

# TOTNES 10k

## Sunday 3<sup>rd</sup> August 2025



## 2024 saw records galore!

Thank you for entering Totnes 2025. In 2024 we reset the course records for the new course. You duly set eight new age group records and new mark for the senior ages. The race was won by Ceri Rees in a time of 38.39. The women's race was won by Louise Flynn from Les Croupiers RC in a time of 44.14. We had 519 finishers in 2024.

The new course is now permanent and is nearer to 11k than 10k. You get an extra 1k of scenery at no extra charge.

We will once again be staging a One Mile Fun Run around the perimeter of Borough Park, which is completely traffic free. There are plenty of prizes on offer for the various age categories. Entry on line will save you £1.50 so book early.





- **Main race start time - 11.00am**
- **Fun Run start time - 10.15am**
- **Limited free parking on the Industrial estate. Pay and display parking is also available.**
- **Leisure Centre postcode - TQ9 5XW**
- **We have a strict NO headphones policy. If caught wearing them you will be disqualified.**

## Facilities:

**Bag Store:** If it's dry, baggage can be left on the field, if it's not, it will be in the sports hall.

**Toilets, changing and showers:** There are plenty of toilets about the building, as well as separate male and female changing rooms. These will be clearly signed. We will also have portaloos on the field.

**Food (cash please):** Trotters are renowned for their amazing cakes, of which there will be plenty to choose from, as well as tea and coffee. We will also have a BBQ, selling burgers, hot dogs and bacon baps. Suffice to say you won't go hungry.

**Race Safety:** The route is mainly on trails and footpaths with a short section on the road. The course will be clearly marked with arrows and tape, as well as plenty of marshals to ensure you don't take a wrong turn.



# Sponsors:

Our thanks to our main race sponsor China Blue and the continued support of Sibelco and The Albert Inn.

# Chip Timing:

We use a chip timing system for our races. Please do not fold your race number which should be displayed on the front of your top or shorts.

# 10k Prizes:

- 1<sup>st</sup> 5 males, 1<sup>st</sup> 5 females
- 1<sup>st</sup> and 2<sup>nd</sup> MV40,45,50,55,60,65,70
- 1<sup>st</sup> and 2<sup>nd</sup> FV40,45,50,55,60,65,70
- 1<sup>st</sup> male and female U18
- 1<sup>st</sup> and 2<sup>nd</sup> male teams (six to count)
- 1<sup>st</sup> and 2<sup>nd</sup> female teams (four to count)

# Fun Run Prizes:

1<sup>st</sup> and 2<sup>nd</sup> M/F U6, 9, 12,15

Presentation for the fun run will take place after the start of the main race.

Presentation for the main race will take place at approx. 12.45pm.





# TOTNES CARING

Since the Trotters took over the organisation of this race, we have donated around £27,000 to local Totnes charities.

Totnes Caring have worked closely with us for a number of years throughout the pre-race period. On race day they provide assistance with the baggage store, finish water station and distribution of medals.

Totnes Caring is a great charity and does wonderful work within the local Totnes area and are proud to support such a worthwhile and respected local charity.

## A message from race directors Rod and Lucy

This is the second year that Lucy and myself have had the privilege of heading up this race. All of our races can only be brought to you with the help of our wonderful club members. We are supported in so many ways and the tasks are too numerous to list. All of these elements combine to give you an event that you will hopefully want to come back to. We thank all of those who have given their time to stage this years event.

We want to thank our sponsors mentioned previously and our special thanks go to Claire from Totnes Caring and Kirsty from China Blue who have worked closely with us in the lead up to the race.

## ENJOY YOUR RACE!! AND COME BACK IN 2026

