

## Poplewell Trophy 2025

The recipient of the Trophy this year is Ellie Dannatt of Camberley and District AC.

The nomination from her club reads ' Ellie is the cross country Team Manager for CADAC. She contacts all our athletes, both junior (via their parents) and senior to let them know all the dates for HCCL, County Regional and National Cross Country matches, to check on availability.

She then manages the entries, co-ordinates the teams and is present at every match to support and encourage everyone, always with a smile on her face. Once she has made sure everyone is ready for their race/successfully finished, Ellie more often than not competes herself!

A couple of days after each event, Ellie sends out an e-mail, updating everyone on the performances, running conditions, League standings etc. These messages are always positive and encouraging.

Ellie loves cross country and her enthusiasm and positivity rubs off on all our athletes and their parents. She is a huge inspiration to everyone at CADAC.'

From our point of view, Ellie is always the first to return the Team envelopes for processing, making our lives much easier. Many thanks Ellie, and well done. Rightly deserved.



Pam Rogers- Ladies Results Secretary-HCCL