

# *The Trotter* magazine

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What does it mean to be a Trotter?  
—go to page 3 to find out!





Just to get things under way in this issue, a proud Trotters photo of our fundraising presentation to Totnes Caring, resulting from August's Totnes 10K race. Trotters present (L to R): Lucy Payne, Race Director Bob Small, Chairman Roger Hayes, Rod Payne and Nigel Barnett.

## Your Club needs YOU:

Trotter **Eamon Crowe** (below) has recently taken on the task of Race Director of the Haytor Heller and is looking for a capable and willing Assistant RD.

If you think you fit the bill (provisional date of race 20th July 2024) please contact club secretary Liz Barnett (page 23) or message Eamon for more details.



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Recent Couch-to-5K graduate, **Nicky Swann**, who's also this issue's front cover star, is so impressed to become a fully fledged Trotter that she has written a song about it. Now we just need someone to set it to music!

*I am a Teignbridge Trotter, it says so on my chest  
I am the proud new owner of my official vest.  
The tasteful hues, the blue, the green. "Now's your time to shine!"  
I wonder does it have the power to get a faster time?*

*But hey, that's not my motivation, to try and beat the rest  
But I am the proud new owner of my Trotter's running vest.*

*It all began last January, you know how it is,  
Santa brings you love handles and your very own bat wings.  
So I took decisive action, time to have some fun?!  
I joined the couch to 5Kers to walk, run, walk, run, run.*

*At first I was not certain, was it too late to flee?  
The last time I had to run was school cross-country 1983  
But I had no need to worry, what with these two sturdy pins  
A band of merry novices and the lead of the mighty Skins.*

*To big JS we thank you for all the miles thus far  
For the laughs and general silliness, you really are a star.  
For the building of new friendships, new strengths and energy  
"On, on" to Park Run glory, that each of us achieved.*

*And now we gather, gather, my first proper, Trotter race.  
Although I am a little nervous about keeping up the pace  
There's one thing that has struck me since I joined this club sublime  
It's all about the people and not the finish line.*

*I am a Teignbridge Trotter, it says so on my chest  
I am the proud new owner of my first official vest.*



# 2023 Sibelco Templer Ten race report

Club Chairman **Roger Hayes** describes the rewards of being Race Director at another spectacularly successful Trotters event

Having been talked out of retirement, I took on the role of being an RD once again. I have to say the experience was very different to my previous races; the Totnes 10K was always very stressful and the DD was just exhausting. The Templer, on the other hand, was an absolute joy.

Liz, Nige, Nath and myself went over on Saturday afternoon to Stover School to set up. Being able to do this makes such a difference, it gives us so much more time on Sunday morning. I even managed to eat breakfast at 9 o'clock on race day, completely unheard of previously.

The ground staff at the school were superb, nothing was too much trouble. My correspondence with Jamie, the estate manager, throughout the build up to the race, couldn't have been better. He replied almost immediately to all my emails. Little things like that relieve so much stress. Poor old Liz hasn't had such luck with the DD and the community centre!

Online entries closed at 7pm on Friday at 230 for the 10-miler and 39 for the fun run. As the weather forecast was for a hot sunny day, I hoped for a big on the day sign up; sadly that didn't materialise and we had a very disappointing 12 enter the fun run and a measly 7 enter the 10-miler.

Both races passed without a hitch. The chip timing worked a treat. There should be no reason now not to start presentations at the advertised time for any of our races. That said, I delayed the start of the 10-miler because the race winner was in the queue for tea and cakes!



Race Director Rog doing his thing at Stover



Nathan and Sue at the Finish

Jacki manned the new 5-mile cut off point. She had to ask three runners to withdraw from the race as they were outside 65 minutes. One other retired through injury. That gave us a finishing total of 194 runners. There were no issues for the medics to have to deal with.

Next year I will have another race sweeper waiting at the cut off point. They will then join the last runner to get through. This means that the race sweeper already out on the course doesn't have 15 minutes to try and catch up, as happened with Sue B on Sunday, when Jacki pulled the last runner off the course.

I am very aware that Nathan's workload needs reducing during race weekends. Which is why I asked Duncan and Kim Knight to take on the role of setting out the course outside of the school grounds. I'm delighted to report that they did a fantastic job. They also checked marshals were in position, saving Nige the job of cycling the course beforehand. They then cleared the course afterwards, returning everything to the lock-up at Brunel.

I put into place a new, bigger and clearer set-up for the catering crew. Dom and her team were pleased with how it worked. I hope we can take that forward to all of our races next year. We had 29 cakes to sell and we pretty much sold out, making a profit of just over £550. The BBQ also sold out, making a profit of £165.



Registration team: Julie, Marie and Jayden



Media boys Skinnis and Tim

The new gravel area to the side of the Jubilee Hall leant itself perfectly for runners and spectators to enjoy their purchases, seated in the sunshine on the masses of tables and chairs that we were able to put out.

I also did the presentations out there. Almost all of the trophy winners were present to collect their prizes.

The big clear up was done relatively quickly. Having plenty of helpers certainly aided the cause. We were all off site by 2.30pm.

I haven't been able to finalise the accounts yet, but early indica-



Becky and Claire take charge of the medals



The all-important catering team—Kate, Liz and Dom

tions show a healthy profit. I will have them ready in time for our November committee meeting.

My team of photographers took some great shots and I am slowly working through uploading them onto our Trotters Facebook race page. I can't state strongly enough the powers of social media, it's become our main way to promote our races. Which is why I was so disappointed that so few of our members shared my posts. I tried all I could to push the Templer, asking for one last push from our members to try and get it full. 38 shared the post out of 256 club members!

I've written the press report and uploaded it onto our website. Hopefully the MDA will give us as good a spread as they did for our Ladies 10K.

As always, it's a well oiled team that ensures the race is a success and my thanks go to all those that played a part.

Rog Hayes



# **John Scott Trophy**

## **~ Sunday 26th November ~**

### **3pm Start**

**F**or those of you who are new to the Club, the John Scott Trophy is a great Trotter-only race. It's a 4-mile handicap event. In advance of the race your individual start time will be calculated (based on recent 3k, 5k, 10k), with the aim being that all runners cross the finish line within a few minutes of each other. Closer to the event, Graydon will put a post on our Facebook page asking for your times so that he can calculate the start times. You'll have until 7pm on Friday 24th November to let him know.

The course itself starts on the grass area beside the bridge just past the Sandygate Inn, Kingsteignton, and takes runners up a two-mile section towards Gappah, following quiet country lanes. Then, runners turn around and run back the way they came, to the finish on the same grass area. It's a great course as you're always in sight of other runners either on their way out or on their way back, and of course, the element of friendly competition makes it all the more enjoyable. Please don't park in the Sandygate Pub's car park.

Entry into the race is £5. Please bring the cash with you and give it to Stuart Moulson. All of your entry fee goes towards this year's chosen Christmas card charity (see page 19 for more details.)



John Scott Trophy winner 2022 – Lucy Locket Evans—with Club President John Caunter

After the event it's a chance to socialise with fellow Trotters over a festive meal and a drink at the Rec (showers available) at 5pm. The cost of the roast dinner is £10, if you want a pudding it's another £3. Menu choices will need to be made in advance. You will be able to book your roast dinner (and make your menu choices) and pay via our website shortly,

NOTE: As this is an internal Trotter event, club kit does not need to be worn to comply with the club championship rules.

# The Greatest Runner of All Time?

Our own super-athlete and Club Record holder **Bob Small** takes us through his deft analysis of the world's greatest track athletes. This piece was planned for the previous issue and for this reason Bob has kindly added an all-important update to take account of events in the summer.

After the February 2023 European Indoor Championships in Turkey, where **Jakob Ingebrigtsen** won the 1500m and 3000m double, he was reported as saying 'My goal is to become the greatest runner of all time'. He may have made that statement in an unguarded moment of euphoria following his victories but, none the less, it's something of an audacious statement from the young man. The greatest runner of all time! Some statement! But then Jakob is some runner and, young though he is, he might have some justification in making that statement with any number of triumphs already in the bag.

Perhaps though, before we look at Ingebrigtsen's antecedents we should look at some of the great runners of the past and present for comparison: **Paavo Nurmi** (1897-1973). Nurmi is still revered in his home country of Finland as he dominated distance running in the 1920s. Over the Olympiads from Antwerp in 1920 to Amsterdam in 1928 he won 9 gold medals. In the 1924 Paris games he set world records for the 1500m and 5000m with just one hour between events. He became the only runner ever to hold world records simultaneously for the mile, 5000m and 10,000m. Altogether Nurmi set 22 world records.

**Emil Zatopek** (1922-2000). Zatopek from (what was) Czechoslovakia has more claim than most to be the greatest runner ever. Winning gold medals in the 5000m, 10,000m and the marathon in the 1952 Helsinki Olympics - he was the first person, and is still the only person, to achieve this improbable triple. He set 18 world records from 5000m up to 30,000m.

**Sir Roger Bannister** (1929-2018). Bannister was, in 1954, the first person to break the four minute mile in 3.59.4. For this achievement his name will always have a hallowed place in athletics history; it had been thought by many that breaking the four minute barrier was an impossibility - beyond the physical abilities of mankind. In truth, we now know, it was more of a mental than a physical barrier, but a barrier none the less. Bannister followed his historic achievement by victory in the so called Miracle Mile in the Vancouver Empire Games in 1954 where he beat Australia's John Landy, who had already eclipsed Bannister's record, with a time of 3.58.0. Bannister went on to win the European Championships 1500m the same year.

**Herb Elliott** (1938 -). Australian Herb Elliott could be said to stand alone in the pantheon of middle distance running; coached by the mercurial and controversial Percy Cerutti, he was never ever beaten in the mile or 1500m. He set the world mile record in Dublin in 1958 (3.54.5) and then the world and Olympic record when winning gold in 3.35.6 in the 1500m at the Rome Olympics in 1960.

**Ron Clarke** (1937-2015). 'Clarkey', another Australian, was perhaps the 'runner's runner'. He set no less than 17 world records over 3 miles, 5000m, 6 miles, 10,000m, 10 miles, 20,000m and the 1 hour. His outstanding record was the 12.52.4 for 3 miles at the White City in London in 1965 when reducing his own world record by 8 seconds and, in so doing, becoming the first person to break 13 minutes for the distance. Alas, he never won gold at the Olympics perhaps being robbed in Mexico in 1968 by the altitude where he ran himself into a collapse and hospital.

**Lasse Viren** (1949 -). Viren, a Finn, sprang to prominence in 1972 when winning the Munich Olympic 10,000m in a world record time despite falling midway through the race. He also won the 5000m. Viren repeated these victories in the Montreal Olympics in 1976 when, in trying to emulate Zatopek's amazing triple in the 1952 Helsinki Olympics, he ran the marathon as well. He finished 5th, a very creditable performance, but which emphasised Zatopek's achievement. Viren also set World Records in the 2 miles and the 5000m.

**Sir Mo Farrah** (1983 -). 'Mo' equalled Lasse Viren's record of winning the 5000m, 10,000m double at the London (2012) and Rio de Janeiro Olympics (2016); he also achieved the double at the Moscow (2013) and Beijing World Championships (2015). Additionally he won the 5000m at the Daegu World Championships (2011) and the 10,000m at the London World Championships (2017). He holds world records for the one hour run and the indoor two miles. With many European and European Indoor titles he might be said to be the most successful male track distance runner of all time. **Usain Bolt** (1986 -). 'Lightning' Bolt's achievements are almost too many to list:- the 100/200m double in the 2008 Beijing, 2012 London, 2016 Rio de Janeiro Olympics. The 100/200m double at the 2009 Berlin, 2013 Moscow, 2015 Beijing World Championships. He set world records for the 100m when winning the 2009 Berlin World Championships and the 200m at the same meeting. Bolt must surely be the greatest track sprinter of all time.

**Eliud Kipchoge** (1984 -). Kipchoge is surely on track to become the greatest long distance runner of all time - if he has not already achieved that title. He has two Olympic marathon titles to his name - Rio de Janeiro and Tokyo. (This equals Abebe Bikila's record who won the Rome Olympic marathon in 1960 in a world record (2:15:16) whilst running barefoot and retained the title in the 1964 Olympics in Tokyo again in a world record (2:12:11.2) just 40 days after having his appendix removed.) Formerly a track athlete, Kipchoge won gold at 5000m at the 2003 Paris World Championships, he has won 10 marathon 'majors' and twice broken the world record. He became the first person to break the 2 hour barrier when recording 1:59:40 in Vienna in a specially contrived event set up specifically for him but which is not recognised for record purposes. Kipchoge still has time to add to his impressive list of credentials.

**Tirunesh Dibaba** (1985 -). Dibaba might be said to be the greatest female runner by virtue of her Olympic 5000m and 10,000m double at the 2008 Beijing Games followed by her 5000m gold at the 2012 London Games. Her World Championship gold medal haul is even more impressive: 5000m in 2003, 5000m and 10,000m in 2005, 10,000m in 2007 and 2013. World cross-country titles in 2005, 2006 and 2008. Winner of the 2017 Chicago Marathon.



New kids on the block. One can never discount the young rising stars and two immediately spring to mind: **Kelvin Kiptum** (1999-). In just his second marathon Kiptum won this year's London marathon just 16 seconds shy of Eliud Kipchoge's world record of 2.01.09; he is also the fastest debut marathoner of all time with 2.01.53 at the Valencia marathon in December 2022. In so doing he became only the third man in history to break 2 hours and 2 minutes for the distance. Not bad for a youngster!

**Sifan Hassan** (1993-). Hassan has completed an unprecedented triple at the Tokyo Olympics winning golds in the 5000m and 10,000m as well as the bronze in the 1500m. She won golds at the World Championships in the 1500m and 10,000m. Hassan is the world record holder for the mile (4.12.33) and 5K on the road (14.44). Then, competing in her first run at the distance, she triumphed in the London marathon in 2.18.33—and this despite mid race cramping and associated difficulties. These are just a few of the great runners of the past and, possibly, the future. Other runners that could have every justification to be included in the list are Haile Gebrselassie, Hicham El Guerrouj, and Henri Rono. The list is not exclusive as everyone has their own ideas on such matters but it does show what heights Ingebrigtsen must scale to approach his goal. Now let's look at Ingebrigtsen's record at Senior level:- Olympic Champion and Olympic record holder at 1500m (2020); World Champion 5000m (2022), European Champion 1500m and 5000m (2018 & 2022) European Indoor Champion 3000m (2019), 1500m and 3000m (2021 & 2023), European Cross Country Champion (2021 & 2022).

The question is what would it take to be the 'Greatest Runner of All Time'? In part we already have an answer to that question as, in February 2013, the editors of Runner's World selected Emil Zatopek as the 'Greatest Runner of All Time'. His unique triple at the Helsinki Olympics coupled with his 18 world records set a very high standard and is a template for future candidates. Winning multiple gold medals in a single Olympics or World Championships is a 'must have'. If some of these could be achieved in World record times then so much the better! Then to be repeated at the next Olympics and/or World Championships. World records over a number of varying distances are a 'must'. Turning to Ingebrigtsen's specific case, it would appear that he will have to concentrate on distances between 1500m and 10,000m both in terms of competitive medals and world records. Interestingly he is even now considering competing in the 1500m, 5000m and 10,000m in the upcoming World Championships in Budapest this summer (*see Bob's update on next page ... Ed*) and, possibly, in the Paris Olympics next year. The timetable for this year's Worlds will be very tough with three rounds in the 1500m, two in the 5000m plus the 10,000m - a very big ask. But if he wants to be the greatest runner ever this is exactly the kind of mountain he must climb to emulate Zatopek. He already has the 1500m indoor and the 2 miles World Records; others must be attacked and potentially these could be the 3000m indoors and then 1500m, 1 mile, 3000m, 5000m and 10,000m.

His very recent 2 mile record was achieved with, apparently, not too much effort. Passing by the first mile in 4 minutes and then covering the 2nd mile in just 3.54 he demonstrated his tremendous ability to absorb a relatively fast opening to a race and then, by increasing his pace over the latter part of the race, burn off any allegedly faster finishers - if there are any still with him! His speed over the 1500m allied to his abundant strength (he's won the European Cross Country Championships twice) stands him in very good stead for the 5000m and 10,000m.

Ingebrigtsen certainly has the credentials to challenge all world records from 1500m through to 5000m; the 10,000m is very interesting but is, as yet, somewhat virgin territory for him and only time will tell of what he is capable at the distance. However there is one record mark which must be on his radar and that is the mile. That particular record was set by Hicham El Guerrouj and has stood for 24 years at 3.44.13. In recent times only Ingebrigtsen has come anywhere near that time with 3.46.46; if he does break the record he will indeed project himself into superstar status. To summarise: Jakob Ingebrigtsen's desire to become the World's Greatest Ever Runner has got off to a barnstorming start this year with his 2mile record. This was followed just a week later at the Bislett Games in Oslo by the fastest 1500m of the year in a personal best time of 3.27.95, the European record and just 1.95 seconds off the world record set 24 years ago. The World Championships in Budapest this Summer could be the making of him - two titles - yes. Three titles? That's a very big ask but Jakob Ingebrigtsen is no shirker. With Usain Bolt's retirement in 2017, no one has filled his size 13 shoes as the undoubted track and field superstar. With his charismatic personality he projected not only himself but the sport to a very large worldwide audience. Ingebrigtsen might just be 'The Man' to take on the mantle and become the new Track and Field Superstar and . . . 'The Greatest Runner of all Time'.

## The Greatest Runner Of All Time.....?

The above piece was written and submitted to the Trotter Magazine in about April or May of this year for inclusion in the last Trotter Magazine, but the Magazine was already full so Keith, our excellent Editor, suggested that he put it in this month's Magazine by which time, of course, things have all moved on. So, a quick update on Jakob Ingebrigtsen.

In the Budapest World Championships Ingebrigtsen did only compete in the 1500m and 5000m – with 2 rounds in the 5000 and 3 in the 1500, the timetable just did not allow for the 10,000m as well. For the second World Championships in a row, he was the outstanding favourite to win the 1,500m but was, unbelievably, beaten into second place again - and again by a Brit, this time Josh Kerr. The pain of that loss, the pure shock, showed on his face in the immediate aftermath of the race. But, as in the previous World Championships, he bounced back to win the 5000m. Then, almost immediately after the World Championships, he broke the 2000m world record – his 4.43.13 shaving 1.66 seconds off Hicham El Guerrouj's 1999 world record. Following that, at the Diamond League Final at the Prefontaine Classic in Eugene, the Norwegian burned the track with a scintillating mile time of 3.43.73 - just 0.6 seconds outside El Guerrouj's outstanding, long standing world record; Ingebrigtsen is now the third-fastest man of all time over the mile. The very next evening he won the 3000m in 7.23.63, the third fastest of all time, just 2.94 seconds off Daniel Komen's time set in 1996.

Having only just turned 23 years of age Ingebrigtsen is still a young man. Providing he can steer clear of illness and injury I predict that next year he will break the world records for the mile, the 1500m and the 3000m.

Will he be the Greatest Runner Of All Time – what do you think?



# VILNIUS MARATHON, LITHUANIA

Globetrotting Trotter **Del Skinner** gives us his inimitable take on a recent successful visit to Vilnius, capital of the Baltic state of Lithuania

I need a holiday and a birthday treat so where shall we go? And of course, it's got to involve a marathon. There's a great site called *World marathons*; let's click on there and see what turns up in September. Aghh... Sydney, Australia (a bit too far) but hey, here's one: Vilnius, capital of Lithuania, September 10<sup>th</sup>. Never been there.

And so begins the journey of 1,449 air miles with my partner and supporter Jax, to Vilnius. This former Soviet city is the capital and the largest city of Lithuania, with a population of 593,436. It has an Old Town of rare authenticity: marvelously intact, its cobbled streets are lined with weather-worn period buildings, Baroque structures, stunning churches, castles, and an amazing panoramic view from the steep climb to The Three Crosses. Vilnius in its seven-hundred-year history has had its fair share of invading armies, including the Teutonic order of Knights that destroyed the city in 1377. So, one invading ye olde Teignbridge Trotter isn't going to make a difference. I've been on a few 'away' marathon trips and I always go a day early to pick up my number and the goodie bag (which was amazing this time, it was like a day's shopping) the day before at the expo, and try to relax before the day of the marathon. This never happens. New city, short holiday and walk miles. Oh, let's go and see this and that and have a beer (only one mind, this is not a Trotters away trip), get back to the accommodation later on and you're knackered. So, to the marathon.

The first Vilnius Marathon was launched in 1990. After a few pauses and difficulties, the marathon was next run in 2001. It became a classic marathon in 2004 and a half-marathon was introduced in 2006. With over eleven thousand participants spread across all events (including a 10k and a 5k) the marathon grows year by year. The route runs through the modern city and scenic old town. The marathon and half-marathon start and finish at Cathedral Square in the centre of town. Out-and-back, it follows along both sides of the river Neris and even a forest in Valakampiai. You get to appreciate many of the historical and architectural monuments of Vilnius (if you look up from time to time). Not completely flat, there are a few inclines that give you a surprise and there are cobbles of course cobbles what did they use to build roads with. The morning started cloudy but warm until the second half of the race then the sun poked its warm head through the clouds and it got hot. (In fact the weather was stunning throughout the visit.) With lots of water stations on the course this was welcome and also dipping hat and head in the fountains along the way was a treat. Well supported all along the way to the finish at the Cathedral square. As for me and the race I try to enjoy the atmosphere whilst taking in the scenery, so number 75 marathon was finished in a time of 04.33.06. The quest goes on. And so a few more days walking around this lovely city. A couple more local beers; don't think I mentioned cocktails, and then home to put Vilnius and its marathon into the scrapbook and spreadsheet of my mind and hang the medal on the rack.

Till the next one.... Del



Del in the Cathedral Square venue of start and finish

## CLUB CHAMPIONSHIP 2023

Well, we're three quarters through the Club Championship year, and it's getting exciting for both male and female competitors. You can see from the current standings who's chomping at the bit! There are just three races left: Cornish Marathon on 5 November, Drogo 10 on 12 November and our own John Scott Trophy which will take place on 26 November (everyone welcome, not just those doing the Championship).

Just to reiterate, runners must complete eight races and at least one from each of the five categories (10k, half marathon, short misc, long misc and mixed).

The last championship race update was the Barnstaple half. Just to keep you all in suspense, there will be no more updates on the web until after the Awards Night – good luck to all competing.

Look out in the next Trotter Magazine to see how the 2023 Championship unfolded and check out the Club Championship races and set-up for 2024. As a heads up, the First Chance in Exeter on Sunday 7 January will be the first Championship race of 2024 - this is now open for entries. On on.

Deb Hart

Club Championship Secretary

On the next page I've attached the Championship Rules for 2023, to give you some idea of what it's all about. This may seem complicated at first reading but it's simple in operation once the rules are met. Please note that the number of races required, and categories, may well change for 2024.



## TEIGNBRIDGE TROTTERS CLUB CHAMPIONSHIP 2023

The 2023 Club Championship consists of 20 club nominated races.

**Eight** of these races must be completed and runners **must complete at least one from each of the five categories** (10k, half marathon, short misc, long misc, mixed) in order to qualify for the Championship. If more than eight races are completed, the runner's best eight will count (**as long as within those best eight, one race has been completed from each of the five sections**). In the event of a tie on points, the average age-graded percentage over those 8 best races will count.

These races and the revised format of the Championship are selected by the Club Championship Secretary and approved by the Committee each year. The races selected try to create a wide range of competition amongst club members, over a variety of distances and terrain, and to encourage Trotters to participate in local races without creating a demanding or expensive racing schedule.

These races are scored on an age-graded basis with points being awarded for each race. 50 points for the best age-graded performance, 49 for 2<sup>nd</sup>, 48 for 3<sup>rd</sup> and so on.

### RULES

The Club Championship is open to all fully paid-up first claim members only

All competitors **must** enter the race as affiliated to Teignbridge Trotters

You **must** be wearing a Teignbridge Trotters royal blue vest, t-shirt, long sleeved shirt or crop top bearing the Trotter logo and name

You **must** have an official number in your name for the selected race in which you are competing

Runners are responsible for organising their own entries to all races – **no member of the committee will assist in obtaining race entries**. Please be aware that some of the more popular races do reach limits early

In cases where two races fall on the same date, the runner is responsible for the decision as to which to enter

Any problems with individual race results remain the responsibility of the runner to resolve

Races are subject to change by the Committee (**see note on changes to races, below**)

Points will be awarded based on the percentages calculated by the 'Racemaster 98' software

At the end of the competition, in the event of a tie on points, the winner will be the competitor with the highest overall average age-graded percentage over the 8 races used to calculate their points

All runners compete in races at their own risk

Any members who have not renewed their Membership by the annual due date will have all points awarded during the period of lapsed membership removed, and will not be awarded future points until their membership has been renewed.

### PRIZES

There are separate Championships for Men and Ladies. Trophies will be awarded to 70% of those completing the required eight races for both male and female categories, up to a maximum of 10 in each.

### CHANGES TO RACES

Races will only be changed under the following conditions:-

Any changes to the Club Championship races will only be made no later than two months prior to the earliest date (either the one being changed or the one replacing it), wherever possible. If a runner has paid an entry fee prior to the race being changed by the Committee, a refund may be given only if the runner chooses not to then partake in that race. This will be given by the Committee on production of the race number before the race.

Races will only be changed if:

The race date interferes with/is detrimental to a club sponsored activity (e.g. Club Trip, Club Camp)

The race date clashes with a Trotter organised race

There are circumstances beyond the Committee's control. For example, cancellation of a race, a non-permit – in which case a similar race will be substituted.

# Captain's Corner—Men

Our Men's Captain **Ben Elphick** gives a summary of recent achievements by Teignbridge Trotters

First off I would like to welcome all the new members to the club. It is great to see the club growing and seeing new talent rise.

What a fantastic year of racing it has been so far! Lots of amazing performances with an abundance of silverware included. I would like to thank each and every one who put themselves forward for selection for the three relay events. Many of whom ran in all three, which is great commitment and made my life infinitely easier. We also had a few new faces taking on the challenge, which is great to see. Hopefully we can build on this next year and see even more success. Speaking of which I would like to congratulate the following teams.

Firstly at Erme Valley we had Sam Barnes and Martin Randall who were part of a winning mixed category team. Our senior team of Luke Reynolds, Tim Pratt, Sam Crowe, Hamish Rae placed 3rd overall, a great result. Then on to the South Devon relays where our senior team went one better, finishing 2nd overall with Luke, Tim, Hamish being joined this time by Kevin Woodard. An outstanding result considering the quality of the opposition. Our MV50 team won their age category with Julian Scanes, Phil Reynolds, Bruce Campbell and Duncan Knight. The MV60 team with James Saunders, Neil Rutley, Derek Skinner and Alan Kember also taking the honours in their category.

We as a club should be very proud with how everyone performed and conducted themselves at these events this year. I have thoroughly enjoyed the relays and hope everyone that took part did too.

Now onto some individual highlights. Back in June the winner of 2022's most promising award Hamish Rae took on the Grasmere 10k Trail race, on a tough course in a field of 186 runners he took the overall win with a stunning time of 37:30. A very promising future awaits and I for one can't wait to see how far he can go.



Hamish, Tim, Kevin and Luke at South Devon Relays



We have had several club records broken this year. James Saunders breaking his own record in the over 60 Marathon category at London with a 3:00:49. James also lowering the Half marathon to 1:25:25 at Bideford.

Alan Kember beating the over 65 marathon time with a 3:33:19 at Exeter, and also the 10k at Ivybridge with a 44:23

Club legend Bob Small adding to his impressive collection of records with the 10k

(51:31) and Half marathon (1:55:45) for the over 75s. All three have really raised the bar and for me personally have been truly inspirational.

On a slightly sad note, with the loss of a regular weekly race report it has become almost impossible to keep track of everyone's progress and with the awards night fast approaching I need to provide runner nominations for the most improved as well as the most promising newcomer for the committee to consider. I'm not just looking for club record breakers, everyone in the club should get the chance of recognition for their efforts. Any improvements, course PBs, distance PBs. Please email me [menscaptain@teignbridgetrotters.co.uk](mailto:menscaptain@teignbridgetrotters.co.uk) or on Facebook Messenger. Include a little background info, any race analysis would be fantastic.



Neil, Alan and Del top the podium at South Devon Relays



Not to be outdone, Bruce, Duncan, Phil and Jules take the top spot at South Devon Relays

# Captain's Corner—Ladies

Our Ladies' Captain **Debbie Elphick** gives a summary of recent achievements by Teignbridge Trotters

Hello Trottettes,

I hope I find you all well. What a busy but fantastic year it has been so far!

I first of all want to give a warm welcome to all the ladies who have joined after completing C25K this year. Well done to you! I started running myself with a C25K programme, I struggled to run for more than 3 minutes without stopping but have since run 5 marathons and 2 ultras. If I can do it anyone can! The world is your oyster!



Jacki, Sarah and Deb at Erme Valley

A real highlight for me this year has been the summer relays. We had a brilliant time and great success! At the Run Exe relays our FV50 team made up of Mandy Wheeler, Kathryn Steemson, Rachel Steele and Jacki Woon won their category. At Erme Valley our FV55 Team won; made up of Sarah Blanchard, Jacki Woon, Claire Gillard and Deb Hart, our mixed Team also won with Susanna Goffe and Liz Nuttall making up the ladies part of the team. And finally at South Devon Relays our FV50 team won again, consisting of Mandy Wheeler, Kathryn Steemson, Kim Knight and Clare Youngman. Our Senior Team was 1st place overall Chloe Olford, Susanna Goffe, Liz Nuttall and Molly Canham which was an amazing achievement!

It was fantastic to have such a high Trotter presence at these relays. Thank you so much to everyone who took part. For some it was the first time they had taken part in a relay race and they really pushed themselves out of their comfort zone and had a great time. I would really encourage you all to take part in the relays next year. It is a great opportunity to put on your Trotters vest and soak up the atmosphere of being part of a fabulous team of women.

Moving on to another highlight, the Ladies' 10k saw 33 Trotter ladies take part. Chloe Olford winning 3rd lady, we also won the 1st and 3rd team prizes along with numerous age category prizes. I would like to give a special mention to Nicky Swann, Sally Woodhouse and Fran Bowler who completed this as their first race after C25K. Well done ladies!

We have also had 2 new Club records set this year. Mandy Wheeler set the new marathon record for over 50s at Newport marathon, running an amazing time of 3.28.08. Jacki Woon broke the new ladies' Over 60 10k record back in July at Ivybridge 10k but then in true Jacki style went and broke her own record at the Ladies' 10k in a time of 47.55. Great work!



Senior team: Molly, Susanna, Liz and Chloe at South Devon Relays



I would also like to thank the ladies that were part of the rounders team for the interclub day at the REC back in August. I think we definitely proved our sport is running but we did have to deal with a dodgy umpire who seemed rather distracted by the men's cricket game, and as a result made some controversial decisions. Haha! Joking aside it was lovely to get together and we were described as a 'lovely bunch' by the soft ball cricket team!

Finally a massive well done to everyone who has raced this year. There have been some outstanding performances. I know many have achieved PBs. Susanna Goffe and myself achieved marathon PBs back in the spring, and hot off the press Rachel Steele has achieved a massive 13 minute PB at Chicago marathon, finishing in 3hours 32minutes! Pat Atkins has also been putting on an amazing performance achieving both a 10k and a half marathon PB whilst taking part in the club championship. If you have achieved a PB this year then I want to hear from you. Please email me [ladiescaptain@teignbridgetrotters.co.uk](mailto:ladiescaptain@teignbridgetrotters.co.uk) or direct message me on messenger. The awards evening is fast approaching and I want to know what you have all up to.

I hope to see many of you at the awards evening on Saturday 16th December which will be a fantastic opportunity for us to celebrate our achievements for the year and dance the night away.

Your Ladies Captain

Debbie

Top Trotters— Rachel, Mandy, Helen , Debbie, Liz, Susanna, Jacki, Dom, Kim, Kate and Kathryn relaxing at Run Exe





A date for your diaries—the top social event of the Trotters year!



**Saturday 16th December 2023**



**Last year's winners:**

back row L to R: James Saunders, Issy Cummins, Duncan Knight, Lucy Evans, Ian Langler, Julian Scanes, Roger Easterbrook, Deb Hart, Mandy Wheeler, Del Skinner, Kevin Woodard;

front row: Alan Kember, Kim Knight, Hamish Rae, Bon Rymel, Eleanor Taylor, Susanna Goffe, Dom Harcourt.



Each year we raise money by contributing to a **Trotters' Christmas Card** and the funds raised are donated to a local charity. Here **Stuart Moulson** describes what's happening this year and gives details of the chosen charity for 2023



Every year we Trotters do our bit for charity during the Christmas season.

It all began when we switched from sending individual Christmas cards to signing one giant card and chipping in with a donation instead. The amount raised is matched by the club, so we make a significant difference to a local charity, at a time when fundraising is particularly hard.

This year we've chosen **SisterWood** as our charity. A forest school for girls, based in the Teign Valley, they work with young people who are experiencing anxiety, stress, or depression. Often they are unable to carry out day to day activities, including attending school, and have developed unhealthy coping mechanisms such as self-harm, self-neglect and eating disorders.

SisterWood teach them healthy ways to support themselves, such as breathwork, meditation, journalling, listening to music and getting outside. It's clear to see the young people's sense of achievement and confidence grow as they become competent splitting wood, whittling, building fires and cooking food together.

You can find out more from their website: [www.SisterWood.org](http://www.SisterWood.org)

There will be a Just Giving page for online donations or if you prefer cash on club nights and I will be bringing the card with me, so please sign your name and give whatever you can in the true Trotters spirit.

Thank you

Stuart (Steptoe Stu)

# Points mean Prizes

The club have for many years adopted a scheme whereby members who help out at our races are rewarded with various prizes. The more races you help out at the more prizes you win!

As a club we have always been given a club entry from EA into the London Marathon. This year they have moved the goalposts slightly! Any EA affiliated club must have over 39 members with an individual EA licence (costs £17) to be guaranteed an entry. The Trotters have roughly 20 such members, so sadly don't automatically qualify for a place. We will instead be entered into a draw with other such clubs (currently 456) and stand a 50% chance of getting a place.

With the cancellation of this years Haytor Heller, the maximum number of points a member can get is five. One for each race and a bonus point if you have baked three or more cakes for any of our races. Nathan Elphick is in charge of collating the points throughout the year, and you can see the final list for 2023 below.



Three happy marshals: Dermot, Jacki and Sarah

Next year we are introducing a few changes to the prize structure. We will no longer be organising a Club Trip. The coach for this years trip was low on numbers and didn't warrant the £820 it cost the club to provide it. Instead we are replacing it with a chosen Club Championship race, where any member who got two or more points this year will get a free race entry. That race will be announced in due course.

We will also be awarding a £10 discount per person, per night for the Club Camp, up to the value of £20, to any member who gained four or more points.

If you got the maximum five points this year you are eligible to all the prizes on offer. Those with four points are eligible to all the prizes for four points and below. Those with two points are eligible for the two point prize only. Here is the full list of prizes for 2024.

- 2 points ~ Free Club Championship race
- 4 points ~ A chance to be entered into a draw for one of 8 x £50 race entry vouchers
- 4 points ~ £10 discount per person, per night for the Club Camp, up to the value of £20
- 5 points ~ A chance to be entered into a draw for a London Marathon place

Assuming all our races go ahead next year, the prize structure will remain the same for 2025, the only difference being you'll need six points for a chance of the London Marathon place. If we have over 39 EA licence members by July next year we will get a guaranteed place!

**All prizes are transferable to other club members, but must be used during 2024.** If you want to be included in either of the draws you must let Liz Barnett, our club secretary, know by Thursday 30th November. Both draws will take place during our December committee meeting.

If you have any queries with your points total for this year, please email Nathan at: [n.elphick@btinternet.com](mailto:n.elphick@btinternet.com)  
On behalf of myself, my fellow Race Directors, Chief Marshals and the committee, thank you to everyone who has helped out and or baked a cake at our races. Without your continued support the club would not be able to stage our amazing races.

On On

Chair



Below and on the next two pages are the marshal points totals for this year, which will determine who qualifies for free race entries etc next year. Please check your details and contact Nathan Elphick if you have any queries.

Marshal Points for 2023												
MEMBERS			MARSHALS						BAKERS			
First Name	Surname	Points	DD	Hel ler	Totnes	Ladies	Tem- pler	Cake	HH Cake	TN Cake	LD Cake	TT Cake
Liz	Barnett	5	X		X	X	X	X		X	X	X
Nigel	Barnett	5	X		X	X	X	X		X	X	X
Nathan	Elphick	5	X		X	X	X	X		XX		XX
Dominique	Harcourt	5	X		X	X	X	X		X	X	X
Roger	Hayes	5	X		X	X	X	X		X	X	X
Caroline	Hayes	5	X		X	X	X	X		X	X	X
Ian	Langler	5	X		X	X	X	X		X	X	X
Stuart	Moulson	5	X		X	X	X	X			XXX	XX
Lucy	Payne	5	X		X	X	X	X		X	X	X
Peter	Aston	4	X		X	X	X				X	
Sarah	Blanchard	4	X		X		X	X		X	X	XX
Corinne	Bright	4	X		X		X	X		X	X	X
Lizzy	Gorst	4	X		X		X	X		X	X	X
Deborah	Hart	4	X		X		X	X		X	X	X
Tim	Hassell	4	X		X	X	X					
Kate	Heaton	4	X		X		X	X		X	X	X
Tim	Pratt	4	X		X	X	X					
Julian	Scanes	4	X		X	X	X					
John	Skinner	4	X		X	X	X					
Graham	Terrill	4	X		X	X	X					
Keith	Anderson	3	X			X	X					
Alan	Boone	3	X		X		X					
Roger	Easterbrook	3	X		X	X				X		
Roger	Hales	3	X		X	X						
Ed	Hounsell	3	X			X	X					
Phillp	Nordon	3	X		X		X					
Rod	Payne	3	X			X	X					
Sarah	Pike	3	X		X		X					
Andrew	Rattlidge	3	X			X	X					
Neil	Rutley	3			X	X	X					
Derek	Skinner	3	X		X	X						
Bob	Small	3	X		X	X						
Wilf	Taylor	3	X			X	X					
Marie	Taylor	3	X			X	X					
Allen	Taylor	3	X			X	X					
Mandy	Wheeler	3	X		X		X					
Travis	Wood	3	X			X	X					
Clare	Youngman	3	X		X		X					
Adrian	Youngman	3	X			X	X					

MEMBERS			MARSHALS					BAKERS					
First Name	Surname	Points	DD	Hel-ler	Tot-nes	La-dies	Tem-pler	Cake	HH Cake	TN Cake	LD Cake	TT Cake	
Chris	Andrews	2	X		X			X					
Ryan	Anthony	2	X				X						
Eyvoll	Aston	2			X		X				X	X	
Patricia	Atkins	2			X					x	XX	X	
Sam	Barnes	2	X				X						
Rex	Barnes	2	X			X							
Jamie	Barnett	2			X	X				X			
Bruce	Campbell	2	X			X							
Jan	Caunter	2	X			X							
Alison	Clayton	2	X				X					X	
Claire	Comber	2				X	X	X					
Eamon	Crowe	2	X				X						
Bev	Dennis	2	X				X						
Debbie	Elphick	2	X				X						
Ben	Elphick	2	X			X					X	X	
Lucy	Evans	2	X							X	X	X	
Robert	Faulkner	2	X				X						
Becky	George	2	X				X						
Andy	Gillson	2			X	X			X				
Susanna	Goffe	2			X		X						
Vicky	Hales	2	X			X							
Tim	Hartley	2	X			X							
Joe	Hornsby	2	X		X								
Ruth	Johnson	2	X				X						
Duncan	Knight	2	X			X							
Steven	Major	2	X			X							
Roger	Moss	2				X	X						
Arthur	Moulson	2	X			X							
Lizzy	Nutall	2					X				XX	XX	
James	Saunders	2	X		X			X					
Paul	Sharples	2				X	X						
Dermot	Smyth	2				X	X						
Kathryn	Steemson	2			X		X				X		
Eleanor	Taylor	2	X				X				X	X	
John	Tweedie	2	X				X						
Ewan	Walton	2	X		X								
Susanne	Westgate	2	X		X					X		X	
Jacki	Woon	2	X				X						
Mark	Wotton	2			X		X						
Helen	Anthony	1	X										
David	Barrett	1				X							
Stephen	Blackburn	1				X							
Frances	Bowler	1					X				X		
Sue	Brown	1					X						
Sarah	Burningham	1					X						
John	Caunter	1	X										
Tina	Caunter	1	X										

[illegible]



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