

FOOTPRINT

The monthly newsletter for the Brentwood Running Club (formerly known as the Thrift Green Trotters)

August/September 2018

Farewell to Footprint

This is the penultimate edition of Footprint, your friendly monthly newsletter. I announced in the July edition (in the notes at the end) that I would stop producing it in October. The committee has decided not to continue with Footprint and will, instead, ensure that up-to date information is available both on our website and club social media

It has been a pleasure (most of the time) keeping members, especially the non-Facebook section, informed on club matters and I hope we can continue to do that. I shall not be disappearing from your media screens as there will be a need from time to time to circulate information on membership and other matters, especially the re-branded club

The final issue of Footprint in early October will include a retrospective look at the club and past items reported in Footprint. If you have anything you wish to share with members please let me know

Brentwood Running Club (BRC) re-branding

Talking of re-branding we have been making swift progress since the decision was made in early July to change our name. A logo has been agreed and applied to the new kit which has been developed by the kit sub-committee (more below)

It was originally intended to formally change our name on 1 October, but with the need to ensure that our new name was accepted by England Athletics in time for the cross country season, we will formally become Brentwood Running Club on Monday 3 September. Arrangements have been made to ensure that other organisations such as the bank have been properly notified. Our website will also be amended

Essex Way – Sunday 2 September

I have circulated separately details of this year's relay race from Epping to Harwich, which will be the last team event run by the club as Thrift Green Trotters. We have entered 5 teams, and full marks go to the ladies, whose 3 teams is the highest number for any club taking part

Thanks to the team organisers and all those taking part, but special mention to those helping to ensure that Leg 2 from Ongar to Good Easter, which our club is responsible for, runs smoothly. That includes Ken and Evelyn Bench on the water stop, Brian on marshalling the A414 crossing, Keith and Lynsey on the A1060 crossing, and Liz on helping me complete the scoresheet and providing refreshments at the end of the leg

It is a good way to give TGT a proper send-off, so come along and support all the way to Harwich even if you are not able to run. If you can't manage that, perhaps you can be tempted along to a farewell drink. We are meeting in the Merchant, in Brentwood High Street, from 7pm onwards to say goodbye to TGT (just the name!) and celebrate the start of Brentwood RC

Brentwood Running Club Shop

You should all have received full details of the new club shop last week. The important points to remember are:

- the kit shop link, [Brentwood Running Club Shop](#) takes you to the club shop. You need to register first and then you will be able to see prices and place your order
- it is for to individuals to order, rather than purchasing from club stock, which can be done at certain time windows when items can be ordered
- all kit ordered in the first window will be delivered to the club for quick distribution in time for the autumn XC and road races
- that window closes on **9 September** so get your orders in before then. A further window will open later in October

XC Season 2018/19

The cross country season is almost upon us, and fittingly the first club event as Brentwood RC will be **the Essex XC Relays**. Details of the race are:

Date: **Saturday 29 September**
Venue: Gosfield School, Halstead Road, Gosfield, CO9 1PF
Distance: 5K
Time: 12:30pm
Format: 4 legs of 5K each

To be part of this historic moment in club history please let Marijke or Ryan know if you'd like to run

XC Dates for the diary:

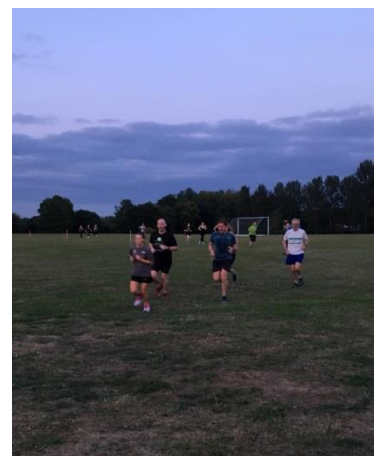
29 September	Essex County XC Relays – Halstead
27 October	Essex League Round 1 – Horseheath Racecourse
10 November	Essex League Round 2 – One Tree Hill
25 November	South Essex League Round 1 – Hadleigh Downs
1 December	Essex Vet XC Champs – Hilly Fields
15 December	Essex League – Round 3 – Venue TBA
30 December	South Essex League – Round 2 – Hadleigh
5 January	Essex Senior & Under 17 & U 20 XC Champs Writtle
12 January	Essex League Round 4 – Epping Forest
13 January	South Essex League Round 3 – One Tree Hill
2 February	Essex League XC Round 5 – Gloucester Park
10 February	South Essex League Round 4 – TGT, Venue TBA
17 February	South Essex League Round 5 – Weald Park

England Athletics Club Run

It was another great session on 15 August led by the Olympian coach Paul Evans, who put the good turnout of Trotters through their paces on the field outside the Brentwood Centre

The third and final session of the summer series led by Paul will be on Wednesday 12 September, so put it in your diary and don't miss out

A buffet will be provided after the session



Results

Not many races during August but one to report on is **Stanford-le-Hope 10k** on 19 August

The TGT results were:

Phil Olson	43:41	Amy Gornall	49:44
Ben Whateley-Harris	45:54	Surjit Grewal	51:45

Ride London – 29 July

Keith Thornton reports: 'What an amazing day - hard work, exciting and emotional and very, very wet - as the picture shows. Pleased to say all our riders got home safely; congratulations to all for a fine effort on a foul day. Thanks to all our amazing volunteers for giving up their entire Sunday. Great teamwork as always'



TGT Kit

On Wednesday 12 September, following the Paul Evans session, all TGT kit (other than the new style running vests being retained for 'emergencies') will be set out in the bar area of the Brentwood Centre

Members are invited to take whatever kit they want – to wear or frame or just for posterity! – and made a donation to Saint Francis Hospice

All remaining kit will then be distributed to any local group that may be able to make use of it or will be placed in clothes banks. If you know of any group that may want any of the existing kit, please let Liz Short know by emailing liz.short@yahoo.co.uk and she will arrange it

Upcoming Road and Trail Races

Saturday 1 September	The Queen Elizabeth Olympic Park 10k	9.30 am
Sunday 2 September	Essex Way	various
Wednesday 5 September	The Crown To Crown	7.30 pm
Saturday 8 September	Weald Park 10k	7 pm
	Nuclear Blast 5k or Nuclear Blackout 5k	1 pm
Sunday 9 September	Langham 10k / 5k / 2k	10 am
	Harlow 10m	10 am
Sunday 16 September	Pleshey Half Marathon	10 am
	Essex 10k Multiterrain	8.30 am
	Dedham 10k plus Fun Run	11.00 am
	Fyfield Footpath 5K	10.00 am
Sunday 23 September	Ingatestone 5 miles	11 am
Sunday 30 September	Dunton Demon 5 miles	10.30 am
	East London Runners 5k Valentines Park	10.30 am
	Colchester 15m	9 am
Saturday 6 October	Saltmarsh 75M Trail Ultra	9 am
Sunday 7 October	Harold Wood Charity Run 5m	11 am
	Colchester 15m	9 am
	Southend 10k	10.30 am
Sunday 14 October	Tiptree 10m	10.30 am

Sunday 21 October	Chelmsford Marathon	9 am
	Leigh on Sea Striders 10k	9.30 am
	Chelmsford 5k	10 am
	Wix 5M	10.30 am
Saturday 27 October	Tough 10 Essex	10 am
Sunday 28 October	Thurrock 10k	10.30 am
Saturday 3 November	Nuclear Races	10 am
Sunday 4 November	Billericay Striders 10k	9.45 am
Sunday 11 November	Stebbing Remembrance Day 10m	11.05 am
Saturday 1 December	Essex XC Vets	various
Sunday 9 December	Southend 5m Rudolph Run	10.30 am
Wednesday 26 December	Crown To Crown Boxing Day	11 am
Saturday 5 January 2019	Essex County Seniors/U17/U20	various
Sunday 20 January	Benfleet 15	10.30 am
Sunday 27 January	Hadleigh 2012 Legacy 10k	10.30 am
Sunday 3 February	Great Bentley Half	TBA
Sunday 3 March	Essex 20	TBA
Sunday 10 March	The Grizzly	TBA
Sunday 17 March	The Brentwood Half Marathon	TBA
Sunday 28 April	The Virgin London Marathon	various

Note from the Editor

As I said earlier, I shall be hanging up my Footprint boots in October after about 6 years. Information is always available on our social media and on the website which will be kept up to date with news, results and forthcoming events

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