

Trotter Newsletter

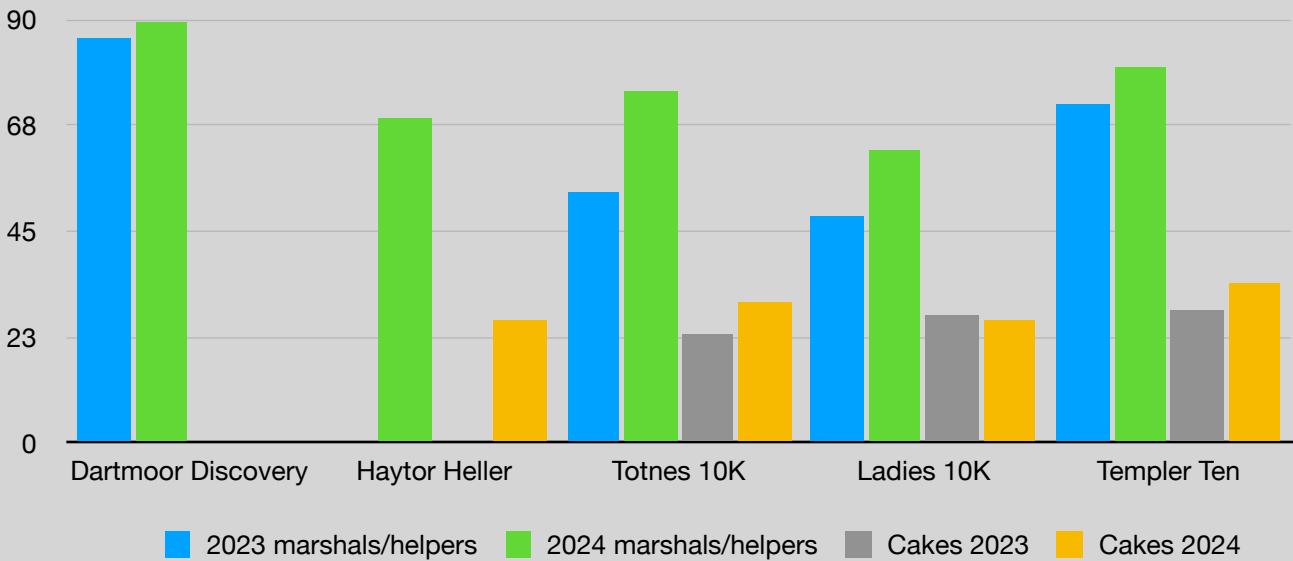
17th October 2024

And relax! That's it folks, nothing now till the DD next June. The Templer Ten brought our racing year to an end, and what a year it was. We weren't blessed with the greatest of weather that's for sure. Only the Totnes 10K experienced a warm, dry day. I've just about dried everything out from the Templer, after the heavens opened 20 minutes before the last runner crossed the line.

Thank you to all those that helped at one or more of our races. The graph below shows how we rely on your help to stage our races. It also highlights how many of you (192) didn't get involved. This is something we need to address next year. As our races continue to grow, we really do need all our members onboard.

The importance of our cakes can't be underestimated! They make a huge profit for the club - over two thousand pounds this year alone. A huge thank you to all those who baked. I think it's fair to say that the Trotters have the best reputation for cakes at their races.

Total number of members who helped was 152 out of 344



	2023	2024	Cake 2023	Cake 2024
Dartmoor Discovery	86	90		
Haytor Heller	0 (race cancelled)	69	0	26
Totnes 10K	53	75	23	30
Ladies 10K	48	62	27	26
Templer Ten	72	80	28	34

Membership total: 344

Would you believe it, we were one member short of creating a new club record before the new membership year started on October 1st. That meant we equalled our record that we set in 2019.

We've already had new members join in October. Here are two of them; Scott Gourley and Andrew Morton - welcome guys.



Scott



Andrew

Men's Club Championship ~ Top 10

1st. Roger Easterbrook	300 points
2nd. James Saunders	294
3rd. Alan Kember	293
4th. James Long	289
5th. Steve Weeks	286
6th. Duncan Knight	283
7th. Neil Rutley	272
8th. Paul Sharples	268
9th. Andy Gilson	266
10th. Chris Andrews	247



James Long, charging up the leaderboard

New leaders in both the Men's and Ladies' CC
Next up ~ Trot Challenge ~ 20th October

Ladies' Club Championship ~ Top 10

1st. Mel Brooks	299 points
2nd. Lucy Payne	294
3rd. Liz Nutall	294
4th. Helen Anthony	291
5th. Chloe Weeks	286
6th. Sue Tremlett	283
7th. Kathryn Steemson	276
8th. Sharon Sharples	273
9th. Kim Knight	269
10th. Dom Harcourt	259



Dom Harcourt, in there at 10th

You might want to enter the first two races in next year's Club Championship before they sell out; First Chance 10K (5th Jan) and Oh My Obelisk (12th Jan).

Replacement Club Championship Race

There seems to be some confusion with the Trot Challenge (20th October). The half marathon is the Club Championship race and you can only enter it via this link;

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



Ladies` current top 10 positions

1st. Melanie Brooks	Teignbridge Trotters	489 points
2nd. Chloe Weeks	Teignbridge Trotters	485
3rd. Eleanor Wood	Axe Valley Runners	483
4th. Liz Nuttall	Teignbridge Trotters	482
5th. Jenny Debenham	SWRR.	449
6th. Lynda Garcia	SWRR	448
7th. Alison White	Exmouth Harriers	447
8th. Kathryn Steemson	Teignbridge Trotters	439
9th. Mary Daymond	SWRR	435
10th. Jenny Reay	Exmouth Harriers	371

With just one race to go, we've almost got 1st, 2nd, 3rd in the ladies event. Can Liz force her way onto the podium? We're also currently lying in 2nd place in the team competition.

In the men's event, Steve has moved up to 8th place. We're in 4th place in the men's team competition.

Last race of the series

Budleigh Blister ~ 24th Nov

Men's current top 10 positions

1st. Oliver White	Exmouth Harriers	494 points
2nd. Jamie Howard	SWRR	477
3rd. Colin Densham	SWRR	474
4th. Joshua Sale	Exmouth Harriers	459
5th. Jimmy Joy	Exmouth Harriers	452
6th. Matt Frost	Axe Valley Runners	440
7th. Edward Pickering	SWRR	438
8th. Steve Weeks	Teignbridge Trotters	413
9th. Ron Seward	Axe Valley Runners	412
10th. Ian Kinnersley	Axe Valley Runners	408



As it stands, Stan Hayes is top of the league on 105 points.

Nigel Barnett was manager of the month in September, picking up a tenner in the process.



Kay Shillabeer
2023 JST Winner

JOHN SCOTT TROPHY

Sunday 1st December ~ 3pm Start

A Trotter only 4-mile handicap race, starting 100 metres from the Sandygate Inn, Kingsteignton. Open to all members. £5 entry (pay on the day). All proceeds go to charity.

Please let Graydon know a recent 3K or 5K or 10K time. If you haven't raced recently, please be as honest as you can be with your anticipated finish time.
membership@teignbridgetrotters.co.uk

There is food available afterwards at the Rec. Roast dinner (Turkey or Beef) or a nut roast. Selection of puddings. One course £12, two courses £16. Deadline for all orders is 6pm Wednesday 27th November.

You can book and pay for your meal here; https://www.sientries.co.uk/event.php?event_id=14450



Deadline for tickets ~ 3rd December 3pm

Hottest ticket in town!

Trotters Awards Night

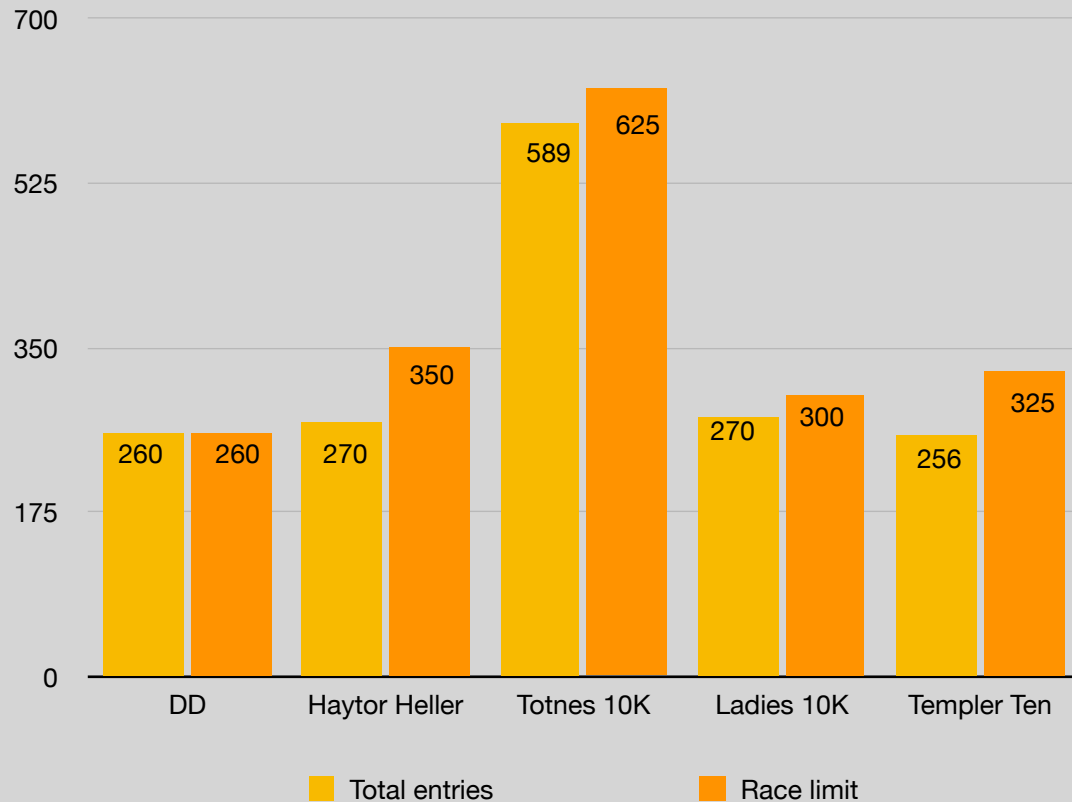
Sat 14th Dec ~ 6pm Start
Finlake Holiday Park

Live band - Food ~ Disco
and so much more!

£20 a head. Buy your tickets here;
https://www.sientries.co.uk/event.php?event_id=14298

Another bumper year on the entry front.

1645 total entries



Dartmoor Discovery ~ Sat 7th June

Entries open at 7pm on November 1st

Early Bird price of £40



Don't forget your ice tags folks!

All new members are given one of them when they join. If you need a new one, we recommend you get a set of three via the parkrun website for just £5.

<https://shop.parkrun.com/collections/cards-tags/products/parkrun-tags>



100 Mile Relay!

A while ago an article appeared in Runners World about an American ladies running club which broke the women's world record for the 100 x 1 mile relay. The article started a number of our club members thinking - is there an England or UK record for a combined women and men's 100 x 1 mile record? Research shows there does not appear to be any such record in existence.

So, it was reasoned, why don't the Trotters try to become the first club in the land to achieve this record? We are already the club with the most people who have completed 100 marathons so, surely, we can muster 100 people to run just 1 mile.



No date has been set for this, but, if there is sufficient support, it's likely to take place well into 2025. However, before we can start any detailed planning we need to know if we can gather that support together. To start the ball rolling please can anyone, preferably everyone, email Bob Small bobposhpig@gmail.com to register their interest; it would be helpful if, when registering, to add with your name an estimated time for covering a mile on a running track.

Let's get the Trotters in the National record books.

This year's '**Trotters Christmas Card**' chosen charity is Jay's Aim. Each year we choose a different local charity, the money you save sending each other cards, you hopefully donate towards the charity. The club then matches whatever total is raised. Stuart Moulson (the bib monitoring man!) will be bringing a giant Christmas card into training for you to sign. He will also collect your donations.



Click here to find out what Jay's Aim is all about; <https://www.jaysaim.co.uk/>

POINTS MEAN PRIZES FOR 2024

2 marshal points gets you a free entry to the chosen club championship race (TBD)

4 points gets you a place in the draw for a free race entry of your choice, to the value of £50. The club offer eight such places. Plus the above.

6 points gets you a place in the draw for the one London Marathon place the club hopefully receives. Plus both of the above.

You need to let Liz Barnett know if you want to be in either draw by December 1st.

Chloe Weeks is after a few more Trotters, who have taken part in three or more marathons, to take part in her survey. It's part of her dissertation on the study of integration of psychological factors in marathon running. It takes about 10 minutes to complete. Here's the link to it;

<https://chloe-weeks.limesurvey.net/713518?lang=en>



**ANNUAL SUBS
ARE NOW DUE FOR PAYMENT**

You've got till the end of the month before you're wiped off the face of the earth!

You can renew via this link;

https://www.sientries.co.uk/event.php?event_id=14030

Press & Publicity

We're looking for someone to help share the role with Roger Easterbrook. If you have a basic knowledge of computers and a liking for reporting, then it might just be the job for you. Starting salary of £1000 per annum. Please message me if you're interested.



The Older Runner

Bob Small is very kindly organising another fascinating lecture. It will explore the optimal duration, intensity, frequency and type of training for runners as they age, including strategies to promote recovery and enhance longevity in running.

The charge for this lecture is £4 (cash on the night please). If you wish to attend, please let Bob know via; bobposhpig@gmail.com



Thur 7th November at the Community Hall, Rydon Road, Kingsteignton, TQ12 3LP