

# THE TROTTER

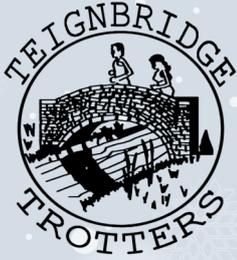


Teignbridge Trotters est. 1982

December 2017

# MERRY CHRISTMAS





## Editor's letter

I love this time of year. The twinkling lights, the fragrance of pine from the Christmas tree and the fruity spice in mulled wine (although isn't hot wine a bit strange? I spend all year studiously avoiding warm wine yet enthusiastically embrace the stuff as soon as December comes around).

It's another packed magazine for you and it's been a pleasure putting it together. Don't forget our awards evening is on January 20 7pm at Hannahs at Seale-Hayne. Nige Barnett is selling tickets and Ruth Johnson is selling raffle tickets with loads of cool prizes up for grabs.



There's still time to add your name and a goodwill message to the giant Christmas card (Stu Moulson is the go-to man if you want to sign it). Please go along to the Mince Pie Marathon on Monday December 18. I'm in no doubt that the Chudleigh gang will make it one to remember. Put on your festive best and meet at 7pm in the car park of the Highwayman's Haunt. Full details are on our website.

Chairman Rog has some interesting news updates (page 3-5), Graydon reveals 2018's Club Championships (page 9) and Chris Broadbent gives an insight into his life at the heart of sport. There's so much more - but I think I should stop writing, indulge in some more mulled wine and leave you to read on.

Enjoy the issue. Emma x



## CHAIRMAN ROG'S ROUND-UP

There's a fair few things coming up to tell you about. In keeping with the festive tone of this edition let's start with all things filled with seasonal goodwill before we get into the nuts and bolts...

### CHRISTMAS RUNAROUND



Oodey and myself are organising this year's run in-between Christmas and the New Year. It will take place on Thursday 28 December, starting at 10.30am from our house; 69 Teignmouth Road, Teignmouth. TQ14 8UR. Please park in Woodland Avenue as we're on the main road!

I will be leading the first group. We will be doing 10/11 miles at 8.15/30 pace. There will be a mixture of off-road, road and a few hills. Unlike some of my burger runs, I do know the route, it is on my home patch after all, so getting lost won't be an option!

Jenny Roberts and John Skinner will be leading the second group. The route is 7.5 miles and takes in the sea walls of Teignmouth and Dawlish, some off road and a few challenging hills. Please don't let the hills put you off as the pace will be 10/12 minute miling.

Both runs are designed to be fun social occasions. There will be plenty of looping back and re-grouping, no one will get left behind. The idea is that both groups should get back at roughly the same time. There will be hot food afterwards as well as hot and cold drinks and a drop of alcohol for anyone that wants it! Hopefully see plenty of you there.

### DIRTY (BUT FESTIVE) BURGER RUNS

There's no holiday for the Dirty Burger runs over the festive period! I will be leading the usual run on Christmas Eve. We will leave our spiritual home of the Golden Arches in Newton Abbot at 8.30am. We'll cover about 12/13 miles, with the usual mixture of off-road and road and the inevitable few hills. The pace will be 8.15/30min mile.

Alan Boone will lead the run on New Year's Eve. We'll set off from his house 5 Clampitt Close, Ipplepen, TQ12 5RL, at 9:30am. It's a 13-mile route that's 75% off road. At the time of writing it's pretty firm underfoot, however, that could all change with a prolonged spell of rain! The pace will be 8.15/30 pace. There will be cakes and drinks afterwards. Boonie does make an amazing flapjack! Hopefully see plenty of you there.

### SHALDON THREE-LEGGED RACE

Loads of people alongside a fair few Trotters descend on Shaldon to take part in the famous



three-legged race on Boxing Day. Everyone puts on their best (or worst) fancy dress to take part in the race around the village pubs, enjoying a quick 'pit-stop' at each for a swift half. It's great fun and if you've not tried it before why not give it a go? You can register beforehand or on the day via [shaldonwatercarnival.co.uk](http://shaldonwatercarnival.co.uk)

## **AGM DEETS**

The club's AGM will take place in the function room at the REC on Tuesday 27 February, starting at 7pm.

All positions on and off the committee are available for anyone that wishes to stand. The available places are:

### **Committee**

Chairman

Vice Chairman

Secretary

Treasurer

Membership Secretary

Club Championship Secretary

7 General Members

### **Non-committee posts**

Men's Captain

Ladies' Captain

Cross Country Captain

Press & Publicity Officer

Welfare Officer

Child Support Officer

Social Secretary

A list of all the positions will be displayed on the club's noticeboard at the REC. If you wish to stand please put your name down on the list. Alternatively, nominations and any resolutions (along with a proposer and seconder) must be sent to club secretary, Liz Barnett, and received two weeks before the meeting. An agenda and committee attendance record will be emailed to members beforehand. Please try and make every effort to attend.

## **LONDON MARATHON - ALL CHANGE FOR CLUB PLACES**

Virgin London Marathon has introduced a new system that rationalises the number of club places offered for free to clubs registered with British Athletics. This means that the Trotters - along with many other clubs nationally - will only be offered one free place instead of our usual two in the marathon. You can read their explanation at the marathon website [virginmoneylondonmarathon.com](http://virginmoneylondonmarathon.com) under the 'how to enter' section.

This has impacted on our current system of awarding London places within the club. Your committee spent a long time debating the best way forward to improve our system and have agreed on the following.

The first five members on the current list for London places will be given the opportunity to remain on that list. Assuming we continue to get one place each year and those five all want to stay on the list, it will take five years to clear everyone from the list. We will then review the situation. Personally, I believe that by then we won't get any places at all.

Everybody else on the list will be entered into a draw, which will take place at the awards and

presentation night in January. The club will offer a free race entry of their choice, to the value of £75, to the first three members pulled out of the draw.

Any members who have gained four or more points this year are entitled to be entered into the draw. Those that haven't already let club secretary Liz Barnett know that they wish to be included in the draw have until January 7 to do so. This does not apply to those already on the original list as you will be automatically entered.



There are a few T&Cs:

- The race entry is for a running event only. No triathlons, duathlons etc
- It is non-transferable and must be used in the same calendar year as the draw takes place.
- Members must be listed in the results to claim their race entry fee back from the club, unless they have had to withdraw from the race once they had started.
- Members must enter as a Trotter and wear club kit according to our club rule.

Any further questions please don't hesitate to contact me at: [chairman-rog@icloud.com](mailto:chairman-rog@icloud.com)

## LANZA MARA

Next year's foreign marathon trip will be Lanzarote. Renowned for its winter sunshine, it's a mere 78 miles off the coast of Africa, and an average daily temperature of 18 degrees Celsius in December, it should prove a popular destination for the sun lovers amongst us.



Lanzarote is the easternmost island of the Canary Islands and has a volcanic origin. It does have plenty of white sandy beaches but the black sand beaches are particularly striking. The national dish is Mojo potatoes, also known as Canarian wrinkly potatoes. The island is a haven for watersport enthusiasts. Warm winds blow in from the Sahara creating some fantastic conditions for windsurfers and surfers alike.

The race will almost certainly take place on Sunday 9 December. I have yet to have this confirmed from the organisers, but if they stick to the second Sunday of the month as they did this year, then I'm fairly confident that will be the date.

There are four different distances to choose from; Marathon, Half Marathon, 10K and 5K. So there really is something for everyone! The marathon and 5K start and finish in Costa Tegui. There is a free shuttle bus that takes the half marathon runners to Puerto del Carmen before

they then run back to finish in Costa Teguisse. Likewise, a bus takes the 10K runners to Arrecife (the capital) before they run back to finish in Costa Tiguise.

An added advantage is that you can fly from Exeter and Bristol to Lanzarote. I looked at flights a couple of months before this years race and you could get a return flight for less than £60. We haven't sourced a hotel yet but we do have a few irons in the fire. We will update you with info on both flights and hotels as soon as we can.

It may be that you will want to extend the break. Oodey and myself will be staying for a week. If that is the case then a package deal might prove the cheaper option. Again, we are looking into this. So, now you know where we're going, book it out in your diary and join us for what promises to be a jolly jaunt in the sunshine. On On - Chairman Rog

++++ ROLL OF HONOUR +++++ ROLL OF HONOUR +++++ ROLL OF HONOUR +++++

## Membership Secretary Kevin Besford gives us the lowdown on who's in the club

The annual renewal has now completed and we are well into the lead up to Christmas and all the fun and celebrations that entails. Having reached the heady numbers of 328 in the last membership year we have picked up quickly after the expected drop from non-renewals and stand at 292. At that rate it seems certain that we will break new record numbers before I am chasing you for your money again next October!

This is the first year we have rescheduled our annual presentation night and the big night is on 20 January at Hannah's at Seale Hayne. If you have not been to one before come along and enjoy yourself, it is always a very memorable night with the well deserved awards being handed out and much food and drink being consumed.

I continue to hear very positive feedback of the club personally and via posts on social media which shows what a great job you are all doing in making everyone welcome. Take a look at the comments published on the membership section of the website. More experiences or testimonials are always welcome.

I feel I have to mention a subject that is very disappointing to me. We have always been in receipt of free club places for the London Marathon and up to a few years ago we got three places each year. Organisers have now introduced a new system that reduces the numbers further so clubs like ours which are the life-blood of the sport will get only one place per year. It seems to me that they are only interested in the charity side of the event and the elite field at the head of the race. Back to more positive matters and since the last edition of the Trotter, 16 new members have joined us.

**Emma Valentine** and **Richard Hayes**, both 30 from Murchington and recently moved back to the South West having left university in 2007. They have run seven marathons between them most recently in Seattle in July. Both Emma and Richard would like to get fitter and faster and are looking forward to the club sessions of speed work and intervals. The motivation of the club and all of you is just what they need.

**Sharon Still**, 41, from Totnes. Sharon moved to Totnes from Perth, Australia, six months ago. She is getting back into running after not having run much for about 10 years. Sharon is looking to run some 10k races with the aim of working her way up to a marathon.

**Amanda Draper**, 27, from Newton Abbot, was very excited to discover that when she joined she was the 1,000th Trotter since the club was formed all those years ago! **Anne Law**, 42, from Kenton, has been venturing out with the improvers and social runs for a few weeks and is getting involved with the structured sessions on Wednesdays.

**Kevin Canham**, 53, and **Molly Canham**, 16, from Teignmouth. Kevin was a Trotter many years ago and is now back as a second claim member to support his daughter Molly. You may have heard of Molly before as she is recognised for her track racing achievements nationally.

**Deana Shelton**, 36, from Torquay came to her first Monday session in November and she enjoyed herself so much that she had joined online the following morning, what did we do before we could go online? **Victoria Coulson**, 29, from Newton Abbot came for the first time with Deana and has now joined too.

**Rachel Sims**, 37, from Bovey Tracey is another who joined online and **Nicola Rovai**, 37, from Newton Abbot joined at the same time. Nicola has been along a few times to training and is sticking at it. Sure she will become more known to a lot of you over the coming weeks. **Michael Otto**, 34, from Dartington and **Louise Palmer** from Newton Abbot have joined our ranks. Welcome both!

**Bob Small**, 70, from North Bovey, describes himself as being an avid, London-based athlete in the 1960s, 70s and 80s and competed in all distances. High weekly mileage didn't mix well with family life, work and study and somewhat reluctantly, in 1985, running became a thing of the past and cricket and golf became leisure time pursuits. In 2013/14, his daughter Georgia showed an interest in athletics and this reintroduced him to the sport. Parkrun at Parke has been followed by the occasional 3k on the track along with the Exeter 5K series, 10k and 10mile races and, most recently, the Great West Run in Exeter. He says: "All of this has been challenging and fun; but, above all, it has introduced our family to a completely new circle of friends - all of whom love their running. I look forward to developing even more friendships within the Trotters and competing in road races with like minded people!" Good to have you with us, Bob.

**Yasemin Jeffrey**, 52, from Teignmouth. Yasemin is quite new to running having started with couch to 5k in 2016 and then pushed herself to do the Great West Run in a time of 2.33. She now wants to keep up her running and improve her pace. Having trained for the Great West Run on her own she now wants to be inspired and pushed to become a better runner and to make new friends on the way

Notable birthdays this month and in January include Jon Lucas 35, Craig Churchill 40, Ben Uphill 40, Sharon Hutchins 45, Dermot Smyth 50, Kurt Read 50, Roger (Smokes) Hales 55, Tina Caunter 60, Judy Smallshire 65 and finally Tim Hartley 65. Happy birthday to all and best of luck in your new age categories on race days.



# AN OTTER-LY BRILLIANT DAY OUT

Look lively - Membership Sec Kev Besford is telling us where we're heading for the annual away day race

The transport is booked, the race is chosen, pubs are being shortlisted... yes, the club trip is back after a year's break!

In 2018 we are heading over to East Devon for the Otter Rail & River Run on 14 July.

The club trip is a great day out and best of all, it doesn't cost very much. If you haven't been on one before, just ask any of the many Trotters that enjoy it each year and they will convince you to join our day out.

The Otter Rail & River Run is a 10k multi-terrain race (with a fun run) which starts and finishes in Tipton St John. It was set up in 2007 to mark the 40th anniversary of the Tipton St John Playing Field Association and usually attracts around 200 runners. Over the years it has raised £15,000 for the Playing Field Association. It's a really friendly event, run superbly in conjunction with Sidmouth Running Club.

Best of all, if you collected enough marshal points this year the club will cover your entry fee so you pay **nothing** to run it! It's completely free for you. To guarantee your place, I'll need a £5 deposit from you which I will be looking to collect from around the end of February onwards. When you come on the day this will be credited against the cost of your meal at the chosen hostelry, more on that later.

We will organise an event on Facebook nearer the time as well so you can save the date and we can keep you updated. Don't worry if you don't want to run but still want to come - that's perfectly acceptable (more the merrier) but I'll still need a deposit from you to secure bums on bus seats. If you are unable to come after paying a deposit you will get this back as long as someone else is able to take your seat on the bus.

The race entry form is on the race diary of our website. If you weren't fortunate enough to collect enough marshal points then it would be useful if you could complete the entry form and give it to me with your payment so I can send all entries in together.

Details of bus pick-up points and times will be announced much nearer the date but rest assured the usual pick-up points will probably still be available, that is Chudleigh, Drumbridges, Newton Abbot Leisure Centre, Kingsteignton and possibly Teignmouth.

We will be finalising our choice of post-race grub in the new year, though I have a fair idea of where it will be. As usual I have the arduous task of trying out the pub in advance (it's a tough job but someone has to do it). The menu will include vegetarian options and will be published on Facebook nearer the time. Much like our recce runs, you'll need to let me know your choices no later than a week before the day.

The club trips have been a brilliant laugh in the past and I hope many of you will come, including the newer among you. It's a fantastic opportunity to meet more people, run a beautiful race elsewhere and enjoy a rewarding feast afterwards!

So make a note in your diaries for 14 July and I hope to see you there!

# CLUB CHAMPIONSHIP - THE 2018 LINE-UP IS ANNOUNCED

Hello Trotters

Here is the long awaited list of races that comprise of 2018's Club Championship.

As you will know, the format of the Championship is changing for 2018 and we're hoping it will go from strength to strength with more competition across the races, and hopefully more members taking part and completing the Championship.

The full details were explained in the October edition of The Trotter magazine but in summary to complete the Club Championship a runner has to:

- complete at least eight races from this list.
- run at least one race in each of the five categories.

As previously, the points awarded for a race will be based on Age Graded Percentages, and there is a separate competition for men and women.

Now that the events have been published, you can get your diaries out and start planning the year ahead!

Best of luck everyone - here's to a great year of racing.

*Graydon Widdicombe*

*Club Championship Secretary*



RACE	CATEGORY	DATE
Plympton January Jaunt	Short miscellaneous	January 7
Axmouth Challenge (10-mile option)	Long miscellaneous	January 14
Dalwood 3 Hills	Long misc.	February 25
Tavy 13	Half marathon	March 18
Fast Friday City Runs (Exeter)	10k	March 30
Taunton Half	Half marathon	April 8
Sandygate Loop (quickest time to count)	Mixed	April 27, May 25, June 29 2018
Crediton Crunch	Short misc.	May 13
Clyst Hydon Huff	10k	May 20
Dawlish Dash	Mixed	June 7
Torbay Half	Half marathon	June 24
Muskies Madness	Mixed	June 30
Otter Rail & River Run	10k	July 14
Forest Flyer	Short misc.	August 10
Torbay 10K	10k	August 19 (TBC)
Lustleigh 10K	Short misc.	August 27 (TBC)
Torbay Tornado	Long misc.	September 9 (TBC)
Dartmoor Vale Half	Half	October 21 (TBC)
Bicton Blister	Long misc.	November 11 (TBC)
John Scott Trophy	Mixed	December 2

# BREAKING NEWS: IT'S KIND OF A BIG DEAL

After turning out quality reports week in, week out **Graydon Widdicombe** is standing down as our Press and Publicity Officer. He's hoping someone will step forward to take on this fantastic role and has this appeal.



“Fancy a go at reporting what the Teignbridge Trotters get up to at the weekends, when they turn up for events at all these different places? Well, this may be for you!

“You don't need a degree in journalism or A-level English. You just need the time to check out race results and collate information that Trotters send to you about races they've done.

“It is important to cover all the Club Championship races but for any others it's really up to the individuals who run in them to supply information and possible photos to back the report up. The role only involves covering running events, so you don't need to worry about other multidiscipline events (for example, triathlons).



“The reports are mailed to the Mid Devon Advertiser and Herald Express by the Monday lunchtime for inclusion in that week's edition of the paper (the Herald Express publishes on Wednesdays and the Mid Devon Advertiser on Fridays).

Even in this technology-age, people still love to race reports in the papers and I know people inside and outside the club read them. Not only that, but it takes the Teignbridge Trotter brand and reputation far and wide, showcases our achievements individually and collectively. You will also need to upload the report to the Trotters website, which has space for photos and is user friendly.

“I will be standing down from this role at 2018's annual meeting so it would be great if someone came forward to take it on then. Without a Press and Publicity Officer how can we show other clubs how fantastic we are?

“If you want to know more then please feel free to ask me about it. It's a great role, as you get to read about all the different races, and you have some understanding about what is going on within the club. If required, I am also happy to help with the first couple of reports, before you take on the role officially. Come on, don't be shy!”



The Trotter newsroom: where it all happens.

# NOSTALGIA IN NUMBERS

**Dave Dunn** flaunts his figures following Chairman Rog's race records

*In the last edition of the Trotter, Chairman Rog reminisced about his racing career and had some impressive statistics to share showing he's completed well over 500 races. He asked if other members had some stats and life member Dave Dunn got in touch to offer this...*

Rog's article in the October Trotter inspired me to tot up all my races. Little did I realise but it turns out that the 39K multi-terrain race that I ran last Saturday was my 700th race! The stats starting from my very first race on 30th June 1985 are as follows (right):

Incidentally that first race was a hilly seven-miler in East Sussex just two months after I'd put on a pair of trainers for the very first time and I finished 49th out of 110.

I'm sure that other longer serving members (Smokes?) could rival my figures.

DD

## DAVE'S DATA

**parkruns - 57**

**Westward Cross Country League  
(including representing the Trotters in  
Devon Cross Country Championships) -  
103**

**Less than 10K - 150**

**10K - 95**

**10 Miles - 49**

**10K to Half marathon - 68**

**Half marathon - 87**

**Half marathon to marathon - 31**

**Marathon - 53**

**Ultra - 7**



**Check out  
more Trotter  
statistics on  
page 20**

## Captains' Corner. Thoughts from your Captains Lance Mason & Eleanor Taylor



Welcome and a very happy Christmas to you all. This will be the last Trotter magazine of 2017 and I'd like to say a big thank you to our Editor Emma Percy. What a year the Trotter family has had!

Jamie Barnett continues his good form and it was pleasing to see him win the Dart Vale marathon at his first attempt at the 26.2-mile distance in a truly fantastic time of 2:40.47, smashing the junior marathon club record to boot! It was an important test for Jamie's preparation for London Marathon 2018 and I hope we see his marathon time tumble.

In one of the Trotter-organised races the Templer 10 we had four unsung heroes - future Totter stars, perhaps? - take part in the fun run. The roll of honour and their times are:

Oliver Elphick: 8.10, Toby Mills: 9.57, Rubi Shillabeer: 12.41 and Barnaby Mills: 13.07.

Well done all of you who have raced and trained hard over the year. Keep reaching your own goals and don't let the winter weather put you off! If you keep up the winter training you'll be giving yourself the best start for the 2018 season.

Big thanks too to our coaches and leaders for a sterling job they do each week and, of course, Coach Co-ordinator Mark Walker who does a great job of pulling everything together.

In the same way that Eleanor has highlighted the success by the Trotettes, there's been some great achievements by the lads too since the last Trotter.

At Bideford 10 and Dart Vale Jamie Barnett broke junior records at both distances. At Bideford Jamie was fourth overall in a great time of 55.12 and his first marathon attempt was amazing. Dart Vale Races were a good day for us with Tim Pratt winning the half marathon in 1:17.56, taking a huge two minutes off his previous PB. Ewan Walton was third overall in 1:24.59, Julian Scanes was first MV45 in 1:30.30 and this was also a PB for him too. Garry Smart was second MV50 in 1:25.59

In the marathon Kris Ward clocked a fantastic 3:28.19 and two minutes off his previous time. In his first marathon, Rob Cooper drew a marker in the sand with 3:52.45. It's encouraging to see people perform so well and the question, as always, is: what's next?

In the faster and more furious 10k discipline Toby Hooper was seventh overall in his first 10k race and won the Junior category in 39.38. James Saunders was first MV55 in 42.40. Some great results I'm sure you'll agree. Josh Taylor continues to impress clocking 1:11.41 and a PB over the 10mile distance at the Templer 10. Those dirty burger runs must be paying off Josh! More modestly, I was second MV55 at the Cornish Marathon a couple weeks ago in 3:23.40.

Locally, Bicton Blister was a good day out with Roger Easterbrook claiming second MV40 in 1:06, Garry Smart first MV50 in 1:08.15 and Graeme Baker first MV75 in 1:43.28. Roger, Smartie, Duncan Knight and Neil Rutley were second male team. A good day's work. Further afield Pete Hayward took third MV55 at the Lanzarote half marathon in 1:43.12.

Big G Graydon Widdicombe has had barnstorming runs lately clocking a marathon PB of 3:29.40 at Nottingham Christmas Run. Graydon was also a finalist in the Teignbridge Sports and Community Awards, getting the well-deserved recognition for his hard work on the race reports. Someone has big boots to fill!

***Yours in  
sport,  
Skippy***

## Captains' Corner. Thoughts from your captains Lance Mason & Eleanor Taylor

Hi there, Women's Captain Eleanor Taylor here. There's sooo much to write about, looking back over 2017 and forward to 2018. Here goes!

Since the last edition of The Trotter, Lucy Evans took on the challenge the Dartmoor Vale Marathon and recorded a cracking time of 4:11.41 and was second in her age group. Her Dartmoor Discovery training is looking good! Also in Dartmoor Vale, Kim Knight stepped up and did her first half marathon. Trotters did well in the age-group prizes in the half with Sarah Pike second F40 and Tracy Elphick (F45) and Jacki Woon (F50) winning their age category races. In Dartmoor Vale's 10k race, Emma Foreman earned a PB in 55.25. Newbies Louise Stokes and Melanie Saunders crossed the finish in 1:11.00 and 1:15.20.



A week later, Tracy Elphick broke the club F45 10mile record by 5mins in Bideford. It now stands at 1:10.27. At the same event, Lucy Payne smashed the F65 record by 34 minutes, making it 1:30.45. This is now faster than Lucy's F60 record at the distance.

2015's 'Most Promising Female Newcomer', Suzie Mills keeps raising the bar and challenging herself. She ran the tough off-road Dark Valley Half Marathon in Moors Valley Country Park. Louise Stokes followed her Dartmoor Vale 10k success with another first - a run in the Bicton Blister. Melanie Saunders won the John Scott Trophy. Clearly their hard training is paying off. Also at Bicton, Lucy Payne was first W65.

In the Cornish Marathon, I was proud to share the W55 trophies with Sally 'marathon queen' Ingledew. A glance at this and the achievements I've written about for the Trotter over the past year illustrates the variety of women achieving great results over a mix of distances and terrains.

Here's a summary of the Championship so far. In January, Sally Ingledew got the year off to a good start with 50 points in the Stoke Stampede. Sara Colman earned 49 points. Sara also got 49 for the Dalwood 10miler and did well in a few other Championship races, but didn't compete in the later part of the year, as she had even more important stuff to do. In the first three Championship races six different women earned first and second places. Brilliant!

There were 10 Championship races in in February, March and April, but only nine in which Trotter women scored Championship points. It would have been 10 if some idiot hadn't tripped up in the Two Bays Tough 10 (!) I can confirm the first three miles are quite pretty though...

Tracy Elphick's DD training paid off with Championship wins in the Fulfords Five, Granite Way 10miler and the tough Exe to Axe off-road 20 miler. Kim Nichols scored two second places and Kathryn Steemson was second four times. Tina Caunter won two of those for her age category.

Kathryn won 50 points in the Tavy 5k. Later the same day, in the Coleton Footacher, a tough off-road approximately 10k she gained 49 points. In the same race, Ruth Johnson, returning from injury won 50 points. See what I mean about lots of female Trotters doing well!



Between May and October Kathryn went on to earn 50 points in a further four races: Muskie's Madness, The Muddy Duck, Magnificent 7 and Kingsbridge 10k. Each of these is in a different Championship category. Ruth got maximum points for the second time in the Cornwood Challenge. Previous champions Jacki Woon and Lucy Payne got 50 and 49 points in the ever-popular Chudleigh Road Race.

Newbie Annabelle Evans had a storming run in the Tavy 7 and came away with 50 Championship points, with Hannah Jones second. Hannah earned five second places, with a different woman in first place each time.

Points are definitely shared out but Kathryn has six first places and six second places - a commanding lead. A few women have completed the Championship and a few more are likely to do so before the end of the year. See you at the awards evening to find out the rest of the final standings! Looking ahead the format of the Championship is changing (see Graydon's article for more details). Why not give it a go?

Finally, good luck to everyone who've set themselves a running target for 2018. Whether it's a parkrun PB, a half marathon, or if you're one of the 14 female Trotters who have entered the 34mile DD! Well done on all the achievements in 2017 and apologies to anyone I've not mentioned. Feel free to message me if you think that you, or someone you know deserves a special mention.

# THE HIGHLIGHT OF MY YEAR

**As 2017 draws to a close, members reflect on the highlight of the running and racing calendar. Here's what has made the year memorable.**

Melanie and myself joined the Trotters this year. I had already been running on my own and with a few local runners including Ruth Johnson around Totnes. I entered a couple of 10k races, which I really enjoyed. Ruth encouraged me to join the Trotters. Due to my enthusiasm and having caught the running bug, Melanie decided that if she didn't start running she would never see me! She followed the coach to 5k programme and she quickly progressed to running 5k. Mel is now comfortably holding her own in the improvers group. Having got married in Dec 2016, we were looking for a common interest that we could both partake in together. Joining the Trotters has given us that! We are hoping to meet new friends as we are relatively new to the area.

We both thoroughly enjoy the training and it's great to run with such friendly people. We were made so welcome and already feel part of the family. Mel entered her first 10k race at the Dart Vale. My running has come on leaps and bounds having run a PB of 42:40, also at Dart Vale which won me my first trophy in the over 55 category! That has given me a real boost. We have both been marshals at the Templer 10, which was great fun. It was another opportunity to meet new people and see how much hard work goes into organising races.

We are both so pleased to have joined the Trotters and are looking forward to 2018. Both our aims are to keep on improving and hopefully enjoy any social events on the calendar! - James Saunders

In Munich with the Trotters this year I did a sort of PB! I had raced the Munich 10k two days before and did a time of 1.06. I went for a run around Munich with Russ and Mandy Wheeler and Derek Skinner. They were very kind and looped back for me but I was determined to try my hardest to keep up. I obviously must have pushed much harder than I thought as the time taken to run the six miles was 56 minutes. This was faster than I have run over that distance for about five years, I was overjoyed! There is life in the old girl yet!! - Teresa Holmes

**My highlight was knocking over 31mins off of my marathon time to take it to 3:29:40. This is off of mainly easy-paced running in the week and has helped me complete 20 marathons this year. - Graydon Wid-dicombe**

**My highlight was seeing Sally (Ingledeu) get her 200 marathon award at the Dartmoor Discovery. After we were let down by a cake maker, Lucy Evans and Tracey Jolly saved the day by baking one. A fantastic and lovely gesture. This all made for a memorable day - Lance Skippy Mason**

Two years ago I was advised by a doctor to give up running after an injury because of 'my age'. Fortunately I sought a second opinion and support of a really fantastic physio. This year I have run a 10k (sub 1hr which is good for me), three half marathons, each time getting close to my ultimate goal of sub 2hrs (next year!) My proudest moment was running a marathon PB in May, taking 10mins off my previous time. I've already set my goals of a sub 2hr half and a sub 4:30 marathon in 2018 :-)) - Vikki Radcliffe

The highlight (apart from trying one of Tracey Jolly's amazing unicorn cakes) was being part of the Trotter team that made Totnes 10k such a massive success. Months of hard work and one epic day! - Emma Percy

# YOUR COACHES AND LEADERS ARE AMAZING

By Mark Walker

As coach coordinator I see a bit more of what goes on behind the scenes to make your Mondays and

Wednesdays run as smoothly as they do, and at this festive time of year I think it is a good time to take a closer look at what needs to happen before the 'shout' at The Rec.



We have two types of runners that take out groups with the Trotters: Leaders and Coaches. Leaders have to build up experience running with the club, an enhanced Disclosure and Barring Service (DBS) check and committee approval before they are let loose. They shadow an experienced Leader a few times to understand how groups are led and have to read and understand the clubs code of conduct, emergency procedures and safety guide.

The run Leader plans a route which takes into account the likely type and speed of the runners, time of year and any possible dangers en-route. And this is all before you even slip into your Lycra ready for your run.

Coaches need to have led runs for at least 12 months before they can apply to move up to Coach level. This too is a committee-approved position and requires the prospective coach to obtain the LIRF (Leader in Running Fitness) qualification as a minimum. Many of our coaches have enhanced their skills by taking several further qualifications.



Coached sessions are planned several months in advance and we attempt to vary the sessions as much as possible while retaining the core principles of endurance, speed and a mixed session. These planning sessions take place three or four times a year and we look at the success of historical sessions to ensure we deliver what you want.

Our coaches and leaders offer availability up to three months in advance so obviously last minute changes are frequent. We have a thriving private Facebook group where coaches and leaders offer to help each other out, sometimes with just an hour to go before the session is due to start!



Del: Feed and water regularly

I know you are always appreciative of your run leaders and coaches and the comments we get back are almost always positive. But we could do with more feedback. Tell us if you really enjoyed a session, if you didn't like it and why. This all helps us plan and deliver the very best sessions for you, our lovely members.

And last of all, after your run please do remember to give your appreciation to the run leader as they work really hard for you as I hope the above shows. A simple thank you can make it all worthwhile... except for Derek Skinner, he wants chocolates and beer instead...

# 'THERE'S SOMETHING ABOUT RUNNING THAT BRINGS OUT THE BEST IN PEOPLE'

Runner, journalist, blogger, influencer, husband, father, game-changer. Chris Broadbent has positively influenced the lives of many people having been heavily involved in hugely important sporting moments, from Olympic Games to youth inclusion events. The 43-year-old has just been named as the Chief Executive of the South West Youth Games, a multi-activity event that's designed so young people from all over the South West can come together in a joyous day of sport and fraternity.

So what went right? Emma Percy snatched some time with him to find out more.

## ***How long have you been running?***

I ran a few 10k runs when I was 11 or 12. But I became a regular runner aged 29.

## ***What interested you about running?***

I had always been a fan of athletics, always watched all the big championships and my first proper job after university was working for Scottish Athletics as their Media Officer. I found myself around a lot of athletes and became even more drawn into the participation side of it. Like a lot of people I had just got out of the sporting habit after school, but when I found myself around all these fit folk, I was inspired by the whole scene. In the back of my mind, I'd always wanted to do the London Marathon and I did London and New York in 2004.

## ***How long have you been a Trotter? How did you get involved in the club?***

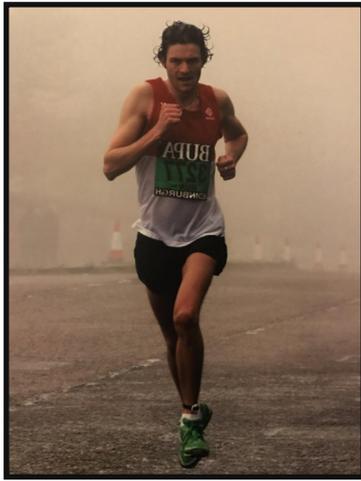
Since 2013 when moving back to Devon. I'd had stints at clubs in Edinburgh and London and I was looking for a local one to get involved with. I just headed along one night. I'm not as regular as I would like to be, but I'm in for the long term. There's a really great mix of people and a very positive spirit around the club. I couldn't go back to being an unattached runner now.

## ***Any favourite races or worst ones?***

My best distance - when fit - is probably 10k. But I do like getting off-road and particularly like races that are a bit quirky. One favourite is the Black Rock 5, it's a Friday night race in Fife, Scotland, where you run to the coast out along a beach, wade knee-deep into the sea around a small island (the black rock) which has a piper in full regalia playing you round, back onto the beach and to the finish which is a ridiculously steep hill with a pub at the line. Every finisher gets a bottle of beer. Worst is any marathon really, I would love to have bagged a better PB than the 3:22 I have, but in six attempts I have yet to nail it.

## ***Who is in your running support network? Anyone you particularly admire?***





Either I run on my own or at the club. My family support me at most races, but I can't say I have a support network. The runners I really admire are the ones close to home who are maybe a little older than me but are still banging out really respectable marathons around family and work commitments. There's a few at the club like that. They might not realise it, but they are brilliant role models.

***How do you stay motivated when you don't want to run?***

You never regret a run. I just tell myself that. Even when you are sat on the couch, you are tired and it's freezing outside, once you get out there and do it, you come back and feel great.

***What do you like most about running?***

There's something about running that brings out the best in people. There's a camaraderie that I just don't think other sports can match. It brings out everything that is good in the human spirit.

***Tell me about your journalism - how did you get involved in that? Which publications have you/do you work for?***

I have a media degree and always dabbled in journalism since graduating. I did try news journalism once, but I hated it. It takes a certain sort of person to want to dig the dirt they do. I am much more at home in sport or lifestyle, such as travel. I have written for pretty much every UK national newspaper as a freelancer. In terms of running, I have written for Athletics Weekly, Runners World, IAAF and I still keep my hand in blogging for Run ABC.

***Best story/worst?***

In my news reporting days, I did a piece on Mohammed Al Fayed who had invented a Scottish Coat of Arms to put on the gates of his Scottish estate. That got into the Sunday Telegraph. A really great day was reporting on Exeter Chiefs winning their first major trophy the Anglo-Welsh Cup about 3-4 years ago for the Guardian. That was just a privilege to be there - and be paid for it!

***You've been head of marketing for Water Babies - for the uninitiated can you explain what that is?***

Water Babies is the world's biggest early years swimming company, teaching infants from 0-4 years of age to swim. I worked as their Head of Marketing for just over two years. In that time we won British Franchise of the Year and I helped launch it in China and Canada. I took a giant inflatable baby to launch it in Toronto!

***How did you become involved with international events such as Olympics?***

I went from Scottish Athletics to Qatar working as a website journalist for the Asian Games in 2006, which was a great experience. It got me my stripes in major events and kicked me off going to the Olympics and Commonwealth Games and such.

When I came back I joined UK Athletics and was the Media Manager for Team GB at the Beijing Olympics and other World and European events. From there it was a mix of experience and good contacts really. It's a bit of a merry-go-round at some of the major sporting events. I know people who literally go from Commonwealths to Winter Olympics to Asian Games to Pan-American to Summer Olympics and repeat. I went to the last two Commonwealth Games in Delhi and Glasgow as a reporter.



For London 2012, I was living in London mainly working with the London Youth Games. I remember suddenly having this rising paranoia with about two months to go until the London 2012, that the Games were coming to the city I lived in, my career had been around Olympic sport and I didn't have a job lined up for it. So I sent a bit of a panicky message to all my contacts on LinkedIn. One Australian girl got back who remembered me from Beijing and sent me a message saying she might have something for me, but she wasn't sure it would be my thing, she would call me the day after. I had prepared myself for an offer to work at the wrestling or shooting. She called the next day and offered me a contract to be the venue media manager at the beach volleyball. It took me 0.2 seconds to decide.

### ***What are your career highlights from Beijing?***

It was a surreal time going to Beijing as part of Team GB, I came home with loads and loads of great stories. But the truth is that it is very, very hard work. You are talking 16 hour days every day for a month taking into account the training camps too and dealing with media on China and UK time. I remember taking a phone call once and at the end of that phone call, the message blipped through that I had a voicemail. I had eleven ruddy voicemails since I had been on the phone. But I met Tony Blair, Gordon Brown, Clive Woodward, Chris Hoy, Tom Daley and all the Team GB athletes.

My main dealings were with the track and field athletes. Paula Radcliffe had a paparazzi following then and I had to manage all that. I think what sticks out more than anything else is that you are with an athlete through some of the highest and lowest moments in their career. You are in that inner sanctum. I remember Mo Farah being absolutely devastated when he was eliminated in the heats and he just kept saying over and over 'the Olympics only comes round every four years'.

I also remember Tash Danvers, who won an unexpected bronze in the 400m hurdles, she was absolutely bouncing off the walls and we spent a fantastic 2-3 hours doing all the media interviews. She used my phone to call home and talk to her parents and they were screaming just as loud as she was. I saw her again about three years later when working with the London Youth Games, she brought her medal along and said to me 'Remember that Chris? That was our special time!' It still gives me goose-bumps now.

London 2012 was much less stressful, but no less a privilege. It was such a pleasure to be at Horse-guard's Parade every night - it was like one big party. I could cycle to the venue every day from where I lived, the weather was sunny, London was looking spectacular - every day I rode over Westminster Bridge on my way there. We also found out during the Olympics that my wife and I were expecting twins so I will always remember London 2012 with huge fondness.

### ***What does the London Youth Games involve and how did you become part of it?***

I joined the London Youth Games in 2010 as their Media and Marketing Manager. It was a great job as it has a huge variety of sports (30), a great history (going since 1977) and the opportunity to really grow with the appetite for legacy from London 2012, plus it gave me a London-based core of work with my future wife while giving me the freedom to pick up other freelance work. It is like a mini Olympics for Londoners with every borough sending teams to every sport across the whole year with the finals taking place at Crystal Palace. It has an unbelievable roster of former participants like Mo Farah, Bradley Wiggins, Rio Ferdinand, David Weir, Rachel Yankey, Steve Backley, Linford Christie, Christine Ohuruogu, Raheem Sterling, Ashley Cole all having taken part. Every year we hosted a Hall of Fame evening to induct former athletes at a plush ceremony. There was such a lot of affection for the Games that it's amazing how many strings we pulled. The top names would turn up and in 2012 we had 10 London 2012 medallists in the room. We also managed to blag a Bradley Wiggins-signed Tour de France yellow jersey and the UEFA Champions League Trophy which Chelsea had won that year to display on the night.

***Moving on to South West Youth Games, how did you get involved in that?***

We moved to Devon in 2013, ready for the twins arrival (just!). A friend saw that the Devon Youth Games were looking for Trustees, I knew with my background I could really help them and I joined as a Trustee in 2015.

***From that, you've now been appointed as Chief Executive of the South West Youth Games! How do you feel?***

Great. The Games have survived since 2014 losing public funding. Now we rely upon sponsorship and some charitable grants. But to really kick on, the organisation needed someone to professionalise the charity, give it a clear purpose and put it on a much safer financial footing. The Board believe I can do it and I'm really chuffed to accept the challenge. If you had said to me four years ago 'what would your ideal job be in Devon?', it would be this one. The finals are in Dawlish in 2018 and we are looking for sponsors who want to be part of the story to help make a happier, healthier South West. If you are interested or know someone who is, give me a shout via [swyouthgames@gmail.com](mailto:swyouthgames@gmail.com)

***You're obviously passionate about children getting active - why is this important to you?***

I think there is so much to be gained from sport and physical activity, way beyond just the obvious physical benefits. Sport builds strong individual characteristics, creates life-long friendships and gives people some of the happiest times of their lives. It helps make young people healthier physically and mentally and strengthens social skills. Yet, it still sits as a peripheral subject on the school curriculum when it has so much to offer society as a whole.

***Do you see a change in attitudes towards running with things like parkrun making it easier for people to get involved?***

I suppose it's a more open door now that it used to be to our sport. Although, I think the London Marathon was the original catalyst for the average Joe and average Joanne to consider running. I'm still not sure we have the pathways still quite right for young people, it can still be quite an intimidating step for a young person to join an athletics club and I think we miss out on some young people who may be short of a little confidence when they are younger.



# HOW IT ALL ADDS UP

Here's Secretary **Liz Barnett** with the race data for 2017.

This year we tried something new! We used two online entries providers; Full on Sport for Totnes 10K and Ladies 10K, and SiEntries for the Templer Ten. This may well have been a contributing factor to both Totnes 10K and the Templer Ten reaching their race limits before race day! The Dartmoor Discovery also sold out (as usual) through the old-fashioned paper method.

The Haytor Heller and the Ladies 10K were slightly down on entry numbers this year in comparison to last year. However, the numbers of finishers in the Haytor Heller were slightly up on last year. Storm Plymouth were the best represented club at our races this year with a huge 109 at Totnes 10K.

Both our fun runs were very popular at the Templer 10 and Totnes 10k. The Templer numbers increased from 79 last year to 90 this year with 85 finishers. Totnes had an amazing 174 entrants all of whom finished. Big well done to all our race directors for their hard work this year.

## DARTMOOR DISCOVERY

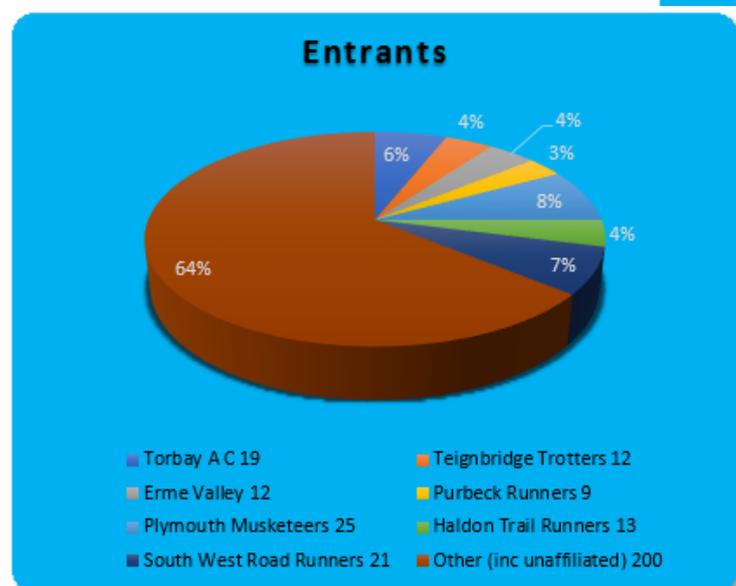
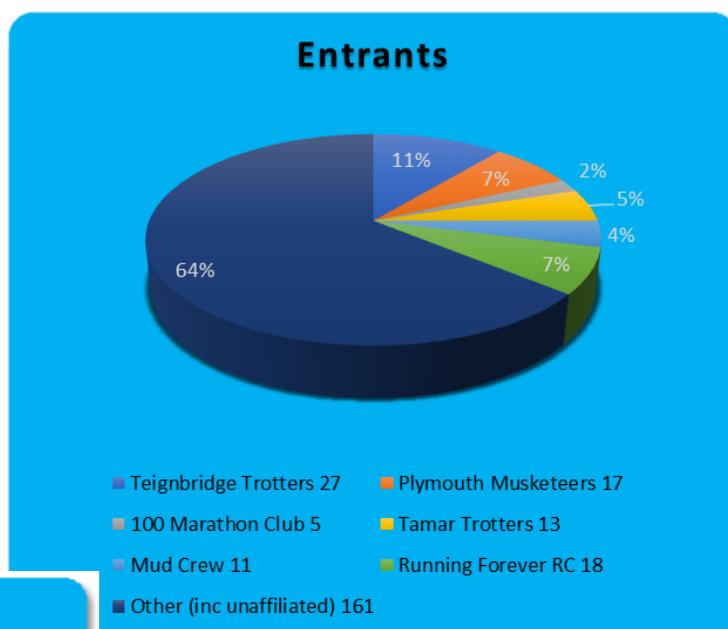
Entrants: 252

Male: 193 (76.59%)

Female: 59 (23.41%)

Unaffiliated: 39 (15.48%)

Finishers: 193 (76.59%)



## HAYTOR HELLER

Entrants: 311

Male: 181 (58.20%)

Female: 130 (41.80%)

Unaffiliated: 134 (43.09%)

Finishers: 275 (88.42%)

## TOTNES 10K

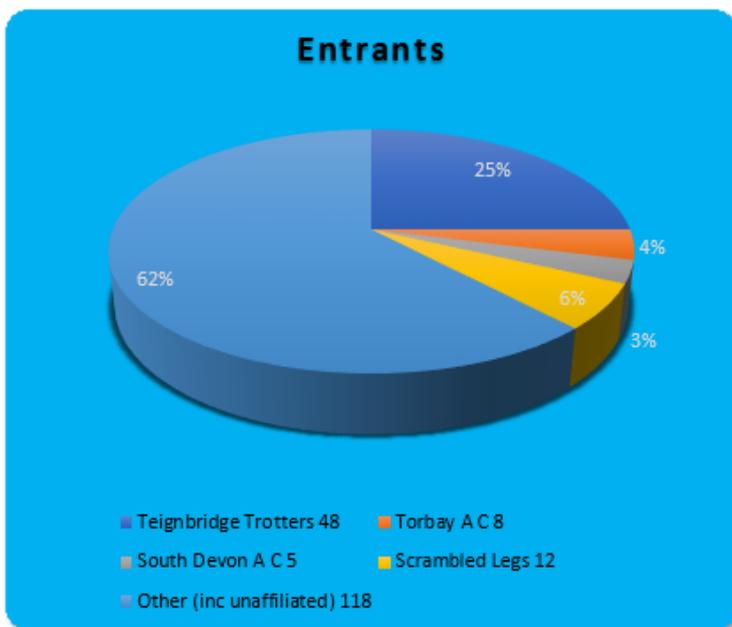
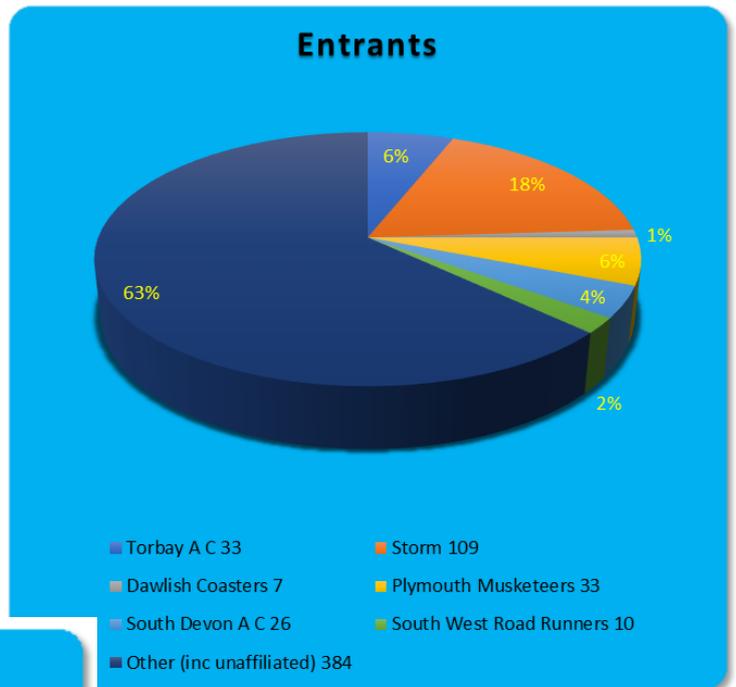
Entrants: 602

Male: 320 (53.16%)

Female: 282 (46.84%)

Unaffiliated: 298 (49.50%)

Finishers: 530 (88.03%)

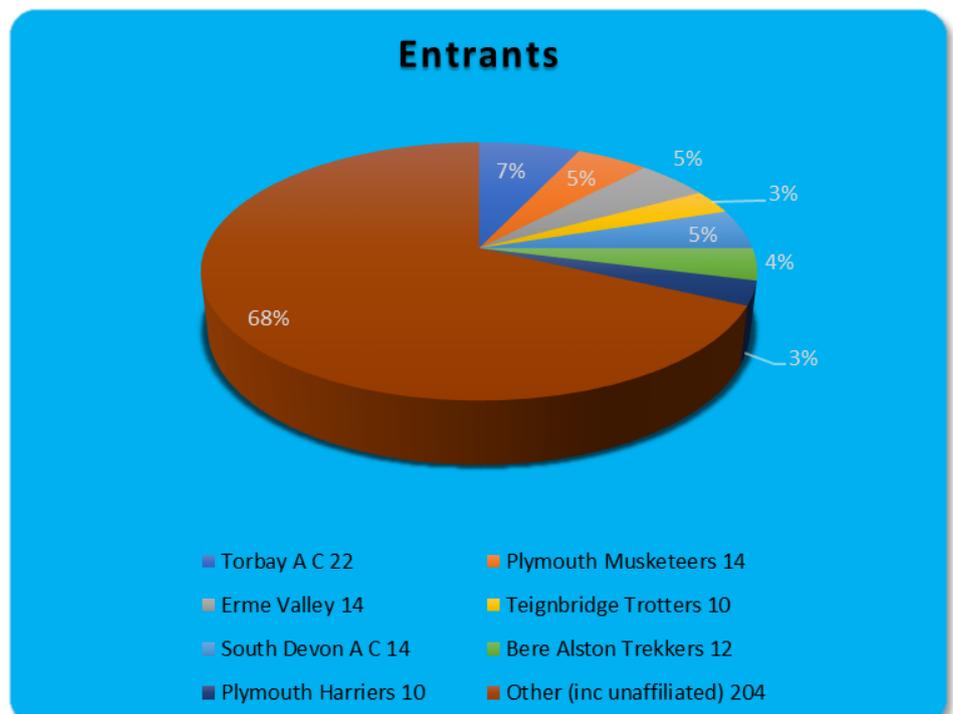


## LADIES 10K

Entrants: 191

Unaffiliated: 70 (36.65%)

Finishers: 163 (85.34%)



## TEMPLER TEN

Entrants: 300

Male: 167 (55.67%)

Female: 133 (44.33%)

Unaffiliated: 108 (36%)

Finishers: 270 (90%)

# ON TOP OF THE ANDES (HOPEFULLY)

Trotter **Derek Skinner** is a bit of a mean machine when it comes to running, tackling some of the biggest and best races around. In between running and preferring beer and chocolate to ‘thank you’s for his coaching prowess, he’s also a bit of an adventurer. In January he’s planning on scaling a peak in the Andes. Here’s his story.

“Named Aconcahuac by the Incas, Aconcagua is the highest peak in the southern and western hemispheres, and the world’s highest summit outside of the Himalaya. Standing at 6,962m (or 22,841ft) this little beauty will be one tough trek.

“Apart from the odd marathon, ultra, other running races, Trotters stuff and drinking this is what floats my boat or crampons. Having climbed Mont Blanc, Kilimanjaro, Mont Ararat, Elbrus, Mulhacen, Jebel Toubkal and a few others and having not climbed for a couple of years I thought it was about time I got that rucksack on and headed up some mountains.

“Well, I picked a tough one. This mountain is not a technical mountain to climb but requires a strong level of fitness with prior experience of this sort of thing. The ascent is extreme high altitude which is anything over 5,500m. The amount of oxygen in the atmosphere is constantly around 20%, but because of the way pressure is decreased at altitude it makes the oxygen molecules more spread out so they are less accessible to the body meaning it must work harder to obtain the same amount of oxygen. At around 5500m the total amount of oxygen available is less than half of that at sea level and with that in mind you have to acclimatise by ascending up to 4-5,000 m and back down again and rest.

“The trek will be through the Vacas Valley and will take about 9-10 days to get to the base of the mountain then it’s up and down to Camp 1 and 2 to acclimatise, take supplies and stuff. In total this should take about six days. Hopefully on the 16-18th day we will leave our tent at Camp 2 in the early hours (probably around 1 or 2am) and start for the summit. It’s expected to take around 7-10 hours to ascend and the temperature on summit day can drop to -15c with the wind chill factor. Brr! Plus, Aconcagua is one of the windiest ones around.

“I fly out on January 6 2018 and return on January 28 meaning I’ll miss the awards night - hey, I think it might be worth it just to be sitting on the highest peak in the southern hemisphere! As they say: ‘deseame suerte’ (wish me luck)”.



# IS THIS THE WORLD'S CRAZIEST RUNNING RACE?

Praise be the person who thought of combining a marathon with pit-stops at almost every mile for glugs of wine. The annual Marathon du Medoc in France has got to be on the bucket list if you consider yourself a drinker with a running problem.

**Roger Easterbrook** gives his account of taking part in this glorious Gallic gallop where fancy dress is compulsory along with a strong constitution.



“Created in 1985 this unique marathon is hugely popular. The field is limited to 9,000 runners and it sells out quickly. I took part in 2011 as part of a bunch of 70 hashers and we stayed in Bordeaux.

“We got up at dawn to travel to the start on the Medoc peninsula. The weather was warm and sunny and there was a party atmosphere on the start line with 95% of people in fancy dress and music. Apparently up the front there were runners taking it seriously, ignoring the 26 wine stops en-route!

“Our group divided up into walkers, joggers and runners. With around 9,000 runners it’s a bun fight in the early miles. I’d stop and stare at some terrific costumes as my effort was only modest. We passed musicians, locals out supporting and official and ad-hoc wine stations. This is the Medoc peninsula, home to many internationally regarded vineyards in a rural environment. Occasionally there were stations offering cake, biscuits, snacks but no energy gels! The route twists and turns as you go through various estates, passing manicured gardens, with the guarantee you’ll see tables with wine here and there.

“With supporters and spectators around the route, there was always someone shouting “Vive La France ! or waving a beret plus a string of onions. My team mates would shirk the odd thimble of vino, leaving more available for my incredible thirst. It felt like 25 degrees as the day warmed up. Our main posse took it easy, with drinking and photos a priority.

“A cold glass of beer would have been nice but no such luck. As the day wore on, it got a bit tougher, but what do you expect on a wine marathon? At 23 miles there was some chilled white wine and oysters. It’s not every runner’s stomach preference. A mini ice-cream followed as the finish line loomed closer in the final miles alongside the water front. We finished in just under five hours and after 30 wine stops I was a touch dehydrated. My comrades sloped in later near the official cut-off time of 6 and a half hours looking joyful.

“We received a finishers bag containing a bespoke wooden box, Medoc bottle of wine and engraved red wine glasses. With sun loungers, deck chairs, and stalls selling beer, it was a fun post-race atmosphere. Definitely worth doing again, although forget about getting a race PB!”



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