

# *The Trotter* magazine

No. 1 MARCH 2023



**Wonderwoman Wendy's Wicked Weekend**

**Chris Crunches Club Champs**

**AGM—all the gen**



## ***Editor's hello***

**T**en years! I can't believe it's ten years since the last time I took on editing the Trotter magazine! A lot of water has certainly passed under the Teign bridge since then, but don't worry—I'm not planning to start reminiscing; we all know nostalgia is not what it was.

One thing I want to do is thank my predecessor Ali Clayton for the magnificent work she did during her stint as editor—I just hope I'll be able to maintain her very high standards. Thanks Ali.

Plenty of essential reading in this issue: for starters, the reports from club officers to the AGM, held on 28 February (**page 3**). By their nature these cannot be wacky or dazzling, but have to stick to the facts—nevertheless you need to read them if you want to know what's been going on, how the club is faring and what's in store for the coming year.

Elsewhere we have a delightful series of word-pictures from Chris Andrews, reflecting his experience of our Club Championship (**page 8**); talking of which, Graydon Widdicombe has a few comments as he passes the baton as championship secretary to Deb Hart while himself moving on to become membership secretary.

And Wendy Goldthorp generously discloses on **page 11** details of her preparation, particularly her training and nutrition, for her totally epic attack on the gruelling 100-mile coastal Arc of Attrition.

Hats off to wondrous Wendy.

Lastly from me: if you have something to say—running tips, experiences good or bad, amusing story, indeed anything pertinent (or impertinent!) please get in touch at [mag@teignbridgetrotters.co.uk](mailto:mag@teignbridgetrotters.co.uk)

On on! ... *Keith*

# AGM

**That essential yearly event in the club's schedule—the Annual General Meeting—took place at the REC on Tuesday 28th February**

First, the **CHAIRMAN'S REPORT** from **Roger Hayes**:



Let me start by apologising for not being here tonight. It's the first AGM I've missed since joining the Trotters 35 years ago. I'm afraid the lure of an FA Cup 5th round tie against Man City was too much of a temptation for this success starved Bristol City fan. I leave you in the trusty hands of my deputy, Mr Nathan 'Lovely' Elphick.

As you can see from the agenda all positions for both committee and non-committee posts have been filled. Sadly, we didn't have any more than 7 members standing for the 7 general member places, so I'm afraid there won't be the need for a juicy vote tonight. Last year saw us finally fully come out from underneath the Covid shadow. All five of our races went ahead, our membership grew and training numbers started to increase.

We kicked off the year in style with a very successful DD. It was Liz's first year as RD and what a great job she did. The race is certainly in safe hands. The Haytor Heller once again sold out, reaching its race limit of 350. That too had a new RD in the shape of Bon Rymel, who like Liz, did an excellent job. Totnes 10K was our biggest race so far as entries were concerned. We had 546 take part in the main race and 139 did the fun run. Our Ladies' 10K had the highest level of entries since 2011 and the Sibelco Templer Ten made a welcome return having not taken place for two years due to Covid. Of course the success of these races is only possible with your help. Put simply - if you don't help, we can't stage them. So a massive thank you from me and the rest of the committee for your continued support.

Last year was very much a learning experience with our chip timing system. It took us until the Templer Ten before we got it spot on. It then showed us how easy it can/will be going forward. My thanks to all those involved in 'team chip'. My thanks also to the following members who have either stood down, or are about to, from their roles within the club: Suzie Mills (Photography Coordinator), Chris Broadbent (Press & Publicity) Ali Clayton (Editor of the Trotter), Graydon Widdicombe (Club Championship Officer), Chris McIntosh (Templer Ten RD) and Kevin Besford (Membership Secretary). Particular thanks to Kev, who has been our Membership Secretary since 2015. He's certainly seen a lot of members come and go during those 8 years. He can claim with pride that we reached our highest ever membership total of 344 during his spell in charge. Unfortunately Kev can't be here tonight; however, I will take great delight in presenting him with a bottle of whisky, a tippie I know he's very fond of, before next Monday night's training, as a small way of saying thank you.

Congratulations to our Club Champions: Deb Hart and Roger Easterbrook, and to all those who won an award last year. Those who attended the awards night will certainly remember it in years to come. Minus 3 degrees in a huge marquee in the middle of winter wasn't our best call of the year! No such repeat this year, as we'll be in the warmth of Finlake, so get 16th December in your diaries now! (See below).



One noticeable fact to come out of last year was the decline in the number of Trotters who frequently view our Trotters Facebook page. Those who do visit regularly will know it's the hub of the club and is awash with useful updates and information. I try to keep our membership informed of important club news via my newsletters, but it worries me that many members miss these emails or just don't read them, as is sadly the case with the Trotter magazine. We need to be able to communicate with our members, so please make every effort to take on board what we try to get across to you. This year sees my good friend and fellow officer, celebrate 25 years as our club Treasurer, John Caunter. How lucky are we to have had someone serve the club in such a dedicated and professional manner. With age, he's even got a little mellower! In all seriousness, thank you JC for all you do for the club. All that remains for me to say is to thank you Lovely for reading out my report and chairing the meeting in my absence. With a little bit of skill and a lot of luck, my boys might just make missing tonight's meeting worthwhile.

I shall now hand you over to madame secretary.

## Next, SECRETARY'S REPORT from **Liz Barnett**

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 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.

As in previous years, we were granted one club place for this year's London marathon. As always, the number of places allocated is based on how many registered England Athletics members the club has, which at present is just 16.

As you know, those members who earn 6 marshal points in the year are eligible to be entered into a draw to win the place; this year the draw took place at December's committee meeting due to the tight deadline for registering the entrant. I was the lucky recipient of this year's place but as my talents lie in spectating, I've given the place to Nigel!

Club Camp 2022 was at Freshwater Beach Holiday Park in Bridport. It was a fantastic venue and the sun was out (most of the time!). Club Camp 2023 will be on 16<sup>th</sup>/17<sup>th</sup> June at Trevornick Holiday Park, Holywell Bay, Newquay.

2022 was the Teignbridge Trotters' 40<sup>th</sup> Anniversary year and so we celebrated in the traditional Trotter way. The afternoon and evening of the 9 July were enjoyed by members and their families with games on the rugby pitch and a BBQ. The band then entertained us long into the night.

Thanks go to Deb Hart and Skinns who organised a great Club Trip in 2022. It was the Honiton Hippo in September and was very well attended – the coach was full! They're organising the 2023 trip to The Umborne Ug 10K in East Devon in June – if you haven't booked onto the trip yet, you can find more details in the December issue of The Trotter or from Deb or Skinns.

Our foreign marathon trip in 2022 took us to Nice in October for the Nice to Cannes Marathon. The French Riviera did not disappoint. The weather was fantastic which helped make it a unforgettable trip. For 2023 we're hoping to go to Tenerife for the marathon in November but they have yet to confirm the date.

As always, I'd like to thank my fellow officers and committee members for their continued support during my seventh year as Club Secretary.

Thank you.

## And finally, TREASURER'S REPORT from **John Caunter**

**G**ood evening everyone. This year I intend to keep my report short and allow you all to ask questions about any particular area you are interested in.

Starting with the bottom of sheet 2 you can see the club made a profit in 2022 of just over £3k. The breakdown of our funds are listed just above, and above that our balances, from which you can see that we ended 2022 with just over £64.5k in accessible funds. At the top are the figures for our races, As you can see all our races made a profit in 2022, although not all the income/ expenditure was in 2022, as can be seen from the top of sheet 1, which details where we spent our money, and acquired our income, along with the actual financial entries for races in the calendar year. Although the income and expenditure figures do vary from year to year there isn't anything which I think I need to highlight, but as I stated earlier I am more than happy to discuss any aspect.

There are only two things I wish to mention.

The first is our donations to charity, which last year totalled over £6k.

The second is to highlight how valuable, and essential, the support of our members is when volunteering in many different ways to help at our 5 races. If you look at the figures you will see that subs brought in £6248 last year, of which £6105 was paid to the NADRT. So without our race income our subs would need to rise significantly. Thank you to all those who help and please continue with your support at our races.

As I am sure you will remember from the last AGM, I am now including the club's assets in my report. These are broken down into 2 areas which are Club Kit and the value of all equipment we hold at Brunel, Dartmoor and various houses!

Club kit in stock, at the end of 2022 was £3675 (£4120 last year). The value of all the other equipment we hold, amounts to approx. £25k, the total being approx. £29k. My thanks to Nathan and Jacki for providing these figures.

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 2023.

I will now answer any questions you may have, after which I would like to propose that membership to Teignbridge Trotters, from 1 Oct 2023 – 30 Sep 2024 remain as for 2022-2023, subject of course, to no change from the Newton Abbot Recreational Trust (NADRT).



# ELECTION OF OFFICERS/COMMITTEE

A vital function of the AGM is to elect officers and committee members for the coming year. This year all posts received nominations and no positions were contested, so here's a list of who will be doing what in 2023/24:

CHAIRMAN – Roger Hayes

VICE CHAIRMAN – Nathan Elphick

SECRETARY – Liz Barnett

TREASURER – John Caunter

MEMBERSHIP SECRETARY – Graydon Widdicombe

CLUB CHAMPIONSHIP SECRETARY – Deb Hart

General Committee members are as follows:

Sarah Blanchard

Corinne Bright

Debbie Elphick

Jacki Woon

Keith Anderson

Ryan Anthony

Stuart Moulson

And these are the non-committee posts:

PRESS AND PUBLICITY OFFICER – James Saunders

SOCIAL SECRETARY – Nigel Barnett

CHILD PROTECTION OFFICER – Wendy Goldthorp

WELFARE OFFICER (Adults) – Wendy Goldthorp

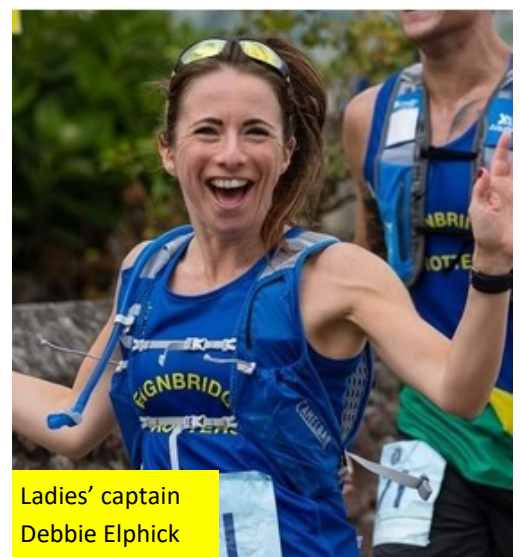
CROSS COUNTRY OFFICER – Wendy Goldthorp

LADIES' CAPTAIN – Debbie Elphick

MEN'S CAPTAIN – Ben Elphick



Wendy Goldthorp



Ladies' captain  
Debbie Elphick



Men's captain  
Ben Elphick

## Here's a personal note from outgoing Club Championship Secretary **Graydon Widdicombe**

As the racing year is well under way, we've had some amazing performances from members at club championship races already in 2023. This includes various PBs at different distances, and the V60 club records have been broken at First Chance 10K by Deb Hart and Bideford Half Marathon by James Saunders. Speaking personally, I find it inspiring seeing our members training hard and going out and running these great times.

It looks like it's going to be a competitive year again, as members plot the races they want to complete to try and gain maximum points in the competition. As always, we've tried to include races that a range of people will enjoy from tough trail races, flatter road races alongside more challenging road races whilst also trying to support local club races, which are central to the types events we include in the competition.

As you know, the club's AGM was on 28th Feb, and Deb Hart will be taking on the Club Championship Secretary role going forward. I've really enjoyed my time doing the role, choosing the races, and sorting out all the data after each race and calendar year as I'm a self-confessed stats geek so it was right up my street. Recently, Ian Langler has spent a lot of time vastly simplifying the software we use for managing the competition, which has been greatly appreciated. All the best to Deb and all the competitors for the CC.

I'm not straying too far as I picked up the Membership Secretary role at the AGM, so I'm looking forward to getting into that over the coming months.

Graydon



## *Meanwhile **Chris Andrews** reflects on his experience of last season's Club Championship*

Chris's choice of races:

### *Oh My Obelisk (Long Miscellaneous)*

I thought I would enter this race as it was very local to where I live in Teignmouth and wouldn't have far to travel. Boy I was in for a shock, what a race, with hills and more hills but fantastic scenery. I got slightly lost near the drinks station as apparently I cut a corner off so tracked back a bit to make sure I completed the course correctly. It was very well supported - especially with some Trotters giving their vocal support along the route.



Continued p.9



### *Newquay 10k (10k)*

This one was not so local! But I decided to enter and also take the family for a day out. The intention was good but nearer the day my son, daughter-in-law and grandchildren decided they could not make it. It was a very early start for me and my wife Christine; we woke up in the dark to blustery winds and pouring rain. Christine decided it wasn't for her either, so off I plodded on my own. I got to Newquay and met up with some lovely Trotters, four of us in total.

### *Looe 10 Mile (Mixed)*

Christine decided to come this time as the weather was so much better; quite a few Trotters this time which was good to see, Hills again! Number 13 race number was given to me, thinking this is unlucky, but no it wasn't. It was a well organised race starting off in the car park looking up at the houses in the distance. Then low and behold we would be soon running up between them! Because my car was parked in the car park Christine had not realised the time and was sat in a lovely cafe on the seafront having coffee and told me to come and join her (it was a slow walk to the front after my hellish 10 miles I can tell you!).

### *Easter Bunny 10k (10k)*

Booked this one before coronavirus so again off I plodded knowing I had paid up two years ago and being a tightwad I wanted to get my money's worth! Again a very well organised, lovely race running through the Somerset countryside and yes at last a flat course for a change! The bling was also well created with an Easter bunny design.

### *Torbay Half (Half Marathon)*

Loved this race as it was mainly on the flat, but on the downside you have to run the route twice. The crowds came out to watch us as it was a very pleasant day, encouraging us to run faster which got me going! I was aiming for sub 2 hours but came in at 2.03 mins! Still, I was happy with that. Again a lot of Trotters entered this race. Some runners were not overjoyed with the bling at the end of the race (hey Eamon - me too), but it's taking part at my age that's the thing!

### *Dawlish Coastal Dash (Short Misc.)*

Local again... yes! What a lovely evening, and again well supported by the Trotters; a flat course everyone said, great I said, they didn't tell me half of it was on thick sand! It was a good race I still enjoyed it, as you do, off to the pub afterwards to enjoy a drink with a few fellow Trotters in the lovely, pleasant sunny surroundings.

### *Honiton Hippo (Mixed)*

My best race of the championship which also coincided with the Trotters' social day out, a coach trip so didn't have to drive also meant I could have a few beers after with the Trotters. Good food, good company, good race, we ploughed through mud, a few hills, streams, rivers you name it, we did it, I also got a bit lost on this one too, what is it with me, it's not as if I'm the race leader, but I was soon put on the right course by the great supportive marshals. If you've never entered this race do as the Nike saying goes... Just Do It!

### *John Scott Trophy*

Trotters' own organised event, and how well organised it was - a 3pm start handicapped race. I wasn't feeling my best after too much alcohol from recent England football match and a works company do, but I got around, fresh air did the trick!

*Cont p.10*



### *Westdown Wonder (Long Misc.)*

A first new run organised by Exmouth Harriers and my race number was No.1 (how good was that!) it started with a mile run along Exmouth beach (it was a good job the tide was out! ) and then up them hills, following the coastal path, no rain on the day but plenty of rain days before making it a slippery and sliding run and very muddy too! Again well supported by the Trotters, I managed to cross the finishing line with Eamon Crowe, where we each encouraged the other to make sure we finished the tough race in one piece! We then set off to have some well-deserved food and drink with some other Trotters along the Exmouth seafront.

This concludes my first attempt of the world famous Teignbridge Trotters Championship and what a journey it was! I thoroughly enjoyed my travels along the way, such a good way of having a goal to aim for and if you have not done it before it's a very good motivational tool to get them legs working!

I have made so many friends and met friendly faces on the way with all the same aims and purposes ...

Born To Run

Chris

**And talking of the Club Championship, here's the Trotters' line-up for this year's Oh My Obelisk—one to remember!**



Remember the huge respect we all felt for Wendy's gnarly bash at the Arc of Attrition in January? Well here she divulges some of the secrets of her preparation for that mammoth effort— over to you **Wendy Goldthorp**

**A**s some of you already know, I attempted to run the Arc of Attrition (100 miles across the Cornish coast path) at the end of January this year. You can read my earlier race report here: <https://www.teignbridgetrotters.co.uk/news/latest-news-updates/trotters-show-off-their-true-endurance-levels>



Wendy showing her gritty determination through the night

Photo courtesy of Bluekite Creative

I signed up around August time last year on a bit of a whim. With five and a half months to train (normally I'd be looking at 11-months to a year), I needed a training plan that would give me the most return for the time I had available to train over those months. I was very fortunate that both Joe (Hornsby) and Natalie (Cusack) stepped in. Natalie passed on a lot about the race and kit required when we caught up at the start of my training, and Joe created a running program. One thing I am good at doing is following a plan, so that meant one thing off my plate, so I could focus on other aspects. They also lent me their treadmill in case I couldn't get out to train. As the race neared, I practised going out in my full race kit. The strength training and nutrition side of getting ready was down to me.

I returned to the weights program I'd devised for my 275-mile coast path jaunt in 2021. This involves training three times a week and suits me and my exercise history. For this particular program, I typically split my sessions into upper body and core (session A), then lower body and core (session B), and then alternated

them. For example, week 1 was sessions A, B and A. Week 2 was sessions B, A and B, and so on. There is also a week-on-week and month-on-month progression with the program, and it incorporates stretching and activation moves (to prime muscles for the workout), plus single leg/single glute work and any other areas where I consider I need to build up further strength. It's simple, but it works.

Some of the exercise moves I included were designed to replicate both the uphill and downhill conditions of the Arc course. With both a running and a strength program, this meant that on some days I was inevitably running and strength training, but I split out the sessions so one was in the morning, and the other late afternoon or evening, so I had some recovery between, but ultimately I ran on tired legs. I tried to give myself one full day off a week. In addition, I went to my weekly Muay Thai class for fun. In terms of pulling up your fitness fast, it can be brutal, but everyone kindly left my legs alone.... except that one time I ended up with two dead legs by accident, then had to run a half marathon the next day.

Finally, in terms of nutrition, when I ran Marathon des Sables in 2011, I went from a vegetarian to a vegan, high-fat diet (based on Brendan Brazier's *Thrive* book) 12 weeks out from the start line to help me lean out so I could sweat more efficiently in the heat, but I also lost some muscle definition (though not the endurance). This time around, I am entirely vegan. I would have liked to have lost about 5lb in body fat before the Arc to get to my comfortable racing weight.. However, this is normally done off season. With the volume of training miles and the fact that running long distance is catabolic, I decided to focus on retaining my muscle mass and strength as much as possible.

On shorter run days, I kept to around 2,000-2,500 calories, depending on what I was up to. While on longer run days, this went up to around 3,000-3,500 calories (sometimes a bit more). I aimed for an even split of protein, carbs and fat, although again on longer run days, there were more carbs, and closer to race day, while my grams of protein remained about the same, I was eating around 50% of my calories from carbs. Ultimately, my training was spot on, and nutrition most of the time, so I was really pleased with that aspect. Unfortunately, the car drive down from Devon to Cornwall aggravated my back, so I reluctantly pulled out at mile 66 of the race as I wasn't going to make the next checkpoint cut-off. However, I will take all the knowledge and experience I've gained from training for this year's Arc and put it in the bank for future events.



Wendy collects her number on the eve of the race

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