

TOTNES 10K

4th August 2024



2023 a real success!

Thank you for entering Totnes 2024. Last years' race saw a return to the race being sold out due to the efforts of our outgoing race director, Bob Small and his team. On a good day for running the race was won by Skip Snelon of Banbury Harriers AC in 39.35. The womens' race was won by Katie Synge-Curtis of the Royal Navy AC in 44.46. There were 524 finishers.

We will be once again staging a 'One Mile Fun Run' round the perimeter of Borough Park, which is completely traffic free. There are plenty of prizes on offer for the various age categories. Entry on line will save you £1.50 as it will be £5.00 on the day.

- **Main race start time 11am**
- **Fun run start time 10.15**
- **Limited free parking on the Industrial Estate. Pay & Display parking is also available**
- **Leisure Centre postcode: TQ9 5XW**
- **We have a strict 'No headphones' policy. If caught wearing them you will be disqualified.**



Facilities:

Bag store: If it's dry, baggage can be left on the field, if it's not then it will be in the sports hall.

Toilets, changing & showers:

There are plenty of toilets throughout the building, as well as separate male and female changing rooms. These will be clearly signed. We will also have portaloos on the field.

Food (cash please):

The Trotters are renowned for their amazing cakes, of which there will be plenty to choose from, as well as tea and coffee. We will also have a BBQ, selling burgers, hot dogs and bacon baps. Suffice to say you won't go hungry.

Race Safety:

The route is mainly on trails and footpaths with a short section on road. The course will be clearly marked with arrows and tape, as well as plenty of marshals to ensure you don't take a wrong turn.

There are two drink stations on the course. We want to keep the landowners happy, who will then hopefully allow us back next year. Please respect others on the course, remember you don't have priority in public areas. The footpaths near the start and finish will be busy, especially if it's a nice day.



Sponsors:

Our thanks to our main race sponsor, Sibelco and to China Blue, Empire Scaffolding and The Albert Inn.

Chip Timing:

Both races will be chip timed. Please don't fold your race number which should be displayed on the front of your running top or shorts.

10K Prizes

- 1st 5 males, 1st 5 females
- 1st & 2nd MV40,45,50,55,60,65,70
- 1st & 2nd FV40,45,50,55,60,65,70
- 1st male and female U18
- 1st & 2nd male teams (6 to count)
- 1st & 2nd female teams (4 to count)

Fun Run Prizes:

- 1st & 2nd M/F U6
- 1st & 2nd M/F U9
- 1st & 2nd M/F U12
- 1st & 2nd M/F U15

Presentation for the fun run will take place after the start of the main race.

Presentation for the main race will take place at approx. 12.45pm

Since the Trotters took over the organisation of the race we have donated in excess of £25,000 to local Totnes charities.

Totnes Caring have worked closely with us for a number of years throughout the pre-race period

and on race day they provide assistance with the baggage store, finish water station and distribution of medals.

Totnes caring is a great charity and does wonderful work within the local Totnes area and we are proud to support such a worthwhile and respected local charity.

Introducing your new race directors Rod and Lucy Payne



Lucy and Rod have been members of the Teignbridge Trotters for a number of years. Lucy has previously been RD for the Ladies 10k and Rod had a year as RD for the Haytor Heller. We are pleased to take over from Bob Small who has made himself a hard act to follow. We thank him for his hard work over the past few years and also for the thorough handover to us.

We have been advised by Dartington Estate that we will never be able to return to the old course, this is due to erosion. As we will be using the new route permanently we have reset all of the course records. This is a great opportunity for you to come along and set new benchmarks.

We want to thank our sponsors mentioned previously and our special thanks go to Gemma of Totnes Caring who has worked closely with us in the lead up to the race.

ENJOY YOUR RACE!! AND COME BACK IN 2025.

TOTNES CARING
Your local charity