

# Trotter Newsletter

12th February 2026

When will it ever stop raining? My trainers seem to have spent most of this year drying out on my shoe dryer! I've almost forgotten what that big yellow ball in the sky is. I guess the one blessing is we don't stage a race during this time of the year!

Within this newsletter you'll be able to read Liz's and my own AGM reports. Many thanks to those that made the effort to attend last night. There are two big changes of personnel within the non committee roles. We have a new Press and Publicity Officer and a new Men's Captain. You can find out who they are and learn a little bit more about them later in the newsletter.

I'd like to welcome Sam Galvin to the committee. I think she'll be a great addition to what I believe is a very strong committee. I'd also like to take this opportunity to thank Sarah Blanchard for her time spent on the committee and narrowly missing out on being re-elected. Other than those three changes, everything else stayed the same. Which means you've got me as your Chairman for another year!

We get a lot of requests to publicise member's charity sponsorship appeals on our Trotters Facebook group. Unfortunately we have to turn them down simply because we would be overrun with such requests. One member, Rachel Harrison, is holding a prize draw as part of her charity sponsorship fund raising. The committee took the decision, after a lengthy debate, to allow me to publicise the details of the draw in my newsletter. It was felt that members would probably like the opportunity to purchase tickets. You can read all about it on page 7.

I'd like to remind all members that wearing club kit at permitted races is compulsory when entering as a Teignbridge Trotter. The exception to that rule is when entering multi sport distances (Triathlons), parkruns and Ultra Marathons. It's one of the very few club rules that the Trotters have. You can purchase club kit from a link on our website; <https://www.teignbridgetrotters.co.uk/membership/membershipclub-kit>

Talking of club kit; grab yourself a bargain as we're doing a special one off offer on hoodies. See page 4 for more details.

## Membership total: 338

A quietish month on the membership front, with only four new members joining since my last newsletter. A warm welcome to them all, two of whom are pictured below.



Calvin Woods



Ian Russell

## 2026 AGM ~ Chairman's Report

Good evening everyone and welcome to our 42nd AGM. There are no resolutions to discuss and vote upon. However, we will be asking you to cast your vote to decide the seven general committee members for the forthcoming year. This is the first time in four years that we've had more than seven members standing. Healthy competition is a good thing and can only benefit the club going forwards.

It's been another great year for the club. We broke our membership record in September when we ended our membership year with a very impressive total of 366 members. Thanks must go to Jacki Woon who, in her first year in the role, has done a fantastic job. Our Couch to 5K courses continued to flourish, producing 25 new members last year.

Training numbers held up well throughout the year, averaging between 70 and 90 on both nights. We've added to our coaching team with some excellent new leaders. This has relieved some of the pressure on those that were having to coach/lead on an almost weekly basis. The two summer away runs were well attended and we'll look to organise more this summer. If you fancy organising one please let the committee know.

Our races were once again well supported. The DD got us under way in June. It was Derek Skinner's 100th marathon which accounted for a few more Trotters than normal taking part, myself included. Despite the heavy rain, the men's course record, having stood since 2014, was broken by Henry Hart in a superb time of 3:18:53.

The Totnes 10K sold out and remains our biggest race, entries wise, by some margin. The ladies course record was broken. That was one of nine vet course records that were broken. With the new enforced longer course, this was always likely to happen. Hopefully this year won't see quite so many and won't be such a big a hit on the race profit! The fun run had a massive 171 enter, just 4 short of setting a new record.

The Haytor Heller had its biggest entry for four years with 273 entering. The Ladies 10K suffered a bit on the entry front, probably due to the dreadful weather we experienced in 2024. Nevertheless the race was a great success. Sadly, the prospect of having to cancel the race due to heavy rain leading up to future races meant that we couldn't continue to stage the race at the cricket club. We have since found a new venue and a new route and are excited about staging it there. The race has also moved to June from September.

For the third time in the year a new course record was set at one of our races. This time it was the men's course record at the Templer Ten. Tom Merson beat the old one by just two seconds!

The revenue generated from our catering sales continues to grow. This is now a major part of each race's income. My thanks to all those that baked a cake, the catering teams and those responsible for the BBQ. Your time and effort is greatly appreciated.

My thanks also to everyone who helped out at one or more of our races. These are the backbone of our club and your support is vital in keeping them going. I'm pleased to say that all five of our RD's and their assistants are remaining in their roles this year.

Another new record we set last year was for the total number of Trotter finishers in a race. We had 76 cross the line at the Forest Flyer. That race was one of 16 that formed the Club Championship. It's great to see so many of you embrace the Championship. It obviously provides healthy club competition but also showcases our club when we turn up en masse at these races. The benefits of including club organised races in our championship is that many clubs do the same in return. Honiton RC have chosen the Templer Ten as their club trip race for 2026. They will be bringing a coach with up to 50 runners. Please continue to enter these great club organised races. Not only are you giving yourself a chance to win a beautiful crystal glass, you're also helping the club in more ways than one.

Our Club Captains do a grand job throughout the year. Putting together teams for the relay events and overseeing the on the day organisation is no mean feat. Ben has decided to stand down from the role having done it since 2022. I would like to take this opportunity to thank him on behalf of the club and present him with a small gift to show our appreciation.

Our runners achievements are reported on a regular basis by our Press and Publicity Officer, Roger Easterbrook. He's done an excellent job over the past few years. It's a time consuming job that always comes with a tight deadline. Roger has also decided the time is right to stand down. On behalf of the club I would like to present him with a little something to thank him for all his considerable time and effort in the role.

We now have our own brand new men's changing room at the Rec. We even have a lockable cupboard for our key box and spare reflective bibs. I know it's not cheap having the Rec as our home, but I believe it's worth it on so many levels. I represent the Trotters on the Board of Trustees. It's made up of a great bunch of hard working people, committed to developing and improving the Rec for the benefit of the clubs that use it. Your Trotter membership automatically means you're also a member of the Rec. Benefits of which are a 20% discount on the hire of the function room and 10% discount at the bar.

Our presentation and awards night was well attended. Everyone seemed to enjoy themselves. The new venue ticked a lot of boxes, enough for us to return there again for 2026. It was great to have pretty much all the prize winners present. Many congratulations to all those who won something.

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 in 2026.

I shall now hand you over to Liz, our Club Secretary, for her report.

## Secretary's Report

Good evening everyone and thanks for attending this year's Annual General Meeting. Those of you who have been to our previous AGMs may have noticed a pattern forming with my report! That is because what I have to say each year is the same. I'd like to share something exciting but sadly the reporting requirements of a Club Secretary can be a little dreary!

As with previous years, we have continued to be affiliated as a Club to both England Athletics and the Association of Running Clubs. Again this year, we did not affiliate to Devon County AA.

Committee meetings continue to have good attendance, as you will have seen in the attendance record sent out with tonight's Agenda. This year saw two Committee members step down; both Keith and Graydon are very much missed. However, we welcomed Adam Doherty and Neil Tampkins onto the Committee; they must have enjoyed the experience because they have both decided to stand again for the coming year.

In October 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. It's great to see that even with the challenges that it brings, all our RD's are staying on for another 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 at a certain point in the year. This year we were once again entered into the ballot for a place, with a 50% chance of winning. Thankfully we won! Congratulations to Duncan Knight who is the lucky recipient of that place, following the draw for members who gained six marshal points last year. Duncan has selflessly passed his place onto Kim; what a great husband!

Our foreign marathon trip took us to Copenhagen in May. It was a wonderful weekend, albeit very chilly at times. Copenhagen is a lovely, clean and safe city; the only let down being the size of the Little Mermaid. Although, as we all know, size isn't everything!

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

Thank you.

### Hoodies Flash Sale

We've got a limited stock of hoodies in various sizes that we're selling off at the bargain price of £25 (normal cost £40). If you'd like one please message Adam Doherty (our kit man) at [clubkit@teignbridgetrotters.co.uk](mailto:clubkit@teignbridgetrotters.co.uk)

Once they're gone they're gone!



## Jo Randall is looking forward to hearing from you!

Where to begin? Hi everyone! I'm Jo and can't believe I'm saying this but I am the new Trotters Press and Publicity Officer. I have 15 years' running experience with 328 parkruns, 19 marathons, several club championships and two DDs under my belt... so hopefully lots to bring into celebrating your stories over the coming months.

My husband Martin and I joined the Trotters in 2014 shortly after moving to Devon, and the club has played a massive role in our lives ever since. It has provided friendship, motivation and a strong sense of belonging. Now that our daughter is older, the timing feels right to give something back.

I want to report on more than results alone. While personal bests, podiums and age-category prizes deserve recognition, I am equally keen to share the stories behind them: the challenges overcome, the conditions faced, the support received, and the personal goals that matter to each individual. I am particularly committed to encouraging contributions from across the whole membership, helping to ensure our coverage is inclusive, representative and reflective of this amazing club.



The best way to support this is by sharing race reports, reflections and photographs directly via the Press and Publicity Officers email address. High-quality group photos and action shots from races and club events are especially welcome, as they help bring our stories to life. Whether it's a major event, a first race, a return from injury, or a run that simply meant something to you, I would love to hear about it. Despite the irony of holding this role while keeping a deliberately low profile on social media, I promise that every story and image sent to the inbox will be read and valued.

Thanks for reading and I look forward to hearing from you with your race stories soon. You can email me at: [press@teignbridgetrotters.co.uk](mailto:press@teignbridgetrotters.co.uk)

The deadline for contacting me is 7pm on Sunday evenings. This gives me enough time to compile my report and submit it to the press to meet their strict deadline.

Jo

### Rec Membership

As a member of the Rec you are entitled to 20% discount on the cost of hiring the function room at the Rec. It's a great venue for Birthday Parties, Wedding Receptions and a whole host of other things such as fitness classes and fund raising events.

Why not stay after training on a Wednesday and have a meal in the bar. There are a few of us that regularly stay. The food is really good and very reasonably priced.

## From one Ben to another!

First of all I'd like to thank Ben (Elphick) for all his efforts as a captain and coach/leader. Since joining the club a couple of years ago, his encouragement and ability to simultaneously keep an eye on and push everyone on his runs is something that has made a huge difference to my running, and is something that I know is massively appreciated by plenty of other Trotters too. Not to mention his efforts as captain, coordinating relays and the sports day, ensuring they were both highlights for so many of us last year.



Having been a complete novice, I was finally infected with the running bug back in 2024 through a combination of peer pressure and 25 years of relentless encouragement from Dad. If he'd have known all it took was a few mates wanting to do some races, I'm not sure it would've taken this long, but here we are!

Fast forward to now and the first marathon is in the bank (something I never thought I'd say) and the DD entry is in the system, so I think it's fair to say it's a chronic infection!

When I was approached with the idea of captaincy, I couldn't help but see the funny side in what has changed in my time since joining the club, thinking it might help me finish my first 10k. However, I thought back to how much fun it was representing the club and seeing the sea of blue shirts race round the relay courses last year, and figured if there was anything I could do to help create half the amount of fun and Trotters' buzz this season, then I'm all for it. Here's to a to a great year!

Ben Tampkins

## All systems go for Toulouse!

Entries are now open for the Toulouse 10K, Half Marathon and Marathon. All three races will take place on Sunday 1st November. As mentioned in a previous newsletter, this is the chosen destination for this year's Trotters foreign marathon trip. If you've been on one of them before, you'll know the fun to be had. If you haven't, then why not give it a go.

There are three flights a week from Bristol airport (Wed, Fri and Mon). To fly out on Friday and come back on Monday flights are currently about £104pp return. As far as accommodation is concerned it's probably best if you book that individually.



A weekend in the South of France with a great choice of distances, what's not to like.

## Rachel's Charity Raffle

In September 2024, my beautiful Mum was diagnosed with Myeloma after a long battle with pain and fatigue symptoms over the past year. This came as a huge shock for my whole family.

Myeloma is an incurable, but treatable form of blood cancer.

The key part of Mum's treatment was a stem cell transplant, which took place in April 2025, funnily enough whilst the London Marathon was happening! This, alongside my new found love of running (although I've never ran further than a half marathon), inspired me to do something great.

I am running the London Marathon for Anthony Nolan. A stem cell transplant, which saved my Mum's life (and so many others), would not be possible without this fantastic charity and their research.

Although it's a long and bumpy road, we are hopeful that Mum can get into remission and enjoy a good quality of life for as long as possible.

If you'd like to buy a raffle ticket, there are various different ways of doing so on the poster, or if you prefer, you can bring cash into club on a training night.



**ANTHONY NOLAN**

**CHARITY RAFFLE**  
IN SUPPORT OF RACHEL'S LONDON MARATHON 2026

**APRIL 19TH DRAW**  
6:00 PM

**TICKETS £2 PER ENTRY**

**PRIZE LIST**

- 2X EXETER CHIEFS PREMIERSHIP TICKETS
- LAKEMOOR ALPACA WALK
- WINNERS 2000 6 MONTH MEMBERSHIP & PT SESSION
- LUSCOMBE DRINKS GIFT PACKAGE
- SANDRIDGE BARTON WINE TASTING FOR TWO
- £10 CAFE3SIXTY VOUCHER
- £75 TARA PAINE PHOTOGRAPHY VOUCHER
- PT LOZ X2 SESSIONS
- CITY RUNS RACE ENTRY
- 2X E20 VENUS CAFE VOUCHERS
- £5 COUNTRY TABLE VOUCHER
- TRULY TREATS CHOCOLATE CAKE
- ILSINGTON HOTEL AFTERNOON TEA (GIFTED BY BENEDICT'S BRIDGE GARAGE)
- 4 BALL ST AUSTELL GOLF VOUCHER
- £10 JOLLY ROGER CAFE VOUCHER
- TORBAY HALF MARATHON OR 10KM ENTRY - TAURUS EVENTS
- GRACES HAIR DESIGNS CUT & FINISH
- TEIGNBRIDGE TROTTERS TEMPLAR TEN ENTRY

**TO ENTER**

- 1 DONATE VIA ENTHUSE:  
**HERE**
- 2 COMPLETE GOOGLE FORM:  
**HERE**

**OR SCAN THE QR CODE ABOVE!**



Rachel and her fiancé Ben