

The Trotter magazine

No. 5 MARCH 2024

Colossal Christmas Collection!



See inside for more on Stuart's sterling efforts



From the editor . . .

A slimmed down version of the magazine this month, but included are a couple of very important dates for your diaries and a piece on page 8 by Steptoe Stu, known to some as Stuart Moulson, celebrating our exceptional fund-raising efforts in the run-up to Christmas last year. This in addition to the all-important AGM reports, pages 3-6.

The first date to keep free is for the annual club camp—this year on 14-15 June, just a week after our blue riband event: the Dartmoor Discovery Ultra. See page 7 for more details from the Barnetts.

Club Camp, Friday 14th and Saturday 15th June at Brean Sands

Secondly, even though the big night is still 9 months away, you'll all be delighted to learn that Awards Night and general shenanigans this year will again take place at Finlake and we're already guaranteed a fantastic live band and hot food.

Awards Night, Saturday 14th December at Finlake

AGM Tuesday 20 February 2024

7.00pm at the REC

Here are the all-important AGM reports from the Club's officers: Chairman [Roger Hayes](#), Secretary [Liz Barnett](#) and Treasurer [John Caunter](#)

First, Chairman's Report from [Roger Hayes](#)

Good evening folks and thank you for taking the time to be here tonight, for what is our 40th AGM.

Although the club initially started in 1982, it was in July 1984 that the club was officially formed and the first AGM took place. The club has certainly grown/changed in so many different ways since then. This is my 30th year of being on the committee. Having had a front row seat, I think it's fair to say that I've witnessed most of those changes. You will see from tonight's agenda there are two resolutions for you to vote on, both are just minor tweaks to the constitution. There are also numerous vacant non-committee posts that remain unfilled. I will accept nominations from the floor in the hope that we can fill those roles. Healthy competition for roles is always a good thing, it's something I have actively encouraged over the years.

Sadly this year, like last year, no one other than the existing committee stood for any of the 13 positions available. Races up and down the country have generally struggled on the entries front, and our races were no exception last year. The DD got us underway in June. The race winner, a young whipper snapper at the tender age of 21, was running the DD for the first time. As was the first lady, who dipped under 4 hrs, and in doing so broke the female course record - making a £200 dent in the RD's final accounts! The Haytor Heller was sadly cancelled for only the third time in its 38 year history. Foot and Mouth disease and Covid accounted for two such times. Last year it was the weather. New guidelines have been put in place for Race Director's if such an occurrence should arise again. The only race to buck the trend of not selling out was our Totnes 10K. We hit our 625 race limit with a few days to spare. A fitting tribute to Bob Small who stood down from the role as RD after overseeing a very successful four years in the hot seat.

Last year saw new owners take over Dornafield after the Dewhirt family sold up. Although the Ladies 10K went smoothly and was a great success, the Caravan & Motorhome Club (who bought the business) felt they couldn't accommodate us again. A new course and Race HQ has since been found and I think the future looks bright for the race. The switch from November to October for the Sibelco Templer Ten certainly paid dividends so far as the weather was concerned. A glorious day helped ensure another great Trotter event. I am a strong believer in the powers of social media. I see it as the main way forward to promote our races and try to get them full.

My thanks to those who shared my posts promoting our races during the course of last year. However, despite numerous pleas, it was sadly only a small hard core of you who did - over 200 of you in our Facebook group didn't! Going forward, please make it your business to share posts promoting our races. The simple fact is, if we don't fill them then our membership fees will continue to rise, as our races are our only real source of income. My thanks to everyone who helped out at any of our races last year.

Special thanks to Bon, Bob and Jason, who's last year it was as Race Directors. My highlight of 2023 was undoubtedly the formal introduction of the Couch to 5K. Whereas before we had a beginners group with very little structure, we now have a highly successful programme in place. The three start dates within a year, allows us to promote those 12 week courses. We're very lucky to have John Skinner as the groups leader. He does an amazing job, making light work of something that's not easy. We're noticing more and more members from his groups are joining the club, which can only be a good thing. Our coaching team saw quite a few comings and goings last year. Thankfully with those that joined our team, we were, and still are, able to offer a great selection of twice weekly sessions. My thanks to all those involved.

Congratulations to our Club Champions; Jacki Woon and Roger Easterbrook, and to all those that won an award last year. We had nothing but good feedback from staging it at Finlake for the first time, so much so that we're going back there again this year - so get the 14th December in your diaries! I'm hoping to make the inter club cricket and rounders social day, an annual event at the Rec, such was the success last year. Who could forget those winning runs off the last ball. Our club captains did a marvellous job in rallying the troops for the various relay events we took part in. If you've never run one before, you should give it a go, they really are great fun. Please remember the committee are always open to fresh ideas and suggestions, such as the one Bob Small brought to us regarding his series of lectures. It's been a pleasure serving you as Chairman and I look forward to doing it again this year.

I shall now hand you over to Liz, our club secretary.

Next is Club Secretary's report from **Liz Barnett**

Good evening everyone and thanks for attending this year's Annual General Meeting.

As with previous years, we have continued to be affiliated as a Club to both England Athletics and the Association of Running Clubs.

Committee meetings have had good attendance this year, as you will have seen in the attendance record sent out with tonight's Agenda.

In November we held our annual Race Directors Meeting. This meeting gives all our Race Directors and the Assistant Race Directors the opportunity to discuss any issues and share good practices.

Unfortunately, the Club was not granted a place for this year's London Marathon. As always, the number of places allocated is based on how many registered England Athletics members the Club has. However, the criteria have changed and with the number of registered athletes we had at the cut-off date in July, we were entered into a draw with a 50% chance of winning a place. If, in future years, we have 40 or more registered athletes by the cut-off date, we will go back to receiving one place.

Club Camp 2023 was at Trevornick Holiday Park, Holywell Bay just outside Newquay. It was a fantastic venue and a great time was had by all. Club Camp 2024 will be on 14th/15th June at Holiday Resort Unity, Brean Sands, Somerset; details are on our Facebook page and will also be in the next edition of The Trotter.

There was no foreign marathon trip in 2023 but for 2024 we're going to Rome in March.

As always, I'd like to thank my fellow Officers and Committee members for their continued support during my eighth year as Club Secretary.

Thank you.

And finally, Treasurer's report from **John Caunter**

Good evening everyone.

As last year I will keep my report short, as you all should have eyes on the balance sheet.

Starting with the bottom of sheet 2 you can see the club made a loss in 2023 of £2106. The breakdown of our funds are listed just above, and above that our balances, from which you can see that we ended 2023 with just over £62.5k in accessible funds. At the top are the figures for our races. As you can see 4 of our 2023 races made a profit (the Haytor Heller was cancelled due to the weather) although not all the income/expenditure was in 2023, as can be seen from the top of sheet 1, which details where we spent our money, and acquired our income, along with the actual financial entries for races in the calendar year. Although the income and expenditure figures do vary from year to year there isn't anything which I think I need to highlight, but as I stated earlier, I am more than happy to discuss any aspect.

The club has assets in 2 areas which are Club Kit and the value of all equipment we hold at Brunel, Dartmoor and various houses! Club kit in stock, at the end of 2023 was £3670 (£3675 last year). The value of all the other equipment we hold, amounts to approx. £26.25k, the total being approx. £30k. My thanks to Nathan and Jacki for providing these figures.

My thanks to the officers and committee for their support during the last 12 months, and to wish the club and all its members every success in 2024.

I will now answer any questions you may have, after which will come my proposal for membership fees for 2024-25.

I think it would be wise to increase our fees, as they have been unchanged since 2016. With government inflation figures the new fees would be £32, £53, £74 & £90. However, my proposal is £28, £48, £68 & £80. It is worth mentioning that in 2016 we were paying £30 per member to NADRT and we now pay £36 per member.

John Caunter

Treasurer; 19 Feb 2024

Trotters Club Camp 2024

Club Secretary **Liz Barnett** gives the low-down

The news you've all been waiting for is finally here!

The destination for **CLUB CAMP 2024** is Holiday Resort Unity in **Brean Sands, Somerset.**



It's over the weekend of **14th/15th June** - the week after the DD. It's a great site with something for everyone - it's pet friendly too. Take a look at www.hru.co.uk

If you want to join us, please call them on **01278 751235**. If you quote The Barnetts booking reference number (**397317**) they will make sure that all our pitches are in the same part of the site. Once you've given all your details, they'll send you a link to pay online (which expires after 2 hours) as they don't take payments over the telephone.

Costs will vary based on number of people, dogs, children etc.

Remember, if you have 4 or more marshal points from last year, you can claim £10 per person, per night from the Club (up to the value of £20), after that weekend.

The campsite is next to [Brean Theme Park](#)

They have over 40 attractions including indoor and outdoor Roller Coasters, Wild Water Log Flume, Dodgems, Crazy Boats, Wipe Out, JetSpin, Waveswinger, and the UK's best Ghost Train – Terror Castle!

If you stay at Holiday Resort Unity you can get an exclusive discount, via their reception.

Come and join us for a fab, family friendly weekend; there will be organised runs, fun and games, camp-fire chat, and there's a beach too! And always remember, what happens at Club Camp, stays at Club Camp!

Liz & Nigel Barnett

Stuart Moulson (Steptoe Stu) says a huge thank-you to everyone who gave so generously to our Charity Christmas Card appeal

Our most successful year ever!

With you the Trotters donating £824, and the club matching it and then adding on the John Scott Trophy entry contributions as well, we were able to donate a whopping £1828 to our chosen Christmas charity, SisterWood.

SisterWood are based in the Teign Valley and support girls between the ages of 12 and 16 with their mental health and wellbeing. They work with young people who are experiencing anxiety, stress, or depression. SisterWood teach them healthy ways to support themselves, such as breath-work, meditation, journaling, yoga, music and activities in nature.

Our donation will make a huge difference to young people who would not typically be able to afford to attend this kind of help.

Founding director Fran Lloyd popped in on club night and accepted a bumper cheque for the full amount.

She said, “Young people are struggling with their mental wellbeing now like never before: social media increasing fear about the changing climate and, particularly for young women, creating a desire to attain unrealistic images of physical ‘perfection’.

A woodland environment is the perfect antidote to this – away from screens and learning practical hands-on skills that help support a healthy mindset. This fantastic donation which will help us support more young people who would not typically be able to afford to attend this kind of help.”

For more information about this fantastic local charity visit www.SisterWood.org



Fran Lloyd accepts the cheque from committee member and chief fundraiser Stuart Moulson

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