

Hello Erme Valley Harrier members. Thank you for taking the time to read this report, my first as Chair since taking over 12 months ago.

Firstly, I'd like to thank the Committee; Keith Reed, Paul Ross, Phil Warren, Phil Adderley, Chris Prall, Sharon Terry, Ruth Terry and Dan Francis. All of whom have personally helped me in my role of chair and who keep the club running smoothly. If anybody else would like to join the committee please do get in touch we would welcome input from the full spectrum of club members.

Secondly, I'd like to thank all of you for coming along on a club night, our numbers seem to be returning to pre-covid levels which is great to see. We're trying to keep the planned training sessions following a similar format each month but with variations to keep things as interesting as we can. If anyone has suggestions for routes or speed sessions etc then please let me know.

Keith has covered the aims of 2022 in his report, so I won't repeat here. However, to reiterate, we are still looking for volunteers to help with leading club runs on a Tuesday night. If anyone is interested in doing this, then let one of us know and we'll get things arranged. Likewise, Chris will cover the finances in more detail but in summary after a couple of rocky years the finances for the last year are healthy and we're in a stable position once again.

Looking back at the last year, a definite highlight for me as been the three races which we have hosted. Firstly, to get the 10K back up and running is a huge positive, it is the cornerstone of the club's finances and helps to keep the membership fees as low as possible. We received excellent feedback from runners and local clubs and I feel it was a great success. Secondly, the relays in July, with some challenges around having to hold the event midweek rather than the traditional Friday night, it was well attended by both running clubs and social running groups. There was a great atmosphere on the evening and again showcased how good we are as a club at hosting events. Finally, the Ivybridge Three Tops fell race, Chris Prall stepped up to direct a race for the first time and put on a superb event including 2 different junior races, which went down very well with the local fell running community. I think the icing on the cake was the fact that the men's race was won by our own Matt Gilvear

None of the above would be possible without the support of our members, can I say a huge thank you to everyone who has helped out in any way at any of these events, I and the rest of the committee, very much appreciate people giving us their time and supporting us when we host these races.

Other highlights of the year have been the continued success of the Summer and Winter handicaps, these are very well attended, and everyone seems to relish the challenge of the two different courses. A huge thank you to Monica, Donna and Shirley for the organisation and timing of these events. Thank you to Ken for running the kit sales and making sure that new members know how to get hold of the various bit of kit which are available.

As ever, Dave Fox has produced monthly editions of The Harrier covering all the races that club members have been getting to and usually including a not so flattering picture of me wading through some muddy ditch at one of the cross-country races! On the subject of cross-country, I'd like to thank Becky Lee for her management of the cross-country teams last season and continuing to do so this year. It was great to see so a good turnout of both seniors and juniors at the first XC race of the year at Newnham, it would be great to see a few more of you at some of the other races in the season.

Our regular couch to 5K programmes have been a great success, a big thank you to Sharon, Ruth, Paul and others who have been involved with organising these sessions. It's great to see the runners progressing on a week-by-week basis with many of them signing up to as members once they've completed the course.

A personal highlight for me this year has been around the club's social side, I'm thinking in particular of the regular meet up at various parkruns across the region including taking over the entire Haldon Forest diner following Ken's birthday parkrun and a great turn out at the Eden project to celebrate Ian and Sarah's wedding. Thanks also to Andy Trigg for his weekly parkrun roundups, with some fascinating info and stats covering all things parkrun. We also recently had a club trip to the Tavy 7, followed up with a get together at a local pub for some food which was well attended and people seemed to enjoy both the event and the post race refreshments. We've also had the regular away day runs on a Friday evening and the occasional breakfast run, thanks to Phil Warren for organising those. I think all of this perfectly demonstrates the club spirit and welcoming nature and I very much look forward to more of the same next year.

Looking ahead to next year, I have three main aims for the club, but would love to hear ideas from members on what they would like to see the club doing.

My aims for the club next year are as follows:

1. Recruit more run leaders to assist on club nights
2. Increase senior membership level to greater than 150
3. Increased engagement with club members and organisation of regular club trips to races etc

Thank you again for reading and I look forward to seeing you at club or a race soon.

Tom Davies