

# Trotter Newsletter

3rd May 2024

Thanks for the great response to my last newsletter - appreciated many of your positive comments. Bit of a quick turnaround for me, as we got back from Lanzarote late last night and we're off in the van for three weeks tomorrow. I'll leave you in the more than capable hands of Jacki on our training nights. I'm pleased to say that my back has now fully recovered and I'm looking forward to taking part in the Milton Keynes Half Marathon on Monday. See you at the Relays!

## Dartmoor Discovery ~ Saturday 8th June

Still short of two marshals 🙏

Please contact Nige; [nigel.barnett@hotmail.co.uk](mailto:nigel.barnett@hotmail.co.uk)



Thanks to member Darin Dodd;  
our lead bike this year.



## Good luck to the Trotters running the DD

Alan Boone  
Christian Robinson  
James Long  
John Tweedie  
Andy Gilson  
Richard Pratt  
Corinne Bright  
Lucy Evans  
Steve Weeks  
Sue Tremlett  
Sharon Sharples  
Paul Sharples  
Jason Trevenen  
Adam Johnstone  
\*Kris Ward  
\*Rachel Steele  
\*Claire McKenna

\* On the reserve list

## Bob's Series of Lectures

How good have these been; Bob's done a fantastic job in organising some brilliant lectures, and there's two more coming up!

### **Mental Mindset ~ Tuesday 28th May. 7.30 pm start at the Rec. £3 entry**

Our lecturer for this hugely important and fascinating subject is Jerry Fox who has worked with many clients in the Olympic & Paralympic squads, professional golf, pro football, elite university sports, pro cycling as well as the NHS.

### **Nutrition & Hydration ~ Tuesday 25th June. 7.30 pm start at the Rec. £3 entry**

Please let Bob know if you would like to attend either; [bobposhpig@gmail.com](mailto:bobposhpig@gmail.com)

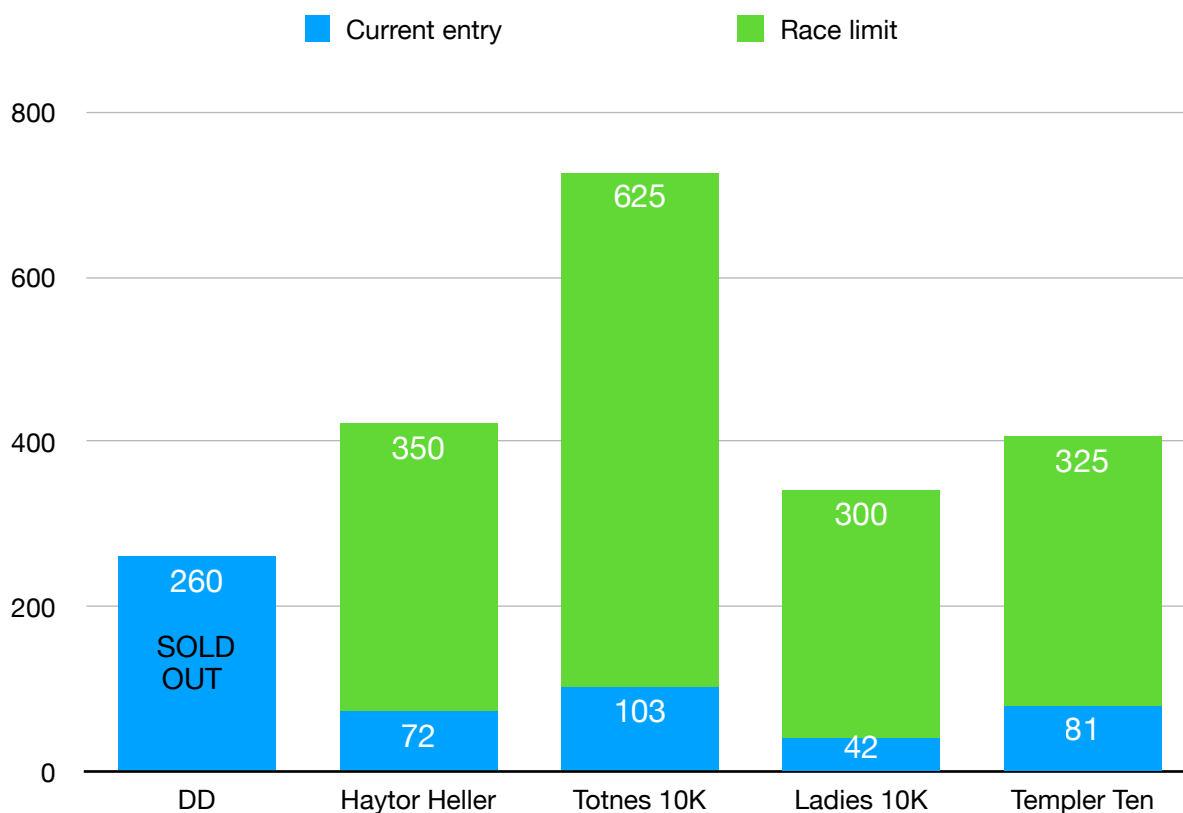


Not doing so well in the Men's competition, with James Long (10th) the only Trotter to make the top 10

### Ladies current top 10 positions

1st. Melanie Brooks	Teignbridge Trotters	390 points
2nd. Alison White	Exmouth Harriers	344
3rd. Elizabeth Nuttall	Teignbridge Trotters	287
4th. Chloe Weeks	Teignbridge Trotters	284
5th. Kathryn Steemson	Teignbridge Trotters	260
6th. Sue Tremlett	Teignbridge Trotters	238
7th. Lucy Coad	SWRR	199
8th. Chloe Olford	Teignbridge Trotters	197
9th. Cathy Newman	Exmouth Harriers	197
10th. Pauline Davies	SWRR	190

### How full are our races? (Ignore the number column on the far left!)



## Run Exe Relays ~ Fri 24th May @ 7pm

You can't beat a relay race to get the adrenaline pumping! First up this year are the Run Exe Relays in Exeter. It consists of teams of four, each running 4K on a out and back flat looped course. It doesn't matter what your pace is, just donning that royal blue vest and representing the Trotters is all that matters.

If you'd like to give it a go, please contact our club captains, Ben and Debbie Elphick. Their details can be found on the contacts page on our website.



### 5 Club Records in a month (all marathons!)

SF Susanna Goffe 3:14:28 London

FV45 Helen Anthony 3:08:59 Manchester

FV60 Jacki Woon 3:37:30 London

MV65 Alan Kember 3:30:27. London

MV75 Pete Kirby 4:53:06 London



A big shout out to Yasi Jeffrey, who has joined our coaching team.



### Membership hits 312

My money's on us beating our previous record total of 344 set in 2019.

A warm welcome to Freya Morrissey (left) the latest member to join the Trotters.

Don't forget to join our Facebook group.

