

# FOOTPRINT

## The monthly newsletter for the Thrift Green Trotters

April 2018

### Membership Renewals

Subscriptions were due on 1 March, and at the time of going to print, nearly half the club has still to renew. Please renew **asap** or let me know that you will not be renewing your membership this year

Details of how to renew are at the end of this newsletter

### Club AGM - Wednesday 28 March

A thank you to all those who turned up to the AGM last Wednesday. They were rewarded with a lively debate on the future of the club and a sumptuous buffet. Key points from the meeting were:

- The accounts for the year ending 28 February 2018 were presented and accepted
- The current officers on the committee were re-elected
- Kathleen Short and Chris Jones were also elected to join the committee
- Membership subscription rates are unchanged from last year
- The key objectives for the Club Plan 2018/19 were agreed

The committee will start work later this month on addressing those objectives. The objective that caused the most attention was the 'review of the club name and branding'. The committee is fully aware that to change the name of the club would be a very important step, and will therefore look at this issue with the utmost care. Any proposals for a change will be put to members for their agreement before any action is taken

The agreed objectives are being circulated with this newsletter. If you have any comments that you wish to feed into the committee's initial discussions, can you please let me have them by **Monday 9 April**

### Life Membership



Congratulations to Johnny Barker who was elected a life member of the club at the AGM, well deserved after many years good service to the club both in a running and administrative capacity

John posted this on Facebook: 'I only went to the Trotters AGM for the free grub and came away a life member. This was totally unexpected, especially as I'm unable to get down to the club these days due to youth coaching commitments at Havering AC. The Trotters have been a big part of my life over the past 22 years, as older members will know that this is where I met my wife Lindsey. Thank you for nominating me I feel very humble. Looking forward to representing the Trotters (or whatever we are called in the future) on the roads and country for many years to come'

This is John doing what he does best

## Little Bromley 10K – 8 April

A last reminder that 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 are laying on a coach to make a good day of it. Runners and supporters are welcome, so come and support your club. There has been a list at the Brentwood Centre, but at this late stage it is best to contact Keith Thornton to let him know that you would like to go on the coach, for which there will be a nominal £5 charge

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

## London Marathon – 22 April

The coaches will leave the Brentwood Centre at 7 am on the day, so please arrive 6.45 at the latest. There is no Lucozade station this year, so we will all be working together on the one water station. We will need twice the number of volunteers because this year we are one of three stations trialling biodegradable paper cups. We will need to decant around 10,000 cups per hour, so we could be in for a busy morning. We have a meeting with the event organisers this week when we should know more information

Those of you who were on the list prior to 15 March will get VLM accreditation, which will be available for collection with your branded kit at the Brentwood Centre on Wednesday 18 April

## Marathon Fundraising

The Trotters running the Marathon have been busy arranging a number of fundraising events. The March Footprint reported on the charity quiz night and Upminster curry night

During March it was the turn of the **Curry Night** at the **Bongow Indian Cuisine** on 18 March. The snow and cold may have halted the Brentwood Half Marathon but not the Charity Curry night!

Organiser Heather Eltham reported that it was 'very well attended by just over 70 people who dug deep and purchased raffle tickets for the chance to win some fantastic prizes mainly donated by businesses in Brentwood High Street. Jill Thorne and I are pleased to announce the evening raised a fantastic £1,147 towards team SFH2018. Hopefully there were not too many sore heads the next day'

One forthcoming event is:

15 April – **Charity Golf Day** at Warley Park Golf Club - contact Chris Jones/Marc Craddock for further details

You can also sponsor our runners this year directly on their sponsorship pages <https://www.justgiving.com/account/teams/TeamTGTSFH2018>. Our 2018 target is £15,000 and we are already well over £8,000 – but we really want to smash our target this year to help the people needing the charity so close to our hearts! We can for those who can't. Let's do this!

## Awards Night – 28 April

You and your guest are cordially invited to the TGT 2018 Awards night on 28 April at Ashwells, Brentwood, from 7.30 pm to 1 am. **Tickets are £15** per person and will include the award ceremony, BBQ and disco

Please remember to vote for your TGT Personality of the Year – you can select any club member who has inspired you, impressed you, helped you etc. Please use a voting slip on a Wednesday

night or send your vote to [lynseyprentice@hotmail.co.uk](mailto:lynseyprentice@hotmail.co.uk) or [Victoria.calleja@hotmail.co.uk](mailto:Victoria.calleja@hotmail.co.uk). The award will be presented on the night

Your committee will also be presenting the usual plethora of cups and awards to those deserving winners who have, amongst other things, progressed, contributed to the club, helped with coaching, best newcomer, overall excellence in running, and contribution and attendance at cross country

Awards will also be made for the **Club Championship** for the year up to (but **not** including) the Brentwood Half Marathon 2018 (which didn't take place!) in the various age and gender categories, for those who ran a Half Marathon, 10 Mile and 10K race

Please see Lynsey Prentice or Vicki Calleja for any further details

## Race reports

Not too many reports this month, due to some extent to the cold weather. Unfortunately that caused the cancellation of the Brentwood Half Marathon, for the first time in 37 years. However some of our members have been venturing afar

### The Grizzly/Cub – 18 March

Keith Thornton reports on a rather different Grizzly: 'Unfortunately very few Trotters got into the event this year, so it was always going to be a bit of a different weekend. How different was mind boggling. By Saturday afternoon enough snow had fallen to put the event in doubt, and the forecast high winds arrived on cue. The Grizzly was cancelled Saturday on safety grounds, so we waited to see what would happen Sunday morning

For us already there, the organisers took the brave decision to run an amended course using the Cub route plus Branscombe Beach. Fortunately for the majority off us, after the first three runners had nearly frozen their plums off (sorry Ryan) running through the freezing river, the organisers decided this was too dangerous and routed the other 1,200 plus of us straight back towards Beer. This, however, was no picnic as the high winds were driving the heavy snow at us horizontally

The conditions were extreme to say the least, but all of us had an unforgettable run due to the amazing organisation and marshals who, as usual, were out in their hundreds'

### Jurassic Coastal Challenge – 23-25 March



Nicky Steadman reports on her testing challenge:

'Hey peeps, thought you may be interested in hearing of my opinion of the Jurassic Coastal Challenge. Julie Anne Reeves and I managed to complete this three day marathon+ challenge from the 23-25 March. This is a stretch of coastline from Weymouth to Studland Bay in Dorset

This run is definitely a challenge not for the faint-hearted! A scenic, undulating course to test your limits of strength but by God it's worth it, views are to die for!'

### Beachy Head Ultra Marathon – 17 March

Terry Allen has also been busy on the coast where he took part in his first Ultra Marathon: 'On a typical spring morning of gale force winds, snow and sub-zero temperatures, I, along with 130 runners, set out for 34 miles of cross country up (and down) the Seven Sisters and Beachy Head in

Sussex – total climb 5,482 ft. 100 of us finished and I was very pleased to come in 39th in a time of 6 hours 20 minutes. To be honest this felt more like an exercise in survival rather than racing, but I loved (almost) all of it – it felt great to start a race genuinely being nervous about completing it. If you're looking for a new challenge and tired of just chasing times give an Ultra a go!

### London Landmarks Half Marathon – 25 March



Two ladies represented the Trotters at this half marathon and they recorded the following excellent times:

Alexa Parker	1:48:40
Mary Lloyd	1:49:41

### Fitness in Mind Brentwood 10K – 1 July

Entries are already coming in for our FITNESS IN MIND Brentwood 10K at 10 am on Sunday 1 July 2018. As highlighted at the AGM, please keep this date free to help the club

Detailed updates will follow as we near the big day

### Ride London – 29 July

This year Ride London is on Sunday 29 July, and we are looking for as many volunteers as possible. It is a long hard day, but is always great fun, and is followed by a subsidised curry in the evening. Keith Thornton will put a list up at the Brentwood Centre, or people can contact him directly. If you volunteer in 2018 you can go into the draw to ride 2019

### Upcoming Road and Cross Country Races

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 m	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

## Membership Renewals

**All subscriptions are now due.** 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

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
- **By Standing Order** – please contact your bank if necessary to amend the order. This should have been from 1 March.

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

### 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

Steve Birkett ([stev.birkett@gmail.com](mailto:stev.birkett@gmail.com))

**[www.thriftgreentrotters.co.uk](http://www.thriftgreentrotters.co.uk)**

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