

TOTNES 10k

Sunday 2nd August 2026



More Records fall in 2025!

Thank you for entering Totnes 10k 2026. Again in 2025 a number of course records were set most notably Rebecca Ezra-Ham with a new ladies course record of 44.20. The race was won by James Baker in a time of 39.22 setting a new V45 record. There were also records set at M40, M60, M65, F45, F65 and F70. Tara Ferguson set a new Under 18 record of 44.20. We had 552 cross the finish line.

The race is run around the Dartington Estate and the scenery is stunning. We are happy to give you 11k of running for the price of 10k.

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 online will save you £1.50 so book early. Last year we had 156 finishers.



- **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: There will be a baggage store 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 and hot dogs. Suffice to say you won't go hungry. There will also be a bar selling cans of beer and soft drinks.

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. There are 2 drinks stations on the course at approximately 2 and 4 miles.

Sponsors:

Our sincere thanks go to our race sponsors China Blue, Sibelco and new sponsors for 2026, Francis Clark and Gilboys.

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:

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

Fun Run Prizes:

1st and 2nd 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 £28,500 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 we are proud to support such a worthwhile and respected local charity.

A message from race directors Rod and Lucy

Lucy and myself are once again privileged to head up this ever-popular race. The race is only possible with help of our wonderful club members. We are supported in so many ways and the tasks are too numerous to list. There is much work to be done to organise the race and for us to see it come together on the day is gratifying to us both. We thank all of those who have given their time to stage this year's event.

We want to thank our sponsors mentioned previously and our special thanks go to Caroline 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 2027

