

# The Trotter

Teignbridge Trotters Newsletter

Number 4

April 2013

***You can dance, you can jive,  
having the time of your life!***



Trotter [Neil Pallant](#) at Taunton, Sunday 7th April, on his way to smashing his previous marathon time by an astonishing 28 minutes and 45 seconds. See page 12 for more men's achievements in Captain Tarquin's Report.



# News Desk

Chairman [Roger Hayes](#) reporting.

It was (and still is) hard to comprehend what happened at the recent Boston marathon. I can't begin to imagine what some of those runners and spectators went through. At a time when those nearing the finish line are looking for friends and loved ones in the crowd, and those in the crowd are desperately trying to spot their heroes, all of whom are high on emotion, within yards of completing the gruelling 26.2 miles, the unthinkable happens! If there is anything to be gained from the terrible events in Boston it has to be the tremendous acts of kindness and bravery shown by complete strangers to fellow human beings. A lot is said and written about the sad society that we now live in but it's heartening to know that such acts still take place. There were stories of those finishing the marathon and running straight to the hospital to donate blood. There is hope after all.



Preparations are progressing nicely for the Trotters' blue riband event of the year, the Dartmoor Discovery. Thank you to all those who have kindly offered their help. We are, however, still short of three helpers, one of which is a marshal; the other two positions are to travel in the minibuses, assisting our drivers Judy Smallshire and Brenda Dunn. If you are able to help, please let Tarquin (chief marshal) know ASAP. We would particularly like to hear from some of our newer members! We are also looking for a man with a van. It doesn't have to be a big van, as long as it's relatively clean, as we would like to use it to transport the runner's bags (about 35/40 of them) from registration to the finish area, where they will be stored in the van, ready for the runners to pick up after the race. If you can help then I would love to hear from you.

Don't the new Trotter jackets look great! If you haven't got one yet, fear not, we have seven or eight spare ones. Mind you, once they've gone they've gone, so you'd better be quick! Stewart Dunn is the man you need to see if you want one, and yes, there are ladies' ones.

Talking of club kit. Jacki Woon is now officially our new kit person. Jacki's contact details can be found listed along with all our club contacts on our website. If others are stuck for ideas as to what to buy you for a present, why not suggest some Trotters kit? We have a large selection ranging from umbrellas to hats!

Have you got one or more of those glass cubes with a runner inside? (see left). If it's sitting on a shelf gathering dust, or worse, as most of mine are, in a shoe box under the stairs, then perhaps you would consider donating it to the Trotters. I'm using them as category prizes for the Totnes 10K fun run (the kids love them). Once they have a new engraved plate (£1.50) on them, they're ready to go. It will save the club



Carrie-Anne and Ryan cut the cake made specially for them by fellow Trotter Tina Caunter.



about £5 per trophy and help you clear out those cupboards! Just bring them in on a Wednesday night and I'll be very grateful to take them off your hands.

Congratulations to Carrie-Anne Hewings and Ryan who got married this month. Carrie-Anne can now get used to being called Mrs Labdon.

Next month it's the turn of two more Trotters to tie the knot. Our best wishes go to Simon Boobyer and Emma Sidebotham.

## The Presidential Chain of Office is handed over, and below, the new President's first letter to the editors.



President Jose Waller receives the chain of office from outgoing President, Graham 'Buzz' Terrill.



Dear Sarah and Keith,

I would like to use the magazine as a means of expressing my pleasure at being elected President - it is indeed an honour.

Teignbridge Trotters is an excellent club and has grown considerably since I first joined about 20 years ago. I had moved down from Watford, having run for the Watford Joggers, and on my first training run here I met four girls running towards me. I stopped them and learned that they were Trotters and that there was a 10K race the following weekend. I quickly became a member and ran an excellent race.

As the club has grown so much and there are many new members, who may have heard about me but whom I do not know, I will now make a point of coming down occasionally on Wednesday evenings to meet you.

Though I am no longer running, I have kept my interest in the club and its activities through the magazine and other press reports. I also still enjoy doing a bit of timekeeping and marshalling. Although I am now 91, I am very fortunate in being lively and active and I think that running has probably contributed towards this.

Looking forward to gradually meeting you all.

José



# A new session for Monday night training!

## MONDAY EVENING 6 MILE TEMPO RUN

Tarquin sets the scene for an innovative and exciting training session.

Due to demand, and following suggestions from Stewart Dunn and others, we have started a new experimental group on a Monday evening on top of the groups already offered.

At present, the 5-6mile recovery/improvers group is getting very large and the numbers of people going out in the group can sometimes be too many for one leader to manage. Although the group is designed for improvers stepping up from the Wednesday night 3-5 mile group, and for those wanting a steady/easy paced recovery run after a weekend race, we have noticed that a lot of runners who want a quicker run also attend. We understand that some people may only want to run 6 miles maximum rather than going in the longer 8 mile training group, even though this group operates at the quicker pace they may desire. Therefore, to cater for this, we will look to offer an additional 6 mile group on a Monday, but one that will operate at a quicker pace, for those wanting more of a tempo run.

The basis of the group is that everyone runs at their own 'tempo' pace – this pace being that at which talking is possible, but being able to hold a conversation is not. The group will not have any actual stops for re-grouping, but instead will properly and efficiently 'loop back' at regular intervals, so as to cater for differing abilities. In this way everyone keeps moving. The leader would brief the group, at the start, of the intended route and then call out each 'loop back' point as the run goes along. At the loop back point the

front runners would turn and loop back to about 10 metres in rear of the back runner. The back runner would continue on, without stopping, and in that way the whole group keeps moving along. The most important point is for all members of the group to listen carefully to the instructions and requests given by the leader and only to loop back at those points nominated by the group leader. By doing this, a wide range of abilities can be catered for, although you should be able to run for at least 5 miles at a constant pace of sub-8min/mile.

At the start, the group will run at a gentle warm-up pace for about  $\frac{3}{4}$  mile and again at the end the group pace will gradually slow down, over the final  $\frac{3}{4}$  mile, so as to provide for a good cool down. Therefore the total amount of mileage

actually run at the 'tempo pace' will be about 5 miles, with the total amount of running not exceeding 6.5 miles. Gentle stretching is also most important when we return to Coombeshead, at the end of the session.

The first group operated on Monday 15th April and was offered as one of the normal group options at club. Nine runners turned out, of a good range of abilities, and the session went well, with the re-grouping working efficiently. All members of the group had a good workout and enjoyed the session.

So, if you fancy a brisk 6 mile training run on Monday, please give the group a try! We are also looking for people willing to lead this group sometimes on a Monday evening – if you fancy this and are able to help out, please get in touch with Rod Payne, our Coach co-ordinator.



A potential Monday evening TEMPO runner? And standing closer to the camera, Gary Clark.





We'll always have Paris: Mark Hutchins and Tim Hassell brave the heat at the Paris Marathon on Sunday 7th April.

# Club Trip Update

[Kevin Besford](#) brings us up-to-date.

The bus is filling slowly so we still need more of you to step up and join in for a great fun day.

There are race entry forms in the key box just waiting to be filled out and returned to me. Remember, if you have the requisite number of marshal points from last year then the race is free. If not, then is just £7.50 but this discounted price is only available by handing the form to me.

The pub is booked and we now have times confirmed for the bus pickups as follows:

**Drumbridges 7am**

**Chudleigh Memorial 7.15am**

**Dyrons (Newton Abbot Leisure Centre) 7.25am**

**Kingsteignton (Bus stop at Homebase) 7.30am**

**Teignmouth station 7.45am.**

I would appreciate confirmation from you all as to your chosen pick-up point. A number of you have already done this, thank you. If you have not then please let me know as soon as possible.

After food and a beer or two (or three) at the chosen pub, we will be leaving for the return trip at approximately 4.30pm.

If you haven't been on a club trip before and are not sure if it for you then just ask any of the many Trotters who enjoy the trip each year and they will convince you to join our great family day out.

# Haytor Heller - calling all Trotters!

Haytor Heller chief marshal [Stewart Dunn](#) makes an appeal for assistants.

This year I am taking over from Rod as the Chief Marshal for the Haytor Heller.

The race takes place on the evening of Saturday 20th July and I am starting to gather a list of willing marshals. If you are available to help us out or have a usual spot and would like to marshal there again this year, please get in touch with either myself or Vicky on 01626 776432.

It promises to be a great evening with a band and Tina's famous cakes in the Boys Brigade hut after the race.

Please remember that the club's future depends on us staging successful races, and we can't hold them without your help!

# Membership Report

Membership secretary [Dave Dunn](#) serves up some home truths over membership renewal, and welcomes a host of new members.

By the time you read this, assuming that you're like me and read your Trotter from cover to cover at the first opportunity, there will be precious little time left for those members who have yet to renew their membership to do so before they find themselves excluded from the club. The deadline is April 30th, after which it will become necessary to apply to re-join our club and pay the £5 new member joining fee, in addition to the annual subscription.

Failure to renew your membership will result in you being deleted from our mailing list, so this would be the last edition of The Trotter that you'd receive. You would also be removed from our Facebook group. Most importantly, if you wish to continue attending training into May, then you'll have to re-join.

Of course, if you are one of the majority of our members who have already renewed their membership, then you can breathe easy and start planning a summer of exhilarating running with your Trotter mates. However, at the time of writing more than 100 of the 255 members that were on our books at 31st March have yet to commit to renewing. It can't be that they all want out, so come on, get your act together and get that renewal form and payment back to me as soon as you can, and certainly before the end of the month.

Now, on a happier note, let me introduce and welcome the seven new members who have joined our ranks over the past month. The first of these is not really a "new" member, as Cindy Brookes has been here before. Cindy, (50) from Heathfield, first joined us in 2007, but took a year out from the Trotters during 2012-13. I haven't spotted Cindy at training yet this spring, but when she does turn up at Coombeshead, she'll be welcomed back.

Sophie Cowling (20) is the daughter of Rob and Nicky Cowling from Dornafeld. The addition of Sophie to the Cowling's family membership is further proof, if proof were needed, that we are indeed a very family-orientated club, even though our minimum joining age is 15.

I don't yet know too much about Jenny Jones (37) from Liverton, but I do note that Jenny has opted to pay the £10 registration fee to England Athletics, so I'm assuming that we'll be seeing her on the local racing scene as this year goes by.

Anne Smart (45) from Buckfastleigh is another wife to follow her husband into our club. Some cynics might say that they have to do that in order to see something of their other half, but I prefer to think that they like the positive changes regular exercise can induce in a person, and want some of it for themselves. I'm not sure what Anne's motives are, but Garry has probably already got one eye on the Dave Dunn Co-habiting Couples Cup at the season-ending John Scott Trophy!

It's not often that somebody wants to join our club without even experiencing one of our training sessions, but this what Peter Middleton (57) from Moretonhampstead has done. Perhaps our reputation as one of the best clubs around was all Peter needed as he decided that it was about time he joined a club.



Running can bring out your sunny side.

Harriet Latham (33) from Marlton has started her Trotter life by running on a Monday night in our 5-6 miles social/recovery group, and took little time in deciding that we were the right club for her.

Rupert Kempley (46) from Dartmouth has joined us on a second claim basis, as he has found that his home-town club can't offer the standard and intensity of training that we can. Rupert has regularly been going out with the Wednesday night 10 miles group, as well as occasionally joining in with the A group weekend social/training run.

There are only two notable birthdays among us Trotters during the month of May, these coming in the shape of Jacki Woon who will be 50 and Kate Rodwell who reaches 40. Happy birthday to both of you, and may you enjoy running under your new veteran status.



# A first for FIZZ!

Sharon "I'll try anything once" 'Fizz' Bowman goes... beyond the call of duty.

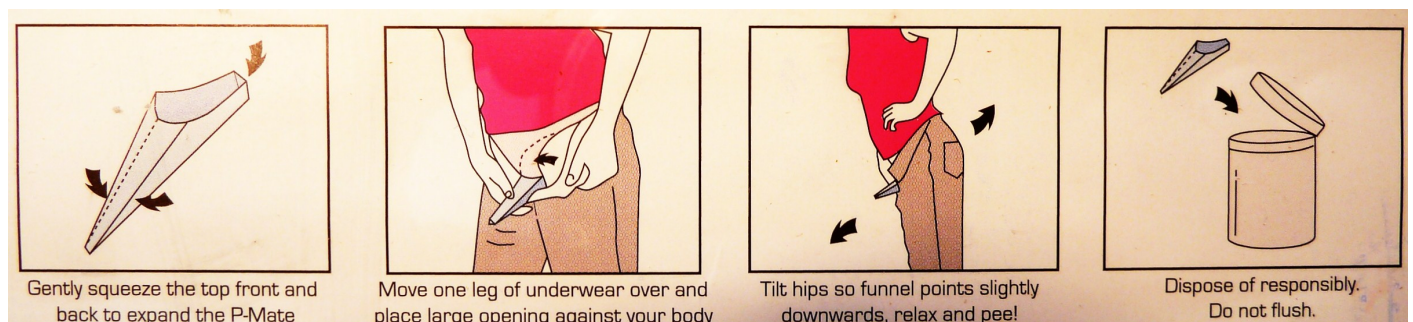
For many, the Virgin London Marathon holds a unique place in a runner's life and even getting into the race is a major achievement. The whole event runs like clockwork and must take months and months to compile and organise. This year's event was no different and each year they get it mostly right (apart from the t-shirts) but this year I was in for a surprise when I got to my blue start.

You have an area where you put your kit bag into a lorry so it can be delivered to the finish on your completion of the race and people just mingle around until they go into their start pen. In this area are water, Lucozade and toilets. I put my kit onto the lorry and wandered over to the toilets and, as usual, the queue was huge. I waited and chatted to fellow lady runners as we all moaned about there never being enough loos. The queue was not going down very quickly and then suddenly in front of me I saw a sign above the closed-off area that said "urinals" with a picture of a lady! This stopped our conversation dead! How was this going to work and how desperate was I to go? With the thought of 26.2 miles ahead I really had no choice!



On entering there was a table with a flat cardboard container, details of which you can see in this diagram. This allows you to stand and pee like a man! Oh I really can't believe I am writing this but it really does work and I think it will be catching on. It certainly is a weird thing when you're faced with another woman opposite you standing having a pee! So be warned you too may be faced with this new idea.....I survived!

*[This is a SCOOP for The Trotter - eds.]*



Don't try this at home.

# Club Championship Report

Men's Captain **Tarquin** casts his penetrating gaze over the current state of affairs in the Club Championship.

Since my last report we've had three championship races: Plymouth XC, Easter Bunny 10k and the Taunton Half. Although there have been only these three, there has been quite a bit of movement in the positions, with 30 ladies and 48 men now having completed at least one championship race so far this year. However, the top spot for both has remained the same.

Sharon 'Fizz' Bowman continues to lead ladies and is now on 383 points, after completing eight races. Jo Becker has remained close behind in 2nd place and has also been picking up valuable points after completing seven races.

The next seven positions are ladies who have all completed five races so far. Helen Anthony has now jumped to 3rd position, with 249 points, and has been picking up the maximum 50 points in all but one of the races. Given her present form, Helen will be a tough contender and one definitely to keep an eye on. In 4th position is another Trotter who has climbed the table rapidly over the last couple of races: Sally Ingledew has signalled her intention to fit the club championship into her busy marathon schedule this year, and is starting in good form with a current total of 243 points. Because of these two, Eleanor Taylor has been edged back into 5th position, with 238 points. However, Eleanor has the experience of completing many club championships and knows that there are many trips and turns ahead yet this year!

The top ten for the men has continued to chop and change, but Alan Boone has remained firmly in first place and looks to be staying there for quite some time to come with a commanding 344 points, after completing seven races this season. Mark Becker has now joined his wife in 2nd place, with 274 points, after completing six races. Mark has indicated his intention to give this year's championship a really good go and enjoys the regular racing scene.

After also completing six races, Jimmy Donovan has jumped into 3rd spot. Jimmy is no stranger to regular racing, but it's been a while since he last gave the championship a go. With half of the races to go, Jimmy has certainly broken the back of it and gotten some of the toughest races out of the way.

Dave Tomlin has remained in 4th position, with all the movement happening around him. He has now completed five races and has 249 points, keeping with near maximum points for those races, after a strong 50 points gained at the Easter Bunny 10k.

Wilf Taylor has moved up to 5th position, with 241 points. An average points per race of 48.2 for him shows that he has regularly been picking up 48 or 49 points at the five races he has completed.

It is still early days, anything can happen yet and we have only had ten championship races. Two races each in five of the seven sections have so far been completed. As yet we have not tackled any races in the short miscellaneous or

mixed categories but that is about to change, with the first of the Sandygate Loop races starting on Friday 26th April. Remember, for this series of races your best time will count, whether you do just one or all six events. Also please remember that it is now a requirement to wear your club kit at the Sandygate Loop if you wish to take part!

We then move towards the summer and other personal commitments come into play, so you never know who will turn up at any given race, which makes for interest! Last year's Saltash Half marathon only attracted four Trotters, so would definitely be worth heading down to. It is organised by the Tamar Trotters, a very friendly club who always support our own races well, so please make the effort and return the favour at this tough, but very well organised event (on Sunday 5th May).



Training pays dividends: Mark Hutchins, Nicky Cowling and Jess Whitehead at Dawlish Leisure Centre.



Your support is also requested for a brand new race on the race circuit. 'Muskie's Madne5.5' is an undulating 5.5 mile multi-terrain event taking in Ham Woods on the evening of Saturday 25th May. It's a completely new event organised by the Plymouth Musketeers, who are a fun bunch of runners and have also strongly supported our own Teignbridge Trotter races.

Can I again ask you please to double check your race entry for any race you enter, to ensure that you have been listed as a 'Teignbridge Trotter'? Also, please check your result and if you find that you are not listed as a Trotter, please let me know straight away. Thanks!



Tarquin gives the pre-run briefing at Dawlish Leisure Centre, prior to a Saturday social run.



Ladies at Taunton, Sunday 7th April, from back left: Eleanor Taylor, Sarah Schutte, Sharon 'Fizz' Bowman, Lorna Martin, Jacki Woon, Kirsty Bowman and Angela Blakesley.



# The Trotterview

Fourth (or strictly fifth) interviewee in this series is a very familiar face on club nights: Club Trip impresario [Kevin Besford](#).

## **1. What do you like to be called?**

Kev

## **2. When did you start running?**

I initially ran in the 1980s, completing 3 marathons and numerous half marathons. After a long break, I started again when my eldest, Siobhan, joined the Trotters in October 2007 to train for the 2008 London Marathon. The beginners' group then consisted of me and one other who is still a Trotter, Steve Blackburn.

## **3. Why did you start running?**

The second time around was primarily to encourage Siobhan but I haven't stopped since.

## **4. What do you like about running?**

The resulting fitness boost and the ability to switch off from the rest of the world and its issues while enjoying the countryside out on a run.

## **5. What is your best memory of running?**

Apart from the London atmosphere in both 2012 and the eighties, I achieved a memorable goal of 10 mile race in sub 70 minutes. It was a race from Holsworthy to Bude ( known as the Two Counties 10) and I actually left the sports centre at the start in a heady third spot.

## **6. Favourite training session?**

I like them all and the good choice of options. If I had to choose one, I do like the session of pyramid hills in Churchills.

## **7. Who is your running hero?**

Brendan Foster

## **8. What is your favourite race?**

Any half marathon where I finish strong and where my legs recover in time for Monday night training.

## **9. What is the worst race you have done?**

2010 Bristol Half. I had been ill in the lead-up to the race and during it I suffered from bad stomach cramps. I was very pleased to finally get to the finish line.



## **10. What running achievement are you most proud of?**

The ten mile time mentioned above and my half marathon pb of 1hr 35. Admittedly, it was a long time ago. In recent times it would have to be breaking 50 minutes in the First Chance 10k in 2011.

## **11. Tell us an injury story.**

My injury story goes back to 1991 when I was into football. It was the first game of the season, I fell in the pre-match warm up and shattered my ankle. I haven't played since. After having my ankle pinned the doctor suggested no more football so I went and ran the 1984 London Marathon instead.

## **12. What motivates you to go out on a cold, wet dark evening?**

The thought of a nice hot shower and cup of tea afterwards together with the satisfaction of having done it.

## **13. What running goals have you got at the moment?**

I want to get my half marathon down to sub 1hr 50 and 10k





time down to 45 minutes.

**14. What running shoes do you favour?**

Nike Pegasus.

**15. What is the best piece of running kit you have bought?**

The most useful and beneficial kit is the Trotters rain jacket, both warm and dry. I would recommend it to any Trotters.

**16. What other sports do you take part in?**

I am actively involved with Stoke Gabriel Football Club as the first team linesman. I have also dabbled with golf from time to time. I have managed a hole-in-one in the past.

**17. What else do you like to do with your time?**

I like family time, including time with our Springer Spaniel, behind the scenes activity for the football club and for Kingsteignton Swimming Club. I also enjoy watching old detective programmes and sitcoms.



Kevin officiating alongside Ewan Walton at the Haytor Heller.

## Captain Tarquin's Corner

Men's Captain [Daryl 'Tarquin' Milford](#) delights in some recent men's achievements and sizes up the DD in prospect.

April is well and truly with us and we are at last seeing the back of that awful wintry weather – the bitterly cold wind has made training very hard and the desire to get out and run quite diminished. We should remember those cold evenings when all we want to do is stay on the sofa and not go out and do battle, not just with yourself physically, but mentally too: to keep battling on and pushing ourselves. Yes, we should keep in our minds the hard effort and work we all put in because, as the weather improves, we can look back on those hard runs and take heart that we've all worked hard throughout the long winter months.

I am writing this a few days before I head off with a band of Trotters who are fortunate enough to have obtained a place in this year's London Marathon, as well as many family and friends of Trotters who will be proving invaluable support. By the time you read this, the marathon will have taken place and you will have read about how everyone got on. Last night we heard the utterly awful news about the bombings at the Boston Marathon. The Boston Marathon is the longest-running regular annual marathon in the world and for many it has always been a pinnacle of running achievement. Now it will carry a new and tragic memory as its name gets added to the list of other terrorist atrocities that have happened in the world. It is truly terrible that our sport should be tainted in such a way and our thoughts will be with those who ran and supported at Boston as we take part and support at London this weekend.

London is not the only marathon on the calendar though. Many of us are also training for other things, not necessarily marathons. However, the spring is traditionally a time when runners look to complete a marathon if that is what they want to aim for. Beyond the spring marathons is the biggy for a select, but quite impressive, number of Trotters: the Dartmoor Discovery. As part of the training for this event, the participants will probably complete a couple of marathons on the way. One such Trotter who has been done this is Travis Wood. Travis completed the DD last year and is looking at bettering his superb 4:48:19 time and has chosen a couple of tough marathons to get him prepared for this challenge.

Travis's training hasn't gone as well as he would have liked this season. However, his recent race performances show that he is back on track and in fine fettle for a good DD performance. At the Easter Bunny 10k, Travis battled a bitter headwind to record a new 10k PB of 40:52 and this proved to be the sharpener that he needed. The following weekend he took on the Taunton Marathon and ran round in solid time of 3:36:25. Then, only a week later, Travis partnered Roger 'Smokes' Hales to tackle a real toughie: the Exmoor National Park round of the Coastal Trail Series. The pair took part in the marathon, with Smokes finishing in 5:12:06 and Travis in a time of 5:23:55, but to truly understand this finishing time, we need to understand the nature of the event. The terrain provided a massive gruelling test of stamina, with over 4,700 feet of climbing, with long descents, exposed open moorland and wooded valleys, which gives this event the reputation of being the toughest in the Endurance Life coastal trail series. The average finishing time for a male competitor is 5:46:56 so Smokes and Travis both finished in a good time. Well done you both!

Another Trotter who has been taking on longer and tougher marathon challenges is Allen Taylor. On Saturday 16th March, Allen took on the Adventure Hub Exmoor marathon. This is another tough event, with a varied route, containing many climbs and steep descents, taking in woodland trails and exposed coastal paths. Despite getting lost three times, Allen still finished in 4th place (3rd Male finisher) with a gritty time of 5:12. Two weeks later, Allen upped the distance again and took on The Compton Downland Challenge, which is either a 20 or 40 mile challenge organised by the Compton Harriers over the Berkshire Downs. Allen opted for the longer distance, finishing in 12th place, with a time of 6:22:15 for the longest event he has ever run. These two events should make the DD seem like a walk in the (national) park!

Returning to the Taunton Marathon, a large contingent of Trotters tackled both the half and full distances at this popular event. In the Taunton Half a number of PB times were recorded. Fresh from his 10k PB the week before at the Easter Bunny, Gary Clark recorded a new half marathon PB of 1:27.34, which shows that his London marathon and





Proud partners: Lucy and Rod Payne at Taunton, Sunday 7th April.

DD preparations are going well. Relatively new Trotter, James Ayling, recorded a new PB of 1:37:49 and Guy Roberts finished in a new PB time of 1.49.38.

Other Trotter men completing the half were: Garry Smart (1:20:47); Mark Becker (1.35.01); Craig Churchill (1.35.59); Wilf Taylor (1.35.53 and 3rd male vet 60); Mark Hamling (1.38.26); Peter Blakesley (1.46.22); Derek Blackford (1.54.09); Keith Anderson (1.57.20); Rod Payne (1.57.47) and Mark Wotton, who ran around with his sister in a time of 2.02.07.

In the two lap full marathon, Ewan Walton smashed his previous marathon best by 5 minutes to record a new PB time of 3:04:00. Ewan's continuing good form should carry him through to the DD, although he is also eyeing up the Abingdon marathon, in October, to break the 3 hour barrier at this distance. Alan Boone also registered a new PB, with a time of 3:12:58 and in doing so was awarded 1st MV55 for the race. Neil Pallant smashed the 3:45 barrier for the first time, with a PB time of 3:44:40. Neil is another Trotter building up to the DD and has been putting in a lot of hard training over the winter to prepare him for that challenge.

Other Trotter men completing the marathon at Taunton were: Roger 'Smokes' Hales (3:31:43); Travis Wood (3:36:25); John Tweedie (3:38:17); Chairman Rogs (3:44:01); Phil 'Latte' Perry (3:59:29) and Dave Dunn (4:06:22).

Also running at Taunton was Dave 'Tommo' Tomlin, who extended his recent impressive form to the marathon distance and smashed yet another club record, with his time of 2:45:28. This is all the more impressive, given the fact that Tommo has specifically avoided long runs and marathon training this season, so as to concentrate on shorter stuff, the three half-marathons he has completed this year being the longest distances he has run since before his bike crash last summer. However, it is with concern that I hear that Tommo has said that he may not re-join the Trotter ranks this year, but instead choose to concentrate on the triple discipline of triathlon. Whilst we all understand that he has been running for a long time now and that we can all appreciate that attempting a new goal and challenge is a good thing, it would be a great shame if he walked away completely from the club that has been part of his life for over twenty years. He has been running with the club since leaving school and has consistently been representing the Trotters at the top of the field at all distance events. No other runner in the club has been able to better his all-round achievements and only a few have actually beaten them in an individual event. As far as the Teignbridge Trotters is concerned, he is 'simply the best'. If Tommo did decide not to renew, it would also mean his excellent time at Taunton would not stand as a MV40 club record as the race was run in the new membership year. This would be a terrible shame as he currently holds an unrivalled and unchallenged SEVEN club records (10k, 10 mile and half marathon distances for both the Senior and V40 male age categories as well as full marathon for Senior male). Surely the full set of eight would be even better?

But the motto 'once a Trotter, always a Trotter' holds true for Tommo, as it does for anybody in the club. He is still giving the matter a lot of thought, but I hope that after a little time away he will realise that the Teignbridge Trotters is his home and will come back to being a regular face at training nights. Just don't leave it too long Dave....

Erme Valley Relays – Friday 5th July (evening):

This is the annual team relay race, where we usually field teams in the SM, V40, V50 and V60 age groups for this 4x2.5 mile relay race. This year, however, I will not be taking entries on the night but instead will be pre-entering teams two weeks before the event. Therefore, I will require a solid commitment from those wanting to represent the club at this event and I will be looking to create teams in the four age categories. I will write further details of this event in the next edition of the Trotter.

# Captain Catherine's Corner

Ladies' Captain [Catherine Barnes](#) sums up some recent successes and looks forward to challenges ahead.

I'm writing my captain's corner just before I head off to London to support at the marathon. This will be my first time actually at the event and I'm really looking forward to seeing a number of our ladies take part. Some have done it before and for others it's their first go. By the time you read this Sharon Bowman, Helen Anthony, Jacki Woon, Jo Haynes, Lucy Payne, Ruth Johnson, Carly Cook, Melanie Dunn and Katie Imong will all have taken part and I wish them all the very best.

Once again it's been a busy month for racing and our ladies have done 10ks, half marathons, duathlons, a 15 mile 'race' involving lots of food and drink (Stella Thompson), obstacle races (Tamsin Cook), cross country races, 15/21 mile races, two races in one day (Sharon and Kirsty Bowman) and marathons.

All this racing has generated some new PBs. 10k PBs were hard earned by Beverley Dennis, Helen Anthony, Jo Becker, Sarah Seymour, Jo Billyard, Kirsty Bowman and Nicky Cowling.

Whilst Jacki Woon, Sarah Schutte, Kirsty Bowman and Ruth Johnson all posted new half marathon PBs.

Club records have been broken again - at the Easter Bunny 10k Tina Caunter, despite running with a bad cold, pulled another club record out the bag and knocked 6 seconds off Pauline Newsholme's previous time from 1996. She also earned 2nd Vet 55 in the process. Tina now just needs the marathon FV55 club record to hold the full set.

At the Taunton Half Marathon, Jacki Woon came in at 1.35.27 for a PB, awarding her 3rd female vet 45 and breaking the club record for this category, previously held by Stephanie Ross, by 19 seconds. Like Tina, Jacki also now holds the entire club records in her age category apart from the marathon - will she have the full set after London?

Some of our newer members have also entered races. I'm

sure we can all remember how we felt when we first entered races, standing at the start line worried about what lay ahead so a massive well done to Nicky Cowling (Easter Bunny 10k), Cathleen Pilton (South Devon 10k) and Selina Snow (South Devon 10k) for having the guts to sign up and take part. For anyone who wants to enter a race but hasn't yet, please remember that between us all we have probably completed all of the local (and many further afield) races and will be happy to give any advice or recommendations on races to enter.



Jacki Woon approaches the finish of the Taunton half marathon.

As we get closer to June a number of our ladies are gearing up for the Dartmoor Discovery. Sharon Bowman and Sally Ingledew have previously run it and will no doubt be looking to better their previous times. Lucy Payne will have completed the London marathon as part of her training for her first go at this very challenging course. Joining Lucy in their first attempts will be Jess Parkes and Angela Blakesley. Jess Parkes recently ran the Axe to Exe 21 mile race and came in 7th female in a cracking time of 3.37.06. Sharon, Sally, Lucy, Jess and Angela will all be running in the North Dorset marathon in May as preparation for running the 32 miles required to complete the DD.

The Erme Valley Relays are on Friday 5th July (evening) and I ask you to think about taking part in

this team event. This year we won't be taking entries on the night as we will be entering our teams in advance. It's a really good event to do - you only have to run 2.5 miles as part of a team and it's very well supported by many running clubs. Further details to come in the next edition of the Trotter.

Finally - we all run for different reasons such as getting out in the fresh air, improving our times or perhaps running further than we ever have before. Sometime you can't believe how well you feel or how much you are enjoying it and sometimes it's just dreadful and such hard work. Recent events at the Boston marathon perhaps remind us that we are lucky to be able to run at all. It doesn't matter how fast you go or how far you run, let's just get out there, have a go and enjoy it!

Happy running everyone.



# CLUB RECORDS UPDATE

[Dave Dunn](#) is knocked out by your recent performances.

Last weekend's London Marathon provided the ideal opportunity to set fast times and three Trotters took full advantage, each in turn breaking a club record that they already held. Garry Smart led the way, quite literally, when his 2:50:53 was not only good enough to see him finish as the first of the eighteen Trotters taking part, but also allowed him to slice 89 seconds off his MV45 marathon club record set in last year's London.

Helen Anthony is looking forward to entering the veteran ranks later this year when she'll be a good bet to pick up some decent prizes. However, she is not leaving the Senior Ladies category quietly, and cut more than six minutes off her own marathon club record with a brilliant time of 3:21:35. I think we've yet to see the best of Helen, and Stephanie Ross's all-time marathon club record of 3:18:06 must be in severe danger.

Lucy Payne completed the hat-trick of record-breakers with her 4:12:53, demolishing her own FV60 marathon club record. That was a whopping twelve and a half minutes quicker than she ran at Milton Keynes a year ago. I feel that Lucy, like Helen, can only get better still.

Even before London, the club record book continued to be rewritten on a regular basis, with the latest revisions coming in the Easter Bunny 10K at Yeovil on Easter Monday, and then six days later at Taunton.

If you're chasing club records then sticking to the correct diet will prove essential. Take careful note of the example set by Peter and Angela Blakesley, seen here at Taunton, 7th April.

Tina Caunter added to her impressive collection of FV55 records by trimming just 6 seconds off Pauline Newsholme's 10K mark set way back in 1996 at Brixham. Tina's time at Yeovil of 52:55 now leaves her just needing the marathon record to complete the set of all four club records in her current age category. Ironically enough, that too has been held by Pauline since 1997 with a time of 4:23:54. You have your challenge Tina, but judging by the way Tina has now set new marks at 10K, 10 miles and half marathon within the space of just two months, it is a challenge that may not be beyond her.

Another lady in fine form just now is Jacki Woon who shaved 19 seconds from the FV45 half marathon record previously held by Stef Ross. Stef set her time of 1:35:46 in the Dartmoor Vale half in 2007.

For the record, Dave Tomlin did eclipse the MV40 club record held by Chairman Roger Hayes at Taunton with his time of 2:45:28, but as Dave has now decided that he won't be renewing his membership with us this year, Roger's record of 2:51:44 lives on for a while longer.

May will offer further opportunities for record-breaking, most probably at Ivybridge or Bideford over 10K, and possibly at the North Dorset Village Marathon. Wherever you are racing in the coming weeks, have a good one, and most importantly let our Press & Publicity Officer, Sharon "Fizz" Bowman, know all about your exploits.



# New Trotter Competition!

I know many of you have been running for donkey's years, so I thought it would be interesting to see who has the oldest race t-shirt!

I went through my drawer and found a 1995 Haytor Heller one. However, right at the bottom of the drawer I pulled out a 1994 London Marathon one. It's totally lost all its shape. Mind you, to be fair, it never really had much in the first place!

So come on Trotters, dig deep and send your pictures to [mag@teignbridgetrotters.co.uk](mailto:mag@teignbridgetrotters.co.uk)

There's a prize for the person with the oldest t-shirt.  
*[or for the worst picture - the bar has already been set very high... eds.]*



**And a final comment from our resident cartoonist Steve Rawlinson:**

*[Thanks Steve - eds.]*



## The Trotter

Editors: Sarah Seymour and Keith Anderson

Many thanks to everyone who has contributed to this issue of The Trotter. The copy date for the May issue is **Friday 17th May**.

Do you have a Trotters story to tell? Is there a feature you'd like to see included? Do you have some great pictures you'd like others to see? We'd love to hear from you.

Contact us on Facebook or email: [mag@teignbridgetrotters.co.uk](mailto:mag@teignbridgetrotters.co.uk)