

The Trotter

Number 8

October 2015



More than just chocolate!

This year's foreign marathon trip saw 27 Trotters descend upon Belgium's capital city. Mark Walker takes up the story...

Brussels, a city that looked from the plane as if it was as flat as a pancake. In reality it was more like a Belgian waffle with lots of lumps and bumps. This year's foreign club trip headed to the capital famous for a peeing boy statue that, in real life, is tiny. This was my first as a Trotter and I had heard rumours of outrageous behaviour, overdosing on beers and fitting in a run at some point. I can confirm all of the above is true... and some.

Merriment commenced at Bristol Airport with beers at 9am before we all managed to make it to the plane without anyone getting lost or losing anything. It didn't last. By the time we reached Brussels Vicky Hales had already lost her suitcase.

In, as I understand it, true Trotter style the travelling posse managed to get split up and half ended up on a 'bit' of a detour before somehow reaching our base for the coming days, a perfectly positioned hotel with a bar right outside. Lucky that! - as the sun was shining and we hadn't had a beer for 15 minutes.

The next couple of days were a frenzy of eating, drinking, getting thrown out of bars (mentioning no names... Chair) and exploring the City. At one point whilst watching someone trying to get everyone in the same restaurant I could only think of the phrase 'trying to herd cats'.

By Sunday morning the Trotter marathon and half marathon runners descended on the picturesque Parc du Cinquantenaire Jubelpark (Yup, I googled that) to hit the city and forest course. The half marathon course was run by everyone, with a long out and back section added in for those going for the full 26.2 miles. Both courses had their fair share of lumps including a few very long drags which clearly taxed many other runners more used to the flat - but not our Trotters. In spite of the hot day, high blood alcohol levels, cobbles, underpasses and a rather cramped finish (both sets of runners combined for the final few miles), pretty much everyone came through the finish with a smile on their faces.

Emma Percy has already written a great news article on the website which details everyone's times and PB's, of which there were several, so I won't repeat these here.

Cue celebrations, more bad behaviour (mentioning no names... Wurzel) and a trip to Bruges led by Graydon who sadly was too unwell to compete. This didn't stop him sampling many many of the local brews though.



Taken at 4am in the hotel bar

I will end this report with a few key words that remind me of this adventure, my first of hopefully many Trotter foreign club trips. And if you have considered doing one but just not done it, then go for it, it is a fantastic time. So to the words..... Leffe, bottle tops, limbo, Kwak, sirens, Roosters, Delirium, beggars, Primark queues, arse slapping and Tiger Balm. If that makes no sense to you then you weren't there. Come next year and it will make sense then.

NEWS

By Chairman Rog

It's certainly been an eventful couple of months since the last edition of the Trotter. We've had the Ladies 10K, Club Trip and Foreign Marathon Trip. If like me, you were fortunate to be involved in all three, you will know what great successes they all were.

Putting together this edition of the Trotter took me back to my time as Editor back in the mid nineties, a job I did for eight years. How technology has moved on since then. All the old memories of cutting and pasting (literally) came flooding back. Those of you who were members back then will remember the 'Heard in the showers' page, it always unearthed a few embarrassing stories. We've now moved on to the Horse's Arse trophy; a beautiful hand-carved trophy made by none other than our own Jimmy Donavon. Talking of Jimmy; congratulations are in order, for Emma Percy and Jimbo (pictured right) are getting married next year. A true Trotter wedding - the first for some years.



John Caunter and myself recently visited the REC in Newton Abbot. We went in the hope that it might be suitable to become our new headquarters. The facilities on offer were excellent, however, they would require anyone using the building to become a member. Their membership fee is £20 per year, payable on the 1st October. Your committee discussed the pros and cons of moving and after lengthy discussion decided to stay at Teign School and wait for the redevelopment at Coombeshead to finish before returning.

The Club Championship is really starting to hot up as we reach the last few races for the year. It looks like there will be a few last minute changes for the line, which I'm sure will affect the final top 10 placings in both the men's and ladies' sections of the championship. All those members who complete the championship but are outside the top 10 will be presented with a specially designed mug to mark their achievement.

The Dartmoor Vale 10K and half marathon will be the last set of age graded results published by Gary Watson, our club championship secretary, until after the annual presentation and awards night. This will hopefully add an element of surprise to the evening, with no one quite knowing exactly where they finished.

It will soon be time for you to vote for your 'coach of the year'. I will be sending you a link to Survey Monkey, where you will be able to choose from a list of coaches. Please remember the list will not contain the names of our group leaders.

Before I sign off I must mention how proud I was when my daughter ran her first race as a Trotter at our Ladies 10K. She followed that up by coming to a couple of Wednesday night training sessions and the Dartmoor Vale 10K - I think she may be hooked!



Jess & Caroline Hayes

Dear Chair and Trotters,

We are writing to say a big thank you to all of you at The Teignbridge Trotters.

In particular we would like to thank Stewart Dunn and all those who helped in organising the event to celebrate Dennis' life on Monday 31st August at Hearn Field Combe-In-Teignhead. Dennis loved a sense of fun and celebration and it was fitting to celebrate the anniversary of his death with such a fun family event. Bank Holiday Monday will never be the same for us, but it is good to have new memories of the day.



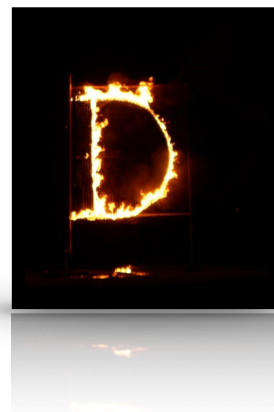
My family and I were overwhelmed and humbled by the whole evening. I think it took us all a little bit by surprise by the amount of people who attended. We were all made to feel so welcome and we hope that everyone enjoyed it as much as we did, not only as a time to celebrate Dennis' life but also as a wonderful Trotter evening. In particular Ollie was touched by the fact that Trotters held his Daddy in such esteem and the lyrics to the song played over the presentation of photos showed how much Dennis had loved being part of Trotters family and reminded everyone of him as a fun loving person. The Trotters are an amazing group of people and I'm sure everyone appreciates that sense of togetherness and the bonds formed through the club. In the words of the song:

'A friendship turn to a bond
And that bond will never be broken
The love will never get lost (and the love will never get lost)
And when brotherhood come first
Then the line will never be crossed'

Wiz Khalifa 'See you Again' (feat Charlie Puth)

We were so lucky to have had such a gorgeous evening with a very special sunset. Dennis obvious had a word making sure that big black cloud wasn't to spoil the evening. The family games were great fun, although obviously taken very seriously due to the competitive nature of the all the participants and Gary and the stewards did a great job of trying to keep us in order.

The BBQ helpers 'Brenda Baps' and the 'Bowman Burgers and Bangers' were delicious, made even better by the hand picked salad and the generously donated Jail Ale. The band, 'Rasberry Fish', added some lively entertainment and rounding off the evening with the Trotters rendition of 'Can't take my eyes off you' was great fun. The fireworks by Mark Hutchins have gone down in our family history as being the best fireworks display that we have ever seen and so poignant that the letter 'D' was lit to remind us of the reason for the evening. "D' for Dennis and 'D' for Daddy' as Cameron said.



I would also like to say a big Thank you for all the donations given on the evening in support of Dennis' charity 'Community Action Nepal'. He would be so pleased to know that his support of this hard working charity continues through your donations and that the families of Nepal are being helped to better their lives, in particular the women and children.

While I write I would also like to say a special mention and thank you to Angie Blakesley for organising the Ladies 10K at Dornafield this year, in particular the new Under 18's category. I am so pleased that we are encouraging the younger ladies to join in and race. Dennis would be so proud to know that he is supporting new runners and encouraging them to take part in events such as the Ladies 10K.

The Trotters really are a special kind of family and the support extends to all those who are associated with Trotters too. You are a truly remarkable club and it is obvious why Dennis loved being part of the Trotters.

A big 'Thank You' once again.

'So let the light guide your way,
Hold every memory as you go
And every road you take, will always lead you home'

Wiz Khalifa 'See you Again' (feat Charlie Puth)

With warmest wishes from Jacquie, Harrison, Cameron and Ollie Milstead.



Club Championship Report

By
Gary Watson
Club Championship Secretary

This year's championship carries on unabated. With only 5 races left it looks like we'll have at least 14 men and 10 women completing, although it will be much higher than this I'm sure.

The races have been varied and interesting with no less than eight different men and seven different women taking 50 points.

Helen, Mandy and Jacki are currently 1, 2 and 3 in the ladies' championship, whilst Chairman Rog, Tim and Mark hold the same positions for the men.

Overall 93 different men and 63 different women have gained points. This is a club record!

It will soon be time to choose our races for next year. I hope to produce a list of diverse races for 2016 and hopefully give even more of you the chance to compete and more importantly complete!

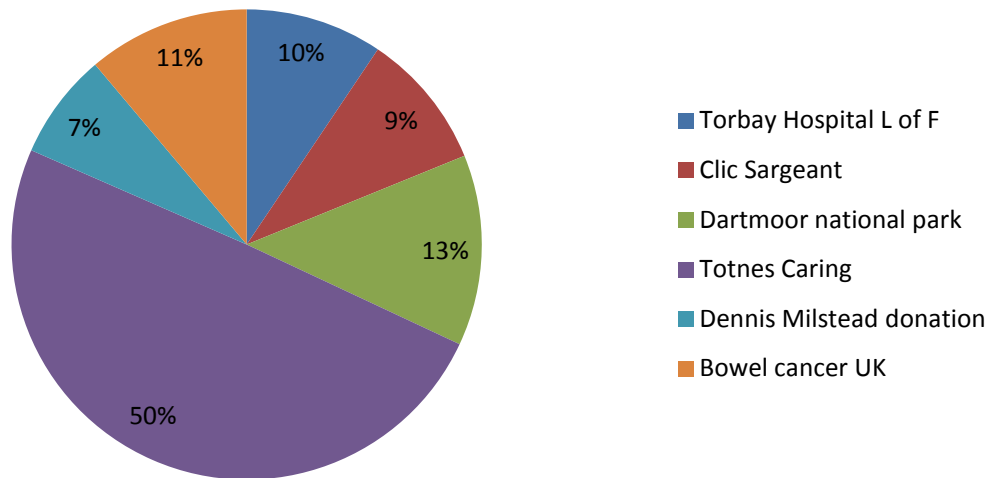
If you have any suggestions for improvements to the "Club Championship" please feel free to email me. You'll find my details on the club website – keep on running and good luck for next year!



Tim and Mandy in action at this year's Totnes 10K. Both of them look likely to feature in the top 3 of this year's Club Championship.



Charity Donations 2015



During 2015 the club has made donations to various charities, totalling £3428, as can be seen from the chart above.

The respective amounts are

Totnes Caring (Totnes 10k) = £1700

Bowel Cancer UK (Ladies 10k) = £382

Torbay Hospital League of Friends (on behalf of Graydon Widdicombe) = £323

Clic Sargeant (on behalf of Bob and Marian Lukers Granddaughter) = £323

Dartmoor National Park (DD & Haytor Heller) = £450

Dennis Milstead Summer BBQ (Community Action Nepal) = £250

As a club we have now donated over £20000 to various charities over the last 12 years.

Teignbridge Trotters would like to thank all those who have given over the last 12 years and we hope that we can continue to support worthy causes.

If you have know of a particular charity which you believe is a particularly worthy cause, or you have had reason to encounter one, please let your committee know and we will do our best to incorporate it into next year's donations.

John Caunter
Treasurer
11 Oct 2015

We're looking for a suitable charity to donate the proceeds from this year's giant Trotters Christmas card. If you know of one please let me know;
esmond.caunter@sky.com

MEMBERSHIP REPORT

By Kevin Besford

Our member numbers now stand at a grand total of 276.

Since the last edition of the Trotter I have registered a further 18 new or rejoining members all listed below. It seems that there are new runners trying us out on a weekly basis and while not all of them persevere and stick with it I still expect our member numbers to continue to grow steadily.

Newcomers are joining us at all levels of ability and joining in all the various groups. I am also getting great feedback from some of these newcomers about the enjoyable sessions and the friendly nature of you all.

Rebecca Hunt, 49, from Tedburn St Mary. Getting back into running after a 3 year break. Training for first half marathon since 2012. Entered for the Bath 2 Tunnels in September and the Palma, Mallorca Half in October. Previously a member of South West Road Runners. Ran the Totnes Recce Run just three days after her first session with us.

Peter Heckles, 32, from Dawlish. Has previously done numerous races, quite a lot based in South Wales, including Cardiff Half with a best of 1-46.26. Looking to improve on his times for all distances and one day do the Marathon.

Claire Mitchell, 35, from Buckfastleigh. Claire has done Plymouth Half Marathon in the past back in 2006. As well as running with the Trotters Claire also runs with South Devon Womens Network.

James Morrison (pictured below), 69, is a new addition to the Chudleigh contingent. Prefers to be known as Jim. Did Edinburgh Marathon in 2012 and has been running on and off for about 10 years. Also cycles and has done the Dartmoor Classic 100. Jim is keen to do the Dublin Rock & Roll Half Marathon next year.



Mary Arnoldi (pictured right), 57, is Jim's partner and hence also from Chudleigh. Mary has recently started running and often trains with Jim. She also enjoys time in the Gym and Yoga.



Ronnie Jones, 37, from Ipplepen, is a returning Trotter having missed the renewal this year. Has already committed to a return to the racing scene having entered the Lustleigh 10k.

Deb Bridges, 57, from Bovey Tracey has been running with us for a few weeks now and has taken the plunge to join us. On the same day as

becoming a Trotter Deb entered the Ladies 10k.

Louise Gentry (pictured right) 37 and Richard Gentry (pictured left) 49 from Exeter. Louise has a target to reduce her 10k time down to 40 minutes and Richard is looking to maintain his fitness levels as he enters the V50 category. We are



the first running club that they have been members of. Both have registered with EA so expect to see regular racing activity.

Trudy Phillips 43 and Simon Phillips 41 from Newton Abbot have joined on a family membership. Trudy & Simon are running the Great West Run this year and while we have seen quite a bit of Trudy on club nights Simon has been a bit less of a regular.

Katrina Deacon (pictured right), 50, from Totnes. Has always in the past been a solo runner but has completed the odd half marathon and 10k at 10/11 minute mile pace. Ran the Totnes 10k and liked it so much she decided to come and join us.



Vanessa New 61 is mum of Hannah Walsh and has been a member of the Trotters in the past. Vanessa has joined primarily to assist with

obtaining Trotter sponsorship and not as an active runner.

Sara Collman, 35 of Newton Abbot, joins us straight after completing the Ladies 10k in just over the hour. Sara has ambitions to crack the hour and I am sure with Trotter support this will be sooner rather than later.

Clive Wheeler, 53, from Chudleigh Knighton. Clive has done a bit of running in the past and has started joining in the improvers group to improve his ability. He wants to run consistently which he feels the company will help him to achieve

Sally Merryfield, 48, from Heathfield has been doing a bit of running now and again and has decided to join us to get out there more consistently. I am sure we can all help her with that.

Fiona Page, 36, from Torquay has been a regular on training nights for a few weeks and has taken the plunge to join our ranks. I know little of Fiona's running plans but would not be surprised to see her hitting the 10K's

Gavin Mackay, 45, from Chislehurst in Kent. Gavin is originally from Torquay and visits Devon on a regular basis and has joined us as a second claim member to train with us when he is here. He's first claim with Petts Wood Runners.

A small number of members celebrate notable birthdays in November and December. Marsha Garrard 40, Graydon Widdicombe 40, Gary Clark 45, Claire Gillard 55, Stephanie Ross 55, and Paul Sharples 60.

Happy birthday to all and best of luck in your new age categories on race days.

He's called 'Lovely' for a reason

This month *The Trotter* interviews a man who is quite simply a Race Director's dream.

Name: Nathan David Elphick aka "Lovely"

Born: 29/08/1970 at Pembury Hospital Tunbridge Wells in Kent.

Lives: Newton Abbot

Family: Married to Tracy on 23rd October 2004. We have two boys Sam 12 and Oliver 9

Occupation: I'm a Cold Milling Specialist which is a fancy term for a Planer Operator. I have been in this line of work for twenty years and have worked on and supervised our operations on some high profile works such as the Channel Tunnel Rail Link, the Falkirk Wheel and more recently the new South Devon Link Road to name just a few.



Years as a Trotter: 8

Why you started running: I took up running after many years playing sport such as Rugby and Cricket. Once I could no longer take the hits in Rugby and diving around on the Cricket pitch had finally taken its toll I had to do something to try and stay fit and active, this was after many years of saying "Whats the point of running". Tracy started to run after Sam was born and enjoyed some success as an unattached runner. She joined the Trotters in about 2006. "We must go to the Christmas do" she said, well after a little persuading we went. It was fantastic, I fell in love. What a mad bunch you all were, the camaraderie and togetherness reminded me of that changing room banter which I missed from my Rugby days. I loved it and joined the following April.

Position in the club: I have served on the Committee for four years with one year break due to work commitments. I'm an active member behind the scenes with our races and more recently have taken over Dunny's role of Course Director for our flagship event the Dartmoor Discovery. I am also the new Assistant Race Director for the newly revamped Templer Ten. I am really proud to be part of all our races in whatever roll it is, we certainly know how to put on a professional looking event here at the Trotters.

Your PB's: 10K 43.34 1/2Marathon 1.35.50 Marathon 3.42.47

I feel I could do a lot better if I actually trained, stopped eating pies and drinking beer....

Favourite race: Well I love long off road, plenty of mud and hills. Bicton Blister, Drogo and Oh My Obelisk rate high but nothing for me beats Dalwood 3 Hills. Great race nestled in the picturesque village of Dalwood. With cakes that rival our own, great bunch of people involved and of course stunning scenery what could be better. The finish is a fast decent and into the river to cross the line. One year I finished face down in the river after a tussle with "Smokes". I think someone took a picture and it went in the Mid Devon as part of the weekly press release. Fantastic Race.

Least Favourite race: Torbay 10K. HATE IT! Always seems to be hot and I hate running in the heat. I've never run well there.

What changes would you like to see at the Trotters: I would love to see us have our own training and changing facilities or a club house of some description.

Other hobbies: I like modelling and before we moved to Newton Abbot I built a nice little model railway in the garden shed. Sadly had to dismantle it when we moved and as yet not had the time or space to start building another. I like to get the paint brushes out now and then, daubing a few watercolours but I'm really quite terrible. I have recently rekindled my love of the water after buying a couple of Kayaks, it is great to get out on the water especially if the boys are with me. Sailing had been a big part of my life growing up with my parents owning several different yachts. I spent a great deal of time on and in the water. I have also taken part in the famous Round the Island Race in the Solent.

Three people you would love to invite to dinner:

Stephen Fry. He is an extremely intelligent and knowledgeable guy and I could listen to him for hours. I K Brunel. As I'm an Engineer and an extremely practical person to sit down and talk to one of our nation's greatest ever Englishman and try and understand his thought process would be amazing. Mickey Flannigan. Just because he is so funny.

Something you're not proud of: Getting expelled from Secondary School. Not my finest hour. I was a bit of a tearaway through my teens. The less said about that part of my life the better, I certainly was not "Lovely".

Favourite 3 songs: "Thunderstruck" by AC/DC actually anything by AC/DC.



More recently “Bullit” by Watermatt and “Sun Don’t Shine” by Klangkarussell

I have quite an eclectic love of music from Classical to Heavy Metal and Dance music. I don’t like Rap and Hip Hop.

Favourite 3 films: This is a tough for me as I’m a Real Film buff with over 700 DVDs in my collection. If I had to chose three then I would go with.

“Shawshank Redemption” with Tim Robbins and Morgan Freeman

“Million Dollar Baby” with Hilary Swank and Clint Eastwood.

“Saving Private Ryan” with Tom Hanks and Matt Damon.

Stitches and scars: I have three noticeable scars. One on my forehead between my eyes which I acquired trying to stroke the neighbour’s cat. I was about five years old and managed to climb up on our coal bunker where I tripped on the lid and fell to the floor landing on my head, probably explains a lot. The second is in the middle of my back which I received from crawling under a barbed wire fence when I had been stealing apples from a farmer’s orchard. The third is on my right foot. The scar is about six inches long and covers a steel plate holding my first metatarsal together. I received the injury whilst facing a very quick Australian fast swing bowler. I played and missed but the ball went on to strike my instep at about 80mph. Ouch! Went down like a sack of spuds. I ended up in surgery and recovery took over three months and I was non weight bearing for seven weeks.

How will you vote in next year’s

referendum: Not sure yet but I do feel Brussels has too much control over our affairs. I think we have a strong enough economy to stand on our own two feet and we seem to be world leaders in many fields so I’m sure we could survive outside the EU.

Claim to fame: When a little lad called Jacques Rudolph was the overseas player at Paignton I clean bowled him for a duck with a devastating spell of swing bowling. He later became an International Batsman for South Africa scoring over 16000 first class runs.

Got a tattoo: Just the one. I was number 23! Been a bit quite on that front for a while!



London Marathon places.....

Kevin Besford explains the club's new policy



Most of you will be aware that in previous years the Club has received three London Marathon places which are drawn at the Christmas do each year.

This year the Marathon has decided that due to an increase in "Good for Age" places that they have allocated, Clubs will get a reduced number and hence we will now only have two places.

The Club has decided to introduce a new system for allocation of these places which we consider to be a much fairer system to ensure that everyone who is wanting to run will get a place eventually on a rotation basis, subject to remaining qualified under the Club rules.

At this year's Christmas do we will draw the first two names out who will get the 2016 places. We will then carry on to draw all the remaining names, in order, to form an "initial list" of members wishing to run the London Marathon.

From this list each year the next two on the list will get the places, subject to remaining qualified, with those that have run going to the bottom of the list. New members will also start at the bottom of the list once they have qualified.

To qualify to be on the list and to stay on the list you must get 4 marshal points in the current year and have every intention to run the Marathon in the following year. If anyone fails to qualify in a given year then they will be removed from the list until they qualify again.

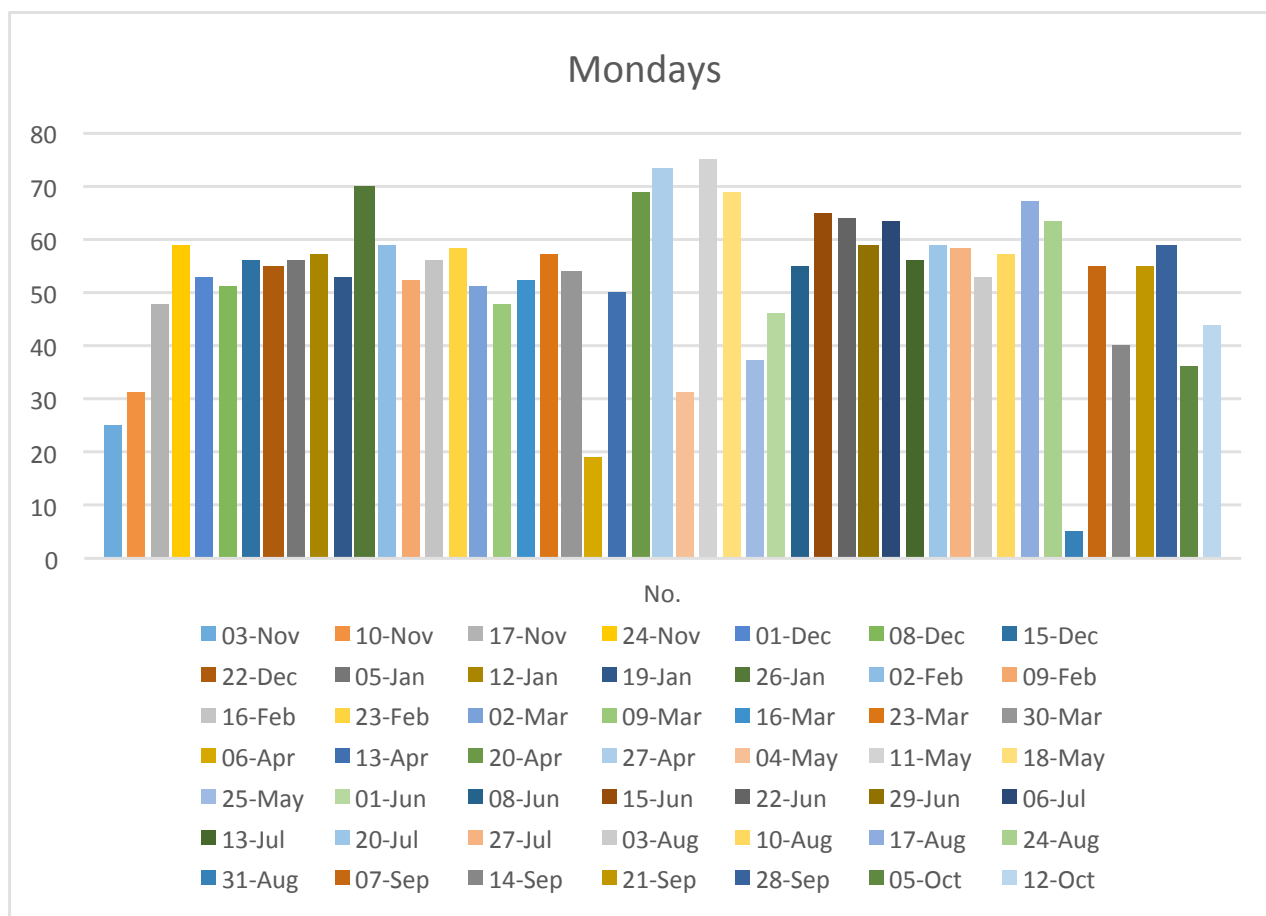
To be fair to everyone we would expect anyone who gets a London place in the normal London ballot or who gets a "Good for Age" place to drop down to the bottom of the list.

Based on the number of members expected in the draw this year it would seem reasonable to expect anyone who wanted to run, who didn't get a place in any other way, to have a place within about seven years, not ideal but certainly better than the current odds.

If you have the requisite 4 points for this year and wish to be included in the draw then please let me know by the end of November.

The Templer Ten is your last chance to get a point for 2015.

Club-night numbers; 3 November 2014 to 14th October 2015

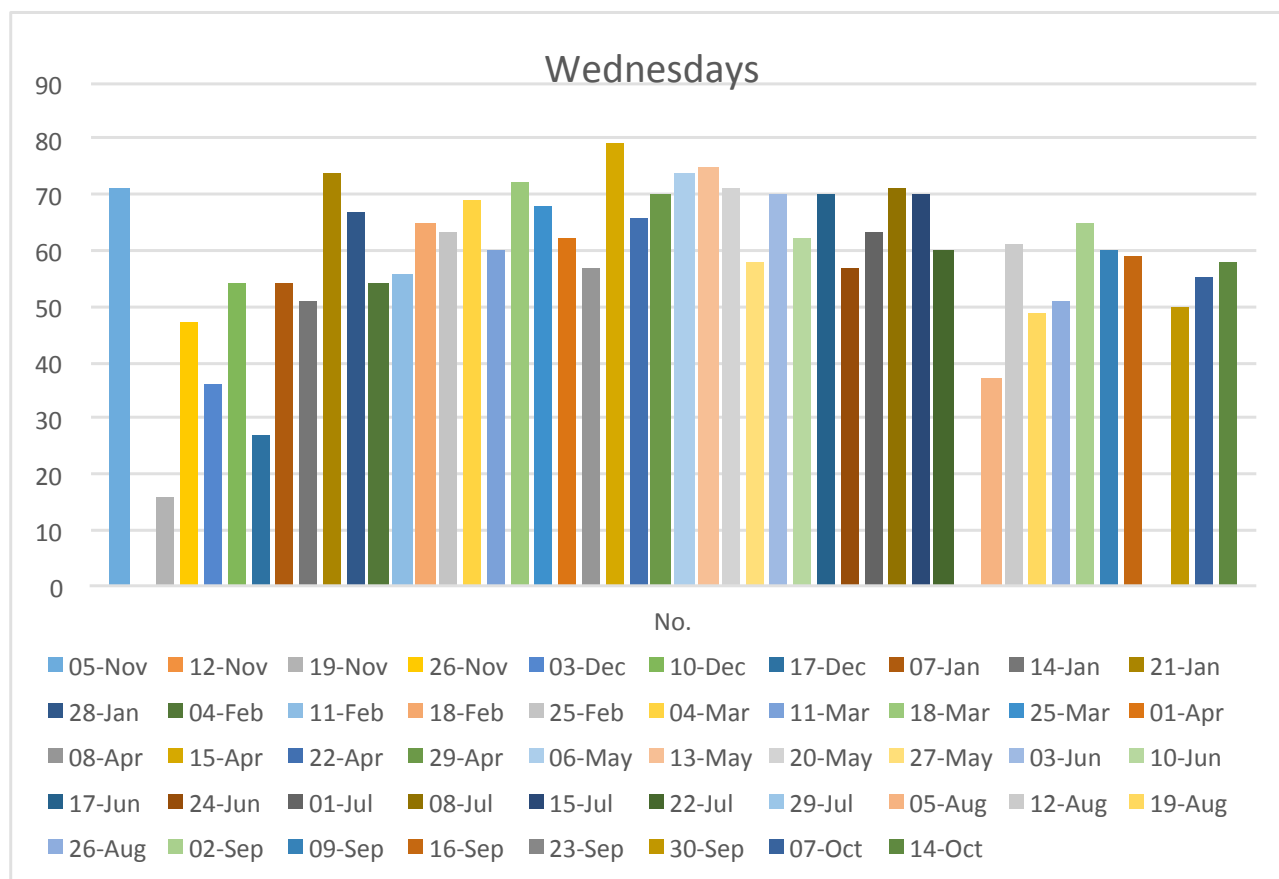


Date	No
03-Nov	25
10-Nov	31
17-Nov	48
24-Nov	59
01-Dec	53
08-Dec	51
15-Dec	56
22-Dec	55
05-Jan	56
12-Jan	57
19-Jan	53
26-Jan	70
02-Feb	59
09-Feb	52
16-Feb	56
23-Feb	58
02-Mar	51
09-Mar	48
16-Mar	52
23-Mar	57

Date	No
06-Apr	19
13-Apr	50
20-Apr	69
27-Apr	73
04-May	31
11-May	75
18-May	69
25-May	37
01-Jun	46
08-Jun	55
15-Jun	65
22-Jun	59
29-Jun	59
06-Jul	63
13-Jul	56
20-Jul	59
27-Jul	58
03-Aug	53
10-Aug	57
17-Aug	67

Date	No
31-Aug	5
07-Sep	55
14-Sep	40
21-Sep	55
28-Sep	59
05-Oct	36
12-Oct	44
19-Oct	53

It now looks highly likely that we will be staying at Teign School until next April at the earliest. In light of this and the limited areas we are able to train in, those taking part in any of the social runs are asked to try and bring a head torch. This will allow our leaders many more route options and help keep training interesting through these dark winter months.



Date	No	Date	No
05-Nov	71	29-Apr	70
12-Nov	0	06-May	74
19-Nov	16	13-May	75
26-Nov	47	20-May	71
03-Dec	36	27-May	58
10-Dec	54	03-Jun	70
17-Dec	27	10-Jun	62
07-Jan	54	17-Jun	70
14-Jan	51	24-Jun	57
21-Jan	74	01-Jul	63
28-Jan	67	08-Jul	71
04-Feb	54	15-Jul	70
11-Feb	56	22-Jul	60
18-Feb	65	29-Jul	0
25-Feb	63	05-Aug	37
04-Mar	69	12-Aug	61
11-Mar	60	19-Aug	49
18-Mar	72	26-Aug	51
25-Mar	68	02-Sep	65
01-Apr	62	09-Sep	60
08-Apr	57	16-Sep	59
15-Apr	79	23-Sep	0
22-Apr	66	30-Sep	50

Date	No
07-Oct	55
14-Oct	58
21-Oct	50

The numbers attending club nights held up well throughout the year, especially in the Summer months. There was a surge of interest in January which can be put down to a commonly held desire to exercise after the Christmas season. The gaps and sudden dips in numbers are generally due to public holidays, where attendance is often reduced, and race recce runs where a record may not have been kept of those taking part.

Keith Anderson

Trotters Annual Mince Pie Marathon

Monday 21st December ~ 7pm start



The date has been set for this year's Mince Pie Marathon, and now what's needed is someone to organise it!

Last year we had a wonderful time with the charming hosts of Kingsteignton and it has been suggested that maybe this year we should move the event to Teignmouth. It would make a nice change and there are some lovely Trotters living in the town who might be prepared to provide a welcoming threshold and festive treats. Having said that, the location will largely be up to the organiser.

So I'm making this request for someone to step forward and get things moving. Basically it's a matter of choosing an area, speaking nicely to a few resident Trotters, then arranging a meeting place and a running route of 5-6 miles – certainly no more!

Please contact me, Keith Anderson, keithanderson50@gmail.com or on Facebook if you'd like to take it on.

Congratulations are in order; Firstly to Geoff Davey, who finally nailed a sub 3 hour marathon. Geoff stormed across the finish line at the recent Abingdon marathon, in a time of 2:59:32. Also at the same race, a little bit of Trotter history was made when Helen 'Zippy' Anthony set the fastest marathon time ever by a Trotterette. She recorded a superb time of 3:02:02.



Suzie Mills meets Ben Smith

401 marathons, 401 days, 309 locations, 10506.2 miles, 21 pairs of running shoes, 6000 calories a day. Fuelled each day in part by flat whites and cake stops; too many packets of jelly babies and Jaffa cakes to count! Oh and don't forget the cans of Thatcher's! Running on holidays and birthdays with no day off in blistering sun, wind, rain, snow and freezing temperatures and any other weather the UK has to offer up on his journey. That is what one very

inspirational man, Ben Smith, is hoping to achieve and I have no doubt that he will.

At the end marathon 53 Ben will equal the record for the most consecutive marathons ever run; he will then be setting a new record every day after that right up to number 401 next October when he returns to Bristol where it all started on September 1 2015. He is selflessly dedicating over a year of his life to raise awareness and much needed money for 2 charities that he passionately believes in (Kidscape and Stonewall) and it was easy to see on that first run I did with him on September 9th just how committed to the project he is. His beard is now becoming as infamous as his infectious enthusiasm for running and his desire to get people involved, from seasoned marathon runners to complete beginners; I'm sure before not too long there will be a facebook page just for the discussions on Ben's beard and whether it should stay or go! And we can't forget Florence, Ben's trusty motor home Florence is just as important a part of this challenge in raising awareness, providing a roof over Ben's head, his office, his transport, effectively his home.

Ben thrives on and takes energy from the support that he is given every day and everyone else's energy and enthusiasm seems to spur him on even more; everyone is made to feel welcome and encouraged to run with him no matter how far they have run before. In fact he seems to be an expert at getting people to run personal bests and push themselves and when you are running with him you don't even realise that he is willing you on and pushing you to do better and go further! It's only after you stop that you realise and appreciate Ben for what he is doing out there day after day. He wants those that come out and support him to feel proud of what they have achieved and to believe in themselves. There is no pressure to run fast or run the whole way but just to do as much as you can. That is why I among many others say he is inspirational; you just have to look at the Facebook and Twitter comments every night to see the impact he is having on the people he meets every day and those that he hasn't met; those that are just willing him to keep going and finish this mammoth and amazing challenge.

If you haven't read Ben's story please go and read it on the website, Ben was bullied emotionally and physically by his peers at school, when moving onto university he experienced trust issues and feelings that everyone was out to get him, he struggled to make friends, and even just function; he suffered depression and tried to take his own life.

In his own words after university “I led what could only be described as a routine, normal existence. I focused on accomplishing things others wanted me to do - never really having the strength or motivation to make my own decisions”

It was this that I identified with most in his story. It's no secret that I have suffered depression, and it is not something I am ashamed of, or try to hide anymore; running has helped me this year to get my life to a good place and seeing someone that has also fought back and who is mentally as well as physically strong, confident, inspiring and yet incredibly humble, has really inspired me and given me the confidence and belief in myself that I can achieve and get to where I want to be as long as I keep that belief in myself.

That first run I did on 9th September I was petrified, I wanted to go out and support



this amazing (yet crazy) challenge but I am no speedy runner, and hadn't run further than 10 miles in one go before. I didn't want to slow Ben or the other Trotters down but I needn't have worried. When you go out and run with Ben you feel included and part of a team, Ben ensures he spends time talking to everyone and listening to everyone and their stories. He gets you to open up and face what you are afraid of or what's holding you back. He sees the potential in everyone and

encourages you to push harder and keep going; his belief in the people that are getting out there running with him is phenomenal. It's not only the physical strength that is required to do this challenge but the mental strength to get up, run a marathon, drive to the next location and repeat all with a big smile on his face x 401 is inspiring in itself.

I had planned to do 6 or 7 miles to show my support but by the end of that day I had run 13.22 miles. A new personal best! I was shocked, and it took a long time that afternoon and into the evening for it to sink in. I only started running in January 2015, and never believed I would run a mile let alone over 13! I had blown my target of running a half marathon in October out of the water! Talking to Ben that afternoon and listening to him explain why he was doing this and the passion behind it definitely helped me to keep going that day; that and all the jelly babies and Jaffa cakes that kept appearing - thanks Mark, Wilf and Smokes!

Marathon 18 was from Feock on the south coast up to Portreath and back again, I already had a distance in mind that I wanted to try and achieve and I nailed it.

I met Ben 6 miles into his marathon that day, and got a great welcome from both the Truro running club who were supporting him that day, and Ben, the route was stunning and not too hilly (I picked the best day that week). This time I managed 14

miles and it felt amazing to get another PB. Truro running club were out in force supporting Ben and it was great to meet other runners from other clubs and get to run with them as well. In 9 days I had upped my furthest distance run by 4.3 miles!

Marathon 32 and my most recent run with Ben, I had no ideas about hitting another PB this time as it was only a couple of weeks to the Great West Run, my original half marathon target. Ben was in great spirits in the morning as he set out with Yeovil running club around the Marathon route, I was going out on lap 2 so turned photographer before they set out. The route was lovely again, not too hilly but in the afternoon the heat was very challenging, (only I could get sunburnt in England in October!) It was actually the shortest run I had done with Ben (only 13.1 miles for me this time) and he smashed it again, coming up with different ways to keep me going, and I did, I wasn't going to stop and give up, Ben wouldn't let me if I tried to and I am a little bit stubborn and very hard on myself. Quitting was not an option!



Suzie and Ben

Ben is the most humble, unassuming, motivational, dedicated, supportive, encouraging, and generous person I have ever met and I think we can all learn from what he is doing. At the time of writing this Ben has run over 1150 miles and completed 44 marathons, there have been 25 PB's and over 200 people have come out to support and run with him. But Ben still needs our support, at the end of the day Ben is doing the hard work every day, our job is easy in comparison; to support Ben and Support the 401 challenge and there are so many ways in which you can do this so please look at the website www.the401challenge.co.uk, like and share the 401 challenge Facebook page, follow him on Twitter, get out and run with him and donate, get family and friends across the country involved and let's make this a little easier for Ben where we can. What I have learnt about being a Trotter since the beginning of the year is that we are a big family that supports and encourages all of our members, so let's show Ben what a great club we are and really get behind this challenge.

I feel honoured and privileged to have run with Ben and been part of his journey and the 401 challenge and I will continue to support Ben any way I can. I will run with Ben again, hopefully in Bristol on November 10th and I already have a distance in mind, which will hopefully be another PB. I now believe that a marathon is not out of the question for me to complete; maybe next year, but it doesn't matter when as I know I will do it.

For me this year has definitely been about my own journey as well, I have learnt to push further, fight harder; to believe in what I can do and be proud of what I have done. So Trotters thank you all for your help, support and encouragement since I started in January; and to Ben a big thank you for pushing, supporting and encouraging me to dig a little deeper and to push that little bit further, I look forward to running with you again soon and will definitely be there for number 401 in Bristol.

CAPTAINS CORNER

By Lance 'Skippy' Mason

Trotters running all over the country and abroad.

First up, Steve 'Ronnie' Barker did the 100km ultra at the Equinox 24hr race at Belvoir Castle Estate in Leicestershire; the 100k has been Steve's nemesis for quite a while, with great perseverance and achievement he has now ticked that box - RESPECT.

Neil 'Big Mac' Pallant and Paul Sharples Snr (pictured below) took on the City to Sea race. The race started at Exeter Quay and finished Babbacombe downs, Torquay. Neil & Paul said this was an enjoyable but hard race.



The Club Trip to the Cotleigh Canter was another Trotter success, organised by Kevin Besford, take a bow that man. This was a club championship race and there was a great turn out by the royal blues, plus great results by all who ran.

Teignbridge Trotters were on tour in Brussels this year for their annual foreign marathon trip, with many of the usual suspects and a fair few newbies. This lived up to usual expectations with good racing, support and fun had by all. There were some great performances in the full and half

marathons. Mathew Dunn on his second marathon got a brilliant PB with a sub 4hr.

Roger 'Smokes' Hales with his first London Marathon qualifying good for age time, his first for a very long time with a sub 3hr 20min.

Nigel Barnett also got a marathon PB with a sub 4hr 10min. Nigel ran with Allen Taylor, who now is hopefully on the mend after being out for a while.

Mark 'Wurzel' Wotton ran his 90th marathon, closely followed by his 91st, the Ranscombe challenge in Rochester, Kent. This was on the weekend after Brussels and moves him closer to his 100 marathon target.

Mark Walker completing his second half marathon in a month and claiming a PB in Brussels too. I'm sure all who ran would like to thank the Trotter support who came along as well. So thank you from ALL. This was a great trip and I'm now looking forward to next year's trip, venue and date to be posted in the near future. So if you want fantastic fun join the Trotter family abroad next year.

The brilliant super vet Mr Peter Kirby (pictured right) is at it again, getting another good for age at the Yorkshire marathon on the 11th October in a time of 3hr 56min 22sec.



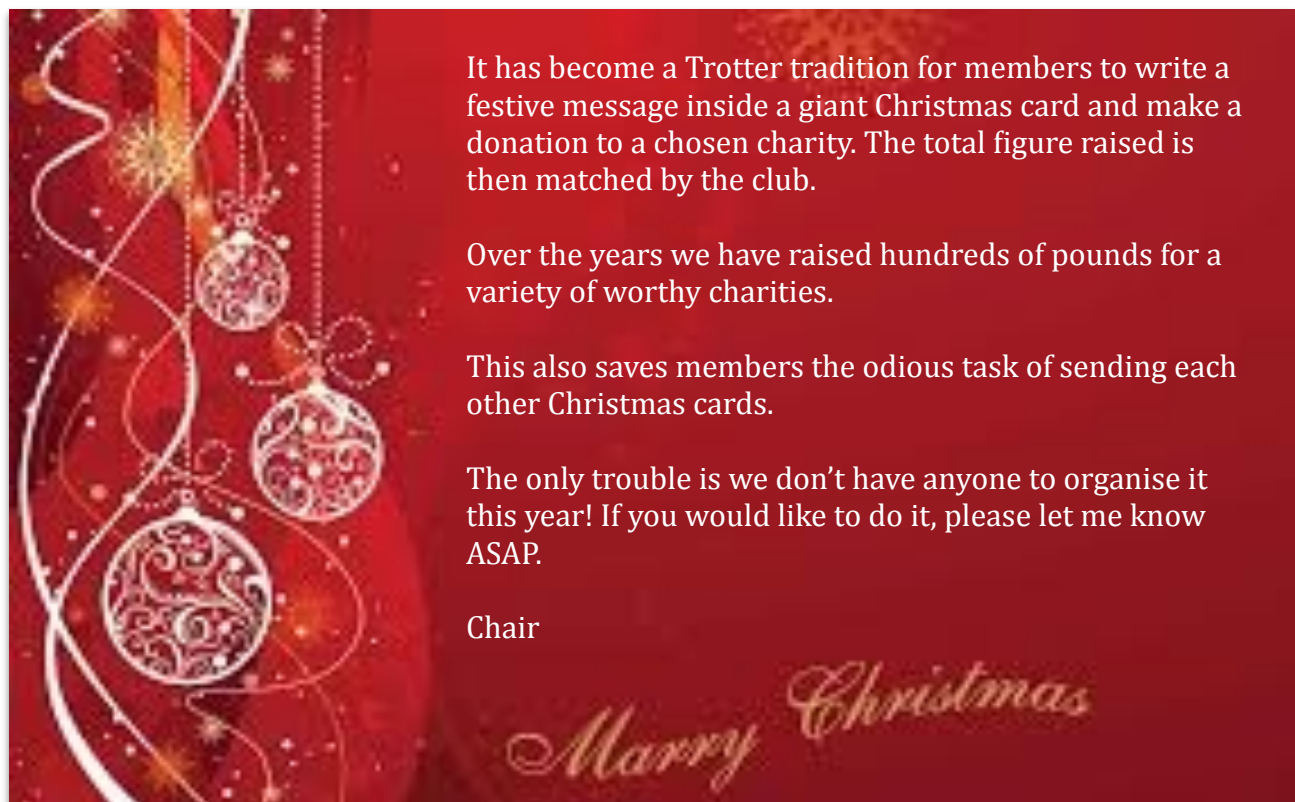
The Club Championship is hotting up now with only 5 races left, the top three Roger 'Chair' Hayes, Tim Pratt and Mark Hutchins are all still looking over their shoulders at the chasing pack. There are lots of little tussles right down the field. The big question is will Garry Smart complete the championship, as he's been bugged by injury?

Check the championship standing as there are a few who need to complete certain sections. The Yarcombe Yomp is the next race up, followed by the Wimborne 10 on the 15th November. There should be at least eight of you taking part, as you need this section to complete the championship. If you haven't got an EA number and want to enter, please do so anyway and let Gary Watson know. He will then contact the Race Director, who will list you a Teignbridge Trotter (Ladies this applies to you too).

Running 100 miles is no easy thing to do, as proved the case for Ryan Anthony, who embarked on his latest attempt to conquer the distance. Ryan gave it his best shot but sadly decided to pull out at 50 miles. I'm confident that it's only a matter of time before Ryan joins the very elite group of Trotters who have managed the feat.

Congratulations to the following; Mark Walker on completing the Bristol to Bath Marathon (his first one), Ewan Walton for his second place (36:59) in the Dartmoor Vale 10K and Tim Pratt for his second place (1:20:34) at the Dartmoor Vale half marathon.

Finally, good luck to Keith Anderson on his epic journey on the 30th November. Keith will start from Everest base camp and finish 26.2 miles later in Namche Bazaar. This is the highest marathon in the world according to the Guinness book of records. I look forward to reading all about it in the next edition of the Trotter.



It has become a Trotter tradition for members to write a festive message inside a giant Christmas card and make a donation to a chosen charity. The total figure raised is then matched by the club.

Over the years we have raised hundreds of pounds for a variety of worthy charities.

This also saves members the odious task of sending each other Christmas cards.

The only trouble is we don't have anyone to organise it this year! If you would like to do it, please let me know ASAP.

Chair

Merry Christmas

In and out of conscious competence!

Angela Blakesley on the highs and lows of being an RD.

When the message came out that we were looking for a new Race Director for the Ladies 10k, the last person I thought would put their name forward was me. But there didn't seem to be anyone else stepping forward, so I was the first to blink, and contacted Roger, only to be told that Keith had just been approved. Phew, so I'm still not sure why Roger rang me a couple of weeks later and asked if I was still interested. I didn't like to say "No", so I became a Race Director for the first time. How hard could it be?

I soon became the conscious incompetent.

Thank goodness for Lucy, the previous RD. We spent an afternoon during which time Lucy did her utmost to convince me that there wasn't that much to do and that I would be fine. However, the more she told me the more I realised that being a RD is a big responsibility, and despite Lucy's initial help there still seemed an awful lot to do. I kept coming across new forms to fill in, which at the time felt overwhelming - I have a degree of dyslexia which certainly wasn't helping.

I slowly became the conscious competent.

All I could do was break it down in to bite size chunks, and with Peter's help I slowly worked my way through the plethora of forms and paperwork. Sponsorship was another worry bead - and after several reject letters a breakthrough came when I agreed sponsorship from The Herald Express. Massive relief, as costs were rising and I was desperate to ensure that we were profitable. I put on my Sunday best to go and meet Mr Dewhirst, the owner of Dornafield, and he turned out to be a lovely patron, and very welcoming.

I leant heavily on Roger (Chair) for advice and help with Race Entry forms (and many other queries) - and had a hot line to his mobile.

I met up with Emma Percy, Chief Marshal, and she also took over the newspaper promotion and Facebook, for which I was hugely grateful (we've all seen how good her race reports are). This enabled me to go out and promote the event at various races, and I never missed an opportunity to encourage (some say bully) anyone that was female and looked like they could run. This included my future daughter-in-law who came down from London especially (had never run a 10k), a fellow teacher, and my sister who hadn't run for a long time.

Back to being an unconscious incompetent.

The level of panic was inversely proportional to the number of days left until race day. Although everything was arranged, there was the little issue of making it happen on the day, and I didn't



know what to do! But then another guardian angel descended upon me in the shape of Nathan Lovely Elphick. Unlike me he knew what he was doing, and his calmness was infectious. We met at the store on the Saturday, loaded his van (not a euphemism) and agreed to meet early the next day, when he was out on the course at 6am putting up the signs. What a star!

Then the catering arrived in the shape of Jan, and also two lovely ladies that I had roped in from my school. What a great team they made, along with Jacquie Milstead who joined a little later. Thereafter, wave after wave of Trotters started arriving, who miraculously all knew what they were doing and calmly and efficiently got on with it. I only had to get through a short speech at the start of the race, and they were off, and Skins was there to welcome them back. Thankfully, Roger did his usual fabulous job of fronting up the presentations, and all that was left was to clear up and find some wine.



I remember saying to Peter before the race never to let me volunteer again, but once I had seen how well the Trotters pull together, and realised that there is always help at hand, then it wasn't long before I started thinking how I could make next years event even better than 2015. So I checked with Lovely that he was available for next year, and on this basis I have agreed to stand again.

My thanks to everyone that helped support the event, and I apologise if I have missed anyone above.



Angie presenting Simon Dewhirst with a John Skinner painting

IT'S NEVER TOO LATE by Buzz Terrill

Sunday September 20th was the day of the Cotleigh Canter, our club trip for 2015. This year our club president, Jose, joined us for the day.

It was a bright, sunny day and Jose expressed a wish to take part in the 3K fun run, but was a little apprehensive. I said that if she wanted to do it, I would be happy to go round with her. It was also my first competitive 'run' in a long time.

After warming up with a little jive in the road, we lined up at the back of the pack for the start of the race and we were off. The youngsters soon left us behind, but so what – Jose and I were living a dream!

It was great to be part of a race again, making our way through the lanes, up and down the hills of Cotleigh. By the time we were finished I think the rest of the field had probably gone home, but we had enjoyed it. When we crossed the line, Jean was ready with her camera to record the event for posterity.

In her e-mail to us afterwards, Jose said, 'I really enjoyed my day. I wasn't great (in the race), but I was so pleased to have a go again and Cotleigh was just right. The photos are a lovely reminder'.

It felt good to think that a small gesture on my part had made the day for one very elderly lady runner. After all, I expect we would all like to think we will be able to take part in a race at the grand old age of 93.

Ed: Thanks to Kevin Besford for organising a most enjoyable day. It was great to see lots of new faces on the bus. The day was made even more memorable with Jimmy's announcement!



Jose about to cross the finish line, with Buzz in hot pursuit

CAPTAINS CORNER

By Helen 'Zippy' Anthony

It's been another good summer for the Trotettes and there are lots of notable achievements to mention since my last Captain's Corner. Firstly, huge congratulations to Sharon Bowman and Tracy Elphick for graduating to Ironman status back in July. Both took and on the gruelling challenge of a 2.4mile swim followed by 112mile cycle and then a marathon distance run at different events in July and made easy work of the task, Sharon finishing in 14hrs 12min and Tracy in 11hrs 48min, a truly great achievement for them both.

Well done to Wendy Higginson, Charlie Rice, Maggie Garrett, Emily Levey, Kim Nichols, Trudi Phillips, Suzie Mills and Anne Dyke who have all successfully completed their first half marathons since my last report.

Melanie Dunn has continued her fine form and put in a stunning performance at the Torbay half marathon to record her first sub 90 minute for the distance and bag herself a championship entry for the London Marathon 2016. Lisa Godfrey also picked up a new personal best at the event, bringing her time down to 2:09:49

Hannah Walsh has also been going strong and blasted round Bristol to record a new half marathon best time of 1:33:27:50.

It's been great to see so many Trotettes continue to race hard in the shorter summer races too; there has been some fantastic results and lots of personal achievements gained in local 10k races. As a team we have continued to pick up silverware and got our hand on the ladies team prizes at the Erme Valley Relays (V35), Chudleigh 6, Otter Rail and River 10K, Lustleigh 10K and Dornafeld Ladies 10K.

Jennie Roberts and Hylda Stewart were the only ladies tempted by the Run Exe 5K series this year. Jennie has been concentrating on speed rather than distance and this paid off with her finishing the series 1st in her age category and recording a new best 5K time of 23:17. Hylda finished an admirable 2nd in her age category with a best time of 23:32. The Westward League XC has now kicked off for the winter with five races still left in the series. These provide great winter training and the entry fees for these races are covered by the club. If you are interested in taking part, details can be found here www.city-runs.co.uk/westward/

Tracy Elphick continues to run strong and has gained lots of age category prizes over the summer in a variety of distances and events. She was finally rewarded with her first ever race win at The Minster Challenge on 4th October 2015, the first of many I'm sure.

I was delighted to see well over 30 ladies turn out to support our very own Ladies 10K race again this year and what a fantastic day it was. The enthusiasm and



Jennie in action at our Ladies 10K

togetherness shone through in abundance with ladies of all abilities taking on the run, some new to the event, some dusting off their Trotter vest after a long time and some that turn out like clockwork each year. Whatever your reason, it was great to see. There were lots of personal achievements recorded during the race and too many to list, but a special mention must go Jessica Hayes. At 15 years, Jess was our youngest ever Trotlette to don a royal blue vest and tackle the event. The training with her mum certainly paid off as she put in an outstanding performance, recording a first 10k time of 56:51. What a fantastic effort, well done Jess.



Tracy during her Ironman

We didn't do too badly in the prize giving either, I was able to retain the winning cup for a second year, Hannah Walsh and Melanie Dunn came in as 4th and 5th lady and Sarah Schutte, Eyvoll Aston and Jacki Woon also picked up age category prizes.

Judging from the photos, it looks like lots of fun and games was had on the Trotters foreign trip to Brussels. The ladies didn't lose sight of the task in hand though and put in some sterling marathon performances with PBs tumbling for Tamsin Cook (4:24), who took 10 minutes off her previous best and Donna Walker (4:11), who shaved off 7 minutes. Ruth Johnson ran a very respectable 4:28. Congratulations ladies.

Ten ladies have completed the required number of races to finish this year's club championship so far and seven ladies have four or less races to complete to get themselves on the 2015 leader board. The points are close with seven races remaining so make the most of the final races.

If you are running your first race, stepping up to a new race distance or have smashed out a PB, please let me know so I can include you in my next report.

Keep up the great running ladies!



JOHN SCOTT TROPHY

By Stephanie Ross

The time is now fast approaching for the main event in your running calendar, which is of course the John Scott Trophy.

As most of you will know, this is an annual Christmas handicap race over 4 miles, starting and finishing near the Sandygate Inn, Kingsteignton. It will take place this year at 3pm on Sunday 22nd November.

To enter, if you have not done the Sandygate Loop this year, you will need to provide the race statistician, Mr John Skinner (jskins@tiscali.co.uk) with data pertaining to your fastest time in 2015 for a 10K or similar short distance. If you do not have this information, don't panic, you can still enter, just tell us what you can about your current ability level. Please, in any case, let us know by email if you intend to take part.

The entry fee will be a festively wrapped gift to the value of five pounds, this should be submitted to the race director (me) before the start of the race.

Runners will be given their starting orders from 3pm, according to handicap, with those predicted to be the quickest setting off last, so it will be anyone's race!

After the event a presentation will take place at the White Hart, Newton Abbot, where runners will be called up in their finishing order to select from the aforementioned selectively wrapped gifts. A splendid carvery and a choice of fine ales will be available. Along with the prestigious John Scott Trophy, the Cohabiting Couples Cup and the Tattooed Trotter Trophy will also be up for grabs, as well as new for 2015, the Bartlett Bowl for Best Fancy Dress.

So come and have a go if you think you're hard enough!



Annual awards and presentation night

Saturday 12th December ~ 7pm till midnight

Kingsteignton Royal British Legion Club

£10 a ticket (includes food and disco)

Tickets on sale from 1st Nov, available from Sharon Bowman and Tina Caunter

ALL ABOARD! By Chairman Rog

I'm organising a minibus to take a group of Trotters down to Redruth to take part in the Cornish Marathon on Sunday 15th November. We will be leaving the upper car park at Newton Abbot Leisure Centre at 7am. This will give us plenty of time to get our bearings and grab a coffee before the race starts at 10am.

For those of you yet to do the 'Cornish' I can thoroughly recommend it. It's a challenging course and because of the exposed parts of it across Bodmin Moor, if the weather is bad it makes the challenge that much harder. Now I've sold it to you, why not come along!

Those signed up so far are; Lance 'Skippy' Mason, Sally 'Marathon Queen' Ingledew, Ryan Anthony, Neil 'Big Mac' Pallant, Smokes, Wurzel, John Tweedie, Chairman, Paul Sharples, Dave & Matt Dunn, Steve 'Ronnie' Barker, Martin & Jo Randall, Chris 'Psycho' Cleave, Allan Taylor and Derek Skinner.

I've managed to get the minibus for free, so the only cost will be the fuel, which split between us, won't cost very much at all.



You get a pasty and great hoodie for finishing, there are showers and more importantly a bar afterwards. We'll be stopping for a quick bite to eat on the way home - probably McDonald's if Big Mac has anything to do with it!

If you fancy joining us, please let me know ASAP; chairmanrog@icloud.com 28

A huge thank you to all those that have taken the trouble to send me articles/reports for this month's edition of the Trotter. Particular thanks to Keith Anderson for editing it for me - I'm not the best of spellers!

Please remember that it's your magazine and it needs your input.

The next edition is due out shortly after our annual awards and presentation night. We will be continuing with producing a number of hard copies of the Trotter and distributing them on a training night on a first come first served basis. The feedback from those that have had a colour copy of the Trotter so far has been very encouraging.

Please send your articles/reports to Jon Grimes at;
mag@teignbridgetrotters.co.uk