

Trotter Newsletter

14th August 2024

What a fantastic Olympics that was, and didn't we do well! When you hear some of those stories of how our athletes got to where they did, it brings it home to you the dedication and hard work needed to get to the very top. One of my favourites was Georgia Bell, who gave up running for five years, ran a parkrun, realised how much she actually enjoyed running and went on to get a bronze medal in the 1500m. I think we can all relate to the love of running. However, what we have to remind ourselves every now and then, is that if it was easy, everyone would be doing it!



Rec Trust
Inter-Club Cricket & Rounders Challenge
Sunday 25th August ~ 10am start
BBQ ~ Bar ~ Live Bands



Newton Spurs ~ South Devon Cricket Club
Teignbridge Trotters ~ Squash & Tennis Club ~ Fit2Run

All Trotters welcome. It promises to be a great day



A polite reminder that the Couch to 5K and the Inbetweeners groups are not there for Trotters to dip in and out of when they feel like it.

They are ONLY for those who actually started the 12 week programme.

Replacement Club Championship Race

Don't forget to enter the Trot Challenge Half Marathon which takes place on the 20th October at Exmouth on a 5.3K lapped course. The race organisers have discounted the entry fee for Trotters, but you can only enter via this link;

<https://www.evententry.co.uk/running-events-devon-the-trot-challenge>

Men's Club Championship ~ Top 10

• Alan Kember	293 points
• James Long	287
• Steve Weeks	286
• Duncan Knight	271
• Paul Sharples	267
• Andy Gilson	261
• Roger Easterbrook	250
• James Saunders	245
• Chris Andrews	245
• Adam Doherty	227



Duncan - 4th place

Duncan and Roger storm into the Men's top 10. Mel is the new leader in the Ladies' competition.

Next up ~ Truro Half ~ 15th September

Ladies' Club Championship ~ Top 10

• Mel Brooks	299 points
• Liz Nutall	294
• Sue Tremlett	279
• Chloe Weeks	278
• Kathryn Steemson	276
• Sharon Sharples	273
• Sarah Blanchard	247
• Lucy Payne	244
• Helen Anthony	242
• Dom Harcourt	237



Lucy - 8th place

Membership total: 334

Six new members have joined since my last newsletter on 11th July. Just 11 short now to beat our all time record!

A warm welcome to Jo & David Prestwich (opposite) the latest members to join the Trotters.





Away Run ~ Monday 19th August

6.30pm start for both runs

A Group 7.5 miles. 8.30-10 min/mile pace. Meet at Oldway Mansion carpark (free parking).

B Group 6 miles. 10-12 min/mile pace. Meet at The Old Manor Pub, Preston, Paignton.

Food afterwards in the pub from the chippie opposite. Please pre order via Corinne's Facebook post. Deadline for food is this Friday.



Another polite reminder!

We do our best to look after you if you help out at our races; we have our points system that comes with lots of rewards. We also give you a food token at the DD and a free tea/coffee at our other races.

However, we do expect you to pay for anything from our BBQs at the Heller, Totnes and Templar.

Many thanks.

Trotter Editor

We're still looking for someone to take on the position. If you'd like to know more about the role, please drop me a line or speak to me at training.

RD for the Haytor Heller

We are looking for someone to take on the role ASAP.

The date for next year's race is Saturday 6th September.

If you would like to know more about what is involved, please let me know.



YES



NO

It's almost time!

Monday 2nd September is the date for wearing your reflective bibs.

You can purchase one from Jacki Woon, or they are readily available online.



Ladies` 10K ~ Sunday 22nd September

So far 22 Trotters have entered the race, we want to try and double that. With over 150 lady members we should be able to do that easily.

Nigel Barnett (pictured above) is the chief marshal. If you're able to lend a hand he would love to hear from you; nigel.barnett@hotmail.co.uk

It's always a busy time for our catering team, ladies certainly love their cake! If you can help meet the demand, then Dom would love to hear from you.

John Scott Trophy

The last Club Championship race of the year has now been confirmed for Sunday 1st December, with a 3pm start.

Full details will be revealed in October's newsletter.

Club kit price increase!

First time in over seven years.
Still a great price.

Trotters Annual Presentation & Awards Night

Saturday 14th December

Finlake Holiday Park, Chudleigh

Tickets £20 (on sale 1st Oct)

**The highlight of the Trotters social
calendar!**