



DARTMOOR DISCOVERY
SPECIAL EDITION 2021

ULTRARUNNING WORLD

M A G A Z I N E



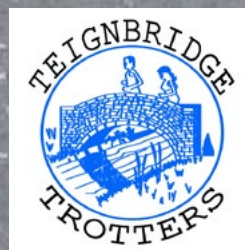
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A celebration is a great occasion that lifts us above the mundane and just as running an ultra requires a challenging effort it is fitting that that effort be rewarded.

That reward is primarily inner – it provides a sense of achievement, satisfaction and enhances confidence, strength and a host of qualities such as endurance, perseverance and patience.

These qualities spread throughout our being, empowering us, encouraging and inspiring us to continue to realise our dreams in the many different dimensions of our day to day lives.

We are always in the process of becoming and each new edition of the Dartmoor Discovery symbolises a step forward in that process of discovering our limits and transcending them.

This Special Edition of Ultrarunning World is a small tribute to the runners and their friends, families and supporters, organisers, sponsors who have self-givingly provided a flow of new opportunities for the local community and beyond. May the spirit of the Dartmoor Discovery endure.

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- Start of the 2019 Dartmoor Discovery. Cover photo and other images in the magazine courtesy of Teignbridge Trotters.



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Send inquiries, original and previously unpublished race reports/articles to the email address above. Last dates for article submissions: June 14th, July 14th and August 14th. Please include some accompanying photos (if you have any) with articles/race reports, a 40-50 word bio, and a headshot for the contributors page. More details for submissions on request. Thank you.

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6 About The Dartmoor Discovery

8 Teignbridge Trotters

10 Dartmoor Discovery Shakes Off
The Covid Blues

12 Dancing To Their Own Tune
By Gareth Chadwick

16 The Course

17 Cruel Mistress
By John Skinner

19 32 miles! No problem!
By Jane Pannell

21 Dartmoor Discovery 2019
By Lucy Evans



23 Official Race Report

25 Dartmoor Discovery 2019 Results

28 Some Thoughts
By Kieron Summers



THE DARTMOOR DISCOVERY



JULIA PROCTOR

FIVE RUNNERS



The Dartmoor Discovery takes on some of the most challenging hills in any UK road race. First held in 1998, the race was conceived by Phil Hampton as a replacement for the Two Bridges 36 mile road race. Phil continued to organise it until his retirement in 2010 and since then it has been produced by the Teignbridge Trotters Running Club. Originally measured as 34 miles, it was shortened to 32 miles in 2002, to avoid runners having to cross a busy road in Princetown. In 2018, the original 34-mile route was restored for a special one-off occasion to mark the event's 20th anniversary. In 2001, the event was cancelled in response to a severe outbreak of foot and mouth disease across the UK. In 2020, the race was cancelled for the second time in its history, due to a global coronavirus pandemic.

The organisers make it clear that runners wishing to enter the Dartmoor Discovery should be aware that this ultra is a genuinely tough event aimed at experienced runners who have already completed a marathon. The race has a strict, six-and-a-half-hour cut-off and three checkpoints have their own cut-off times.

Course Records

Men's: John Ward, Bideford AC, 2014 - 3:29:24

Ladies': Adela Salt, Trentham RC, 2008 - 4:02:36

About the Teignbridge Trotters:

Teignbridge Trotters is one of the South West's leading running clubs and its history stretches back to 1982. With more than 280 members and an experienced, fully qualified coaching team, the club is renowned for the friendly welcome it offers to runners of all abilities. The club is based at the Newton Abbot Recreational Trust. In addition to the Dartmoor Discovery, the Trotters stage four races of varying distances throughout the year.

If you would like further details contact the club secretary, Liz Barnett on 07930 860481 or the membership secretary, Kevin Besford on 01626 351892 or by email: info@teignbridgetrotters.co.uk

For more information, visit www.teignbridgetrotters.co.uk and on Facebook at [Teignbridge Trotters](#).



ROGER HALES

DARTMOOR DISCOVERY SHAKES OFF THE COVID BLUES

EVENT SELLS OUT IN JUST THREE HOURS

Brand new race HQ offers enhanced race experience as organisers gear up for covid-safe event.

Newton Abbot, May 19, 2021 The legendary Dartmoor Discovery (DD) ultramarathon is back with a bang, shaking off last year's cancellation due to the coronavirus pandemic and promising an even better race experience with a brand new race HQ and dedicated event camping village.

Race Director Roger Hayes said: 'We're absolutely thrilled to be staging the DD once again, offering runners the superb challenge of tackling one of the country's toughest ultramarathons. We'll be following all the latest covid-secure government guidance to ensure the safety of runners, spectators and race staff. We have a wonderful new race HQ and we can't wait to welcome runners back to Dartmoor. There is no better way to shake off the covid blues!'

Organised by leading South West running club the Teignbridge Trotters, the 32-mile DD has for many years been the UK's longest single-lap road race. The event is now more popular than at any time in its history. All 260 places for the June 5 race sold out within three hours of becoming available.

Roger Hayes, who is also Chairman of the Teignbridge Trotters, said: 'Selling out in three hours is a great vote of confidence in the race. It's clear that runners from far and wide are keen to take part in well-organised — and covid-safe — events. The DD offers an opportunity to make a weekend of it, combining unforgettable running with some fun additional activities.'

Competition for the event's coveted trophies is going to be tougher than ever this year. Runners have had an extra 12 months to train and many recent individual and team winners have signed up to battle

it out on the demanding hills of Dartmoor. The overall race winner and high-placed ladies from 2019 will all be on the starting line. The mens team race is likely to be a face-off between the Teignbridge Trotters and Okehampton RC. The Trotters' ladies team will start as favourite. Many runners return year after year. Loretta Daley will be running her 100th marathon at the DD on June 5. The father of the race, Graham Baker, is the only runner to have completed every previous DD. This year, he will be running for the 22nd time.

For 2021, the event HQ has moved to Princetown Community Centre, where the race organisers are taking full advantage of the location. The popular Friday night Pasta Party returns, this year featuring a talk by renowned motivational speaker Bernard Genge. On Saturday, runners and guests can tuck into a post-race barbecue and test their knowledge with a Quiz Night. Campers will be able to take advantage of the unique



WARREN D'ROZARIO

atmosphere of a dedicated event village immediately adjacent to race HQ.

The Teignbridge Trotters took over the running of the DD after the 2010 race, when the previous organiser announced his retirement, casting doubt over the future of the well-loved event. Starting and finishing at Princetown in the heart of Dartmoor, the DD attracts some of the country's top ultra distance runners, as well as hardy enthusiasts of all ages. It combines stunning views with several tough hills and notoriously unpredictable weather, resulting in a true test of body and soul.

As the runners battle across Dartmoor, a huge logistical operation ensures all aspects of the event proceeds smoothly. An estimated 150 people, inclu-

ding members of the Dawlish Coasters Running Club, Dartmoor Radio Club and a2e Medical Services, help out on the day in a variety of roles, from marshalling and timekeeping to staffing water stations and providing catering.

This year, the race is sponsored by Sibelco, Empire Scaffold and the Illsington Hotel.

Further down the field, runners battle to beat three cut-off points that they must pass within certain times to qualify as official race finishers. The cut-off points are placed at 13.1 miles (2 hours, 38 minutes), 20 miles (4 hours) and 26.2 miles, or marathon (5 hours, 15 minutes). In 2019, 180 finishers crossed the line in Princetown.

At 32-miles, the Dartmoor Discovery is the UK's longest single-lap road race. And as **Gareth Chadwick** found out, it's not just the running that gets people moving.

Dancing to their own tune

You'd think that having spent the best part of a day dragging your weary legs up and down the rolling hills of Dartmoor, the last thing you'd want to do come evening time is spend a couple of hours throwing some shapes on the dancefloor. Yet the post race disco at the Dartmoor Discovery, or DD as it's affectionately known, is invariably one of the highlights of the weekend.

"You see people crossing the finish line in pieces, then a few hours later they're tearing up the dance floor. It's a great way to get rid of your lactic acid," laughs Roger Hayes, DD race director.

Just to get you in the mood, there's a pre-race party on the Friday night before the run, too.

"It's a big weekend," says Roger. "We get people travelling down from every corner of the UK and beyond. It's always a fantastic atmosphere. This year, we've got camping as well. We've just moved to a new HQ at the community centre in Princetown. I don't think we'll be allowed the disco because of covid, but hopefully the camping and the party will still go ahead."

Now in its twenty-third year, the Dartmoor Discovery has a place all to itself in the annals of British ultrarunning. Although relatively short for an ultra at 32 miles, it is the UK's longest single-lap road race. In fact, since the 54 mile London to Brighton race ended in 2005, it may even be the UK's only single-lap road ultra.

Always run on the first Saturday in June, there is a strict entry limit of 260. This year was the first year the application process was moved entirely online. It sold out in three hours.

“Part of the appeal is the challenge. We don’t tend to get hordes of spectators due to the nature of the route. You’re out on the moors battling against the course, the distance and the Dartmoor weather. We’ve had some weird weather over the years. Three years ago, we were pulling people off with mild hyperthermia. Not what you’d expect in June,” he says.

Naval connections

The DD was first run in 1998, having been set up by Royal Navy veteran, Phil Hampton. Phil had previously established one of Scotland’s premier ultras, the 36 mile Two Bridges Race, in 1968, while based at Rosyth.

An accomplished runner in his own right, Phil not only won Two Bridges himself in 1970, he won the famous ‘polytechnic marathon’ (Windsor to Chiswick) twice, in 1969 and 1971, and also set a world record for 50 miles on the track in 1971, with a time of 5 hours 1 minute and 1 second.

When he retired to Devon, Phil wanted to set up something similar to Two Bridges, and so the Dartmoor Discovery was born. For the first few years it was run as a 34 miler, but a route change in 2002 to avoid a busy road shortened it to its current 32 mile length.

The original Two Bridges race folded in 2005, but Dartmoor Discovery has grown to become one of the UK’s ‘bucket list’ ultras.

In 2010, by which time he was 75 years old, Phil stepped back from the race and it was taken over by the local running club, the Teignbridge Trotters.

“The club already organises four annual races, but when we heard the Dartmoor Discovery was looking for a new organiser, such was the passion within the club for what is a truly amazing race, we knew at once that we couldn’t stand by and see it fold,” says Roger, who is also club chairman of the Trotters.

Logistical legwork

Organising the event is a major logistical challenge, involving up to 140 local volunteers. The race starts in Princetown and follows a meandering circular route along the lanes of Dartmoor, passing through Dartmeet, Poundsgate, Newbridge, Ashburton, Buckland in the Moor, Widecombe in the Moor, and Postbridge, before making its way back to finish in Princetown.

“Most people’s race really starts when they get to Ashburton at the half-marathon point. There’s a climb of about a mile and a half coming out of the town. It’s a killer. That’s when people really know they are in the DD,” says Roger.

Unusually for a race of this distance, particularly given the boom in trail running over the past five years, not to mention the breathtaking scenery, over 90% of the route is along B roads and country lanes, with plenty of cattle grids and gates to tackle. There are ten refreshment stations, nine of which runners can leave their own drinks at, and three strictly enforced cut-off points at 13 miles, 20 miles and 26 miles.

“We’re very strict with the cut-offs. If you miss it even by a few seconds, you’ll be pulled out and put on the minibus back to the start. The times are not too tight, it works out about 12-minute mileing, we are not allowed to be on the roads any longer than strictly necessary,” he explains.

Record breakers

It is also one of the reasons why the DD is still very much a race, true to the spirit of its founder. The men’s course record stands at an impressive 3:29:24, set by John Ward in 2014, his second of two victories and the only sub 3:30 winning time to date. The women’s record of 4:02:36 was set by Adela Salt in 2008.

Roger, who has run it eight times himself, is not expecting either record to be broken any time soon. This year will be his last as Race Director. He says the perfect send-off would be to see as many first timers as possible complete the course.

“My advice to anyone running it for the first time would be to respect the downhill. No matter how tempting it is, don’t run them too fast otherwise they will definitely come back to bite you,” he says.

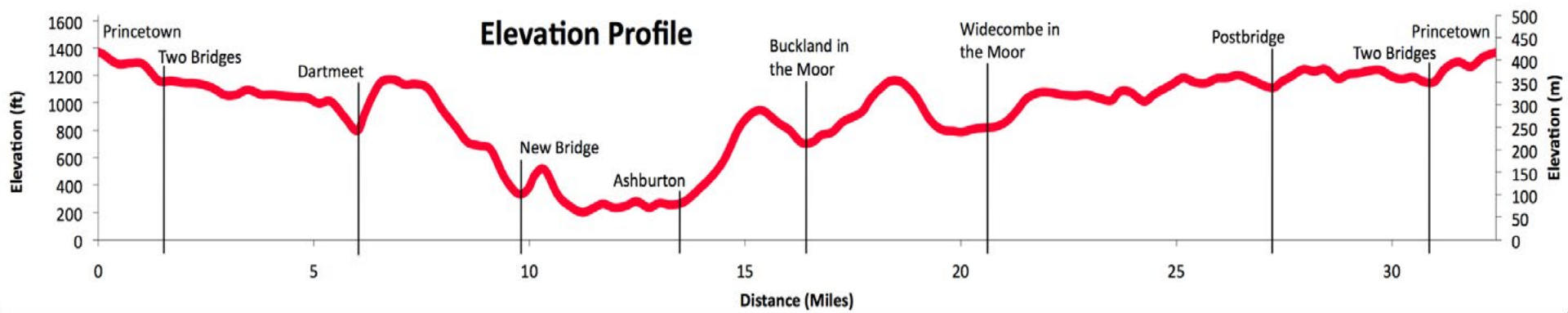
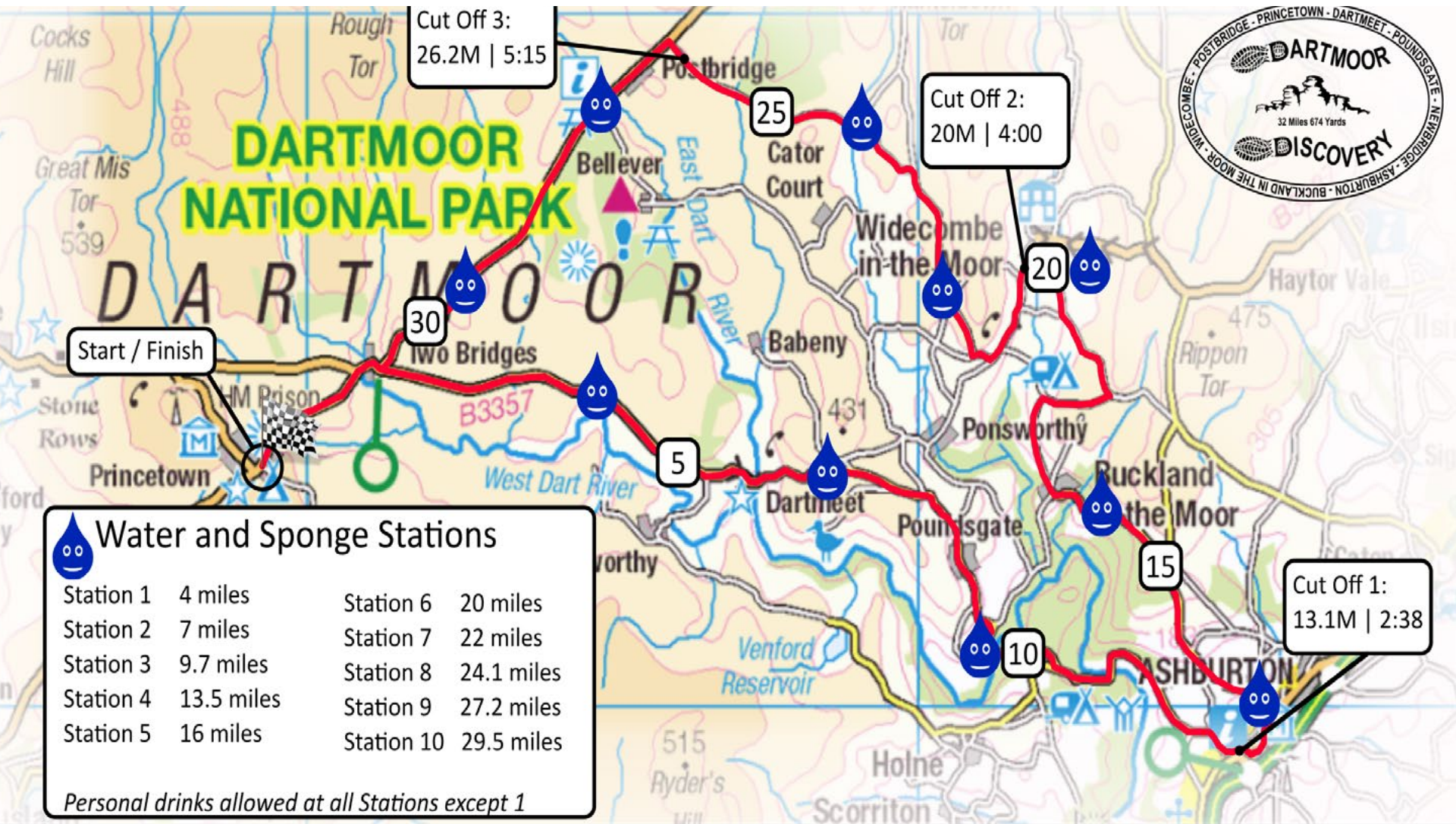
Still, if you do end up shredding your quads, there’s always the post race disco to get things moving again.



DIANE ROY



TT TEAM PHOTO



The Course

The race begins in the centre of Princetown (at an altitude of 420 metres) and goes along the B3212 to Two Bridges (340m). The race then turns east along the B3357. This section is relatively flat until the road drops down into Dartmeet (225m) at about 9.5km.

The road now rises steeply onto YarTor Down (355m) before falling again, passing Poundsgate, until it reaches New Bridge (100m). The road then rises again (155m) before falling to Holne Bridge (60m). The road is now relatively flat and passing Peartree Cross reaches Ashburton (70m) at about 21km. This is the lowest part of the course after a drop of 350m from the start despite some steep climbs.

In the centre of Ashburton the course takes the road to Buckland in the Moor and rises to Ausewell Cross (290m) before dropping to 205m just before Buckland in the moor (230m). At Stone Cross (280m) the route turns right onto Pudsham Down (360m) when the runners take a sharp left turn down into Widecombe-in-the-Moor (240m) at about the 32km point.

Turning left take the road towards Ponsworthy but after about 2km (295m) turn right and onto the moor again. The road travels north passed Rowden Cross and Longworthy before the runners turn left (315m). This road is followed until the B3212 is reached (375m) soon after the Marathon distance.

Turning left the B3212 soon passes Postbridge (315m) and eventually reaches the B3357 at Two Bridges (340m). The runners then return to Princetown (420m) by the B3212.

JOHN SKINNER

Cruel Mistress



LANCE MASON

People I speak to can remember the year they completed their first Dartmoor Discovery (DD). I can't. I do know that it was many years ago when the DD was still basically a myth, considered the domain of fools and lunatics. I'd even heard it said that to attempt the feat would likely result in spontaneous combustion. Curious, I decided to see for myself: not by running you understand, I considered myself of sane mind and average intelligence, no, merely observing. A handful of my more reckless club mates had decided to run. It's the sheer majesty of Dartmoor that so completely overwhelms and on that fateful day she was at her inconsistent best. Sun, mist, horizontal rain, the whole shooting match. I was hooked and vowed to lock horns with the beast at the first opportunity

The evening of your first Dartmoor Discovery carries an eerie air. I spent the night at the home of DD legend that is Roger 'smokes' Hales where we indulged in an impressively enthusiastic bout of liquid carbo loading, a tradition to which I steadfastly remained loyal throughout my entire DD career. We rose bright and bleary, an impending sense of doom hung heavy in the air, this after all was to be a foray into the unknown. The approach to Princetown is in itself daunting, the austere edifice of the Napoleonic prison looms large, serving as a bleak backdrop. Overhead a mob of crows sparred with a flustered buzzard, jousting on the thermals; this troubled me and felt strangely portentous. Princetown itself felt nervous as if playing host to some diabolical ritual. The event has grown now, but on this day we were no more than 70 or 80 strong. The atmosphere was subdued, the runners each harbouring their own apprehensions casting furtive glances moorward. I do recall a huge feeling of camaraderie, a sense of we are all in this together. The crack of the starting pistol. Together we linked arms, a band of brothers and sisters, and over the top we went. The nerves dissolved and as one we settled into the task ahead. The first few miles was sheer joy as we breezed through the windswept open moor, past grazing sheep and cattle, the battered landscape punctuated by scatterings of tumbled granite. Dartmeet hill aside, the first 10 miles undulate benignly and as we crested one particular brow the world opened up. The mid reaches of the Dart Valley spread out beneath us, a patchwork of green and gold bursting with wildlife sweet-

ping its way majestically to the distant shimmering shoreline. A vast canopy of cobalt blue hung overhead. My club mate Simon turned to me with a big beaming grin and said, and I'll never forget these words, "You know what, Skins? This is living." And do you know what? He was right. Indeed it was a glorious morning, but as we know, the moor, she's a cruel mistress and by and by the sun-bleached peaks vanished as a mist rolled in and veiled the lofty tors. The climb out of Ashburton is tough and it's often said that the race starts here. It definitely felt like time to knuckle down for me. The nature of the beast pretty much ensures bad patches to be battled through and I encountered a few. However I'm pleased to report that on my debut I managed the pace sensibly and, although very tired, finished, through gritted teeth, with dare I say, something of a flourish. So it came to pass that I was welcomed as a fully paid-up member of the 'fools and lunatics club'.

The euphoria felt on completion is impossible to describe and the post-race celebrations are, globally, second to none. The night is danced away on stiff pins, charged glasses are robustly chinked, and friends are made for life, a profoundly life-enriching experience. To bathe in the sweet goblet of her soothing waters, and to swim, replete, within the exalted honesty of her rugged beauty will be your reward..... Or not, it can all go wrong.

Every Dartmoor Discovery offers a different narrative. The weather? Perhaps your fitness levels are a bit off? Even when the athlete considers themselves veterans, lengthy unfamiliar stretches leap from the landscape, nasty little inclines that you swear were not there last year jump up and bite. The Dartmoor Discovery is aptly named. To run the race is to discover something new about the moor and also something new about yourself. No bad thing in either case. It is important to hit the start line fully prepared, a huge mistake to believe you've ever truly mastered the thing. One year, it was a beautiful morning but due to a niggling back problem I arrived somewhat undercooked. Never mind, having tamed the beast on several previous occasions, and manfully adhered to my pre-race liquid carbo loading regime, I was confident that the moor would show me her soft side and guide me safely home. Fat chance! I set off cocooned in, as it turned out, a false bubble of buoyant optimism. 18 miles in and it dawned on me that perhaps I may have made a serious error of ju-

dgement. However, although in physical pain and in a state of mental anguish I vowed to plough on. I would not be denied. Proud of my commendable display of fortitude I must have lost concentration. I drifted into a kind of half conscious reverie, the thud of a frothing pint of ale crashing on the bar snapped me back to reality. Apparently I had inadvertently sidestepped into the Rugglestone Inn and ordered myself a pint of Jail ale! So that was the end of that for another year. I consumed what I considered to be an adequate sufficiency before bumming a lift back in the sweeper van.

Just beyond the Rugglestone the lane lurches sharply skyward where, one year, I came across my good friend, club mate and DD hall of famer, Ewan. Clearly irate he appeared to be furiously berating the nature of this insidious climb, seemingly oblivious to the amused bewilderment of the gathered spectators. "This is the most pointless hill in the world" he bellowed "they could have built it around the hill, even through the hill, but NO, they built it OVER the hill!" this in a kind of loop. With gentle words of encouragement from me, together we started the climb, only for Ewan to stop mid hill and continue his remarkable tirade. I left him to it. Closing in on the marathon mark and feeling pretty strong, who should come thundering past but Ewan. I tried to latch on, but to no avail; I was reduced to the roll of spectator, Ewan serenely sailing off, a shimmering jewel of blue green and gold on the distant horizon. A clear and shining example of the human spirit prevailing.

These days my relationship with the race, although as passionate as ever, has taken on a much more sedate nature. I now spend the day in the commentary box with my co-presenter Tim; together we wax lyrical as runner after triumphant runner crosses the finish line. We call it commentary, some call it blaring gibberish, we see ourselves as the 'Saint and Greavsie' of Dartmoor. Either way I consider it an honour and a privilege to be involved in this great event, and if you're reading this and haven't yet run the Dartmoor Discovery, I strongly urge you to make it your business. Go forward, embrace the Moor. It's living.

On on.

32 miles! No problem! It's just a marathon and a 10k.... It seemed like a brilliant idea after half a bottle of wine and two large gins. So I entered, which was no mean feat after the booze, as it required printing off the entrance form and writing a cheque. Yep, a cheque.

32 miles!

No problem!



Jane Pannell

A few days later a letter arrived congratulating me on my successful entry. I blanched a bit. What was it I had entered again? An ultra? On Dartmoor? Bear up, woman, how bad can it be? I did a bit of googling. 'Challenging', 'tough' and 'hills' seemed to be words that cropped up a lot. HILLS? I live in gloriously flat East London. There are no hills. Anyone who has witnessed the rare and rather feeble sight of me trying to ascend a hill would have scoffed horribly at this point.

I panicked a bit and asked my club mates for help. (HELP! I entered an ultramarathon when I was drunk. Can you teach me how to run up a hill?) A few hill sessions (involving an existential crisis at the top of one hill and having to stop for snacks every four minutes on another) followed and the date of the race approached. My weekly mileage hadn't significantly increased but I had focused on the (very unpleasant) back-to-back weekend runs.

After a long train journey, an excess of carb-loading (I managed to eat a baked potato nearly the size of my head), the day arrived. I felt under trained and woke at 5am, sick with nerves.

Race HQ at the Dartmoor Discovery is a calm and organised place, runners collecting numbers and T-shirts, depositing drinks and snacks in labelled boxes for collection during the race. No toilet queues, no queue for baggage drop-off. I went to the starting area and hung about, looking sheepish. Everyone else was hanging about looking sheepish too, so I struck up a conversation (about feeling under trained and sick with nerves) with some New Forest Runners. Then the Race Director made a quick announcement and a reminder of the cut-offs (gulp) and we began to run.

The first few miles passed fairly uneventfully. I complained really rather loudly about some

slight undulations and the runners close to me who knew the course gave a very hollow laugh. The views across the moors are spectacular, wild ponies crossed the route and we saw llamas (no I wasn't hallucinating at that point). Then at mile 7 we reached a mountain. Well okay, not quite a mountain, but for me, at least, something totally unrunnable. As I walked I noticed everyone eating and remembered the nutritional advice of my ultrarunning friend Sharon: 'Jane, has there ever been a time in your life that you weren't able to eat a biscuit?' No, indeed there has not, so I started on the digestives.

Slow running, chatting, some fast downhill and we reached Ashburton, the half-marathon point, where I was delighted to find a friend waiting to support me. A quick hug and a photo and on to the hills.

From the half-marathon point onwards the runners seemed to spread out. Miles went by quickly and I was surprised to find myself at mile 21 without feeling tired. 'Look at you powering up that hill!' a marshal shouted at me, and I immediately felt invincible and hardy, like some rugged moorland type person and not like a middle-aged woman with a mid-life crisis.

'Do you need anything?' a man outside his house asked.

'Do you have any cold water? Can you pour it down my back?'

He was polite enough to adjust his facial expression to pretend that this was a totally normal request from a stranger.

A few miles later I realised that I hadn't seen anyone for ages. Could I have missed a turning? I carried on but in some doubt... then around the corner saw a sign 'Caution, Runners'. Phew. At mile 25 I became aware that I was hungry. Properly, actually hungry. I took out my salt and vinegar crisps (advanced nutrition for athletes), ate them, two digestive biscuits and an entire packet of shot blos. Blimey! I



hoped I wasn't going to be horribly sick. And there was the marathon point! Well ahead of the cut-off, I knew I only had 10km to go and I felt strong.

10k further than I had ever run before, the shade was behind me and the sun was relentless. But I was on the countdown to the finish. I passed others, many walking now and exhausted. Two women passed me looking strong. A man on the open moor offered me salted crackers from his car boot. I turned them down, I didn't want to stop, I wanted to keep moving.

5 miles to go, 4 miles. I spotted the mast on the hilltop which others had told me was close to the finish of the race. No, surely not; looks too far away. Keep moving, keep moving. Passing lots of walkers now, legs feeling heavier but I still want to keep pushing forwards. Two miles to go, I have already covered over 30 miles. The thought keeps me going. I pass a marshal at a turn. 'Is it a mile from here?' 'Just over', he says, looking at his watch, 'and you're going to get in before half past – that's a cracking time'. The mast is nearing now, a skeleton Teignbridge Trotters kit marking the one mile point. The heat is intensifying. Suddenly I see a sign by the side of the road. Princetown. I look at my watch. Is this it? Where's the finish? and I see a crowd at the top of the road. I move from the pavement to the middle of the road (This road is mine!). As I hear the cheering I feel a weird energy running from my feet to my legs, moving up my body and pushing my arms up into the air. The man on the megaphone announces my name: 'That's the way to finish a race!'

Totally euphoric, I am met by the Run Director who shakes my hand and congratulates me on my run. 'I loved it!' I gushed. 'I loved every minute!' He looks rather aghast. 'No one has ever told me THAT before!' Then I was handed a medal, a bottle of Dartmoor IPA and was free to sit in a chair in the shade while the host club brought me things on trays and I texted my friends and family to tell them that no, I had not died.



LUCY EVANS

Dartmoor Discovery 2019

joined the Trotters early 2016 as a newbie runner and DD was the first race I marshalled so I didn't know what to expect. I was on the return lap near two bridges/cattle grid. I was cheering on the runners as they went through the gate, most looked shattered but you could clearly tell they had so much pride and determination, if that wasn't enough a gentleman ran past me barefoot, I was wow. I have to do this race (not barefoot I might add). I hadn't even done my first half marathon which I had booked for the end of that month. After talking to Chair (Roger) he said it's not for a first time marathon runner and recommended I get about 4 Marathons under my belt. I was lucky to get the ballot for London 2017 and so my marathon career started, I had clocked up four by the end of 2017. On 2017 race day I was helping on the finish line looking after the runners, the weather was Dartmoor's finest and I remember thinking what the hell am I thinking but the same sense of achievement radiated from the runners. I signed up for the 2018 Anniversary year.

Training was going well with a PB at Plym Trail and LDWA event but I was struck down with shin splints and knew I wasn't going to make the start line after finishing Tavy 13 in tears. Chair didn't let me dwell and found me lots of jobs to do on the day. It was emotional watching the start, with my training buddies off on their adventure but like I said Chair didn't let me dwell. I didn't do another Marathon until September where I was the sweeper for City to Sea walking, that one took over 12 hours. I ran a PB at the Cardiff half and booked a place on the Cornish Marathon. This didn't end well as I picked up a hamstring injury and had to pull out of another Marathon in December. Due to family and work life I had a forced rest and started building again after Christmas, I had transferred my December race to January but I stuck to the half, I didn't want to get injured again so my training was slow and lots of walking alongside the running. I booked the Taunton Marathon and the North Dorset as my two training races. 12 months before I had done a 4:04 PB but now I was a lot slower and struggled with the 4:30 cutoff at Taunton (4:39) and lots of negative thoughts

which isn't like me as I'm a happy runner and do enjoy races.

For North Dorset my aim was to enjoy it and run happy in my own skin. Time wise I wasn't that much faster at 4:35 but I was much happier running. I ask Chair if he thought I would be ok with cut-off times on DD and he said I would be tight. My attitude was I could pull out and learn nothing or I could start and if I didn't make the cut-offs I would have learnt something. I also knew I couldn't hang about on feed stations and had to run my own race. I had no other goal but to get to the next checkpoint and enjoy the ride. I knew I had to walk the steep hills. Once we had set off I settled into my happy pace, I grabbed my drink and food from feed stations but didn't stop knowing I could leave rubbish with the next marshal.

The run to Ashburton went fairly quickly and I soon drifted from my club friends chatting to others around me. A lady I had been talking to at the start. She said it was her first and she was nervous and how lucky I was having a big team with me as she was flying solo. I simply said when you're with the trotters you're amongst friends, I think she agreed come the end.

During the climb back up to marathon point one of my club mates had caught up with me and we climbed together reminding each other we had to keep moving forward and run when we could, he was slightly in front when we cross Marathon Point. The emotions engulfed me knowing I could finish now, I was so happy I was a wreck, the time keepers yelled, "keep moving!" and a couple of supporters offered me a hug. I got a hug off Stu the section leader marshal who shouted support out the van window whenever he saw me while he was doing his job and waited just before the finish to cheer me on. I knew I had to get a grip and get the job done, it was hard on the last 10k but I never thought I couldn't do it or felt like giving up, I had worked out if I keep shuffling the best I could, I was in with a chance of beating the 6:30 clock stop. I crossed the line 6:28:36, I was already crying at this point and the hug from Chair, I remember saying,



.....

"I've done it." I was soon surrounded by my club mates and in their care. Sally who's done 9 DD said how did you manage to do that in this heat? She said I know you're stubborn and wanted it. I was definitely the underdog but I got it done. In the words of RD, (Chair) "ON ON" I will be on the start line 2021.

Lucy Evans

Race Number 38

RACE REPORT

WESTON AC'S KIERON SUMMERS AND OKEHAMPTON RC'S JOANNE PAGE BEAT SOARING TEMPERATURES TO TRIUMPH IN 2019 DARTMOOR DISCOVERY

Newton Abbot, 2 June, 2019 Weston AC runner Kieron Summers battled scorching temperatures to win the 2019 Dartmoor Discovery (DD) on Saturday (1 June), completing the notoriously tough 32-mile course in 3:57:02. Running her first ultramarathon, Joanne Page of Okehampton Running Club, won the ladies' race, in 4:50:40.

Teignbridge Trotter Chairman Roger Hayes, who is also the DD's Race Director, commented, "This year's DD was one of the hottest we've ever experienced. You always have to dig deep within yourself to reach the finish line and this year's DD proved that Dartmoor can be brutal as well as beautiful."

As the runners cooled down after the demanding race, Roger was joined by Sibelco Operations Manager Ben Uphill, who presented the prizes. This year, Sibelco and the Teignbridge Trotters agreed a major sponsorship deal to support all five of the club's races.

Ben Uphill said, "Sibelco is delighted to be associated with the Teignbridge Trotters and its race calendar. The club pulls in people from across the UK to take part in some great events and Sibelco is very happy to be supporting this kind of grassroots sporting activity. Today's race shows just how challenging con-

ditions can be and we take our hats off to all the participants and applaud the hard work of the organisers. It's just amazing! Here's to a long and fruitful relationship between Sibelco and Teignbridge Trotters."

DD newbie Jamie Stephenson, of the Mile High Running Club, was second, finishing in 3:57:30. Shropshire Shuffler Tim Devanney came third, in a time of 4:07:25. Another DD first-timer, Teignbridge Trotter Mandy Wheeler, was second lady, finishing in 4:55:40, which also earned her the FV45 trophy. East Cornwall Harrier and 2011 winner Diane Roy came third in 4:57:19, also bagging the FV55 crown.

Roger Hayes said, "More and more runners are taking on the challenges of an ultramarathon and it's great to see so many newbies tackling the DD. It's particularly exciting to see first-timers right up there among the podium finishers. It just shows what can be done with proper training and a healthy dose of grit!"

The DD, which starts and finishes in Princetown, is organised by the leading South West running club the Teignbridge Trotters. Renowned for breathtaking views, equally breathtaking hills and weather that always surprises, the DD is the UK's longest single-lap road race. The event has been steadily growing in popularity since

2010, when the Trotters took over its organisation. This year, 180 finishers crossed the line, out of the starting line-up of 213 runners.

Every year, the DD's team trophies generate keen competition between rival clubs. The Teignbridge Trotters fought off a stiff challenge from Okehampton Running Club to lift the men's cup for the ninth time in 11 years. Adam Johnstone (4:26:10), Garry Smart (4:29:24) and Allen Taylor (4:35:12) flew the flag for the Trotters. In the ladies' competition, third lady Diane Roy led the charge for the East Cornwall Harriers, supported by Kaye Patterson (5:17:40) and Sharon Daw, whose 5:39:24 also earned her the FV50 prize. Teignbridge Trotter ladies were second.

The 2019 DD was an extra special event for Sharon Daw, who completed her 300th marathon on the way to the finish line. In addition, three Teignbridge Trotters passed the coveted 100-marathon milepost on Saturday: Allen Taylor, Kurt Read (5:16:07) and Christopher McIntosh (6:03:01).

Also running for the Teignbridge Trotters were: Mikey Johnson (4:47:33), Kris Ward (4:56:39), Alan Boone (5:09:19), Lance Mason (5:16:52), Julian Scanes (5:16:53), Joseph Hornsby (5:23:28), Susanna Goffe (5:30:52), Roger Hales (5:48:10), Natalie Cusack (5:51:27), Ste

ve Barker (5:51:58), Paul Sharples Senior (6:02:13), Rachel Steele (6:04:06), Derek Skinner (6:10:57), Peter Kirby (6:13:35), John Tweedie (6:25:12), Lucy Evans (6:28:23), Nigel Barnett (6:30:00), Max

Conroy (6:30:00) and Christian Robinson (6:30:00).

Every year, the race organisers assemble a huge team to ensure that the event passes off smoothly and safely. An estimated 150 people came together on Saturday, contributing a wide variety of skills. The Dartmoor Radio Club, Osprey Support Group medics and a team of sports therapists worked alongside scores of volunteer marshals, timekeepers and caterers.

In addition to Sibelco, this year's race was also sponsored by Dartmoor Brewery, the Road Runners Club and the Ilington Country House Hotel.



Dartmoor Discovery

Saturday 1 June 2019. 9:30 am

Official Results for All Competitors in finish order.

Pace Race/ Race

Place	Time	Name	Team	Race Age Category	min/mile		
1	3:57:02	SUMMERS, Kieron	Weston AC	MV45	07:24.3	105	1
2	3:57:30	STEPHENSON, Jamie	Mile High RC	SM	07:25.2	56	2
3	4:07:25	DEVANNEY, Tim	Shropshire Shufflers	MV45	07:43.8	226	3
4	4:10:42	KELLY, Robert	Okehampton Running Club	SM	07:49.9	2	4
5	4:22:06	BISATT, Alistair	Running Forever RC	MV50	08:11.3	223	5
6	4:23:14	PEYTON JONES, Alex	Plymouth Harriers	SM	08:13.4	92	6
7	4:26:10	JOHNSON, Adam	Teignbridge Trotters	SM	08:18.9	122	7
8	4:29:24	SMART, Garry	Teignbridge Trotters	MV55	08:25.0	71	8
9	4:35:12	TAYLOR, Allen	Teignbridge Trotters	MV45	08:35.8	1000	9
10	4:37:16	HRUSKA, Petr	Kingfisher Triathletes	MV40	08:39.7	253	10
11	4:39:02	TANDY, Jeremy	Okehampton Running Club	MV45	08:43.0	181	11
12	4:39:35	GREGORY, Mark	MV45	08:44.1	63	12	
13	4:39:57	BRINE, Martin	Crawley AC	MV45	08:44.7	29	13
14	4:42:43	ELENIS, Dimitri	New Forest Runners	MV45	08:49.9	220	14
15	4:43:49	TRICE, Ian	East Cornwall Harriers	MV40	08:52.0	176	15
16	4:43:52	JEARY, Ivan	UK Netrunner	MV45	08:52.1	10	16
17	4:45:27	MURRIN, Tommy	Bude Rats	SM	08:55.1	102	17
18	4:47:33	JOHNSON, Mikey	Teignbridge Trotters	SM	08:59.0	206	18
19	4:48:15	CARTER, Paul	Okehampton Running Club	MV50	09:00.3	168	19
20	4:49:28	LYNCH, Mark	MV40	09:02.6	238	20	
21	4:50:01	MAIN, Adam	Greenbow RC	SM	09:03.6	109	21
22	4:50:22	PHILP, David	East Cornwall Harriers	MV55	09:04.3	84	22
23	4:50:40	PAGE, Joanne	Okehampton Running Club	SF	09:04.8	193	23
24	4:53:25	MUNN, Patrick	East Cornwall Harriers	MV55	09:10.0	97	24
25	4:53:35	CLARKE, Peter	Tamar Trotters	MV40	09:10.3	164	25
26	4:54:18	HERBERT, Lee	Plymouth Musketeers RC	MV40	09:11.6	68	26
27	4:55:40	WHEELER, Mandy	Teignbridge Trotters	FV45	09:14.2	255	27
28	4:56:39	WARD, Kris	Teignbridge Trotters	MV40	09:16.1	49	28
29	4:56:55	HARRIS, Josh	Weston AC	MV45	09:16.6	106	29
30	4:57:19	ROY, Diane	East Cornwall Harriers	FV55	09:17.3	83	30
31	5:07:22	BELL, Garry	Southampton AC	MV40	09:36.1	75	31
32	5:08:10	YETTON, Ami	Plymouth Harriers	FV35	09:37.6	91	32
33	5:09:19	BOONE, Alan	Teignbridge Trotters	MV60	09:39.8	43	33
34	5:09:31	SPIVEY, Gary	Mud Crew Trail Runners	MV45	09:40.2	216	34
35	5:11:08	PIKE, Mark	Yeovil Town RRC	MV45	09:43.2	114	35
36	5:11:10	GUNNER, Paul	MV55	09:43.3	104	36	
37	5:12:25	LEWIS, Nick	Almost Athletes	MV40	09:45.6	179	37
38	5:12:48	CRESSWELL, Jon	MV45	09:46.3	74	38	
39	5:16:07	READ, Kurt	Teignbridge Trotters	MV50	09:52.5	100	39
40	5:16:52	MASON, Lance	Teignbridge Trotters	MV55	09:54.0	44	40
41	5:16:53	SCANES, Julian	Teignbridge Trotters	MV50	09:54.0	121	41
42	5:17:40	PATTERSON, Kaye	East Cornwall Harriers	SF	09:55.5	142	42
43	5:23:12	BOTTEN, Simon	MV40	10:05.8	227	43	
44	5:23:28	HORNSBY, Joseph	Teignbridge Trotters	SM	10:06.3	35	44
45	5:23:31	WILKIE, Stuart	SM	10:06.4	187	45	
46	5:24:11	RENDLE, Matthew	MV40	10:07.7	22	46	
47	5:24:23	D'ROZARIO, Warren	Sandwell Valley RC	MV60	10:08.0	99	47
48	5:24:40	FORD, Peter	Plymouth Striders	MV50	10:08.6	229	48
49	5:25:51	TRICE, Soozie	Tamar Trail Runners	FV40	10:10.8	177	49
50	5:26:06	ROBERTSON, Andy	MV45	10:11.3	128	50	
51	5:26:46	WEBB, Martin	Running Forever RC	MV40	10:12.5	15	51
52	5:27:29	RUNDELL, Tim	SM	10:13.9	130	52	
53	5:28:00	CASE, Daniel	Plymouth Musketeers RC	SM	10:14.8	191	53
54	5:28:16	HOLMES, Nicholas	100 Marathon Club	MV60	10:15.3	140	54
55	5:28:40	VOADEN, Roger	Okehampton Running Club	MV50	10:16.1	237	55
56	5:29:29	BURMAN, Debbie	FV35	10:17.6	93	56	
57	5:29:49	MURRIN, Chris	Exmouth Harriers	MV50	10:18.2	95	57
58	5:30:52	GOFFE, Susanna	Teignbridge Trotters	SF	10:20.2	72	58
59	5:32:21	LIDSTONE, Andy	Buxton AC	MV50	10:23.0	112	59
60	5:33:07	KIRK, Will	MV40	10:24.4	199	60	
61	5:33:16	SERIEN, Claudia	FV35	10:24.7	207	61	
62	5:33:56	HUNTER, Scott	South West Road Runners	SM	10:25.9	42	62
63	5:34:47	PAINTER, Danny	Sidmouth Running Club	MV45	10:27.5	4	63
64	5:35:04	BRYANT, Graham	Okehampton Running Club	SM	10:28.1	143	64
65	5:35:58	ALLBUTT, Gary	Plymouth Musketeers RC	MV50	10:29.8	251	65
66	5:36:56	KING, Teresa	Weston AC	FV45	10:31.6	136	66
67	5:37:22	SHUTE, Clive	East Cornwall Harriers	MV40	10:32.4	7	67
68	5:39:24	DAW, Sharon	East Cornwall Harriers	FV50	10:36.2	300	68
69	5:40:18	FERRIS, Kieran	South West Road Runners	SM	10:37.9	116	69
70	5:40:54	WALDRON, Ally	Vegan Runners	FV45	10:39.0	148	70
71	5:42:46	CLARKE, Rich	MV45	10:42.5	239	71	
72	5:43:13	MCLOUGHLIN, Kevin	MV55	10:43.3	51	72	
73	5:44:34	CHAVE, Steve	100 Marathon Club	MV60	10:45.9	147	73
74	5:45:52	DEAN, Jon	MV40	10:48.3	86	74	
75	5:45:56	EASTERBROOK, Neil	MV50	10:48.4	73	75	
76	5:46:21	BIRD, David	100 Marathon Club	MV60	10:49.2	19	76
77	5:46:50	MATTHEWS, Leila	Plymouth Musketeers RC	FV40	10:50.1	167	77
78	5:46:50	BALDWIN, Katie	Plymouth Musketeers RC	SF	10:50.1	245	78
79	5:48:10	HALES, Roger	Teignbridge Trotters	MV55	10:52.6	192	79
80	5:48:11	GREEN, Claire	Plymouth Harriers	SF	10:52.7	178	80
81	5:48:32	COLE, Tracey	Tavistock AC	FV50	10:53.3	158	81
82	5:50:42	RAYNER, Helen	SF	10:57.4	252	82	
83	5:50:55	GURRY, Harvey	Plymstock Road Runners	MV55	10:57.8	52	83
84	5:51:13	HEDGES, Julie	South West Road Runners	FV55	10:58.3	205	84
85	5:51:15	BAKER, Martin	New Forest Runners	MV50	10:58.4	24	85
86	5:51:24	SYNGE, Tim	Westbury Harriers	MV55	10:58.7	118	86

Official Results for All Competitors in finish order.

Pace Race/ Race

87	5:51:27	CUSACK, Natalie	Teignbridge Trotters	SF	10:58.8	37	87
88	5:51:58	BARKER, Steve	Teignbridge Trotters	MV45	10:59.8	39	88
89	5:53:41	WITHEY, John	Itchen Spitfires RC	MV50	11:03.0	8	89
90	5:54:17	COSTIN, Mat	MV45	11:04.1	246	90	
91	5:55:19	PANNELL, Jane	Eton Manor AC	FV45	11:06.0	208	91
92	5:56:18	SAUNDERS, Mark	MV40	11:07.9	55	92	
93	5:56:18	ANTHONY, Maria	Chepstow Harriers	FV50	11:07.9	54	93
94	5:56:58	STAYNER, Neal	Langport Runners	MV50	11:09.1	160	94
95	5:59:05	AYLMORE, Mike	Haldon Trail Runners	SM	11:13.1	256	95
96	5:59:22	SHIPTON, Jason	Tavistock AC	MV45	11:13.6	18	96
97	5:59:22	BAZLEY, Peter	Tavistock AC	MV60	11:13.6	157	97
98	6:01:15	STEELE, Jonathan	Tadcaster Harriers	MV45	11:17.2	186	98
99	6:01:36	WHITTAKER, Nicholas	Newquay Road Runners	MV50	11:17.8	161	99
100	6:02:13	SHARPLES SNR, Paul	Teignbridge Trotters	MV60	11:19.0	50	100
101	6:02:15	WARREN, Derrick	SM	11:19.0	98	101	
102	6:02:36	BARNARD, Jonathan	Itchen Spitfires RC	MV45	11:19.7	228	102
103	6:03:01	MCINTOSH, Christopher	Teignbridge Trotters	MV60	11:20.5	10000	103
104	6:03:25	WEBBER, Ian	Crediton Running Network	MV45	11:21.2	145	104
105	6:03:54	DAY, Kevin	Goyt Valley Striders	MV50	11:22.1	6	105
106	6:04:01	VAUGHNLEY, Craig	East Cornwall Harriers	MV45	11:22.3	211	106
107	6:04:06	STEELE, Rachel	Teignbridge Trotters	FV45	11:22.5	25	107
108	6:04:31	NEWBY, Jonathan	Running Forever RC	MV45	11:23.3	81	108
109	6:04:31	WEETCH, Scott	Running Forever RC	MV45	11:23.3	149	109
110	6:06:30	MATHER, Lisa	FV35	11:27.0	132	110	
111	6:06:33	MCKIE, Terry	Exmouth Harriers	MV50	11:27.1	94	111
112	6:07:07	GENGE, Bernard	Chard Road Runners	MV55	11:28.2	131	112
113	6:07:50	CROCK, Andy	Dawlish Coasters	MV60	11:29.5	32	113
114	6:09:25	NASH, Sheila	New Forest Runners	FV50	11:32.5	221	114
115	6:10:31	VASSAY, James	Tavistock Run Project	SM	11:34.5	225	115
116	6:10:44	BAKER, Graham	Mid Essex Casuals	MV65	11:34.9	1	116
117	6:10:57	SKINNER, Derek	Teignbridge Trotters	MV55	11:35.3	47	117
118	6:13:35	KIRBY, Peter	Teignbridge Trotters	MV65	11:40.3	120	118
119	6:15:00	WHIPP, Chris	Plymouth Musketeers RC	MV50	11:42.9	153	119
120	6:16:05	FRASER, Geoff	MV55	11:45.0	172	120	
121	6:16:26	BENNETT, Barry	MV45	11:45.6	89	121	
122	6:17:27	MATON, Margarate	Maidenhead AC	FV45	11:47.5	11	122
123	6:18:35	QUEEN, Stuart	Plymouth Musketeers RC	MV45	11:49.6	127	123
124	6:18:36	TIPPETT, Sarah	Mud Crew Trail Runners	FV45	11:49.7	129	124
125	6:18:41	NICHOLS, Paul	MV50	11:49.8	194	125	
126	6:18:41	PROWSE, Kirsty	SF	11:49.8	60	126	
127	6:18:42	BOWDEN, Jemma	Storm Plymouth	FV35	11:49.9	20	127
128	6:18:42	ASH, Graeme	MV50	11:49.9	197	128	
129	6:19:34	LEWIS, William	Plymouth Musketeers RC	SM	11:51.5	244	129
130	6:19:42	KNIGHT, Natalie	New Forest Runners	FV40	11:51.7	200	130
131	6:19:47	MASTERS, Paul	Chard Road Runners	MV55	11:51.9	169	131
132	6:20:01	BETTS, Fiona	FV45	11:52.3	31	132	
133	6:20:15	LEETON, Russell	Tamar Trail Runners	MV45	11:52.8	144	133
134	6:20:31	HALL, Peter	Running Forever RC	MV60	11:53.3	165	134
135	6:20:31	TUER, Sally	Running Forever RC	FV55	11:53.3	80	135
136	6:20:55	WARDLE, Carly	Plymouth Musketeers RC	SF	11:54.0	126	136
137	6:22:08	NORMAN, Nigel	New Forest Runners	MV60	11:56.3	64	137
138	6:22:13	ANDREWS, Mark	East Cornwall Harriers	MV60	11:56.5	85	138
139	6:22:39	THOMPSON, John	MV55	11:57.3	96	139	
140	6:23:32	RILEY, Stuart	Plymouth Musketeers RC	MV45	11:58.9	182	140
141	6:24:14	BICKLE, Andrew	Tamar Trail Runners	MV60	12:00.2	137	141
142	6:24:15	BUNDAY, Simon	Dawlish Coasters	MV60	12:00.3	33	142
143	6:24:43	STAUNTON, Richard	Running Forever RC	MV50	12:01.1	14	143
144	6:24:43	COLLINS, Beverley	Running Forever RC	FV55	12:01.1	77	144
145	6:24:44	GUNN, Chris	Running Forever RC	MV50	12:01.2	78	145
146	6:25:12	TWEEDIE, John	Teignbridge Trotters	MV50	12:02.1	123	146
147	6:26:44	WOLTON, Sam	Halstead Road Runners	MV40	12:04.9	235	147
148	6:27:23	DALEY, Loretta	Les Croupiers	FV50	12:06.1	257	148
149	6:27:29	HOATSON, Chloe	Plymouth Musketeers RC	FV35	12:06.3	155	149
150	6:27:30	MARTIN, Gary	Plymouth Musketeers RC	MV45	12:06.4	59	150
151	6:27:30	MCCOMBE, Gary	SM	12:06.4	125	151	
152	6:28:01	ROWLANDS, Ian	Wirral AC	MV45	12:07.3	113	152
153	6:28:23	EVANS, Lucy	Teignbridge Trotters	FV40	12:08.0	38	153
154	6:29:00	STEELE, Shirley	Tadcaster Harriers	FV55	12:09.2	185	154
155	6:29:04	JONES, Kris	Plymouth Musketeers RC	SM	12:09.3	67	155
156	6:29:05	JOHNSTONE, Scott	Plymouth Musketeers RC	SM	12:09.3	198	156
157	6:30:00	BARNETT, Nigel	Teignbridge Trotters	MV45	12:11.0	41	157
158	6:30:00	YOUNG, Rachael	East Cornwall Harriers	FV45	12:11.0	195	158
159	6:30:00	CONROY, Max	Teignbridge Trotters	SM	12:11.0	163	159
160	6:30:00	IVINS, Jane	Tamar Trotters	FV45	12:11.0	103	160
161	6:30:00	MURR, Rob	Running Forever RC	MV60	12:11.0	16	161
162	6:30:00	BANDYSZEWSKI, Brian	Running Forever RC	MV60	12:11.0	224	162
163	6:30:00	JEWELL, Paul	Plymouth Harriers	MV40	12:11.0	204	163
164	6:30:00	MACRITCHIE, Neil	MV40	12:11.0	134	164	
165	6:30:00	BALDOCK, Michael	Datchet Dashers	MV60	12:11.0	115	165
166	6:30:00	JANISZ, Alex	MV40	12:11.0	34	166	
167	6:30:00	EYRE, Dana	Plymouth Musketeers RC	FV45	12:11.0	175	167
168	6:30:00	FOORD, Ron	Running Forever RC	MV55	12:11.0	79	168
169	6:30:00	PEARCE, David	Maidenhead AC	MV50	12:11.0	88	169
170	6:30:00	ROBINSON, Christian	Teignbridge Trotters	MV40	12:11.0	124	170
171	6:30:00	BISHOP, Gary	Plymouth Harriers	MV45	12:11.0	247	171
172	6:30:00	LLOYD, David	SM	12:11.0	233	172	
173	6:30:00	PARNELL, Andrew	MV50	12:11.0	232	173	
174	6:30:00	CLAYTON, Paul	MV50	12:11.0	119	174	
175	6:30:00	PARSONS, Greg	MV45	12:11.0	117	175	
176	6:30:00	WILSON, Mark	MV40	12:11.0	150	176	
177	6:30:00	HICK, Richard	Plymouth Musketeers RC	MV40	12:11.0	217	177
178	6:30:00	BANNER, Jon	MV40	12:11.0	189	178	
179	6:30:00	TRAVERS, Neill	MV40	12:11.0	236	179	
180	6:30:00	BENNETT, Andrew	Plymouth Harriers	MV55	12:11.0	240	180

WOMEN'S WINNER JOANNE PAGE



SOME THOUGHTS BY KIERON SUMMERS

My main thought is how brilliantly the race is organised by the Teignbridge Trotters. On a personal note, having run the race before I'd learnt the importance of taking the first 13 miles easy, consolidating over the middle hilliest part, allowing me to be reasonably fresh for the last undulating 10k. This worked well, and in running the last section with Jamie Stephenson, who finished second, we really shared in the camaraderie that all runners, especially ultra runners, enjoy. Rarely do you get to experience such great scenery and views on a road run, Dartmoor really delivers on this front. It's a fitting location for this race, as a successor to the Two Bridges

ultra that it spawned from. Incidentally a member of my club, Simon Lund, is a former winner of Two Bridges ultra (1994 and 96) and his advice has helped me immensely.



KIERON SUMMERS

BEN UPHILL FROM SIBELCO (THE MAIN RACE SPONSOR) PRESENTING KIERON SUMMERS WITH HIS AWARD.



