

The Ladies 10k

Sunday 28th September 2025

IMPORTANT INFO:

Race start time:
10am, with pre-race briefing in the cricket club grounds at 9:45 am.

**Cricket Club
postcode:**
TQ12 5TT

**Please note that
dogs are not
allowed in the
cricket field
grounds**

**As with all our
Trotter races, we
have a strict
policy of no
headphones. If
you're caught
wearing them
you will be
disqualified!**

Thank you for entering the Ladies 10k 2025!

This is the 2nd year at our new location and the HQ and new course were well received last year. The rain wasn't so welcome, however, although there were still lots of smiling faces.

The race starts and finishes at Ipplepen Cricket Club (TQ12 5TT), which is just outside the village of Ipplepen, off the A381 between Newton Abbot and Totnes.

The course is scenic and along undulating country lanes through the villages of East Ogwell and Denbury. There are no road closures so please follow instructions from marshals and read signs.

You can take a look at the course [HERE](#).

Please ask your supporters NOT to drive around the course as additional vehicles on the country lanes will impede the progress of runners - including you!

For your safety, we ask that you use the cricket field for your pre-race warm up and not the roads outside the ground.

There is free parking at the cricket club but as this is limited we advise you to car share if possible. There is no other local parking apart from in the village.



The cricket club pavilion

Race Information

Registration: Race numbers can be collected on the day with registration opening at 8:30 am. Number transfers can only be done on the day at the Registration desk for a charge of £3.

Results: The race is chip timed, the chip being on your race number so please take care of it. If you have to drop out for any reason, please hand your number to the nearest marshal. Transport back to HQ, and medical assistance if needed, will be provided. Race results will be available on the day and you will receive a text advising of your finish time.

Refreshments: Refreshments will be available before, during and after the race, and the thought of the famous Trotter cakes should spur you on during the run! Please bring cash for payment.

Water Stations: There will be one water station at roughly half way around the route and water will also be available at the end of the race.

Race Safety: The route is on quiet country lanes. There are no road closures and there is always the chance of a tractor or horse around on a Sunday morning! Please listen to marshals and be aware of other road users. The route will be clearly marked as well as having plenty of marshals to direct you.

To help look after and show respect for the area, please do not dispose of litter on the route.

Toilets, Changing and Showers: The cricket club kindly provides use of their changing rooms, including showers and toilets dedicated for runners, and we will also be providing portaloos which will be located behind the pavilion. Please note that we cannot be responsible for personal belongings left in the clubhouse.

Charity Donation: £1.00 of your entry fee will be donated to the cricket club's chosen charity of Pete's Dragon which provides comfort after suicide loss and works towards suicide prevention. We fully support this worthy charity.

Prizes: All finishers will receive a unique memento of the race.

Prizes will be awarded to the first 5 ladies across the finish line as well as 1st, 2nd and 3rd age category prizes for:

U18, V35, V40, V45, V50, V55, V60, V65 & V70.

Team prizes will be awarded to the first 3 teams of 4 qualifying runners.

The prize presentation will take place at around 11:30 am.

And finally.....

I would like to thank Ipplepen Cricket Club for their hospitality and support, as well as our sponsors: Sibelco and MI Plant.

Enjoy your run and stay safe!

Debbie Elphick
Race Director



Last year's winner, Atsedey Gidey

Smiling faces in 2024 despite the rain!



