

## Help the Haytor Heller Hit the Heights!

*Race Director Buzz Terrill and Chief Marshal Stewart Dunn are urgently seeking marshals for the race and also more general helpers who can show their versatility with many tasks behind the scenes.*

*If you want to help your club make a big success of this popular race, PLEASE contact Stewart by email: [s.dunn13@hotmail.co.uk](mailto:s.dunn13@hotmail.co.uk)*

*The race is on Saturday 20th July starting at 6.30 p.m.*

# The Trotter

Teignbridge Trotters Newsletter

Number 5

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## DD's Double Decade



Dave Dunn graciously accepts his long service award, flanked by Chairman Rog (right) and Treasurer John Caunter.

The *Trotter* is given exclusive access to the Dunn family home for an in-depth interview with the man of the moment. Co-editor [Keith Anderson](#) reports.

There wasn't very much time before Monday's club-night with the Trotters, but Dave Dunn kindly agreed to speak to me in between arriving home from work and having to jog from his home in Hamilton Drive to Coombeshead College.

It was Brenda, Dave's wife, who provided the initial impetus that got him running. This was back in 1985. Brenda wanted a new fitness regime and started training for a 10K race so DD accompanied her. Sadly, injury soon began to curtail Brenda's running but the effect on Dave was long lasting, such that he continues to run and race competitively to this day. Dunny joined the Trotters in 1988 following a move

# News Desk

Chairman [Roger Hayes](#) reporting.

The best part of four days of pretty decent weather for the Devon County Show, just what the organisers would have hoped for. I've got everything crossed for similar weather for the DD weekend. I know some of you who are running the race would prefer cold, damp, overcast conditions, but those of you marshalling or doing any of the many other jobs that have to be done will, I'm sure, be hoping for lovely warm sunshine. Nice weather at the finish certainly creates a wonderful atmosphere. I remember our first year in charge: we were blessed with glorious sunshine and runners simply didn't want to leave the finish area, sitting around, chatting, cheering others home and getting stuck into the feast on offer from our catering team.

We have 27 Trotters down to run the race. As I write this, only two of those (Tweeds and Stu M) have reserved a place at the Friday night pasta party. It's a great way to start the weekend. You can register, pick up your race numbers and t-shirt, deposit your special drinks and then fill your face with all you can eat for £6. You need to reserve your place by the 28th May. I am delighted to inform you that Trotters Sarah Schutte, Steve Barker and Rupert Kempley (2nd claim) have all managed to secure a last minute place in the race. Sarah's inclusion means we will now have two lady teams. Can we retain both our mens and ladies winning team titles?

Apart from the race t-shirts being stuck in China, everything is just about ready to go. However, Tarquin could do with a couple more marshals. Please drop him a line if you can help out [teignbridgetrottertarquin@btinternet.com](mailto:teignbridgetrottertarquin@btinternet.com)

I know many of you have served on the committee at some time during your time as a Trotter, but one man has gone that step further. Dave Dunn became a committee member in May 1993 and has been a member ever since. This month saw Dave celebrate 20 years in the hot seat. It was an honour to present Dave with a crystal tumbler as a small way of saying a massive thank you for all his time, effort and dedication during those 20 years. Read all about Dave's thoughts and memories, starting on the front page. He is without doubt a true Trotter legend.



Rod Payne receives due adulation in the changing area, Club Trip.

I would like to say a big thank you to Kevin Besford for organising this year's Club Trip. A very enjoyable day was had by one and all. The race was real belter, offering a bit of everything. The cakes, coffee and cheap beer at the Race HQ went down well, and the pub grub was spot on. The only disappointing thing for me was the fact that only 39 Trotters were on the bus. Kev is already searching out suitable races for next year's trip. He's also open to suggestions. Our aim is to fill a double decker, set a new record for the most number of Trotters to finish a race (currently 49) and, of course, leave a lasting impression!

Thanks to those who kindly brought in their unwanted glass cubes. I'm still looking for more! Well done to the winner of the oldest race t-shirt competition (you'll have to read on, to page 11, for the details). A bottle of red is on its way!



Neil 'Shrinking Violet' Pallant is eventually persuaded to appear in a group photo, Club Trip.

Good luck to Tracy & Nathan Elphick who start their challenge to cycle from Land's End to John O' Groats on Monday 3rd June. I shall look forward to reading all about it in the next edition of the Trotter!

Congratulations to Simon and Emma, who tied the knot on 11th May. The race is now on to see who can become the second lady in the history of the Trotters to win a fastest time award with different surnames - Carrie-Anne or Emma?



# Your Captains need YOU!

Captains Catherine and Tarquin are calling all Trotters for the Erme Valley Relays, which are held on Friday 5th July at 7pm.

Each year the Erme Valley Harriers organise these popular and challenging relay races, which are held in Ivybridge. The race HQ is at the club house of Ivybridge Rugby Club.

The relays, run over a 2.5 mile course, are undertaken in teams of four; each runner doing the 2.5 mile course once.

The route, which is run over quiet country lanes, is undulating and has something for everyone. The excitement of competing in a relay team of four is also very challenging, with a great sense of team achievement. The potential for team prizes are high, so we need as many Trotters racing there as possible! This event is also included in our club championship, with the time for your individual 2.5 mile leg counting.

There is plenty of car parking at Ivybridge railway station car park, which is opposite the Rugby club.

Your captains will be looking for names to commit to these relays over the coming weeks, so please come forward to represent your club. The entry fee is paid for by the club, so all you need to do is sign up with either Catherine (Ladies) or Tarquin (Men). This year we will not be taking entries on the night, but instead will be entering the teams beforehand. The two captains will work out the teams and enter you prior to the race day. All you then need to do is turn up in your Teignbridge Trotter race kit on the night! If you would like to give these relays a try, can you please let your respective captain know by MONDAY 24th JUNE.

## Greetings from a Globetrotting Trotter!

Trotters get everywhere. Chairman Rog recently had this email from former member Rex Barnes, now well established in his new life in Australia.

*A quick email from Down Under to wish the whole Club the very best of luck for next weekend's DD!*

*To those who are facilitating it, those brave members who are running it and of course the two Rogers who reach the magical 100.*

*It has the makings of being a truly memorable day in the history of the club.*

*My thoughts will be with you and may the sunshine on you all (but not too hot!).*

*It makes my small efforts with the Hobsons Bay Running Club here in Melbourne pale into insignificance!*

*The very best of luck to you all.*

*As ever,*

*Rex*

*Rex W Barnes*

*Deputy Acceptance Manager Amphibious Ships*

*LHD Project*

*BAE Systems Australia*

...continued from front page.

# The Dave Dunn Interview

from Maidstone where he was a member of Maidstone Harriers (a life-member, in fact, as a result of writing their magazine, which he did by hand – no DTP in those days!).

We're now celebrating Dave's twentieth year as a committee member of the Trotters. I was keen to learn what official responsibilities he'd taken on during this time. Three formal roles, he said: general member, vice-chair and what he does so efficiently now: membership secretary. In addition, he was cross-country captain for 15 years, club trip organiser for eight and, as some existing members will recall, it was Dave who set up the very first club championship way back in 1991.

Dave has had many proud moments but nothing has surpassed taking over in 1994 as race director of the Teignbridge 10 and continuing in that role until 2010 when it was replaced by the Dartmoor Discovery as the club's prestige event.

It has not all been plain sailing, though. Dave harked back to the big kit debacle, when the club decided to change strip from pale blue to the current royal blue, gold and green, but every item was of poor quality or rubbish fit so they had to abandon it and start again!

We all have favourite and worst races – for Dunny the best was the 1990 Seven Sisters (Beachy Head) marathon, all off-road along the coastal path, and on that occasion run in a howling gale – but Dave still finished! As for the worst, that was 2005 Wellington Ten when it was boiling hot, as it seems, Mark Becker will testify – Dave says Mark ended up in hospital.

Dave hasn't restricted his racing to this country but has run in France, Spain, Holland and Hungary, including the Budapest marathon, but while France, for example, has nice quiet roads, Devon remains his favourite running place because it's so varied. On

road, off road, flat, hilly, coastal and moorland routes are all within easy reach.

While he loves his running, DD can't get through the weekend without watching sport on television. Brenda thinks the remote is faulty: if she leaves the room briefly, when she returns the channel has unfailingly switched to cricket, cycling, athletics or horse-racing...

"And football?" I asked. The best sides in the world? "Well, Brazil are quite good, but they're not in the same league as Crystal Palace," he replied. I suppose not, I thought. Dave remembers Cup Final day 1990, partly on account of Matthew's birth and partly because this was the chance Palace had to thumb their noses at Man United under new manager Ferguson. It was drawn three-all and Palace lost in the replay.

Our twenty minutes on the rear-garden decking had almost gone by and I just wanted to ask Dave for some thoughts about the future of the club. A concern he shared was that several committee members had, like him, been doing the job for a long time and there was a risk they'd all retire at about the same time, leaving something of a vacuum. To stop this happening new blood was urgently needed, which means fresh people will have to be prepared to stand when election time arrives. Everyone agrees it's a great club and it will continue to be so only if the committee is both strong and forward-looking.



Still got it: Dave competing in the recent North Dorset Village Marathon.

Linked to this, Dave was at pains to stress what he sees as one of the club's great strengths: its non-elitest approach. While race victories and club records are rightly recognised and applauded, at the same time every aspect of training and all social events are rigorously open to all. He particularly felt that the beginners' group was something to protect and nurture, as it is often from here that our keenest and most competitive racers emerge.

Time was up, so we hastily said our farewells, only to meet up again at club HQ five minutes later.



Thereby hangs a tale: Co-editor Sarah 'Otter' Seymour, reports on another memorable club trip, organised by fellow Trotter Kevin Besford.



As Chairman Rog said in this month's News Desk, Kevin Besford organised another great club trip for Trotters and families this year. We were all up bright and early on Sunday 12th May to catch the bus at our various pickup points. This year we had a coach rather than a double decker as not quite as many Trotters had signed up for the trip. We travelled up to Radstock, near Wells in Somerset, making use of the long journey to catch up on a bit of club gossip. After a lot of discussion as to which hill was the Jack n' Jill hill, we finally arrived at the race headquarters and all piled off the bus, including my partner Rich with his surfboard (don't ask!).

The race headquarters was very busy with a tempting selection of cakes on display. Unfortunately, we did have to go and run so we headed out into the cold for a few photos before the start of the race. The race really was on a variety of terrain: there were fields, tracks, pavement, roads and some streams to run along. Towards the end, there was a short, steep scramble up a gravelly hill just to really finish off your legs before a sprint to the finish line. Goody bags were given out with a drink and a chocolate bar. There was quite a lot of discussion about who got what chocolate: I would have been happier with the Crunchie that Ewan received but I'm obviously not fast enough to justify a prize like that. We were also awarded some very substantial medals.

While we were running, there was also a fun run of approximately 1.5 miles which four of our mini Trotters ran in. Tom Besford had a cracking run, winning both the race and the prize for first under 16 boy. Unfortunately, my much smaller Tom didn't get on so well, taking a nasty tumble on a hill. He was taken back to race HQ by a marshal and then patched up by St. Johns Ambulance medics. He still got his medal and a nice big piece of cake to help him feel better so he was ok!

The Trotters did well at the prizegiving with both the mens and ladies teams coming second and winning many of the age category prizes. We were certainly the loudest and most supportive team there.

After tidying ourselves up, we headed off to a lovely pub which Kev had chosen for us. The food was really nice with quite a wide choice to suit everyone. Everybody enjoyed their lunch and a few drinks before getting back on the bus to go home. The journey back was a little long-winded and Neil Pallant was certainly "enjoying" being a backseat driver. I was glad when we finally got back to Teignmouth and could get some fresh air on our way home (minus the surfboard).

This was the second club trip I have been on and I really enjoyed it as did my family. It is a great day out with friends, you get to do a race you probably wouldn't have thought about doing before and, if you marshal just twice this year, your race entry is free, as is the bus for you and your family. Kev also has a knack of choosing great pubs so the food is lovely too. He is now looking for ideas for next year's club trip so if you know of a race which may be suitable, let him know.

# Marathon Maiden!

The first time at  
26.2 miles - Jess  
Parkes describes  
her experience  
preparing for, and  
running in, the  
North Dorset  
Village Marathon.



All smiles: Sarah Schutte accompanies Jess on her first marathon, the North Dorset Village Marathon, Sunday 5th May 2013.

When I started running four years ago the last thing on my agenda was running a marathon. It has never been a burning ambition of mine. However, fast forward to a warm, sunny Sunday morning in May 2013 - I find myself on the start line of North Dorset Village Marathon (NDVM), about to run that very distance!

So, how did I get here? Well, for me it has been a natural progression as I've been training towards a bigger event, the Dartmoor Discovery. So inspired was I at last year's DD that I just knew it was something I wanted to be a part of. The furthest I had run at that stage was a half marathon so I had an awful lot of training to do! Running NDVM was all part of my DD training schedule. Little did I know when entering it that I would end up aiming for a good-for-age time for the London marathon. A couple of months prior, someone (naming no names!) [HA!... eds.] had mentioned the GFA for London and that was it, the seed was sown.

I set about gradually increasing my distance week on week, along with so many of my fellow club-mates, all of whom have been invaluable to my training and progress. I also made a conscious decision to enter a few of the more varied races such as the Obelisk, Duchy and Exe to Axe. I knew for me, personally, that these events would challenge me and build on my training.

The furthest I had now run was 21.4 miles, at the Exe to Axe. From what I had been told, it wasn't necessary to do any more miles than this in order to be able to run a marathon. Therefore I felt fairly confident I could get around the full 26.2, although how you're going to feel on race day can be a different matter entirely.



Sarah Schutte and I decided to try and run the marathon together. So there we were, standing at the start and raring to go. I was shaking with nerves and excitement. We set off at quite a rapid pace and I think we even surprised ourselves how well we were keeping it up mile after mile. I think it's only fair to mention at this point that unfortunately we had both made the biggest error of judgement in terms of racing - taking on an electrolyte drink without having ever tried it throughout training beforehand: big mistake and a lesson learnt! Needless to say, this had a rather adverse effect on me at around mile 16 and again at 21! Sarah was starting to struggle with stomach pain and nausea at mile 17 and had to slow down marginally. Still feeling strong, I knew I had to just go for it.

Getting to mile 20 was a huge milestone and mentally I had to think to myself that 'all' I had left to run was a 10k. Despite having to dart behind a hedge for a second time, I managed to keep my pace going although it had significantly slowed in comparison to the first half of the race. The last 4 miles of the marathon were the toughest by far. It was very warm by this point. My feet were hurting and, believe it or not, I started to feel starving hungry. Quite frankly, I had had enough of Shot-Bloks and jelly babies, I needed something more substantial. I was visualising all the things I fancied to eat, although I tend to do that on a day to day basis anyway so nothing new there. I could then see the finish area in the distance... so close and yet so far. Before I had time to really think about it, I was running through the middle of small crowds of people. I had made it to the finish line. In one piece. Alive! I could see the clock: it read 3:44:20... I had done it! Not only had I completed my first ever marathon, I had also managed a GFA

qualifying time for London. The relief on my face is a picture [see left...eds].



Sweet relief: Jess at the finish of the NDVM.



Mutual support: Sharon 'Fizz' Bowman, Sarah Schutte and Lucy Payne with Jess before the NDVM 5th May 2013.

I have learnt so much about running in such a short space of time. There is so much to take into consideration I don't think you ever stop learning: from what percentage to increase mileage by to what fuelling strategies work for you. Even down to what socks are the most comfortable - I'm yet to find my perfect pair.

In the last few months I have been on some of the most memorable training runs that will stay with me forever. From running in freezing temperatures to pounding the pavements in torrential rain. Along the way I have got to know some truly wonderful people and made some very special friends for life (I hope).

I have absolutely loved building up the miles and getting to the stage where I am able to run 26.2 miles has, quite literally, been the biggest achievement for me. However, I know this is not the end. In fact I can categorically say that I have well and truly been bitten by the running bug and it has turned into somewhat of an addiction.

Getting to that start line at North Dorset has been one big adventure, having had lots of fun and laughter along the way. However I have a feeling that this is just the beginning of a much bigger adventure; long may it continue.

# A Serious Case of Marathonitis.

Virgin London Marathon runner **Dennis Milstead** describes how the earth moved for him.

Virgin London Marathon was fab. At least, it started that way but then got much better as the weekend wore on.

It started very early on Friday morning. I had arranged for priority boarding of the coach in Torquay at 6.20am, while my club mates had a bit of a lie in and boarded the coach in Newton Abbot at 6.35am. Torbay AC had decorated the coach in bright, gay colours and balloons for Tarquin's 40th birthday. I think he also had a goody bag.

It was not long before we started to play 'How many Trotters can we fit in the coach toilet'. We managed to get three of us in but, unfortunately, Zippy (Helen Anthony) and Jacki Woon had loftier ambitions for their weekend than being used as "filler" in a coach toilet. After a moment's reflection, this appeared to be an entirely reasonable stance. Tim Hassell toyed with the idea of covering Mike McElheron (our tour organiser from Torbay AC) with lard and using him. Mike is a substantial figure and the idea was quickly discarded as impractical.

We were staying in the Clarendon Hotel in Blackheath which is a large Georgian hotel that fronts directly onto the start area on Blackheath. Our coach parked right outside the hotel and we were all set for the weekend.

After we arrived on Friday, we headed off to the Excel centre for registration. We were supposed to be given black ribbons to wear on race day as a show of respect for the Boston marathon bombings but for some reason we were not given any. We could not find black ribbon anywhere in Blackheath and eventually ended up in an upholstery shop. The owner was seriously impressed that we were running in the London Marathon. He could not do enough for us and would not accept any money. We came back with a large piece of

shiny black material from which we were going to make some black armbands. Tim decided he was going to make a gimp mask as well, which was funny, but also of questionable taste. When we left the room the next morning it was still there next to a pot of vaseline. I looked at Lance. "What shall we do with it?" I asked. "Just leave it for the cleaners," he said with admirable nonchalance.

On Friday evening we headed off to the Princess of Wales, which is just up the road from the Clarendon, for some pre-race planning. This was a great pub and we got involved with some ill-advised pre-marathon drinking. This could have easily developed into a damaging session but we were booted off our table to make way for someone called 'Steve' and his celebrity mates. Anyway, we were due back at the Clarendon for dinner.

On Saturday we tried to hire some bikes in Greenwich, but the opening hours of the bike shop were listed on the door as "variable", with no further information. We decided that

maybe it was just a front for some money laundering. We waited for a while and then went to Ali Costa Coffee in Greenwich, a Costa Coffee rip off run by a Chinese family. It was very good. We then took a boat trip from Greenwich to Westminster. After, we went into Yo Sushi! in Westminster and loaded up with some raw fish and wasabi sauce the day before my first marathon. Hmmm .... I know, alcohol, raw fish...

Staying at the Clarendon is fantastic. The race starts from right outside the hotel. This means you can sit in your hotel room and watch the start of the marathon coverage on BBC1, which gives you a bit of an adrenaline rush, and saunter over to the start at the last moment.

When we left the hotel, I realised for the first time that we had been allocated into pens. Your marathon race number has a very small additional number in the corner which



Part of the VLM line-up, with apologies to Trotters not included: Keith Anderson, Tim Hassell, Dennis, Lance Mason, Gary Clark, Helen Anthony, Jacki Woon, Sharon Bowman, honorary Trotter Stuart Parkes and Tarquin Milford.



## 'Fizz was delighted by this and chortled happily every time she saw me.'

indicates which pen you belong in. Pens 1 and 2 are reserved for fast-slim-cool people. Pens 3 and 4 are for good club runners.

Pens 5 and 6 are for experienced runners. Then there are pens 7 and 8 for people who are increasingly inept and dysfunctional. I looked down at my number, I was in pen 9. WTF!

Fizz was delighted by this and chortled happily every time she saw me. She started taking photos of my number and posting them on Facebook which caused her to chortle even more. I checked with my club mates: one or two had been relegated to pen 4 but nobody was lower than that. I looked around desperately to see if there was a pen 10, but no, pen 9 was the very last. It was a mirror image from Dante's Inferno with me on the lowest rung of hell. I had given a predicted finish time of about 4 hours so this pen 9 ignominy was an act of pure chance.

I thought I would sneak into one of the pens further up towards the start, but this was impossible. There was a very high level of security on Pen 1 with six guards checking your number. This security gradually eased as I walked further down the start: there were five guards on pen 2 and four guards on pen 3. By the time I had walked down as far as pen 8 there was only one official checking numbers. In pen 9 there was, of course, no security whatsoever. I do not think that you even needed a race number, you could just wander in and chill out, nobody cared. Initially I was disheartened by this but after a while I decided I quite liked the liberal inclusive atmosphere. It felt a bit like the Mos Eisley Cantina scene from Star Wars. The guy next to me was dressed as a black ninja turtle. There was also a spotted leopard in front of me and a man dressed in just some Tarzan pants.



Dennis has just been told how far he will be expected to run.

The woman to my left was saying to her friend, "I am definitely going to try and run the first 3". Another woman in front of me said, "I am surprised that there are no Teignbridge Trotters in here, they get everywhere." I was just about to tap her on the shoulder when I remembered why there were no Trotters in here - I was in pen 9. Should a Trotter be in here with the lost and the dispossessed? I demurred for a while but then I just had to say 'hi' to her. She was very nice and was quite at home in the special atmosphere of pen 9.

There was supposed to be a 30 second silence before the race but it passed us by at the very back of the race as there was no signal for the start or the finish of the period of silence. There was no signal for the start of the race either, all we knew was that people had started to shuffle forward and that something must be happening up ahead.

And then .... oh yeah, there was a race. A fantastic race, the absolute best. Some of my club mates did really, really well ... actually we all did well.



Dennis wishing he was Tim.

# The Trotterview

Victim number six in this series is [Tina Caunter](#), club record holder and cake baker extraordinaire.

## 1. What's the worst thing someone has called you?

Wednesday legs (Wends they gonna snap).

## 2. When did you start running?

October-ish 1999.

## 3. Why did you start running?

John has been running for years, and has always tried to get me running but I tried and used to say "what do you see in running?" I used to go along and support John and when we joined the Trotters, we got involved on the social side too. I found that runners did nothing but talk about running and analyse each race, run, and training session. I soon realised that I was missing out on something, and started to run around the block.

## 4. What do you like about running?

The buzz you get when you finish, especially when you get a PB.

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

Joining the Trotters on a Wednesday evening for the first time. I had only run up to about 4 miles at the time and I went out with the slow group. We ended up being out for over 1½ hours through Stover and back. It had John a bit worried at the time!

## 6. What is your favourite training session?

I like the session where you are in pairs and one sprints for half the course, while the other jogs across the centre of the course, then you swap. It's a session where you can try your hardest to stay with one of the fast runners, or not let them catch you, all be it for 20 metres.

## 7. What is the funniest thing that has happened to you whilst running?

I guess doing the cross country, and having to lend my vest to Gary Watson to run his race first, then standing on the start line waiting for him to pass it to me so that I could run my race. I had seconds to spare!

## 8. Who is your running hero?

I've always had the hots for Roger Black, but any of the top runners are amazing. When you run, you can appreciate just how fast they are running, especially the top marathon runners. I know that even if I sprinted my heart out, I wouldn't be able to stay with them for 20 metres, and they are doing that for over 26 miles.

## 9. What music inspires you?

I love soul music, especially Diana Ross, but my favorite song is "Three Times a Lady," by The Commodores.

## 10. What is your favourite film?

Pretty Woman and Ghost. Every girl wants a knight in shining armour to whisk her away, and I just love the scene with the clay modeling. Ooh, er!

## 11. Give us a tip for racing?

When you are coming to the end of a race and you really don't think you are going to make the end, or that last hill is just the last straw, imagine you have a hook in the middle of your tummy and someone is reeling you in. That was advice given to me when I first started running and it works for me.

## 12. What is your favourite race?

The Haytor Heller - fantastic course, great scenery, but a bloody hard race so I prefer to do the reccy run!

## 13. What is the worst race you have done?

The Doone 10. Never, ever again, it was the most draining race I have ever done.

## 14. What running achievement are you most proud of?

Winning most improved lady in the club, three years in a row.

## 15. Tell us an injury story (we all have one!).

Not really had much of an injury, but I was out of running for over 18 months. At the time I had lots of tests as they were not sure what I had. They thought it was the valves to my heart. I went from running marathons to not being able to walk up a flight of stairs in one go! Several times I was unable to breathe at all. I was also told I might not ever run again. It turned out I had Whooping Cough! It was quite



Record breaker: Tina at Bideford, 3 March 2013.



## 'Several times I was unable to breathe at all.'

scary at the time, so now I am grateful that I can run.

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

A husband who never lets you forget you have missed a session!

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

I haven't really got one, but I would like to get my mileage back up again, and have a good year racing, as I go into the next age category this year.

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

Asics

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

My running belt. It carries three small water bottles and has a zip compartment for the phone etc. It's much better than having to carry something in your hand.

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

I cycle, go to the gym, love badminton and squash, but don't get much chance to play. I have really enjoyed doing triathlons, but prefer the pool ones. I do hate swimming though! I used to play netball and hockey.

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

I love reading and cooking. I do a lot of cake decorating. I am very busy with my guiding, and run both a Brownie and Guide unit, as well as being a trainer for the South West Region. Most of all I love being with the family especially the grandchildren.



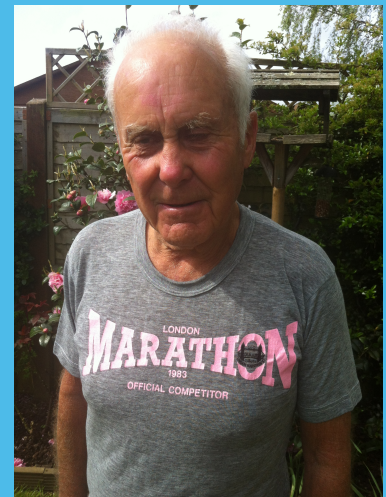
Striding out: Tina competing in the Plymouth Hoe 10, 17 February 2013.

## Tee-shirt competition

Following an overwhelming response to the T-shirt competition announced in the April Trotter, the field has eventually been narrowed down to just two competitors: youthful [Eleanor Taylor](#) and experienced [Maurice Piper](#). Here they are, demonstrating their full sartorial splendour. But you'll need to turn to page 15 for the final result!



Youth.



Experience.

# Captain Catherine's Corner

Ladies' Captain Catherine Barnes delights in some recent achievements and weighs up possible future successes .

Since I wrote my last Captains Corner the 2013 London marathon has taken place. I normally watch this on TV but this year I was there in person and the atmosphere was fantastic. It was a beautiful day for spectating but a bit hot for running, especially as all the training in the lead up to London had been in mainly cold and wet weather. Katie Imong, Carly Cook, Jo Haynes and Ruth Johnson ran their first London marathons and, despite the conditions, did excellent times. Jacki Woon ran strongly but just missed out on completing the full set of V45 club records with a time of 3.31.15. Two new club records were set - Helen Anthony, who has been running very well recently, made it look easy and came in with a cracking time of 3.21.35 to set a new Senior Ladies record. Lucy Payne's commitment to training and her natural ability earned her a time of 4.12.53 and set a new V60 record.

On the 1st June our club stages the Dartmoor Discovery 32 mile ultra-marathon and six of our ladies have signed up for this very challenging race across Dartmoor. The route is hilly, picturesque and relentless and very much affected by the weather. Sally Ingledew and Sharon Bowman have run it before but this doesn't appear to have put them off! Marathon Queen Sally has run over 100 marathons so knows what to expect and although Marathon Princess Sharon is a little way off that figure, she has been ticking off marathon after marathon as part of her preparation. New to the race are Angela Blakesley, Jess Parkes, Lucy Payne and Sarah Shutte. Angela has done many marathons in the past and hopefully her experience and persistence will pay off for her and she will have a successful day on the moor. Lucy Payne is one tough, determined runner and holds all the club records for FV60. This will be the longest race that Lucy has attempted and I am very confident that she will do extremely well on this challenging course. Sarah Shutte has been very quick over the shorter distances recently and has jumped at the chance of a last minute place to really test herself over such a considerable distance. Jess Parkes' running has improved dramatically recently and she has been demonstrating what a competent runner she is. As

part of her preparation for the DD she completed her first ever marathon at North Dorset in a fantastic time of 3.44 (which also gives her a good for age place for London). 32 miles will be a new challenge for Jess but one I'm sure she is very capable of completing. Many of us will be on Dartmoor on 1st June either marshalling or supporting and I for one am really looking forward to seeing all our runners take on this challenge.

Of course, not everyone runs marathons or ultra-marathons and we've had plenty of entrants in 10k races with both the Ivybridge 10k and Jack & Jill challenge well supported by Trotters. The Run Exe 5k series began again on 14th May which is a two lap course on a route over footpaths and canal paths in Exeter. Whilst I'm not sure the entry fee can

be justified, it is an excellent way to push yourself over a shorter distance to see what time you can do (if you're not feeling sick at the end you haven't worked hard enough!). Also, as it is a series of races you can see how your times are improving from month to month. In a similar vein (but free) is our own Sandygate Loop which is a timed four mile route run each month during the summer. Run in alternate directions each month it's also a useful way of seeing how you are improving and your times also count towards the Club Championship.

Talking of which, 35 ladies have entered at least one of our Championship races and it's great to see this aspect of our club being so well supported. I managed to complete it last

year and for anyone wavering on whether to try and complete it I would highly recommend it as the satisfaction of completing the different disciplines is well worth it. It's nice to have a bit of healthy competition and it's always interesting to see the strategies that people employ when deciding which races to run.

That's it for this month; I look forward to hearing about all your achievements in upcoming races and I wish you all happy training and successful running.



Angela Blakesley and Lucy Payne in the North Dorset Village Marathon.



# Captain Tarquin's Corner

Men's Captain [Daryl 'Tarquin' Milford](#) reports on some encouraging PBs and scans the horizon for rewards to come.

The spring marathons are now behind us and, except for the small matter of the Dartmoor Discovery Ultra marathon (for some), we are now looking forward to the shorter distance races that usually take place as we head into the summer months.

A good number of Trotter men have opted to partake in a marathon so far this year and the best known of these is the London Marathon. Although the last edition of the Trotter hit your inboxes a week after this high profile event, the magazine actually went to press two days before it, so I have had to hold over reporting on the event until now. It was another great day, with many personal successes, although the sudden appearance of warm weather did cause the event to be a little testing. Garry Smart led the Trotters home, after pacing the marathon so well, with a stunning time of 2:50:53. This was not just a PB for him, but also a new MV45 club record for that distance. Gary Clark also took several minutes off of his previous personal best to record a time of 3:08:06. Keith Anderson set a new PB in only his second marathon, with his time of 4:39:55 and Dennis Milstead took part in his first ever marathon here and recorded a respectable time of 4:39:02.

Only six days later, some of the same Trotter men who had pounded the streets of London were seen in action again at Haldon Forest, to take part in the 3rd Haldon Heartbeat. Gary Clark, Keith Anderson and myself were three of the Trotter men who joined with others at this popular recent

addition to the race calendar. The highlight of this was Alan Boone, who was awarded the 1st MV50 award for his finishing time of 56:58.

Alan Boone is another Trotter who has been building up to the Dartmoor Discovery and, only a week after the Haldon Heartbeat, he grabbed a new PB at the North Dorset marathon, with his time of 3:09:59. This also gained him the 1st MV55 award. Also running well at North Dorset were Allen Taylor and Graydon Widdicombe. Allen took 10 minutes off his marathon personal best to record a new PB of 3:18:19, whilst Graydon achieved a new PB of 4:08:12.

Allen has been going from strength to strength lately, and his single-mindedness is paying off. As I write this I have just heard that he achieved the 2nd MV35 trophy at the Imerys Clays half-marathon, in St.Austell. Allen now goes forward to the Dartmoor Discover and I'm sure you'll join me in wishing him and all of the other Trotters taking part the greatest of success.

An old hand at racing is Gary Watson and this year Gary has decided to give some serious consideration to racing and also to completing

the club championship. Gary recently took part in the Ivybridge 10k and won the 1st MV55 award for his time of 43:17. The very next morning he then took part in the Jack and Jill challenge 10k and completed this tough off-road event in a respectable time of 52:25. However, he was not the only Trotter man who did this double that weekend, with Ewan Walton and Mark Becker also pulling it off, with highly respectable times and places in both events.

Another PB was recorded by Ian Woolley at the Plymouth half marathon. Although not a regular racer, Ian achieved a respectable time of 1:48:11 for this tough and popular half.



Back in contention: Wilf Taylor returns to competitive running on the Club Trip after a spell off due to injury.

# FRIDAY CLUB

[John Crocker](#) invites us to experience the eclectic mix of fripperies that is Friday Club.

Friday Club takes place every Friday at 6pm starting from 17 Fourth Avenue, Teignmouth. It is an informal training session taking in the delights of Shaldon and consists of 12 x 45 second reps with 45 second jog recovery.

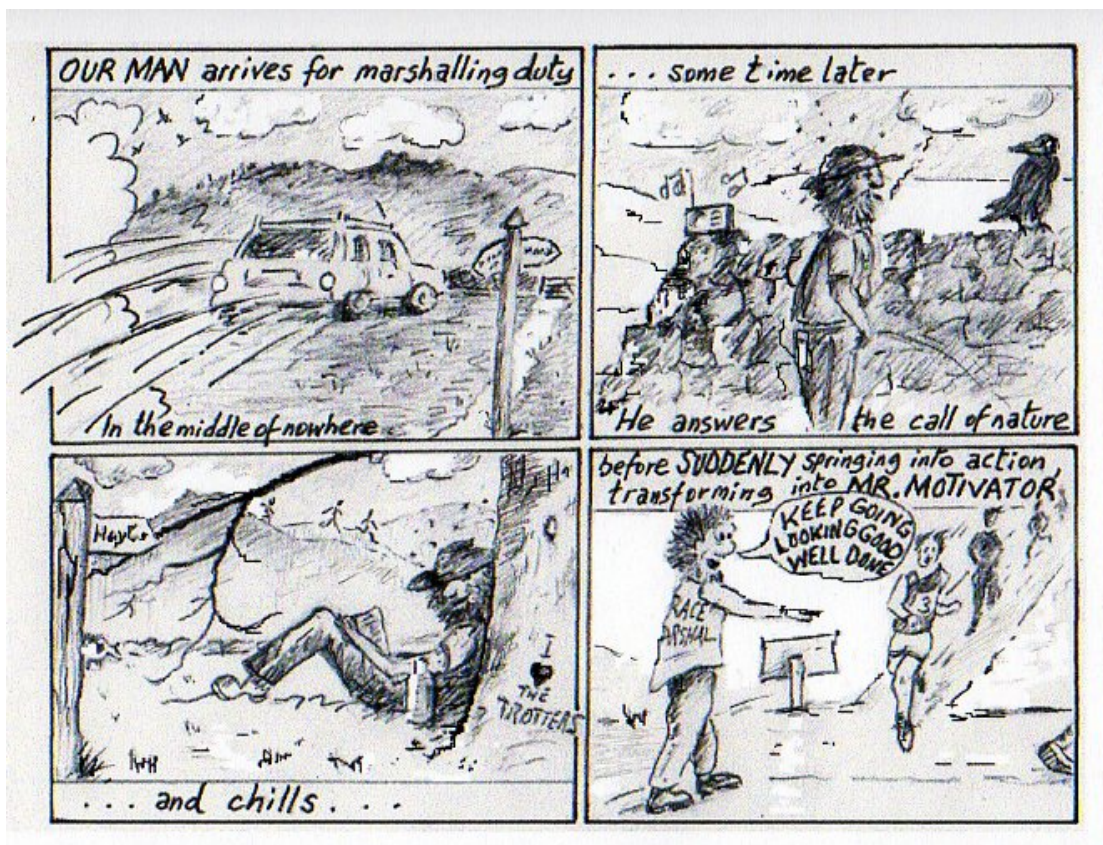
It all started many years ago as a session I did on my own. It then developed with Skins and myself for a few weeks over the winter months to get us fit for the forthcoming season. After some years we decided to restart the session with Monkey and, as other Trotters got to hear about it, the group grew until it became the session it now is.

What do we do? We start off with a gentle jog over to Shaldon to the Gates of Hades where the fun begins. A quick start through the park kicks us off with the first of the 45 second efforts with a 45 second jog recovery. We will always ensure the group doubles back during the recovery so it really is a session for all abilities. The session follows an undulating route around Shaldon and Ringmore, generally finishing close to the Ness although, on occasions, it has been known to complete a "Bakers Dozen" up the hill to the main road!! We then slowly jog back to Teignmouth with the whole session lasting approximately half an hour.

We will continue weekly with the 45 second efforts, however, we have thought about varying it once a month to include 12 x 30 second efforts with 30 seconds jog recovery or a different loop towards Bishopsteignton where we just do as many 45 second efforts as it takes to complete the loop.

If you have never taken part in the Friday Club then why not give it a go. If you're unsure speak to us, it really is a session for all abilities. You will not be left behind but it is good fun and good training.

## Cartoon Corner with [Steve Rawlinson](#).



*It's a tribute to those marshals stuck out on the moor on our forthcoming DD race, says Steve.*



# Membership News

Long-serving Membership Secretary and proud Eagles supporter [Dave Dunn](#) keeps us up-to-date with the comings and goings of members.

The deadline for renewal of last year's membership has now passed, and we have said good-bye to quite a large number of former members, for now at least. However, we have been joined by a clutch of new members these past few weeks, many of whom have taken advantage of the generous discount offered to those joining as an additional family member. Five of the nine new members have family connections already among our ranks, bringing our membership total at this early stage in our membership cycle up to 210.

Helping to keep it in the family are Kathy Ross (16) and Thomas Crocker (15), both from Teignmouth, Andrew Mawson (20) and Chris George (21), both from Newton Abbot, and Natalie Hutchins from Widecombe-in-the-Moor who, at just 15, is currently our youngest ever member.

The four "ordinary" new members are Richard Southall (29) from Newton Abbot, Andrew Grant (38) from Newton Abbot, Rosa Bloomberg (26) from Dartington and Carolyn Mogford (55) from West Ogwell.

Richard has just run the London Marathon, raising funds for Unicef. On his fundraising page, Richard said that he wasn't a runner and didn't like running. Well, Richard, you are a runner now and joining the Trotters is proof that you do like running.

Andrew has been introduced to us by Smokin' Rog Hales, who was also responsible for bringing recent new recruit Paul Dainton along to the club. Andrew seems to be out of the same mould as Smokes, so expect to see him tackling some of the tougher events on the calendar once he finds his feet.

Rosa has just completed her first ever race – the Race for Life 5K. I know that this is just the first step in Rosa's running career, as she has other races planned in the near future. Not a bad start for somebody who only came along to our Monday evening Beginners' Group last month.

Carolyn handed me her membership application as soon as she walked through the door at Coombeshead for the very first time, obviously confident that we'll help her find the improvement in her running that she is seeking. Carolyn's friend Hilda from Moretonhampstead, who accompanied her on that first night, will also be joining us very soon.

There are only two notable birthdays among our members in June. Chris Cleave will be 50 and Martin Hibbs will reach 45. Congratulations to you both, and may you both enjoy your new veteran status.

## At last! The final result of the Grand Old T-shirt Competition:

Microscopically close examination of the entries from our galant finalists reveals that the prize for the oldest T-shirt or sweater possessed by a Trotter goes to ... Maurice Piper. Congratulations, Maurice!



Eleanor Taylor's Karrimor Mountain Marathon specimen from 1984

Winner by a whisker:  
Maurice Piper's vintage  
London Marathon shirt  
from 1983.



# Trotters Dartmoor Away Run Sunday 9th June



Trotter Tim Hassell is organising a Trotter away run on Sunday 9th June starting at 2pm from Saddle Tor car park, which is about 600 yards further on (on the right hand side) from the top car park at Haytor. There will be two groups going out, although if numbers warrant it, there may well be three groups!

Sharon Hutchins and Tim will be leading the groups. Both runs will be about 6 - 8 miles long, with plenty of re-grouping.

Afterwards, Tim has very kindly invited us back to his hotel, the Ilington Country House Hotel, where we can enjoy free use of the hotel's indoor spa and swimming facilities (please bring your own towel). Tim has also said that for £10 a head he will provide us with some food. The whole afternoon promises to be a great Trotter social event.

If we could please ask all those that would like to come back to the hotel afterwards for food and a swim to bring their £10 into training on either of the Wednesday's before hand, that would be much appreciated and would give Tim an idea of how many he needs to cater for. Please give your £10 to Tarquin or Catherine Barnes.

## The Trotter

Editors: Sarah Seymour and Keith Anderson

Many thanks to everyone who has contributed to this issue of The Trots. The copy date for the next issue - **A Bumper Dartmoor Discovery edition!** - is **Friday 14th June.**

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)