

Tamar Trotters

The Tamar Trotters have been running around the streets and country lanes/fields of Saltash since 1996. We have around 200 fantastic members and cater for all abilities from the complete beginner to hardened, ultra athletes.

We organise three running events each year. The Saltash Half marathon, 5k and Fun Run in May, our Magnificent7 in July and the Santa Fun Run in December.

We are currently busy behind the scenes getting things ready for the Saltash Half and are looking for volunteers to help out on the day. Please come and chat to us on the 26th to find out more about what this will involve.

This year we are celebrating 30 years of running. We have several social events planned for our members throughout the year with our big Anniversary Party being held on Saturday 8th August at Saltash Rugby Club. We are opening this event up to anyone who has ever been a Trotter over the 30 years. More details can be found at our event page at <https://facebook.com/events/s/30th-anniversary-party/1555477659919114/>

Each year we run at least two Couch to 5k courses. If you would like to take up running, get fitter or are returning from injury, then this 10-week walk/run programme is a great, gentle-paced way to do it. Some of our Couch to 5k graduates enjoy running regularly with us and others have gone on to complete marathons. There is no limit to what can be achieved.

End of report