

Trotter Newsletter


17th July 2025

We did it! Not only did we beat a club record that had stood since 2019, we smashed it out the park! An incredible 76 Trotters finished the Forest Flyer last Saturday night, beating our previous best total of 57, set at the Chudleigh 6.

That's one record down and two to go! I want to beat our all time membership record (344) and the biggest total of Trotters on a Monday & Wednesday training night (103 & 104 respectively).

We're fast approaching the busiest time of the year, with four Trotter races coming up in the space of two months. We get under way with our biggest race (numbers wise) the Totnes 10K on Sunday 3rd August. There's always a great atmosphere, it feels like half of Totnes have actually entered the race. The kids fun run beforehand is also hugely popular. If your kids are planning on running, can I please ask you to pre enter them online. Not only is it cheaper than entering on the day, it saves our entries team a huge amount of stress - imagine 120 kids all trying to enter 10 minutes before the start of the race!

You can find out about marshalling at Totnes, baking a cake and the reccie runs within the newsletter.

He won't thank me for this, but I feel it needs saying, as he's been a huge asset to the club. Keith Anderson will soon be moving to Derbyshire to be closer to his family. Keith has served on our committee for 11 years, never being afraid to stand up for something he felt strongly about. He's had two spells as editor of the Trotter magazine. He's been chief marshal for the DD and a sector leader for the Heller, to name but a few roles he's held whilst being a Trotter. On behalf of everyone at the club, we wish you well Keith 

Membership total: 341

We've had seven new members join the club since my last newsletter, taking us up to 341 in total. Surely we'll beat that record by the time my next newsletter comes out in August. I wonder who will be our 345th record member?

Three of those seven members actually ran the Forest Flyer, representing the Trotters for the very first time. Not only that but they all ran really well; Alex Duff was 14th, Travis Robinson was 26th and Caitlin Moss was 106th.

A very warm welcome to the magnificent seven.



Alex



Caitlin



Travis

Ladies' Club Championship ~ Top 10

1st. Tracy Elphick	291 points
2nd. Liz Nuttall	291
3rd. Chloe Weeks	275
4th. Sam Galvin	266
5th. Corinne Bright	254
6th. Sarah Blanchard	253
7th. Mel Brooks	246
8th. Laura Holland	243
9th. Michelle Doherty	235
10th. Kathryn Steemson	230



Chloe Weeks (3rd)

Next up, race number 11 out of 16
South Devon Relays ~ 1st August

Men's Club Championship ~ Top 10

1st. Donald Brooks	300 points
2nd. Roger Hayes	282
3rd. Alan Kember	281
4th. Neil Rutley	279
5th. Ewan Walton	277
6th. Steve Weeks	268
7th. Nigel Barnett	240
8th. Duncan Knight	228
9th. Trevor Irons	212
10th. Darin Dodd	209



Duncan Knight (8th)

South Devon Relays ~ Friday 1st August ~ 7pm start

The last one of the year - don't miss out!

Ben and Debbie, our club captains, are putting together teams for this popular event. It's teams of four, with each person running 3K over an out and back lap of the circuit at Torbay Velopark.

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



AWAY RUN ~ MONDAY 18th AUGUST

After the great success of the first summer away run on Dartmoor, Corinne Bright has very kindly offered to organise another one. We will be meeting at the Old Manor Pub in Preston, Paignton, TQ3 2QZ. Please car share if possible as the pub's car park is not that big.



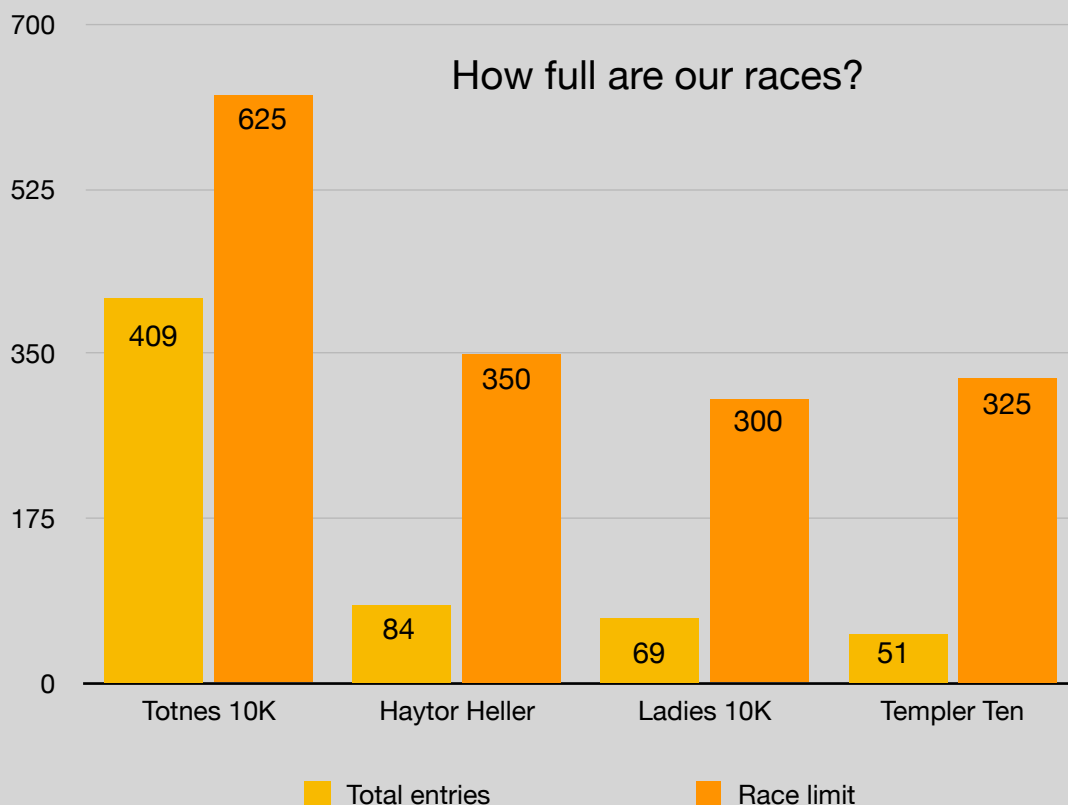
There will be two groups, both starting at 6.30pm.

- A Group. 7.5 miles at 8.30-10 min/mile pace. Derek Skinner will be leading
- B Group. 6 miles at 10-12 min/mile pace. Corinne Bright will be leading

Both runs will have some trail sections, a few hills and lovely views.

The only sessions available from the Rec that night will be the Inbetweeners and the Improvers.

There is the option afterwards of buying food from the fish and chip shop opposite and eating it in the pub. The pub are happy for this to happen as they don't do food on a Monday night.



SUPER6

We had a total of 42 Trotters who signed up the competition last season, including six ladies. If you'd like to have a go this season, then please let Nigel Barnett know before the 14th August. It costs £20 to enter and all you have to do is predict the scores from six football matches each week. You get 5 points for the correct score or 2 points for the correct result.

There is also £20 (depending on how many join) up for grabs each month for 'manager of the month' - We had 10 different winners last season!

The more Trotters that sign up the bigger the prize pot. So, what are you waiting for?

nigel.barnett@hotmail.co.uk

Cakes, cakes and more cakes!

With the best part of 1000 people present at the Totnes 10K, we can never get enough of them! Our catering coordinator, Michelle Doherty, would love to hear from you if you're able to bake something. melliegill@yahoo.co.uk

It's your first opportunity to get a bonus marshal point - three cakes in a year gets you that point.

Many thanks to all those who have already offered to bake something.



TOTNES 10K RECCIE RUNS

Wed 30th July

There will be three groups, all starting from the Leisure Centre in Totnes.

- 6.30pm. 10/12 min/mile. Stuart Moulson leading.
- 6.45pm. 8.30/10 min/mile. Derek Skinner leading.
- 7pm start. 7.45/8.80 min/mile. Roger Hayes leading.

MARSHALS NEEDED

We're still short of a few marshals for Totnes. If you can spare a couple of hours on Sunday 3rd August, please let our Chief Marshal, Derek Skinner, know ASAP.

derek.skinner2@blueyonder.co.uk



SATURDAY 6TH SEPTEMBER 5pm Start

Debbie Elphick is Chief Marshal for this one and would love to hear from you if you're able to lend a hand.

There's no better place to be when the sun's shining, than on Dartmoor, taking in the amazing views the race offers and cheering on the runners.

ladiescaptain@teignbridgetrotters.co.uk



The club have ceased their ties with A2E, who used to provide medical cover for all our races. We are now using a local firm based in Heathfield called Devon First Aid.

We're looking forward to forming a good working relationship with Dave and his team.

theREC
**INTER CLUB
SPORTS DAY**

**SUNDAY 24TH AUGUST
10:00 AM**

**CRICKET - ROUNDERS
BBQ - BAR - LIVE MUSIC**

A great social event that needs to be in your diary. It's always a lot of fun and at the same time a little competitive! The men take part in the cricket competition whilst the ladies do battle in the rounders.

I think it's fair to say we didn't do that well last year. We're hoping for a little bit of magic dust this year!

Our team captains are putting together the teams, if you would like to take part please drop them a line.

You don't have to be part of either team, just come along and support. It's a great day, and a rare opportunity when all the clubs that use the Rec get together and have a good time.

There's some cracking live music, a BBQ and of course a bar!