

Trotter Newsletter

1st April 2026

It's all systems go with our races. All five of them are now open for entries. You can see how they're faring on page 3. A polite reminder that you can only enter a maximum of two of them. For the other three you are very much encouraged to help marshal. We've had a great response for marshals for the DD and so all posts are now covered. A massive thank you to everyone who has offered to help in one way or another.

With the clocks going forward an hour, the evenings are really are really starting to draw out. The last night for wearing reflective bibs on a training night is Wednesday 8th April. I'd like to take this opportunity to thank Stuart Moulson, our bib enforcer, for doing a great job throughout those dark winter months.

I've been struggling with my running recently. Apart from a sore knee and heal, I've been feeling totally energyless. A blood test has shown my iron levels to be a lot lower than they should be. I think my body is telling me it's had enough of marathon training/running. Therefore, Lake Garda on 12th April will be my last one. There I've said it!... 😊

Well done to the Trotters dart team who played their last game of the season a couple of weeks ago. They more than held their own, coming fourth in the league. If you'd like to get involved next season, then have a word with Callum Price, our Social Secretary.



It's not too late to join the posse heading to Toulouse at the end of October for the Trotters foreign marathon trip. There really is something for everyone; Marathon, Half and 10K. There are three flights a week from Bristol. It promises to be a great weekend.

Membership total: 355

Our membership continues to grow, with a steady number of newbies signing on the dotted line. This time last year we had 314 members, so our total of is well up on that. So far six of the latest batch of Couch to 5Kers have joined the club. A very warm welcome to everyone who has recently joined, some of whom are pictured below.



Kyle Glover



Rebecca Beevers



Mark Norgate

Men's Club Championship ~ Top 10

1st. Roger Easterbrook	149 points
2nd. Ewan Walton	140
3rd. Andrew Morton	124
4th. Paul Vowden	98
5th. Duncan Knight	95
6th. Ryan Astbury	92
7th. Christian Robinson	84
8th. Allen Taylor	83
9th. Ben Tampkins	79
10th. Jayden Taylor	77



Andrew Morton

Lots of new faces on the leaderboards!

Next up ~ Easter Bunny 10K ~ 6th April

Ladies Club Championship ~ Top 10

1st. Kathryn Steemson	148 points
2nd. Lucy Evans	98
3rd. Pat Atkins	96
4th. Sue Tremlett	94
5th. Corinne Bright	91
6th. Jo Randall	87
7th. Kim Knight	50
8th. Chloe Weeks	48
9th. Laura Holland	47
10th. Michelle Doherty	47



Lucy Evans

Last date for wearing them - Wed 8th April



Let's beat that record!

76 of us finished the Forest Flyer last year. Let's see if we can beat that this year. Storm the Fort 10K is organised by our friends at Storm Running Club. It takes place on the 13th September and is this year's chosen Club Championship race; if you earned two or more marshal points last year then the race won't cost you a penny! Simply enter the race and claim your entry fee back from our Treasurer once you've run it.

The race has a limit of just 150. Imagine if over 50% of the field were Trotters. That really would be a sea of royal blue!

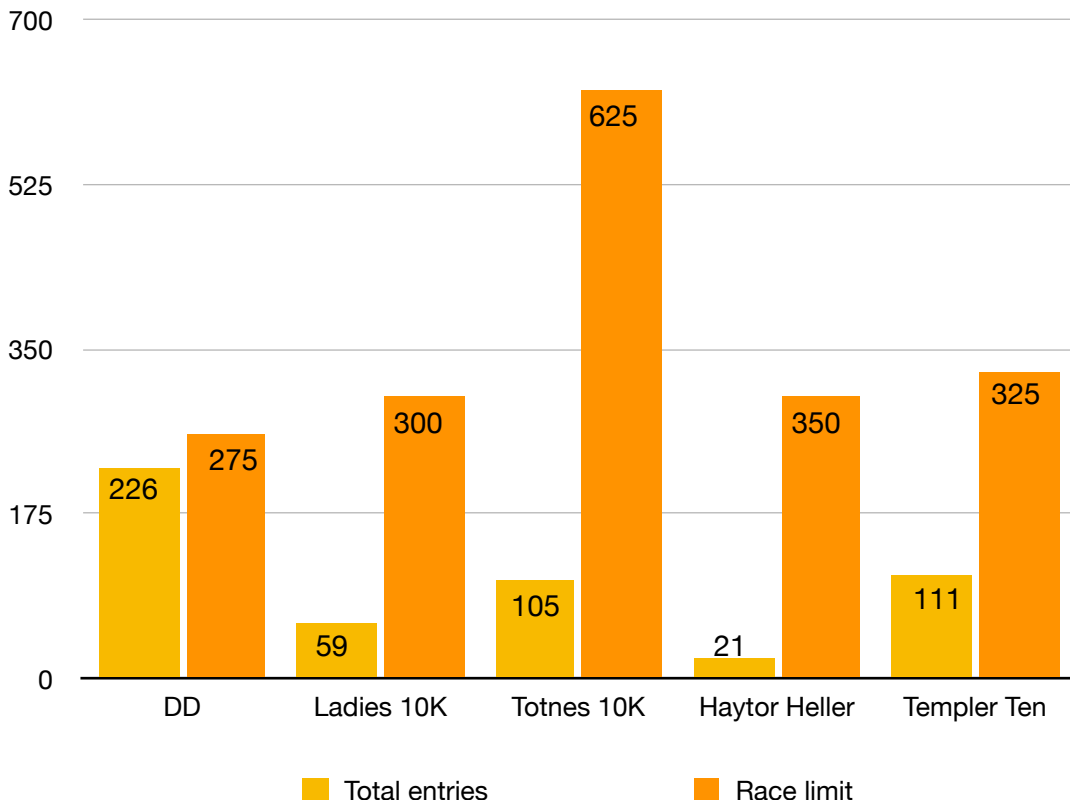
12 of us have already entered, don't leave it too late. Enter now and help create a new club record.

You can enter online at SiEntries via the link below.

https://www.sientries.co.uk/event.php?elid=Y&event_id=17143



How full are our races?



Training Night Changes!

Your coaches and leaders recently all got together for a meeting to discuss all things training related. It was a well attended, productive meeting. I've listed below some of the main points.

- On the first Monday and Wednesday of every month we will actively encourage members to make that step up to the next group. These are designated nights when, hopefully, more of you will feel less anxious about stepping up - a more of a safety in numbers sort of thing. This also applies to the Wednesday night structured sessions. The coaches/leaders on these nights will be aware of runners possibly experiencing doing their session for the first time and will adapt their session/ route accordingly.
- Once a month during these lighter evenings we will be replacing the Monday night A group with a 10 mile run. The pace will be 8.00/8.30 min/mile, which is slower than the normal A group pace. Tim Pratt (pictured opposite, AKA Wonder Boy) will be leading most of these.
- The Monday night B and Wednesday Social A groups have been changed to 8:30 - 9:30 minute pace. They were up to 10 minute pace but being realistic that never happened.
- We have a new system in place to record important information, such as an emergency contact number, for all runners who turn up for the first time. If you bring a friend along please let Jacki (pictured opposite) know beforehand or introduce them to her on the night in plenty of time before we start training.



Zippy bags another club record

Helen (Zippy) Anthony certainly enjoys running on foreign soil. She took herself off to Germany to take part in the Berlin Marathon on Sunday 29th March, where she ran a superb time of 1:28:53.

That was quick enough to set a new FV45 club record, beating her previous best time of 1:30:14 that she set in Prague last year. That gave Zippy the fastest FV35, 40 & 45 club records in the half marathon, to match the three she already holds over the marathon distance in the same three age categories.

Just for good measure she also holds the club record FV35 for the 10K and 10 mile. Giving her a total of eight club records!

