



# Weekly Podcast

OVER 5000 FACEBOOK MEMBERS

## TEA & TRAILS SPONSORSHIP PACK

- Over 50000 monthly plays
- Top 3 - UK running podcast charts
- Large, active and loyal community
- Inspirational guests
- Multi platform reach
- 72% of listeners have purchased product mentioned on the podcast

**THE UK'S MOST POPULAR TRAIL RUNNING PODCAST**

# TEA & TRAILS

## Why Us?

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Weekly  
Podcast

OVER 5000 FACEBOOK  
MEMBERS

... funny, informative, honest. Love, love, love it. Look forward to the longer runs because it's my time to listen. Eddie's Spine journey was incredible and inspiring. Looking forward to the Gary's Dragon's Back in due course!

The band is back together  
★★★★★

... loving this podcast Eddie  
... great format of fri  
... ning at

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Sun

5 Star Reviews

## Top 5 Chart Position

Apple  
Great Brit  
Running



Edwina Sutton  
Thwaites

Tea & Trails

1



Runner's

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## About Us?

Tea & Trails is a weekly trail running podcast that loves to talk about running, tea and trails. Hosts Edwina & Gary talk about recent ultra races, what's been going on in their lives, coaching and interviewing a variety of runners and race organisers. Please reach out if you would like to be involved!

hello@teaandtrails.com

## Active FaceBook Community



**The Tea & Trails Podcast**

Public group · 2.6K members

Manage

About

# ABOUT THE HOSTS

## Edwina Sutton

Eddie is an international ultra runner based in Morzine in the French Alps.

Eddie spent 12 years as a PE teacher. After having her three children, she progressed her qualifications as a triathlon coach, gym instructor, personal trainer and run leader. She was an Ironman triathlete for five years while working full time, breaking course records and representing her GB age group at both Olympic and Ironman distance triathlon. After having her first child she began to discover ultra running instead.



Top 5 Chart Position

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Runner's  
Th

## Gary Thwaites

Gary is a long time runner and competitive age group ultra runner. He's also a prolific marathon runner with well over 100 finishes under his belt. He recently joined the Bob Graham Club after completing the challenge withing the 24 hour limit.

He has an popular YouTube channel that follows his journey on the trails with his best friend Rex.

## ABOUT THE HOSTS



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# Rates

07917891786

**72% of listeners have purchased product mentioned on the podcast**

**MAIN SPONSOR** - Only 1 slot available per show.

Cost - Product & £350 + VAT (4 weeks)

Opening read and or organic content & end of show shout out.

Branded content

URL in show notes

Athlete/Expert Interview - Optional

Event/Product Feature - Optional

Dedicated page on [www.teaandtrails.com](http://www.teaandtrails.com)

Share your content with our community - 1 post & 1 story per week

[hello@teaandtrails.com](mailto:hello@teaandtrails.com)

[www.teaandtrails.com](http://www.teaandtrails.com)

**SECTION SPONSOR** - Only 3 slot available per show.

Cost - Product & £250 + VAT (4 weeks)

Each week we have our Main Interview, Brew with the Coaches and Tales from the Trails. Your brand could connect with our community via these sections.

Read or organic content before section & end of show shout out.

Branded content

URL in show notes

Athlete/Expert Interview - Optional

Event/Product Feature - Optional

Dedicated page on [www.teaandtrails.com](http://www.teaandtrails.com)

Share your content with our community - 1 post & 1 story per week

## PATREON PARTNER

Flexible community support. Share a discount code for our Patreon community to use. You decide the discount code value. We share this via Patreon and give you a weekly shout out at the start of the every podcast.

We'll add your logo to our Patreon, Facebook group and Facebook page too. Your URL will be added to our community Patreon page.

Product can be supplied to the hosts and this will be discussed during the podcast, This is not a requirement, but as a thank you we will highlight your brand on the Patreon section of [www.teaandtrails.com](http://www.teaandtrails.com)

Competitions prizes can be part of the Patreon Partner tier too.

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