

FOOTPRINT

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

July 2018

Extraordinary General Meeting – Wednesday 4 July

Just in case you don't know, the EGM earlier this month voted to change the name of the club from Thrift Green Trotters to Brentwood Running Club by 65 votes to 15

Now the hard work begins, as a name change alone is not going to achieve the membership boost and improvement in services to members that we wish to achieve. The club committee has met for the first time since the EGM, and the main points to report on the agreed way forward are:

- the Essex Way Relay Race on Sunday 2 September will be the final race that the club will participate in as Thrift Green Trotters (see below for further details)
- the new club name will be officially launched on 1 October
- the website will be updated, and all our links with organisations such as the bank and England Athletics will be amended in time for that date
- a new logo has been agreed and will be used on kit, which will remain green and white, with black shorts/leggings
- a range of kit items is to be produced by Zeon and members can purchase them online in time for the launch date
- old TGT kit will be available at a reduced price (see below for further details)

Fitness in Mind Brentwood 10K – 1 July



Brian, our Race Director reports: 'A massive **thank you** to all who helped make our annual road race, the FITNESS IN MIND Brentwood 10K such a great success on Sunday 1 July 2018

'A seriously hot day caused us to put in an extra water stop and the residents en route assisted by effective use of their garden hoses! The people of Blackmore made us welcome, as usual, and the runners were efficiently marshalled safely from start to finish as evidenced by the examples below:

Sarah "It was a fantastic event, thank you so much to all the marshals for your friendly cheers of encouragement and positivity - it was a hot day for all involved. You kept us sane and safe what more could runners need? (Hosepipe marshal was my favourite though 😊)"

Dawn "Thanks very much guys. Lovely run as always x"

'We are monitored by a Race Adjudicator appointed by Run Britain and I am pleased to report that he gave us top marks once again. So, thanks to my team, Heather Eltham (Race Secretary), Lynsey Prentice (Chief Marshal) and to you – all the helpers who made this an event the club can be proud of

'Once the sponsorship and entry income has been received and expenses deducted we will review a donation from the club to Saint Francis Hospice.

Watch this space!

The results for our own club runners are:

Place		Name	Time
67	James	Attwood	51:48
92	Courtney	O'Shea	56:06
94	Emma	Hatcher	56:21
146	Martin	Hurst	01:06:02
147	Chloe	O'Shea	01:06:04
149	Gail	O'Shea	01:06:33
150	Lorna	Mess	01:06:34
151	Georgina	Ward	01:06:33
174	Tracey	Goodlad	01:15:34
176	Elli	Francis	01:16:58
182	Jean	Driscoll	01:31:15
183	Kelly	Allen	01:31:12

3 Mile Memorial Handicap – 20 June

This was held 20 June in memory of all those Trotters who are no longer with us. The top 3 were:

- 1st Georgina Ward
- 2nd Courtney O'Shea
- 3rd Ben Whateley-Harris

Full results are available on Facebook. A massive thank you to Ken for all his hard work and organisation and Excel skills



England Athletics Club Run

The first of our England Athletics Club Run sessions run by two times Olympian, Chicago Marathon winner and Level 3 Endurance performance coach, Paul Evans, was held last night (18 July). This was a great opportunity to tap into the knowledge and skills of a world class athlete and coach, and there was a great turnout to participate in this very testing but enjoyable session. Here are some club members preparing to 'enjoy' themselves. You can watch the videos on our Facebook page



A further session will be held with Paul on 15 August

Saint Francis Hospice Presentation



Prior to the England Athletics training session, there was a presentation to Saint Francis Hospice of the money raised by our runners in the London Marathon. They raised a whopping £19,500

Well done to everyone

Brentwood Parkrun – 14 July

Thank you to everyone who marshalled, paced, helped out or just came to represent the club at Brentwood Parkrun on 14 July. We had been invited to take over the run that day, and Melvyn Cooper had already kindly volunteered to be the race director. It was a glorious morning and we hope everyone really enjoyed it

Simon Adams from the Parkrun core team sent the following message: 'Thank you for all the volunteers, pacers who made parkrun a great event this weekend, and thank you to Melvyn who kept things smooth and shipshape as Run Director.

All the best with the re-brand and continued success'



Ultra Runs

Huge congratulations to three members of the club:

Firstly to **Julie Ann Reeves** who has just completed the Essex 100 (her first 100 miler but we suspect it may not be her last!) in scorching conditions

Secondly to **Kat Short** who has completed her first mountain Ultra, the 6th Annual World Trail Series Eiger Ultra on 14 July. This is her story:

'This is held in Grindelwald, Switzerland, and the race offers multiple distances. I took on the 101K race with an estimated 6700 metres of climbing. The course was composed of eight summit climbs, the highest around 2750 and long technical descents through rocks, snow and forests

It was a balmy 4am start, with over 800 people towing the line, including some of the best mountain runners in the world. It was well into the mid to high 20s by afternoon and many runners chose not to continue past the half mark, and although I had some knee pain I continued on, otherwise feeling good. I was just gaining momentum when they stopped the race because of thunderstorms around 5.30pm. It stormed for 90 mins and then we were told the race would restart at 8pm after they reshuffled all the remaining runners into two new starts. They took about 15k out of the course, as it was deemed unsafe. The new course was a long downhill and climbing up and around the last part of the Eiger trail, all done in the dark in the woods

I was still getting a lot of knee pain on the downhill but the last kilometre was back uphill to Grindelwald and I was able to run most of it, for a strong finish of 14:32. There were seven women who completed the original course and 71 who finished the new course. I placed 24th overall on the new course and 5th from the Mannchen start out of 53 women. This was my first mountain ultra and I can sum it up in three words - beautiful, hard and (a bit) scary

Thirdly to **Marc Hills** (pictured here) who finished the 120k Laveredo ultra in Italy on 27 June in 24:09:15. 28th Brit home. Well done over some pretty lumpy ground



Essex Way – Sunday 2 September

This year's relay race from Epping to Harwich will be the last team event run by the club as Thrift Green Trotters, so please come and take part and give the name a good send-off. We will enter men's and ladies teams, even a mixed team if appropriate. Please contact Tina Leung or Steve Smith if you wish to take part in the race

A free TGT vest will be available to any Essex Way runner if they wish to have one

Beginners Group

A new 13 week beginners group began last night (18 July). Good luck to them. I shall report on their progress in the next issue

Ride London – 29 July

This year Ride London is on Sunday 29 July, and we are looking for as many volunteers as possible to work on the feedstation making sure the riders have water and snacks as they take a break before completing their final 25 miles. It is a long hard day, but is always great fun, and is followed by a subsidised curry in the evening

Please let Keith Thornton know if you are able to help us

TGT Kit

Tina and Liz will be at the Brentwood Centre for every Wednesday in August from 6.45 to 7.30 for anyone wishing to purchase existing TGT kit

TGT hoodies will be on sale for £5 and all other TGT kit will be on sale for £3

Anyone running in the Essex Way can claim a free vest

Upcoming Road and Trail Races

Friday 20 July	Brantham 5m	7.30 pm
Sunday 22 July	The Kirste 5 Memorial Race	10 am
Saturday 28 July	The Twilight Half Marathon / Marathon or Ultra	10 am till 9 pm
Wednesday 1 August	Harold Wood RC 5k	7.30 pm
Saturday 4 August	The Queen Elizabeth Olympic Park 10k	9.30 am
	Orion Harriers Forest 5m	10 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
	Stanford Le Hope 5k & 10k trail	10.30 am
Saturday 25 August	Trifarm Autumn 10k Trail Run	12.00
Sunday 26 August	Mersea Island 5m / 10m	10.30 am
Monday 27 August	Barking Road Runners 5k	10.30 am
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	
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
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
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
Sunday 9 December	Southend 5m Rudolph Run	10.30 am
Wednesday 26 December	Crown To Crown Boxing Day	11 am
Sunday 20 January 2019	Benfleet 15	10.30 am
Sunday 27 January	Hadleigh 2012 Legacy 10k	10.30 am
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

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 or on the club's Facebook page

Finally for those of you of you who have made it this far, this is to let you know that I shall be hanging up my Footprint boots in October after about 6 years. In fact there is unlikely to be a monthly newsletter under the communication arrangements for the rebranded club. Up to date information is always available on our Facebook page and it is intended that the website will also be kept up to date with news, results and forthcoming events

Steve Birkett (stev.birkett@gmail.com)

www.thriftgreentrotters.co.uk

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