are excited to announce that we will be partnering with EVERY RUN COUNTS, a brand-new platform designed to reward & encourage new runners, existing runners and hopefully attract more people into getting involved with our brilliant sport.



### We'd love you to get involved

EVERY RUN COUNTS are opening to a select few clubs and runners from the 9<sup>th</sup> January ahead of their public launch on 23<sup>rd</sup> January. We're delighted to have been invited as an early adopter club, and we'd really like you to get involved.

### What is it?

Set up by a small team of runners, Every Run Counts is a fun, gamified online platform designed to attract more people into running & walking and also support existing runners & clubs to get the most from their experience. Built and tested around the experiences of real runners and walkers there really is something for everyone, from the complete newcomer to the seasoned ultra-marathon veteran.

### Why are we partnering?

It's great to be a part of a new platform/app designed to help people get the most from our amazing sport. They have lots of great features to support individual runners and to get more new runners involved in the community. What's more, it's totally free to use. Last but not least, as a member of our club you will earn extra RunCoin® for being a part of our community.

### What would you like me to do?

Simply register in January when the platform/app opens for early adopters. Then have a play around with the features and let Every Run Counts know what you think about the platform ahead of their live launch.

### What's in it for me?

- 😊 You'll be the first to get the scoop on a great new platform for runners and walkers.
- 😊 It's free to join and you can opt out at any time.
- 😊 You can start banking RunCoin® - the EVERY RUN COUNTS online reward currency - for all your activity and support. (This is just a fun game points system not a cryptocurrency!)
- 😊 There's £10,000 of prizes per month to win including race credits for a multitude of events.
- 😊 An opportunity to influence the future direction of the platform.

We'll contact you again in early January with an invitation to register.

**We really hope you can get involved.**



# TROTTERS GO BIG ON CHARITY DONATIONS IN 2022

**£822 Dartmoor National Park**  
**£2500 Totnes Caring**  
**£428 Bowel Cancer UK**  
**£570 Rowcroft**  
**£271 Heads Up**  
**£1402 Dartmoor Search & Rescue**  
**£600 Devon Air Ambulance**



## **Roger Easterbrook tells us more about Totnes Caring**

Totnes Caring are one of the local charities the Trotters supported again in 2022. The Club has raised over £25,000 in recent years from the Totnes 10K for the charity, supporting its great work for elderly vulnerable residents across Totnes and surrounding villages and enabling them to remain in their own home for as long as possible.

Susanne Westgate (a volunteer and fellow Trotter) and I recently attended the AGM and learnt more about the charity's activities which include; taking people to medical appointments, care help at home, lunch clubs, memory cafe, social and physical activities, providing financial, physical, and mental health advice to carers and clients. This supports hundreds of local people and cost over £327,000 last year, some of which is from grants but also from vital fundraising and donations including the Club's.

Totnes Caring's work fills the significant gap between NHS and Local Authority's cover and what an elderly person needs and has to pay for individually. It was heart warming stuff including a first hand explanation from a carer of how his 90+ year old mother sharpens up when she knows there's an activity coming up. Totnes Caring also works with other groups including the Citizens Advice Bureau charity to support the needy in getting the benefits they may be entitled to.

We can be proud of the Trotters involvement with such a great local institution and it highlights how volunteering for the Totnes 10K race means you're contributing, whatever your task or function.

# End of an era!

New owners at Dornafield, however, the popular Ladies only 10K race will continue.

The Dewhirst family have owned the caravan park for over 40 years, and we have been staging the race there since 1997, during which time we have built a really strong working relationship with Peter and his son Simon (pictured below, presenting the Peter Dewhirst trophy to this years race winner).



Sadly, Peter passed away two years ago. He was a real gentleman, and genuinely loved the Trotters and all that the race brought to his beloved Dornafield. His wife had died some years earlier through bowel cancer, and this became Peter's chosen charity for all his fundraising efforts. This included the £2 per runner that the Trotters would donate after each Ladies 10K race. Over the years we must have donated thousands of pounds to Bowel Cancer UK.

The race first took place in Newton Abbot town centre in 1993. It was actually held in August back then. It cost £3 to enter. We used to have the Race HQ in the market square. I remember it well as I was part of the registration team. Buzz Terrill was the RD back then.

The race grew quickly and the roads became busier. Both of these factors were the main reason we decided to look for an alternative venue and route. Dornafield ticked all the right boxes and we were thrilled when they agreed to let us stage it there. Jose Waller, the new RD, formed a strong friendship with Peter Dewhirst. This certainly helped secure our long term future there.

The course has never altered during its lifespan. It is a testing route, with plenty of undulations and breaking 40 minutes takes some doing!

I was rather pessimistic about the race's future when I heard the new owners were the Caravan and Motorhome Club, a big national firm, which incidentally Oodey and myself are members of. But to my complete surprise they couldn't have been more friendlier and accommodating.

I spoke to Wayne Brown, the South West area manager and he gave me the thumbs for the race to continue exactly as it has done. We'll even continue to give our charity donation to Bowel Cancer UK.

This year we had our highest entry since 2011, when 258 entered the race. If we all help spread the word, then hopefully we'll be able to improve on that total for 2023.

Race Directors	
1993 - 1996	Buzz Terrill
1997	Jose Waller
1998	Martin Foster
1999 - 2005	Stella Imong
2006 - 2008	Vicky Hales
2009 - 2011	Michelle Willocks Watts
2012 - 2014	Lucy Payne
2015 - 2016	Angela Blakesley
2017	Lucy Payne
2018	Tracey Jolly
2019 - Current date	Jason Trevenon



# Who's who in 2023

## Dartmoor Discovery

Saturday 3rd June

Race Director: Liz Barnett

Assistant RD: Roger Hayes

Chief Marshal: Nigel Barnett



## Haytor Heller

Saturday 15th July (date to be confirmed)

Race Director: Bon Rymel

Assistant RD: Gary Brooking

Chief Marshal: Vacant



## Totnes 10K

Sunday 6th August

Race Director: Bob Small

Assistant RD: Vacant

Chief Marshal: Derek Skinner



## Ladies 10K

Sunday 24th September

Race Director: Jason Trevenen

Assistant RD: Kate Williamson

Chief Marshal: Nigel Barnett





## Sibelco Templer Ten

Sunday 8th October

Race Director: Vacant

Assistant RD: Vacant

Chief Marshal: Nigel Barnett



### Vacant Positions

- RD & Assistant RD for Sibelco Templer Ten
- Chief Marshal for Haytor Heller
- Assistant RD for Totnes 10K
- This will also be the last year at the helm for Bon and Gary at the Heller. We are looking for someone to shadow them this year with a view to taking on the roles in 2024.

If you would like to know more about any of the above roles, please let me know ASAP.

## Boonie's New Year's Eve Run

Alan Boone is very kindly organising two runs from his house on NYE.

The first will depart at 10:30am, when Boonie will lead a 10 mile group at a steady 8/9 minute mile pace.

The second will depart at 10:40am, when Marie Farrelly will lead a 6.5 mile group at 10/12 minute mile pace.

Afterwards, Alan invites you to stay for some hot food and a drink.

5 Clampitt Close, Ipplepen, TQ12 5RL

## DATE FOR YOUR 2023 DIARY - ANNUAL CLUB TRIP

### SATURDAY 24TH JUNE

The annual club trip is an absolute must for all fun-loving Trotters. 2023 will see us head to Umborne, 3 miles north of Colyton, East Devon for the Umborne Ug 10K and 2.5K fun run (under 8s to be accompanied by an adult) on Saturday 24 June at 6pm (fun run starts at 6.10 pm).

The run will also form part of the Club Championship and is a scenic multi-terrain affair incorporating a brace of interesting inclines! The fun run is flat and easy.

The race is staged by the Axe Valley Runners who this year brought a large contingent to our Sibelco Templar Ten race, which they thoroughly enjoyed. Post run will see a BBQ, bar, hot drinks and cakes, all the ingredients to fuel the legendary unique brand of Teignbridge Trotter merriment.

Further details will follow later in the New Year, but remember, if you got 2 or more marshal points this year, then you'll get a free race entry and a place on the coach.

See you all there.

Deb



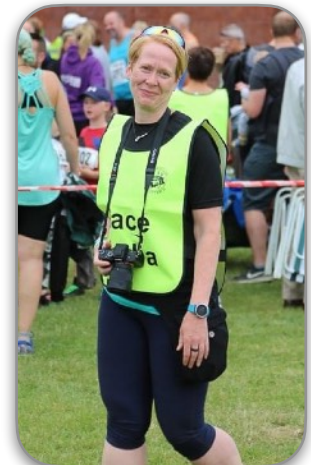
Trotters at the 2019 Club Trip

# A well-earned rest for Suzie!

Suzie Mills tells us more about her role as coordinator of the Trotters race photography team. Is this something you think you might be able to do?

For over 5 years now I have been coordinating all the race photography for the Trotters. Free race photos is something that we pride ourselves on as a club, and it is something that we really want to continue doing. I have though decided it is time to step down and let someone else take over the helm, and develop this further.

Getting involved in race photography when I became a Trotter was the obvious way I could become more involved in the club, help out at races, and do something I love – Photography. I also got to know many more of the members of the club than through running alone. Even before I took on the coordination role, I was out there taking photos at our races, and making sure the runners had photos to remember the race by.



Over the last 5 years, what we have done with photography has evolved and changed. Some things we have tried and they have not been as successful but the key thing that has remained is making sure our runners have the memories and reminders of our races and their achievements. I have also learnt a lot about photography by doing this. Race photography is a completely different beast to what I was used to doing which was landscapes. Runners can be quick, a landscape doesn't move around much unless you are on a stormy wintery beach. Understanding this is important, and with the camera technology out there now is not as daunting as it may once have been and it has allowed me to capture some amazing moments during our races.

I have also been lucky that over the years I have managed to pull a great team together who all share a passion for photography. The team have been amazing and it has been great to work with so many of our club that are keen photographers over the years. The team you have really does make a difference, so to all those that have helped me over the last 5 years, a very big thank you from me.

The team you need varies from race to race.





For this year's DD, I had a team of three, two out on course and one around Princetown for the day, capturing the start, finish, presentations, and the general goings on around HQ on race day. Following the event a total of 1500 photos were uploaded to our new Teignbridge Trotter Race Page on Facebook. We have moved to this page to try and centralise all the race information and events for our races, and a central location for all the photos as well. This has gained a lot of traction this year and will hopefully grow in future.

I have witnessed so many amazing things over the years and have so many amazing memories, and it can get a bit emotional at times. Even looking back some of those images I have captured just after the finish lines that show the true emotion, elation, and sometimes disbelief of what a runner has achieved are some of my favourites.

If anyone has a love of photography, a DSLR camera, and wants to become more involved in the club this is an amazing way to do it. I'm not going to lie, it can be hard work at times, but it is so rewarding when you start reading all the runners' comments on Facebook, and see the photos you and the team have taken being shared far and wide.

Although I have decided to step down from coordinating I will be available to support and guide whoever takes this on, and if anyone is interested and wants to know more just let me know. I will also be available to help out at some races as and when I can, so I am not just disappearing.

On behalf of everyone at the Trotters, I would like to take this opportunity to say a massive thank you to Suzie, for all her amazing work over the past 5 years.



A few examples of Suzie's skill at capturing the moment.



# Most people retire and grow old gracefully, enjoying the slower pace of life - not James Saunders!

## I find out more on how his spectacular year unfolded

### You retired this year, how's that been:

It didn't take me long to settle into retirement mode! I thought it would take time to adapt but that hasn't been the case. I worked at Devonport Dockyard for 43 years as a shipwright for just under half that time and then as a Non Destructive Test Engineer until the curtain came down on my career. I will admit to missing the banter that went on with my work colleagues during the working day. A trip to the Caribbean in November will be the start of many more trips to exotic climes. We enjoy walking our Cavapoo, Betsy, morning and evening, and to be able to choose when I can run rather than before or after work!



### That extra free time has clearly helped with your running:

Yes its great not to be tied to specific times. Having had a hard day at work (sometimes), it was sometimes hard to generate the motivation to then complete my running session. My runs are now more structured and of better quality. I spend time stretching before and after the run because time isn't such a big factor.

### You've broken some long standing club records, tell me more:

To break the Club MV60 records at 10K, Half Marathon and Marathon previously held by club legends David Foster, Mike Eveleigh and Wilf Taylor is very satisfying. When I joined the Trotters back in 2017, my aim and focus was to one day get my name on the roll of honour. Their times seemed unreachable, but with a lot of hard work and a few sacrifices along the way my times got quicker and the gaps closed.

Having turned 60 in July, hence a new age category, the record times were within my grasp! The London Marathon in October was when I first broke a Club record; 03:02:36. Followed by the Gosport Half Marathon in November; 01:26:45. And finally the Telford 10K in December; 38:00 (see photo above). I feel so very proud to now feature alongside such great athletes.

### Which race were you most pleased with:

All three races have given me immense satisfaction and a sense of achievement. To complete a specific training block in all weather conditions and to eat healthily and avoiding alcohol where possible is tough! Making travel arrangements and to race to a pace decided pre race requires a lot of discipline and trust in your training. To cross the finish line having achieved your target time is actually quite emotional knowing that all the hard work and expense had paid off.

### What does 2023 have in store on the running front:

My plan for 2023 is to try qualifying for the EA Masters team for my age category. The Farnborough Half Marathon on January 22nd is a qualifier followed by the London marathon in April. I feel that the marathon is my best chance of making the team, but a sub 3 hour race will be required? The rest of 2023 will depend on how I perform in those two races.

