

# Trotter Newsletter

21st March 2025

No rain and lots of sunshine, more like it isn't it? If you could get out of the wind and find a sheltered spot, it was actually quite hot. What with me being part lizard, it was right up my street!

My running at the moment can best be described as 'ticking over'. I need to up my game a bit before the Copenhagen Marathon on the 11th May (Trotters foreign marathon trip). I'm always inspired by some of the exceptional times our members achieve at races. We really are fortunate to have so many great runners. Of course it's not just about quick times. The sea of royal blue at Bideford was a sight to behold.

Next month sees a talk by Paul Minter (more info on page 3). I urge you to attend, as I'm sure it will be a very interesting evening. In complete contrast to that, there's the Robbie Williams tribute act at the Rec in August (see page 4).

Enjoy the read and of course the sunshine!



## Membership total: 312

Our new Membership Secretary, Jacki Woon, has had a relatively quiet time since taking on the roll. We're slowly edging our way towards last year's joint record total of 344.

Our latest member to join is Sophie Brown (pictured opposite), who has joined us whilst still enjoying her time running in the Couch to 5K.

Welcome onboard Sophie. 😊



## Ladies' Club Championship ~ Top 10

1st. Chloe Weeks	187 points
2nd. Liz Nutall	147
3rd. Tracy Elphick	146
4th. Sam Galvin	128
5th. Sarah Blanchard	128
6th. Laura Holland	122
7th. Mel Brooks	98
8th. Deb Hart	93
9th. Pat Atkins	90
10th. Kathryn Steemson	88



Sam Galvin (4th)

New leaders in both the Men's and Ladies' CC

Next up ~ Feighan Fury ~ 23rd March

## Men's Club Championship ~ Top 10

1st. Ewan Walton	184 points
2nd. Steve Weeks	182
3rd. Nigel Barnett	155
4th. Don Brooks	150
5th. Roger Hayes	144
6th. Darin Dodd	127
7th. Jason Trevenen	122
8th. Tim Synge	119
9th. Ian Langler	117
10th. James Saunders	98



Darin Dodd (6th)

## Club Records Tumble!

We're off to a flyer this year, with no less than six new club records. Some familiar names below!

Donald Brooks: MV45 10K & Half Marathon

Bob Small: MV75 10K & Half Marathon

Mandy Wheeler: FV50 Marathon

Jacki Woon: FV60 Half Marathon

## Paul Minter ~ Tuesday 15th April ~ 7.30pm at the Rec

Paul Minter took on the challenge of running around the circumference of the UK, circumnavigating England, Scotland, Wales, Northern Ireland, Isle of White, and the Isle of Man. 5,000 miles in 7 months.

Paul had spent 18 years serving in the Household Cavalry Regiment, The Blues and Royals. During this time he had the privilege of serving directly with Prince's William and Harry, Arthur Soames (Winston Churchill's grandson) and James Blunt, to name a few. He was also honoured to complete Royal ceremonial duties for Queen Elizabeth II. He served 4 tours in Afghanistan (3 years) and a tour in Iraq (7 months), on the front-line as a specialist reconnaissance soldier. During these tours he survived being blown up twice. Once with rocket propelled grenades and once with an improvised explosive device. After suffering with severe paranoia, anxiety, and depression (as a result of trauma on the battlefield) he was medically discharged from the Army in November 2021. During the build up to his discharge, several of his friends took their own lives due to the impact of war.



Thankfully, Paul found peace through working on his own mental wellbeing. Studying and practicing multiple alternative therapy methods. He started educating friends on the practices that had helped him, and he was soon overwhelmed by other recommendations coming in. This led him to set up a charity, the sole purpose of which is to teach these positive mindset methods and reach a wider audience.

To promote the charity Paul undertook his amazing run around the country. He stayed with over 200 families and was joined by more than 3,000 people along his run. He raised over £150,000, appeared on over 83 national and local media platforms, and won several awards, including The Pride of Britain Award.

We are delighted that Paul has agreed to do a talk about his incredible adventure. A fascinating insight into multi day, long distance running. Paul will also talk about mental well-being. Something we have probably all suffered with at some time during our lives.

To book your place, please let Bob Small know ASAP;  
[bobposhpig@gmail.com](mailto:bobposhpig@gmail.com)



The entry cost is just £5 (cash on the night), all of which will be donated to Paul's charity.

## End of an era

The popularity of the Westward League Cross Country within the Trotters has declined over recent years. This year's set of races didn't have a single representative from the club!

Because of that and the fact we don't have a Cross Country Captain, the position wasn't filled at the recent AGM, the committee, after a lengthy discussion, decided not to take part in future Westward League series.

## New Coach at the Trotters

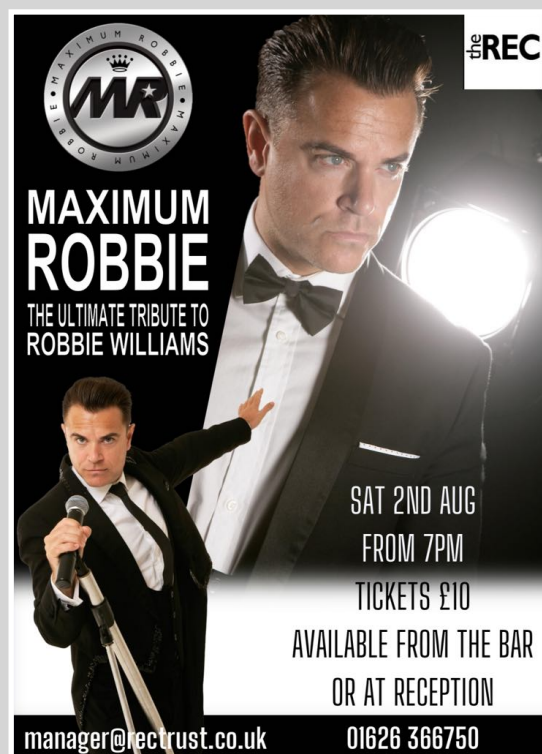
It gives me great pleasure to welcome Caroline Clark to our dedicated team of coaches.

Caroline recently completed her LiRF (Leadership in Running Fitness) course, and has already coached a couple of the structured sessions on a Wednesday night.



As it stands, Nathan Elphick is still top of the league on 405 points.

Lovely was also manager of the month in February, picking up a tenner in the process.



By all accounts he is superb. Tickets are selling fast. Be great to see a big turnout of Trotters there.