

# The Trotter

Number 13

March 2010

## I blame Gordon!

Sometimes, it doesn't matter what you do: fate just seems to conspire against you. [Jo Becker](#) knows all about fate. Training for the Grizzly has brought her into close contact with fate in a most unforgiving form. That Gordon Brown, he's got a lot to answer for...

Last September I was persuaded to enter the Grizzly. "It'll be fun," I was told, "You MUST do it!" So I entered thinking I'd have loads of time to get fit as it wasn't until March the following year. I'd been plagued with injuries since the London Marathon and found that by September things were looking slightly brighter on the running front. I was back at training, I'd planned my strategy to finish the club championship; it meant racing every Sunday until December but that was



doable... Then, wallop, I hit the ground hard whilst careering down Powderham Hill after a Wednesday training session and my hopes, as well as my knees and various other parts, were dashed! What had caused me to fall, apart from my own clumsiness? Uneven surfaces in the dark, that's what.

Six weeks of not being able to run took their toll. Once I could run without pain I found that it was all incredibly

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# News Desk

Look out for these races coming up over the next few weeks:

7/3	Bideford Half-Marathon
7/3	Duchy Marathon
7/3	Duchy 20
21/3	Redruth Westward League Cross Country
21/3	Mad March Hare 10K
28/3	Great West Teignbridge Ten
4/4	Whitemoor 10K
11/4	Taunton Marathon

Welcome to the March edition of *The Trotter*. Last week's AGM generated quite a bit of news, including some interesting proposals, a number of new officers and committee members and the possibility that we may be asked to take over one of the county's most prestigious road races. Turn to page nine for more on the AGM.

One lively debate at the AGM focussed on the format of *The Trotter*. In the event, members voted to keep the magazine in its present form. But, remember, if you have any ideas for articles, or if you think that there's something you want to see more or less of in the magazine, don't hesitate to drop me a line. I'm always keen to hear new ideas from members.

Don't forget that the Teignbridge Ten is coming up, on Sunday March 28. As always, we will be looking for marshals and other officials to help give the runners who enter our race a top-drawer experience. If you are new to the club and a bit nervous about what's involved, don't worry. Helping out at one of our

races is a great way to get to know other members — and you're giving back something to the club, too. If it's your first time, we won't ask you to do anything too involved: most runners just appreciate a smiling face to point them in the right direction. Get in touch with Race Director John Caunter if you can lend a hand.

We have some exciting social events in the offing later this year, so make sure you have your diaries to hand as you read your copy of *The Trotter* this month. Dave Dunn gives us the latest on plans for the club camp in June (see page five). Also in June, we're holding our second Annual Summer Ball. Ronnie Jones has the lowdown on that, on page twelve. And Clare Youngman (page eight) has a great idea for a trip to Torquay in July to see *Calendar Girls*. Sorry, guys, this is a girls' night out. You'll have to organise your own trip to the Princess Theatre if you want to see what all the fuss is about...

John Ludlam



Graham Penn

# What was it that had caused my sudden decline from the vertical this time?

slow and jolly hard work! I built the miles up gradually to start with. Ten minutes out, 10 minutes back, then added five minutes to each run until I managed my first long run of seven miles and it felt wonderful!

So, I was increasing my long runs and my shorter ones were getting slightly quicker too. All was looking good for the Grizzly. I just had to stay injury-free. So, you can imagine my horror when I went over on an ankle out in the woods of Rora towards the end of a long run. I'd have fallen over again if Mark hadn't been in my way. Landing on him is a much softer option than hitting the hard, stony ground and much more fun, too...

I managed to avoid an injury, thankfully. I carried on running after a short stop. It ached a bit but the further I ran the further away I was leaving the pain. This was a good sign.

A few weeks later and it's another Sunday and the need to do a long run has clashed with the need to get some championship points. It's Bovey cross-country day. I planned a route, ran to the race, which was just a fraction under three miles away. Ran the race and went over on my ankle, twice. If anyone heard my expletives, I do apologise! Again, I got away without serious damage and was able to continue the race and my run home. I took the long and scenic route this time which added a further 10 miles onto the five and a bit I had already done.

The following Sunday was a cold and icy one. The roads were lethal that morning. As I didn't want to slip and injure myself, I decided to run on the grass verge. We were about 400m from

home, running alongside the Bovey Straights towards Drumbridges when suddenly there was that familiar sensation of Jo meets ground.

Something had caught itself around first one foot and then the other and I was down like the proverbial sack of spuds. What was it that had caused my sudden decline from the vertical this time? At first I thought it was a stray bramble or a twig but, on closer inspection, discovered I had been lassoed around the ankles by some sort of metal hoop. It must have been lying there a long time, hidden in the undergrowth and slowly rusting, just waiting for some unsuspecting runner to come by.

I'm sure the drivers passing at the time were greatly amused by my side-show hoopla act! Mark pulled the wretched thing off and I got back on my feet. Having assessed the situation, we carried on. My knee had that by now, well known feeling but, fortunately, I'd had a softish landing. Once we'd gone about a mile the ache

disappeared.

A few more miles in, I spotted a wheel trim beside a pothole. You see plenty about these days and next to it was a metal hoop similar to the one that caused my downfall. So now I knew what it was that had tripped me.

So, beware fellow Trotters. It's not just the crumbling state of the nation's highways that can halt us in our tracks, the detritus that's left behind is also out to get us. Personally, I blame Gordon Brown...





# Membership Report

Membership Secretary **Dave Dunn** welcomes some bright new faces to the Trotter ranks.

With only one month to go until the end of this membership year, I am busy preparing to send out the documentation inviting you all to renew your membership. This will be dropping into your inbox (or through your letter box) during the coming weeks. Please follow the instructions sent out with it, and don't delay in completing the renewal process.

Our recent AGM decided to keep membership fees at the same level as last year: £12.00 and £8.00 for 1st claim and 2nd claim individual membership respectively; and £20.00 and £12.00 for 1st claim and 2nd claim family membership respectively.

One innovation is the introduction of a social membership, initially priced at £6.00 per person per year. So, if you have a partner, family member or friend who wants to be part of the Trotters but does not want to or cannot run, then this could be the answer for them. Forms to enrol as a social member will be available shortly.

Meanwhile, we are still signing up new members and I have two new members to introduce to you this month. With

Charlotte Crump renewing her membership while home from university, this brings our total number of members up to 192.

New member Sally Ingledew (48 from Kingsteignton) has followed Craig Churchill in joining us from Teign Valley but, unlike Craig, Sally has decided to commit fully to the Trotters from the off. Sally wasted no time in sporting the royal blue vest, competing in the Oh My Obelisk! race followed by the Hoe 10 a couple of weeks later.

Fellow newcomer Kerrie Potter is 36 and also from Kingsteignton. Kerrie comes from a rowing background, and if Kerrie can emulate the success of her fellow rowers among our Trotters ladies, then we'll have another success story on our hands.

Welcome both of you.

Notable birthdays among our members during March include Tom Burman, who will be 21, and Elizabeth Steeves who will celebrate reaching 50. Congratulations and Happy Birthday to both of you!

## Record breakers

The recent Plymouth Hoe 10 did not disappoint in providing record opportunities, with both Tom Burman and Eyvoll Aston (pictured, right) eclipsing the previous marks in our record books.

Tom shaved a mere 4 seconds off his own Junior Male 10 miles club record time set earlier this year in Camborne, achieving a new mark of 1.04.22.

Eyvoll rather surprisingly enters our roll of honour for the first time by stopping the watch at 1.11.17, which was 22 seconds quicker than Tracy Elphick's Hoe 10 effort last February.

There will be further opportunities for fast times over 10 miles in our very own Teignbridge Ten at the end of March. But first, the Bideford half will offer every chance for some record breaking, while on the same day the Duchy Marathon can produce quick times given the right weather conditions.

Wherever you're racing in the coming month, have a great time, and don't forget to tell Inky, aka Graham Penn our Press and Publicity Officer, all about it. Graham's contact details, together with a full list of our club records can be found on our web site [www.teignbridgetrotters.co.uk](http://www.teignbridgetrotters.co.uk)



Graham Penn

# Happy campers

So good we're going there twice... Dave Dunn has details of the St Ives campsite that Trotter campers have voted into the top slot.

Unless you have been spending the winter on another planet, you will know that our Club Camp this year will be held over the weekend of June 18-20 at Polmanter Touring Park near St Ives.

The weekend kicks off (quite literally) with England playing Algeria on the Friday evening in the group stages of the World Cup, and you can watch the whole match live with your family and your mates on the big screen in the Conservatory bar.

There will be opportunities to train twice a day, with the morning outing being our usual type of social/recovery run, but getting a bit more serious and structured in the afternoon. In between, I'm sure there'll be impromptu cricket and rounders matches, a bout of welly throwing and the occasional beer or two. The whole weekend will finish with Watser's crazy challenge on the Sunday afternoon. As the campsite are allowing us to stay on our pitches until 5pm on the Sunday without any additional charge, there's no reason to go home early.

Attached to this edition of *The Trotter* you will find a booking form to use if you want to spend a fantastic fun-filled weekend frolicking in the Cornish sunshine. Only use this booking form and no other, sending the completed form together with your

payment direct to the campsite, whose address is printed on the form.

Polmanter is a five-star site, and staying there does not come cheap, but it was the winner of our poll to find the favourite Trotters' campsite of the past nine years.

A non-serviced pitch will cost £19.00. A serviced hard-standing or grass pitch will be £23.00. These prices are per night and include two people, plus car, and tent, trailer tent, motorhome or caravan, with or without awning. Each extra adult costs £6.00 per night, child aged 3 to 15 inclusive £4.50 per night, an additional car, child's tent or gazebo £2.50 per night, and a dog, up to a maximum of two, also £2.50 per night.

Of course, you are free to extend your stay for as long as you like either side of our official weekend, but unless you use our special booking form, you will find yourself on a completely different part of the site.

If you want to find out more about Polmanter, visit their website [www.polmanter.com](http://www.polmanter.com). We will be located on Morvah field. The campsite have set aside a total of 26 pitches for us, so if you don't want to be disappointed, get your booking form and payment to them now. I'll see you there!





# I'm your man!



Gentlemen, we have a new captain. “Tarquin” Milford introduces himself and asks what we want from him. Well, an automatic pint for every race entered might be a nice start...

No sooner had I taken over the reins as Men's Captain, than I realised that the next edition of *The Trotter* was imminent. So I thought I had better put pen to paper (or should I say fingers to keyboard!)

My thanks to Stewart for his time as Captain, although I'm not yet sure what I have let myself in for.

OK, let's turn this on its head; what do you Trotter chaps want from your Captain? Support? Encouragement? A bottle of Lucozade after you finish your race? All that I will do naturally, although I'm not sure I can afford Lucozade every time! One of

the reasons I wanted to be Men's Captain is because I am interested in the racing performance of my team mates. It always gives me a buzz to see our royal blue vests line up on the start line of a race. It makes me proud to be a Trotter and glad that I am part of something as good as our club. Although I have only been a Trotter for a year, the Teignbridge Trotters have become more than a club to me. For me it is a big family and I love being part of it. When I am at a race, I look around at the other clubs that are competing, and then I look back at us Trotters, and I realise that we are “different”! I just can't put my

# This early season has actually been very exciting.

finger on it, but it is as though we are “set part” from other clubs. There is something quite special about being a Trotter.

So, I feel a great responsibility as I take on the role as Men's Captain. It was said to me that I would need to “lead by example” in the role. Those words have rung in my ears ever since and have made me try that bit harder in my training. I may not be the fastest runner in the club, but I fully believe that I should continually strive to be the best I can and if I can encourage other Trotters to do the same, then I will feel like I am doing my job. Of course, it's not all hard graft! We have a great social side to the club too; and that's where my other motto comes in: “Work hard; Play hard!”

What's been happening since the start of this year? This early season has actually been very exciting. Already two sections of the Club Championship have been completed by some runners! We've seen consistent performances from Tommo, who has regularly been first Trotter home in the five races he has entered this year. He always impresses me on how he can put the performances in, no matter the distance or the terrain.

But hard on his heels is young Tom Burman, who is showing exactly why he was voted “most promising male newcomer, for last year. Although Tom didn't start the year well, with a heavy cold causing a below-par performance at the First Chance 10K, in early January, he immediately bounced back a week later, by smashing the club junior male record, for ten miles, at the Storm Force 10, with a time of 1:04:26. The previous club junior record, for this distance, was also held by Tom, but this time he bettered it by over a minute and a half! Since then Tom has been very consistent, bringing in one-hour-four-minute performances at the other two 10-mile road races he has competed in (Braunton 10 and Plymouth Hoe 10). In fact, he shaved a further four seconds off his junior record for the 10-mile distance at Plymouth! Tom's next challenge is to snatch the junior club record for the half-marathon distance. He will attempt this at the Bideford Half, this very weekend. Adrian Bailey achieved that record, when he was a junior, but does

wish Tom well and will buy him a drink if he takes his title! (Adrian is running the half-marathon as a 1hr 30mins pace maker). I have high hopes for Tom and I am sure the whole club will get behind him this weekend.

Another up and coming new Trotter is Simon Boobyer. He has done very well in the two long off-road events, at both the Oh My Obelisk and last weekend's Dalwood 3 Hills. Once he gets used to the racing scene, I'm sure we'll see his performances improve, as he learns to push himself even harder. Mark Wotton has also been improving in this early season and he sounds very optimistic about his potential for this year. I'll be looking forward to celebrating many PBs with him.

Ian Langer has been steadily ramping up his performances this season and also did well at the Plymouth Hoe 10, with a time of 1:04:45. Ian will also be running at the Bideford Half and I am expecting a good performance there for him. I must also mention Wavell Vigers, who has been putting in some good performances early season. Another relatively new Trotter, Wavell has shown great strength at the short to middle distance races. He recently came 17th at the challenging Hestercombe Humdinger race, with an impressive time of 1:04:06.

I could mention many more Trotters, who have been putting in consistent performances this early season. I want to get to know you all much better, as we race together this year. I believe that we have a strong men's team, with plenty of potential, and I will be looking at what events we could challenge for some team prizes. This is still all new to me, so I would appreciate help and suggestions on what events would be best to achieve this aim. Please don't be afraid to “blow your own trumpet”. Come up to me and tell me what you want to achieve and what distance you prefer to race at. I'm always available for a chat, especially in the White Hart, after training on Wednesday!

See you at Monday or Wednesday training, or on the race start line!



Milos Erben

# Captain's Corner

Clare Youngman is looking  
forward to success from our  
Ladies this year...

First of all I would like to apologise for not being at the club much recently. I have had a bad back which has made running impossible. Hopefully I am now on the mend and will be back to club very soon. I would also like to thank all those at the AGM for voting me back as Ladies' Captain. I pipped Eyvoll to the post but — rest assured — this will be the only time I beat Eyvoll this year!! She is certainly flying high and running so well. A great start to 2010!

Hopefully we can build on the successes of last year and continue to perform well in races as teams and individuals and scoop up as many prizes as possible. We had a steady stream of category winners last year. Let's hope it can continue! By training smartly we can all hopefully achieve our goals, whatever they may be. If you have any performances or achievements you want me to report, then please let me know so that I can give you a mention. Personal bests are always a wonderful achievement. If a category prize is out of your grasp, a PB certainly isn't, so please let me know:

[clare.youngman@nhs.net](mailto:clare.youngman@nhs.net)

OK, enough about running. Take a look at the box below for details of a night out in the summer to the theatre. It should be a great night, so please let me know if you are interested BEFORE 22/03/2010. Before then, however, I think we need to have a night out (just to practice!) So listen out for that — details to be confirmed.

Before I sign off, I am proud to announce some of the main performances achieved so far this year (well done everyone!)

**First Chance 10k at Exeter Quay** Siobhan Besford (56:10 and 2nd FU20), Rachel Besford (59:05 and 3rd FU20), new recruits Stephanie Gillard (59:26) and Cathy Evans (1:02:40).

**January Jaunt** Eyvoll Aston 44:53 36th overall, Tracy Elphick 49th in a time of 46:29

**Oh My Obelisk** Emma Sidebotham (in only her second race with the club) 1:32:27, 9th Trotter and 2nd lady overall, new members Louise Bailey (1:37:42) and Sally Ingledew (2:02:09)

**Fulfords Great West 5** Eyvoll Aston 3rd FV35 in 33:47 and Sharon Bowman 1st FV40 in 37:30 (course PB)

**Plymouth Hoe 10** Eyvoll Aston (FV35) 1:11:17, Tracy Elphick (1:18:18), Gia D'Aprano (1:20:02), Sharon Bowman (1:20:56), Michelle Willocks-Watts (1:29:00), Eleanor Taylor (1:30:26), Sally Ingledew (1:30:38) and Amanda Milverton (1:39:27)

**Brooks Westward League Cross Country, Bovey Tracey** Tracy Elphick 29th 22:40, Sarah Schutte (25:25), Sharon Bowman (25:54), Marsha Garrard (26:13), Tina Caunter (27:10) and Jo Becker (28:40)

**Nightrunner** Charlotte Crump (48th position) 1:26:56, Amanda Milverton (1:44:29) and Vicky Hales (1:54:46).

Apologies for any omissions. See you all soon!

## A night at the theatre!

With last month's edition of *The Trotter* being about "culture", I thought that I would continue this theme and try to organise a night out this summer to the theatre for the Trotettes! *Calendar Girls* is showing at the Princess Theatre, Torquay and would be ideal for us ladies!

The show will be starring Anne Charleston, Gemma Craven, Letitia Dean, Charlie Dimmock, Sue Holderness, Hannah

Waterman and Dean Gaffney. For those who don't know, it is a story about group of ordinary women who do something extraordinary and spark a global phenomenon when they persuade one another to pose for a charity calendar with a difference! BUT before any of you decide that a "Trotettes

2011" calendar would be a best seller, could you please let me know AS SOON AS POSSIBLE whether you like to go!

The show is on July 5-10 and I need to know BEFORE March 22.

When I know numbers I will book tickets for Friday 9th or Saturday 10th night (costs to be confirmed — depends on numbers). The plan will be to meet up before for a few drinks and a bite to eat, hopefully soaking up a gorgeous English Riviera evening, before the show

itself!

Email me at [clare.youngman@nhs.net](mailto:clare.youngman@nhs.net), phone on 01626 369913 or catch me at Wednesday night training.

Pic courtesy Princess Theatre/ Calendar Girls





# Chairman's report

It has been a busy year for the club. Chairman Rog presents his AGM report.

Good evening everyone and welcome to this year's AGM. Tonight's meeting looks like being an interesting one as there are no fewer than three proposals for you to vote on. You will see from the voting slips in front of you, that you will also have to decide who you think should be our new Club Championship Secretary. It is very rare that we have more than one candidate standing for an officer's role, and I would like to thank both Gary and Tarquin for doing just that.

That said, I feel very disappointed that we couldn't fill all seven general member positions on the committee. I'm especially disappointed with the lack of interest within our ladies, who make up nearly 50% of our membership. As it stands Tina will be our only lady serving on your committee. I will be offering up nominations from the floor for the remaining two places, along with the position of Ladies' Captain and Welfare Officer, later in the meeting.

In 2008, our races all experienced a decline in numbers, but I'm pleased to say that was reversed last year, with all six of our races showing very healthy entries. The Ladies' 10K was the pick of the bunch, with a record entry of 320. Full credit must go to Michelle in what turned out to be her first and last year as race director. She did a marvellous job, and will be sorely missed. Sadly, and again rather disappointingly, we haven't had anyone come forward to fill the vacant position. Recent tradition has seen the job as Race Director go to a lady, with Jose, Stella and Vicky all filling the hot seat. So come on ladies, if you feel as passionate as I do about this wonderful race, step forward, we don't want to see it fold!

2009 saw Mike Hicks' last year as the Haytor Heller Race Director, a position he held for 14 years. During which time he did a fantastic job, in his own unique, unflappable way. Not even the year when the race was run in reverse did Mike show the least bit of concern or worry, he took it all in his unmistakeable stride. Thank you Mike. Buzz Terrill has taken over the running of the Heller and early indications are that he will do a fine job. This year's race will take place on a Saturday night, with live music, a BBQ, camp fire and keg of real ale. An evening not to be missed.

The Trotters had another great year on the road, picking up a hatful of silver wear, but perhaps our greatest achievement was at the Dartmoor Discovery, where Tommo, Keith and Ewan won the men's team award, in what can best be described as horrendous weather conditions. The DD, as we all now know it, has become a firm favourite with many of our members. This year will be Phil Hampton's last year as race director and he has contacted the Trotters in the hope we will be able to take over the running of the event. We discussed this at our last committee meeting and have written to three other clubs in the hope they will be willing and able to help us to keep what is one of the few remaining ultra races in the country. We will of course keep you updated.

Last year saw Mike Eveleigh and Tracey Elphick crowned as club champions. Both of whom had an exceptional year on the racing front. This year's competition is already up and running and will hopefully produce an exciting year's racing. Each year your committee take a good long look at the format of the championship, with the aim of trying to encourage more members to take part. Last year, we offered

free membership, but sadly that didn't really have the desired effect we'd hoped for. Mark Hamling has done a brilliant job as club championship secretary, he will certainly be a hard act to follow. Thank you Mark.

Wednesday night training has continued to go from strength to strength. We have a number of new coaches who have joined the growing team, allowing us to offer four different sessions. Monday night has recently seen the introduction of a complete beginners' group. I think it's probably too soon to pass comment on whether it is a success or not, but I certainly hope it will be. Jan Caunter deserves special mention, as she has done a marvellous job in her role as coach co-ordinator. A big thank you to all those members who have qualified as officials, we were desperately short of time keepers and it was great to get such a positive response.

Inky's first year as our press and publicity officer was a massive success, he did and continues to do a marvellous job. His skill was recognised and rewarded by winning the Teignbridge Sports Writer of the Year award. Squaddie produces what surely is the best club running mag in the country. The online monthly edition of the Trotter is eagerly awaited and keeps our membership bang up to date with the life of Teignbridge Trotters. Thank you both very much for all your time and effort.

Last year saw lots of old favourites on the social side of the club. We had a record turnout of Trotters entering a race, as 43 of us took part in last year's club trip, the Treggy 7. It would be great to try and better that this year when we take on the challenge of the Magnificent 7 in Saltash, which incidentally is the day after the Heller! Club camp was another great success, many thanks to Dave Dunn for organising this gem of an event. This year will be our 10th such camp and we're off to St Ives for what promises to be a cracking long weekend.

A new social event that took place last year was the summer ball. A chance for us to ditch the sweaty running gear and put on our best bib and tucker and dance the night away. Thanks to Ronnie and his gang for that one. This year's summer ball will be held at Teignmouth Golf Club on Friday 25th June. If you never been there before, I think you'll be impressed, the views are simply stunning, the food is great and we've booked an excellent band. Full details will be in the next edition of the Trotter.

In my report last year, I was very disillusioned with EA and I guess rather scathing. I'm pleased to say that I now believe they are starting to get their house in order and heading down the right road. Although there is a long way to go, and I'm sure it won't be a smooth ride, they are at least trying. The ARC should be praised as they have by their presence alone have made EA far more accountable.

Before I close I would like to thank my fellow committee members for their support and dedication and wish you all a successful year on and off the road.

On On!

# Secretary's report

Club Secretary Mark Becker presents his AGM report, focussing on efforts to take advantage of the benefits of affiliation to England Athletics.

Over the past year there has been excellent attendance at our committee meetings and plenty of debate. It is always good to have some new committee members and gain fresh viewpoints on all the discussions surrounding the more regular topics that come around each year.

Communication between the coaching department and the committee has been excellent via coach coordinator Jan Caunter this year and Wednesday training sessions have been of a high standard.

On the subject of coaching, the new Leadership in Running Fitness course has been set up to allow members to take groups out on training nights and several members have now taken the course. It has been encouraging to see members interested in coaching at this level, particularly now the club has added groups on both Monday and Wednesday evenings and the need for coaching cover has become more prevalent. There are new coaching levels being introduced through England Athletics which are currently at the pilot stage but costs for these are expected to be substantially more than their predecessors.

In an effort to take advantage of England Athletics' benefits of affiliation, we invited Sonya Ellis, Club and Coach Support Officer to one of our committee meetings back in August to discuss affiliation, coaching and officials' courses. At the meeting we arranged for her to attend the club as part of a Flying Coach Visit in the coming months. This would involve

meeting the coaches and advising them on coaching techniques for use at training. When this eventually takes place, we hope to go on to arrange for her to attend a Wednesday training session to give advice directly to members within one of the training groups.

Officials' courses were thin on the ground at this time last year but England Athletics have now reorganised this branch of their network and we have been able to put some willing members through entry level courses to gain their timekeeping qualifications.

If any of you feel you would like to get involved in coaching or timekeeping then let me know and I'll run it by the Committee for approval, as the club will reimburse you for the cost of the course.

Once again we will be having a Summer Ball this year. I think you'll agree that last year's Summer Ball was a great night and was organised by a sub-Committee at very short notice who did an amazing job in putting it together. I'm sure this year's will be enjoyed just as much.

Our races have been very successful again over the past year, due to the commitment of the race directors and all those of you who marshal or help in other capacities when called upon to do so. The club is only what it is because you each do your bit.

Enjoy your running this year and enjoy your club.



Graham Penn

# Minutes of the Annual General Meeting held at Newton Abbot Leisure Centre, Wednesday February 24, 2010, at 2000

**PRESENT:** Roger Hayes, John Caunter, Mark Becker, Reg Tole, Maurice Piper, Dave Foster, Stuart Moulson, John Skinner, Becky George, Nigel Penwarden, Ian Langler, Anna Langler, Sue Brown, Adrian Bailey, Caroline Hayes, Alan Boone, Jo Becker, Sally Ingledew, Graeme Baker, Syd Willocks, Adrian Mawson, Gary Watson, Graham Penn, Ronnie Jones, Ewan Walton, Rod Payne, Clare Youngman, Wavell Vigers, Nathan Elphick, Tracy Elphick, Tina Caunter, Eyvoll Aston, Peter Aston, Garry Smart, Eleanor Taylor, Graham Terrill, Vicky Hales, Stella Imong, Dave Tomlin, Sharon Bowman, Jan Caunter and Daryl Milford.

**APOLOGIES:** Dave Dunn, Stewart Dunn, Matthew Dunn, John Ludlam, John Tweedie and Bruce Campbell.

**MINUTES OF THE 2009 AGM:** The minutes were accepted as a true record and signed by Roger Hayes (Chairman).

**CHAIRMAN'S REPORT:** Read out at the time.

**SECRETARY'S REPORT:** Read out at the time.

## TREASURERS REPORT AND APPROVAL OF 2009/2010

**ACCOUNTS:** The Treasurer's report was read out at the time. Adrian Mawson asked which charities received donations from each of our races. He was advised that the past year has seen money donated by the club to charities including Totnes Caring and the Bowel Cancer charity. John Caunter proposed that there should be no change to fees. The approval of the accounts was seconded by John Skinner and carried unanimously.

## PROPOSAL FROM IAN LANGLER: TROTTER MAGAZINE

R Hayes read out the proposal from Ian Langler with regards the Trotter magazine. Ian stated that the monthly edition is padded out with pictures and is not read as much as a printed magazine. Comments were made from the floor as to the magazine being very good in its existing format but also that a quarterly edition would give members more time to write articles. A vote was cast and the results were two in favour of the proposal and a majority vote against. The proposal was therefore not carried.

## PROPOSAL FROM ANNA LANGLER: SOCIAL MEMBERSHIP

R Hayes read out the proposal from Anna Langler with regards formation of social membership status. Anna stated that she would like there to be provision for people to join as a social member. Comments were made from the floor as to whether constitutional changes would need to be made and whether a social member would have any rights as a Trotter. Anna wished it to be made clear that she intended to renew her membership in April as a fully paid up member and not as a social member. The Chairman stated that the proposal would need to be decided upon as a package. A vote was cast and the results were 23 in favour of the proposal and 13 against. The proposal was therefore carried. The Chairman then proposed deciding whether a social member should have the same rights as a first or second claim Trotter. This was seconded by Graeme Baker. For the benefit of the vote, the proposal is for a social member to have the same rights as a first or second claim Trotter. A vote was cast and the results were 13 in favour and 18 against. The proposal was therefore

not carried. Anna Langler then proposed setting the social membership fee at £6 which was seconded by Graham Terrill. A vote was cast and the results were 30 in favour of the proposal, a majority vote. The proposal was therefore carried.

## PROPOSAL FROM GRAHAM PENN: TEIGNBRIDGE HALF-MARATHON

Graham Penn suggested scrapping the Great West Teignbridge Ten and replacing it with a Teignbridge Half-Marathon instead. Graeme Baker stated that there are not enough ten mile races in the South West as it is and there are more than enough half marathons. A vote was cast and the results were 2 in favour of the proposal and a majority against. The proposal was therefore not carried.

## ELECTION OF OFFICERS/COMMITTEE

The proposed officers were as follows:

CHAIRMAN – Roger Hayes

VICE CHAIRMAN – Tina Caunter

SECRETARY – Mark Becker

TREASURER – John Caunter

MEMBERSHIP SECRETARY – Dave Dunn

As there was no opposition to the above nominations it was agreed that they were elected en bloc. This was seconded by Gary Watson and carried unanimously.

CLUB CHAMPIONSHIP — Gary Caunter, Daryl Milford. After voting, Daryl Milford was elected Club Championship Secretary.

GENERAL COMMITTEE — The proposed general committee members were as follows: Syd Willocks, Rod Payne, Ewan Walton, Nathan Elphick, Gary Caunter, Daryl Milford. Three members put themselves forward for the remaining two general committee places available: Anna Langler was proposed by Stella Imong and seconded by Ian Langler. Ronnie Jones was proposed by Stuart Moulson and seconded by Ewan Walton. Becky George was proposed by Clare Youngman and seconded by Eleanor Taylor. The proposed members were offered the opportunity to state their reasons for joining the committee and gave speeches accordingly. After a vote, Ronnie Jones and Becky George were elected to the general committee.

OTHER OFFICERS - Clare Youngman and Eyvoll Aston put themselves forward for the position of Ladies Captain. Clare was proposed by John Skinner and seconded by Becky George. Eyvoll was proposed by Jan Caunter and seconded by Peter Aston. After a vote was cast, Clare Youngman was elected to the position. Stella Imong put herself forward for the position of Welfare Officer, proposed by Sharon Bowman and seconded by Jan Caunter. This was carried unanimously. Reg Tole was thanked by all present for his role over the past three years as Club President. Graham Terrill was proposed by Roger Hayes and seconded by Daryl Milford to take over the position which was carried unanimously.

The following nominations had no opposition to their positions and were voted upon individually:

PRESS AND PUBLICITY – Graham Penn. Carried unanimously.

CROSS COUNTRY OFFICER – Jan Caunter. Carried unanimously.

CHILD PROTECTION OFFICER – Tina Caunter. Carried unanimously.

MEN'S CAPTAIN – Daryl Milford. Carried unanimously.

The meeting closed at 2115.



# Going with a swing

**Ronnie Jones** has the inside story on this year's Summer Ball.

I don't know about you, but after the coldest winter in more than 30 years, I'm seriously looking forward to the summer... and not just because I can put the fluorescent vest and leggings away for a few months.

Yes, the summer also heralds a key date on the Trotters' social calendar: The Summer Ball.

As anyone who went along to Torquay Football Club last year will tell you, we Trotters turned out in our finest and danced with as much effort as we put into our races. I've never seen a dance floor fill so quickly. You might as well have fired a starting gun!

This year, there's a change of venue and a change of band (not because last year's weren't much cop... I was jealous of everyone else "getting down".)

Right... get your diaries out... here comes the important info. The venue for this year is Teignmouth Golf Club. The date is Friday, June 25. Start time is 7:30pm. Dress code is the same as last year: black tie or suits for the chaps and frocks for the ladies.

Like last year, we'll be booking a coach and arranging various pick up points. More info in the next edition of *The Trotter*.

The band are called The Cadence: [www.thecadence.co.uk](http://www.thecadence.co.uk) and they come heartily recommended. I'm looking forward to seeing them!

Last year, more than 70 Trotters turned out for the Summer Ball. I had a great night. I'm sure you all did too. It'd be great to see even more this year.

Roll on summer!



Pic courtesy The Cadence

## The Trotter

Editor: John Ludlam

Many thanks to everyone who contributed to this edition.

Next month: Spring is here, so get in the groove for the Sandygate Loop.

Have you got a Trotters story to tell? Is there a feature you'd like to see included? We'd love to hear from you.

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