

Trotter Newsletter

13th February 2025

This newsletter brings you all the usual news as well as the reports and who's who following the AGM that took place last night. Many thanks to all those that made the effort to attend.

Training night numbers have been really high recently. We just missed out on setting a new Wednesday night record, and that's with a far lower uptake of Couch to 5K runners than we had this time last year. Talking of membership; I'd like to thank Graydon for the work he's done over the past couple of years. There's a lot that goes on behind the scene and Big G has done a great job ensuring everything has run smoothly. Jacki Woon has now taken on the role. I'm sure she will do an equally good job.

Adam Doherty (pictured opposite) has taken on Jacki's role as club kit person. He's had to empty a few of Michelle's draws to make room for all the kit, something that didn't go down too well! Joking aside, many thanks to Adam for taking on the role.



Roger Hales (AKA Smokes) is our new President, taking over from John Caunter, who completed his three years in office. The position of President is quite an honour to have, I'm sure you'll agree that Smokes is a very worthy recipient. Other than that we are pretty much as we were.

I'm looking forward to race number three in the Club Championship, the Dalwood 3 Hills, a race I haven't done since 2015. Hopefully see plenty of you on the start line.

Officers on the committee: L to R; Nathan Elphick (Vice Chairman), Deb Hart (Club Championship Secretary), John Caunter (Treasurer), Liz Barnett (Secretary), Roger Hayes (Chairman), Jacki Woon (Membership Secretary).



2025 AGM ~ Chairman's Report

Good evening everyone, let me start by thanking you for making the effort to attend, what is our 41st AGM. It would appear that staging the meeting on a Wednesday after training has certainly helped swell the numbers.

You will see from tonight's agenda there is just the one resolution - the proposed removal of a non committee position from the constitution. We'll come to that later.

You'll also see on the agenda the nominations for the committee posts. This is the third year in a row where all of the positions remain unchallenged. Personally I feel rather disappointed by this, as I'm a strong believer in healthy competition and with over 300 members, it would have been nice to see a few more stand, if only for the seven general member positions.

It's been a great 12 months for the club on so many levels. Our races have continued to flourish. The DD got us underway in June, with what was possibly the strongest starting line the race has had. Josh Bedford, running in his first DD came within two minutes of breaking the course record. It was a similar story with the ladies winner; Naomi Flanagan, who was just 37 seconds outside the ladies course record. Unfortunately my vision of a race village, similar to that experienced at a White Star event, never really took off. For the amount of work involved in offering camping and breakfasts for such a low number, it was decided it wasn't worth continuing with this year.

The Haytor Heller was well attended with 270 entries. The Totnes 10K enjoyed the best weather out of all our races last year. 589 entrants enjoyed a lovely warm, sunny day. The fun run, with 171 taking part, was just three short of equalling a record entry. It was certainly a good start for Rod and Lucy, as the new team in charge.

A new venue and new RD awaited the Ladies 10K. Sadly the weather didn't help showcase Ipplepen Cricket Club in the way we knew and hoped it would. However, heavy rain for pretty much most of the day failed to dampen the spirits of the 276 who entered.

The Templer Ten managed to escape the heavy rain for most of the race, although when it did start it was torrential. Thank heavens for a massive indoor space, as the runners could enjoy the delights our catering team had on offer in the warm and dry.

My thanks to everyone who played a part in helping at any of our races. It's all about a team effort and as a club we should be very proud of what we do. My special thanks go to our Race Directors and their assistants for bringing it all together.

It's so important for the finances of the club that our races are well supported. We rely on the income to survive. Without stealing John's thunder, it costs us £38 per member to be a social member at the Rec. Our single membership to the Trotters is £28, combine that with all our other overheads and you don't need to be a genius to realise the importance of that race income.

The main way we're able to promote our races is via social media. I urge you to please continue to share any posts you see from our Race Directors promoting their race. With over 300 members, that's a huge audience of friends that we need to tap into.

I mentioned our catering team earlier. Dom, who has headed the team up for the past couple of years has decided to stand down. I would like to take this opportunity to thank her on behalf of the club for doing a fantastic job. Michelle Doherty is kindly taking on the role - I'm sure she'll do well.

Another Trotter standing down from a role is Graydon. Big G took on the position of membership secretary two years ago, having previously been our Club Championship secretary. During his time in office he has done a huge amount of work with SiEntries ensuring our online system does what we want it to do. Replying to the dozens of membership enquiries he receives and collating the Couch to 5K newbies were just two of the many duties that came with the role. As a small way of saying a very big thank you I would like to present Graydon with a voucher to spend at the Ten Tors pub.

The Couch to 5K continues to go from strength to strength. Our September intake saw a record number of ten participants join the club. It's a fantastic way to keep our membership rising, and I'm very grateful for Skinns for doing all that he does in ensuring its popularity.

Training numbers on the whole have held up well throughout the year. It's great to see so many of you now wearing a head torch during the winter months. Our coaches and leaders deserve a lot of credit for the varied sessions and routes that they deliver week in week out. Thanks team.

The relay events that we took part in last year were a massive success, not just with the number of Trotters that took part but also with the silverware that we came away with. There were some mighty impressive performances. My thanks to our club captains, Ben and Debbie for making it happen.

Another member that deserves a shout out is Bob Small. Bob organised a series of lectures throughout last year. They were all very well attended and offered an interesting insight into many different running related subjects. Bob's next one is on the competitive advantages through acupuncture and nutrition. It takes place in this room on Tuesday 25th February, starting at 7.30pm.

The Club Championship was a great success last year, numbers of those completing it were well up on the previous year. A lot of thought goes into selecting the chosen races, with the emphasis on supporting local running clubs. I think it's so important that we try and forge closer links with our fellow clubs. We need their entries as much as they need ours. What we don't want to be left with are running event companies having complete monopoly of races in the west country.

Our presentation and awards night was well attended. Everyone seemed to enjoy themselves. The band were certainly impressed with our staying power, as the dance floor was packed for most of the night. That was our second year at Finlake, the committee have decided it's now time for a change of venue. I won't be sorry, as quite frankly they were a bloody nightmare to work with.

My congratulations to all those that won an award, particularly our club champions, Roger Easterbook and Mel Brooks.

Please remember the committee are here for your benefit. If you have any ideas or suggestions, we'd love to hear from you.

As always 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.

7 General Members

Debbie Elphick
Stuart Moulson
Sarah Blanchard
Corinne Bright
Ryan Anthony
Neil Tampkins
Keith Anderson

Non committee posts

Ladies Captain ~ Debbie Elphick
Men's Captain ~ Ben Elphick
Press & Publicity Officer ~ Roger Easterbrook
Child Protection Officer ~ Lucy Evans
Welfare Officer (Male) ~ Nigel Barnett
Welfare Officer (Female) ~ Pat Atkins
Social Secretary ~ Callum Price

Secretary's Report

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. We have not affiliated to Devon County AA for a number of years now.

Committee meetings continue to have good attendance, 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 and is particularly useful when have a new RD, as we had this year.

As always, the number of London Marathon places allocated to England Athletics affiliated Clubs is based on how many registered EA members the Club has. This year we were once again entered into the ballot for a place, with a 50% chance of winning, and thankfully this year we won a place.

Congratulations to Deb Hart who is the lucky recipient of that place, following the draw for members who gained six marshal points last year.

If, in future years, we have 40 or more registered athletes by the cut-off date, we will go back to receiving one place every year....until EA change the criteria again!

Club Camp 2024 was a wash-out. It was due to be at Holiday Resort Unity, Brean Sands, Somerset. Sadly, the weather took a turn for the worst and Club Camp was off! As you will have read in the last edition of The Trotter, Nigel and I are stepping down from the role of Club Camp organisers so if you'd like to take on the role, please have a chat with me or Nigel.

Our foreign marathon trip took us to Rome in March. It was a wonderful weekend with some glorious weather and a great time was had by all.

As always, I'd like to thank my fellow Officers and Committee members for their continued support.

Thank you.

DD Marshals

Nigel Barnett, chief marshal for the Dartmoor Discovery, is just a few marshals short of being able to breathe a huge sigh of relief!

A massive thank-you to all those who have already committed.

If you are able to help out on Saturday 7th June then please drop him a line; nigel.barnett@hotmail.co.uk

New Social Secretary

Callum Price is our new social secretary. If you've got an idea for a social event, then he'd love to hear from you.



You can catch up with him on a training night as he's there most weeks.

The Trotters have always had a reputation for partying hard, let's keep that tradition going!



As it stands, Nathan Elphick is top of the league on 329 points.

James Saunders was manager of the month in January, picking up a tenner in the process.



James

Bob's next Lecture!

Our next one is being held on Tuesday 25th February. The subject matter is 'Preventing Injuries and Enhancing Competitive Advantage through Acupuncture and Nutrition.'

The lecture is to be delivered by Davide Picone (pictured opposite) who qualified in 2012 as a Licensed Acupuncturist from the College of Integrated Medicine Affiliated to Kingston University. Davide is now based in Totnes and is himself a keen runner.



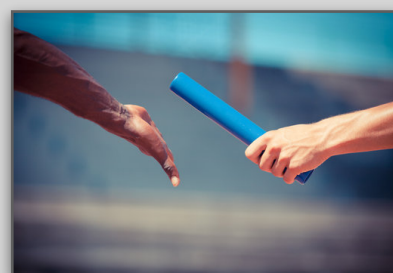
The arrangements are the same as usual with arrival at the REC for the start at 19.30. The cost is £3.00 cash only on arrival.

Please email Bob Small if you wish to attend - bobposhpig@gmail.com

EA put pay to our relay attempt!

Sadly our UK record attempt for the mixed 100 x 1 mile relay is now **NOT** going to take place. We've been trying to navigate a path through the substantial and onerous requirements of England Athletics (EA) in order that we could meet all their necessary administrative and organisational requirements so that the record could be validated.

We were at the point where we could overcome the necessary admin tasks, but then EA's demands for the day itself in terms of course measurement and officials were extreme. As an example: the course would have to have been officially measured before the event by an EA qualified person - understandable; the course would then need to be measured on the day of the event before the start i.e. at about 06.30 and then at the conclusion of the event at about 20.00 by a different measurer.



We would then have had to be present seven EA appointed officials - time keepers and a referee as well as one of the measurers. Some, if not all, of these officials would have had to come from other parts of the country, would probably have required overnight accommodation, travelling expenses and payment for their time; this would have amounted to a large expenditure - more than is deemed to be correct for the club to be spending on this proposed event.