

Trotter Newsletter

24th April 2025

I always associate the Spring with marathon training. It's always been a popular time of the year for marathons and this year is no exception. I know many of you have been training for a spring marathon. I wish you luck if you're taking part in any of the following; London, Manchester, North Dorset and Copenhagen.

There was another great turn out of Trotters at the Easter Bunny 10K. I had a few runners come up to me and ask why there were so many of us running (there were 31). I told them we included it in our Club Championship because Yeovil Town RRC (the race organisers) came down in numbers for our Ladies 10K last year, and we wanted to do something in return.

Forming closer links to other running clubs is vital for the future of our races. This has proved the case as Yeovil are now bringing a 52 seat coach down to our Ladies 10K this year! If you haven't already, then please consider entering some of the forthcoming club championship races; Muskies 10K, Dawlish Dash and Forest Flyer. All three races are organised by local running clubs, all of which support our races.

Bob's last lecture of a fascinating series takes place next month. More details can be found within this newsletter. I would like to take this opportunity to thank Bob for organising these lectures. Also, Ewan for being his right hand man.

Our next Couch to 5K starts on May 19th. I will be advertising it shortly on Facebook. When you see the post, please help spread the word by sharing it. Numbers were on the low side for our January intake, it would be good to get those up for our next one.

Membership total: 324

We've had 12 new members join the club since my last newsletter. The Spring always seems to be a popular time for runners to take the plunge and sign up. A big percentage of those joining have come from our January Couch to 5K intake.

My mission has always been to try and beat our record membership total of 344, and I'm confident we'll do that before our membership year runs out on the 30th September.

I'd like to extend a warm welcome to two of the recent Couch to 5Kers who have joined the Trotters; Rob Kaye and Jaque Shackleton.



Rob



Jaque

Ladies' Club Championship ~ Top 10

1st. Liz Nutall	245 points
2nd. Chloe Weeks	232
3rd. Tracy Elphick	195
4th. Sam Galvin	176
5th. Laura Holland	164
6th. Cheryl Dunn	164
7th. Mel Brooks	148
8th. Kathryn Steemson	135
9th. Sarah Blanchard	128
10th. Michelle Doherty	122



Cheryl Dunn (6th)

Next up, race number 7 out of 16

North Dorset Marathon ~ 4th May

Men's Club Championship ~ Top 10

1st. Ewan Walton	275 points
2nd. Nigel Barnett	238
3rd. Roger Hayes	235
4th. Steve Weeks	224
5th. Donald Brooks	200
6th. Darin Dodd	170
7th. Trevor Irons	167
8th. Bob Small	145
9th. Alex Sparks	144
10th. Neil Rutley	139



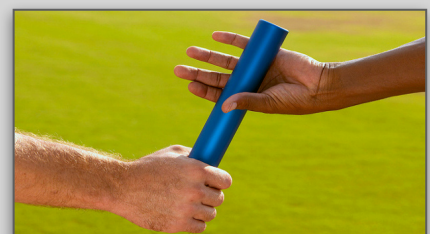
Neil Rutley (10th)

Run Exe Relays ~ Friday 16th May ~ 7pm start

Ben and Debbie, our club captains, are putting together teams for this popular event. It's teams of four, with each person running 4K. Last year we had more teams than any other club, it would be great to do that again. If you haven't already signed up, please let either one of them know ASAP;

Ben; menscaptain@teignbridgetrotters.co.uk

Debbie; ladiescaptain@teignbridgetrotters.co.uk



Good to Talk

I'd like to introduce to you the Trotters Welfare Officers. Nigel Barnett and Pat Atkins hold the positions and have both recently passed their safeguarding course. It's always good to talk and to know that there is someone within the club who will listen.



Please don't be afraid to contact them if you need to; welfare@teignbridgetrotters.co.uk

AWAY RUNS

Fancy organising an away run this summer, then we'd love to hear from you. They take place on a Monday night and cover two distances, usually around 5/6 miles and 7/8 miles. The shorter route is 10/12 pace and the longer one is 8/9.30 pace.

The idea is that they both start and finish together. There is then the option of food afterwards at a local pub. Collating food orders is part of the job of organising the run. 😊



10 Miler is back!

We've reintroduced the popular 10 miler training run on a Monday night. It will take place on the first Monday of the month between May and September.

The pace will be 8/8.30, so a bit slower than the normal A group pace. It's hoped that we can tempt a few of the B group runners to join!

It's a great way to run a bit further afield and experience new routes.



Don't forget to join the Trotters Facebook group. It's a closed group, open to members only.

It's a hub of all things running related. Message Jacki Woon to join;
membership@teignbridgetrotters.co.uk

Free entry into the Forest Flyer!

How do I get my free entry: You need to have got two or more marshal points from last year. If you're not sure how many you got, drop Nathan Elphick a line; n.elphick@btinternet.com

What do I have to do: Enter and pay for the race as normal.

Thought you said it was free: It is, but you need to complete it first. Once completed, just let our Treasurer (John Caunter) know you've run it. He'll check the results, once he's happy (could take a while!) he'll ask you for your bank details and reimburse your entry via a bank transfer. treasurer@teignbridgetrotters.co.uk



Will you be doing the same again next year: Yes we will. Just get two or more marshal points this year and you'll get a free entry into a committee chosen Club Championship race.

EA Individual Licence

Individual licences cost £20 for the 25/26 year. They were due on 1st April. Although the club are affiliated to EA (England Athletics), if you enter a race with a UKA licence, you will have to pay the unaffiliated fee, which is usually £2 more.

The club are also affiliated to ARC (Association of Running Clubs). If you enter a race with a ARC licence (all Trotter races use ARC) then you don't need an individual licence and you will receive the £2 discount.

There are numerous online companies that races use to process their entries. The Trotters use SiEntries for most of our races. This is a popular one, used by many races/event companies. Most online companies will allow you to enter a UKA race as an unaffiliated runner, still paying the extra £2, and then give you the option to enter your club as the Teignbridge Trotters. However, and this is where it tends to get complicated, some don't! (we try to avoid selecting those races for our Club Championship)

To really benefit by having an EA individual licence you need to run 10 or more UKA races a year. As many races use ARC licences, you have to question whether it's worth the outlay.

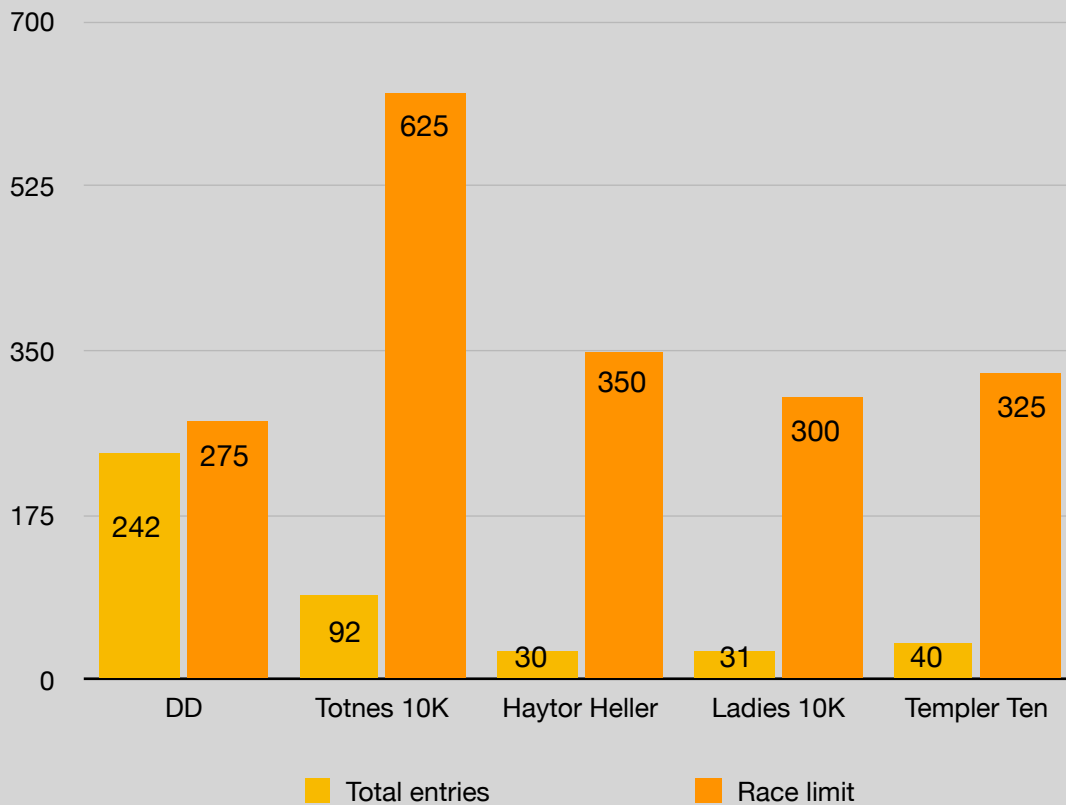
Strength Training Lecture ~ Thursday 15th May ~ 7:30pm Start

Kingsteignton Town Council Offices, Rydon Road TQ12 3LP

Once again we welcome our friend and Sports Scientist, Dr Andy Middlebrooke who will help unlock the secrets to becoming a stronger, more resilient runner as he delves into the science behind strength training for runners. He will answer the following key questions: Why is strength training crucial for runners? What exercises can enhance running performance? How can strength training reduce injury risk, and how often should runners incorporate strength work into their routine?

Whether you're training for your next race or simply want to run stronger and injury-free, this talk is not to be missed! The cost is £5 - cash on arrival. Please email Bob to book your place; bobposhpig@gmail.com

How full are our races?



The Trotters are currently leading the Men's and Ladies' competitions.

Donald Brooks is in first place with 291 points. Ewan Walton is also in the top 10, sitting in 9th place with 166 points.

Chloe Weeks is top of the pile with 200 points, with Liz Nuttall in second with 191 and Corinne Bright is in 8th with 163 points.

We're also in second place in both the men's and ladies' teams

The next race is the Ottery 10K on 11th May.



As it stands, Nathan Elphick is still top of the league on 477 points.

Chris Andrews (opposite) was manager of the month in March, picking up a tenner in the process.

