

# FOOTPRINT

## The monthly newsletter for the Thrift Green Trotters

February 2018

### Welcome

Happy New Running and Walking Year to all Trotters, and welcome to new members of the club, and to this your monthly newsletter. A special welcome to members of our new **Beginners Group**, which started on 10 January. It is a 13 week programme designed to get people off the couch and run 3 miles non-stop by the end of March. We have 24 people signed up for the programme, and let's hope as many of them as possible last the course. I shall report on their progress next month

### Membership Renewals

For the existing membership, this is my annual opportunity as Membership Secretary to highlight membership renewals. Subscriptions are due on **1 March**, and can be paid from now onwards. If you have joined since 1 January then your subscription is valid until 28 February 2019

**All members renewing** should complete a renewal form, whether paying by cheque or cash or by bank transfer - our preferred method of payment. This will ensure that your contact details held both by the club and England Athletics are up to date. The renewal form now contains an explanation of the use of the data by England Athletics and invites you to use and update your online portal, called myAthletics

At last year's AGM it was agreed that following last year's £5 increase, this year's fee would not increase unless there was an unexpectedly high rise in the affiliation fee to England Athletics. Well there wasn't, so the membership fees remain at £50 for new members and £35 for existing full members (rates for Youth members and second claim members are listed separately)

A second claim member belongs to another club as a full member but runs for the Trotters in a race in which their first club is not competing

Rates are as follows:

New member (First claim)	- £50	New Member (Second claim)	- £35
Renewal (First claim)	- £35	Renewal (Second claim)	- £20
New Youth (First claim)	- £40	New Youth (Second claim)	- £25
Youth Renewal (First claim)	- £25	Youth Renewal (Second claim)	- £10

### Methods of payment are:

- **By Bank Transfer** – you can pay your fee straight from your bank account to the Club's Santander account. Remember to ensure that the transfer contains your full name so that it can be identified

**Account Number 73777309**

**Sort Code 09-01-51**

- **By Cheque**, made payable to Thrift Green Trotters. Please try to avoid cash. A **Renewal Form** or a **New Member's Application Form** can be downloaded from the website, and handed to me or any member of the committee. Copies are also attached

- **By Standing Order** – please contact your bank if necessary to amend the order. Please also ensure that it is from 1 March. There are still some members with SOs from 1 September (please change!)

Finally, **PLEASE** pay promptly as it can be very time-consuming and frustrating to chase people for months on end. We need to pay our affiliation fees to England Athletics before the end of May, and I need all the money in well before then. Also please let me know if you no longer wish to be a member of the club and will not be renewing

## **London Marathon – 22 April**

The coach lists for the 2018 London Marathon are now up on the board at the Brentwood Centre. As usual there will be 3 coaches, one for the runners, one for the water stop and one for the Lucozade stop. Both volunteers' coaches are well over half full already

This year the London Marathon organisers are issuing accreditation for all volunteers, so a mobile number, an emergency contact and their mobile number is required. So if you want to be a volunteer at the water/Lucozade stops (always good fun and rewarding), please put your name down on the lists. Your contact details can be emailed to Keith Thornton at [kithornton@aol.com](mailto:kithornton@aol.com) if you do not wish to put them on the list

If you want to go on any of the coaches, but won't be going to the Brentwood Centre for a while, please contact Keith, or put a post on Facebook

The accreditation information is required by 16 March, when the lists will come down, so act quickly!

## **Marathon Fundraising**

The Trotters running the Marathon have been busy arranging a number of fundraising events. These include:

- 10 February – **Quiz night** at the Tipps Cross Remembrance Hall. All tables are now booked, but there may be the odd space available. Contact Lynsey/Vicki for further details
- 25 February – **Upminster Curry night** at the Ginger Lounge in Upminster. Contact Jo Day for further details
- 18 March – **Charity Curry night** at the Bongow Indian cuisine in Kelvedon Hatch
- 15 April – **Charity Golf Day** at Warley Park Golf Club. Contact Chris Jones/Marc Craddock for more details

More details on these events are available on our Facebook page

## **Little Bromley 10K – 8 April**

The coach list is also up for the Little Bromley 10K. Little Bromley, near Harwich, is hosting this year's Essex 10K Championships and, thanks to our well organised race captains, 33 Trotters have gained entry to this race. We have therefore decided to lay on a coach to make a good day of it. Runners and supporters are welcome, so come and support your club, and get your name down asap

The coach leaves the Brentwood Centre at 8.15 am. We will pop in to Harwich for food and drink after the race, and probably get back around 4.30 pm

## Brentwood Half Marathon – 18 March

We are once again seeking marshals for the Brentwood Half Marathon. A list is now up on the board at the Brentwood Centre where you can choose the point you wish to marshal at. If you can't get to the Brentwood Centre, then you can leave a message on Facebook, or contact Keith Gould on keithgould8820@gmail.com or text him on 07912 110737

The Brentwood Half organisers make a donation to the club for the marshalling we undertake, which can be used by those who marshal towards a race or membership

## Cross Country

### South Essex Cross Country League

#### Hadleigh – 31 December

Well done to the 15 Trotters who represented the club at a very wet, windy and muddy Hadleigh Downs. Our team came 5th in Division 1, so all your efforts were worth it. Thanks also to Brother Bench for his fine work as team manager

Individual results:

#### Men

3	Ryan Prout	72	Phil Olsen	110	Danny Ward
22	John Barker	89	Terry Allen	117	Mike Turrington
57	Keith Thornton	100	Murat Baygeldi		

#### Ladies

14	Hayley Pegg	31	Holly Meyers	70	Vicki Calleja
16	Kathleen Short	32	Amy Gornall	71	Nikki Panter

Remaining fixtures for the 2017/2018 season are as follows:

18 February - Pitsea @ One Tree Hill

25 February - Billericay @ South Weald

Races will start at 10 am as usual and entry fee is paid for by the club. Men and women race together, distance is 3-4 miles. A change to the scoring to reflect the increasing numbers of women taking part in the league means that in both divisions it will be 4 women to score, of which 1 must be a vet 35. Men remain the same with 7 for division 1 and 6 for division 2, both consisting of 2 vet 40s

### Essex League Cross Country

#### Writtle – 13 January

Individual results:

#### Ladies

44	Marijke van Eetvelde
52	Holly Meyers
53	Amy Gornall
63	Mary Lloyd
61	Lisa James



## Men

31	John Barker	92	Phil Olsen	159	Nick Knight
70	Peter Barrett	117	Danny Ward	163	Chris Short
81	Keith Thornton	133	Andrew Bonwick	179	Steve Smith



Final and deciding race for this season is on Saturday 10 February at Gloucester Park, Basildon!  
Individual League Standings after 3 out of 4 matches:

### Ladies:

#### Senior Women

19th Amy Gornall  
23rd Vicki Calleja

#### Vet 35/40W

15th Marijke van Eetvelde

#### Vet 45/50W

28th Jo Day  
36th Angela Coster

#### Vet 55/60W

6th Jackie Woodroffe

### Men:

#### V40/45M

19th Peter Barrett

#### V50/55M

5th John Barker  
14th Keith Thornton

16th Phil Olsen  
23rd Danny Ward

The Ladies Team is currently 9th in Division 1. The Men's team is joint 1st along with two other clubs in Division 2. Both the Ladies and Men's teams need a strong turnout at Basildon on the 10 February to ensure the ladies stay in Division 1 and the men get promoted from Division 2, hopefully as champions. Please come and join us if you can! Start time is 12 noon for the ladies and 12.45 pm for the men. Distance is about 3-4m for women, 6-7m for men. More details will be posted on Facebook and TGT Coms WhatsApp group nearer the time

## Benfleet 15 - 21 January



Huge congratulations to all 15 tough Trotters who took on the challenge of the Benfleet 15 in pretty extreme conditions! Despite the mud, cold and the blizzard (or maybe because of it) quite a few people got very impressive PBs. Special mention also to Kat Short and Allan Butler who got the trophy for being first in their age category, Female V35 and male V60 respectively!

Individual results:

Mark Read	1:44:12	Chanel Lassman	2:15:13
Terry Allen	1:51:01	Mary Lloyd	2:20:53
Peter Barrett	1:52:06	Jeff Marsham	2:29:58
Keith Thornton	1:54:16	Emma Hatcher	2:30:48
Danny Ward	1:58:37	Jess Wicks	2:35:06
Alan Butler	1:59:04	Vicki Calleja	2:43:05
Kathleen Short	2:00:30	Lorna Mess	3:18:52

**Essex XC Championships – 6 January**



Individual results:

**Men**

44	John Barker	114	Phil Olsen	144	Danny Ward
86	Peter Barrett	138	Murat Baygeldi		

**Ladies**

49	Kathleen Short	76	Amy Gornall	100	Clare Hills
70	Marijke van Eetvelde				

**Upcoming Road and Cross Country (in bold) Races**

Saturday 3 February	The Queen Elizabeth Olympic Park 10k Winter series	9.30 am
Sunday 4 February	Great Bentley Half Marathon	10.30 am
<b>Saturday 10 February</b>	<b>Essex League XC Race, Gloucester Park</b>	<b>various</b>
<b>Sunday 18 February</b>	<b>South Essex XC League, One Tree Hill</b>	<b>10 am</b>
	St Luke's Hospice Dunton Test Track 10	9:30 am
<b>Sunday 25 February</b>	<b>South Essex XC League, Weald Park</b>	<b>10 am</b>
	St Peters Way Ultra 45M	8 am
	Roding Valley Half Marathon	9 am
Saturday 3 March	The Queen Elizabeth Olympic Park 10k Winter series	9.30 am
Sunday 4 March	Essex 20 (new venue, Rochford!)	10 am

	Colchester Stampede 10K	9 am
	The Big Half (London)	various
Sunday 11 March	Southend Pier Marathon	10 am
Sunday 18 March	Brentwood Half Marathon & Fun Run	10 am
	Colchester 15m	9 am
	The Grizzly (Seaton, Devon)	TBA
Saturday 24 March	Essex 2018 Road Relays, Harwich	11 am
Sunday 25 March	Colchester Half Marathon	9 am
Friday 30 March	Crown to Crown Good Friday	11 am
Saturday 7 April	The Queen Elizabeth Olympic Park 10k	9.30 am
Sunday 8 April	Harwich Runners Bromley 10k	10.30 am
Monday 16 April	Boston Marathon	
Sunday 22 April	Virgin London Marathon	Various
Sunday 29 April	Frinton & Walton Half Marathon & Fun Run	10.30 am
	Rayleigh 10k Cross Country	10.30 am
Saturday 5 May	The Queen Elizabeth Olympic Park 10k	9.30 am
Sunday 6 May	High Easter 10k and fun run	10 am
Monday 7 May	Witham May Day 10 Miles	10 am
	Ashdon 10k (multi terrain)	10.30 am
Wednesday 9 May	Crown To Crown	7.30 pm
Saturday 12 May	Hylands House 10k	9.45 am
Sunday 13 May	Halstead & Essex Marathon	10 am
	Rochford 10k	10 am
	Colchester 10k	10.30 am
	Great Baddow 10m	11 am
Sunday 20 May	Boxted 10k	10.30 am
	Braintree 5m	11 am
Sunday 27 May	Burnham on Crouch 10k	10 am
Monday 28 May	Hatfield Broad Oak 10k	11 am
Saturday 2 June	The Queen Elizabeth Olympic Park 10k	9.30 am
	Harwich Runners – 24 hrs or 12 hrs ultra	
Sunday 3 June	Stour Valley Marathon (trail)	9 am
Saturday 9 June	Danbury Woods 10k	9.45 am
Sunday 10 June	Southend Half Marathon	9.30 am
	Hatfield Forest Hoohaah 10k	10 am
	Stansted 10k Fun Run	11 am
Wednesday 13 June	Crown To Crown	7.30 pm
Saturday 23 June	HARP 24 hr Relay Challenge ultra	
Sunday 24 June	Henham 10k	10 am
	Mersea Island Round the Island Race	10.30 am
	Horndon on the Hill 10k	11 am
	Quendon & Rickling Fun Run 10k, 5k	11 am
Saturday 30 June	Colour 5k Colchester	12 pm
Sunday 1 July	BRENTWOOD 10k	TBA
Saturday 7 July	The Queen Elizabeth Olympic Park 10k	9.30 am
Sunday 8 July	Marsh Farm 10k/5k	9.45 am
	Felsted 10k	10.30 am
Wednesday 11 July	Crown To Crown	7.30 pm
Saturday 14 July	Thorndon Park 10k	9.45 am
	Spitfire Scramble 24 hr ultra	
Sunday 22 July	The Kirste 5 Memorial Race	10 am
Saturday 4 August	The Queen Elizabeth Olympic Park 10k	9.30 am
Wednesday 8 August	The Crown To Crown	7.30 pm
Saturday 11 August	Hadleigh Castle 10k	9.45 am

Sunday 19 August	Clacton Half Marathon or 10k	10 am
Saturday 1 September	The Queen Elizabeth Olympic Park 10k	9.30 am
Wednesday 5 September	The Crown To Crown	7.30 pm
Saturday 8 September	Weald Park 10k	7 pm
Sunday 9 September	Langham 10k / 5k / 2k	10 am
Sunday 16 September	Pleshey Half Marathon	10 am
Sunday 23 September	Ingatestone 5 miles	11 am
Sunday 7 October	Harold Wood Charity Run 5m	11 am
	Chicago Marathon	
Sunday 14 October	Tiptree 10m	10.30 am
Sunday 21 October	Chelmsford Marathon	9 am
	Wix 5M	10.30 am
Sunday 28 October	Thurrock 10k	10.30 am
Sunday 11 November	Stebbing Remembrance Day 10M	11.05 am
Wednesday 26 December	Crown To Crown Boxing Day	11 am

### Dates for your diary

**Wednesday 28 March** – the club **Annual General Meeting** will be held at the Brentwood Centre at 9 pm following the group sessions

**Saturday 28 April** – the club **Annual Awards Evening** will be held at a venue to be confirmed

### Note from the Editor

Please continue to let me have any news items, race results etc that you would like to be included in the next edition of **Footprint**. Further information about your club and all our up and coming events is available on the website at [www.thriftgreentrotters.co.uk](http://www.thriftgreentrotters.co.uk) or on the club's Facebook page

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