



ARMADA ATHLETICS NETWORK  
MINUTES OF MEETING HELD ON  
10<sup>th</sup> June 2019



**Present:** Paul Ross (EVH & Chairman); Keith Reed (EVH & Secretary); John Smith (Treasurer and Tamar Trotters); Dave Hatch & Jason Hulcoop. (Moorhaven), Martin Head (BATS); Sharon Dunridge (Plymouth Musketeers); Martin Exley-Deane & James Armstrong (Tavistock AC); Paul Crutchley (COPAC); Fred Jenkins (IS);

**Apologies:** Ed Horn (LRR); Steve Rose (PRR); Richard Warne and Leigh Robinson (Plymouth Harriers);

**Minutes of Previous meeting:** Accepted as a true record

Paul welcomed new attendees to the meeting.

### **Club reports**

**Tamar Trotters** Club held successful Parkrun takeover last Saturday at Plym Valley. The Saltash Half was a success over the new two lap course. The band system worked well. Athletes at lots of local races. Mag 7 entries have reached 50% of race limit. As the race is in the Cornish GP so expected to fill before the day. One of the long standing junior members has been selected as the Mayors cadet for this term of office.

**Plymouth Musketeers** Lots of club members at local events and some age category and team awards have been won.

Two new LIRF's qualified after recent course in Exeter. A new Couch to 5K group has started in Plympton. Membership holding up well. Muskies Madness entries now open.

**BATS** Bere Pen 10K was held on Saturday 25<sup>th</sup> May and was very successful. Entries a little down on the previous year. Runners in various races including Calgary 10K. Two new members recent recruited. Membership now at 61.

**Plymstock Road Runners** No report

**Instinctive Sport.** The club have had runners at various races including the Plymouth Half and the Burrator 10K. It is the clubs 35<sup>th</sup> anniversary this year and various events have been set up to celebrate. There will be dinner on July 12<sup>th</sup> which any ex members are welcome to attend.

**Moorhaven RC** The club supported Sharon Dawe's 300<sup>th</sup> ultra race at the Dartmoor Discovery. Also helped at the Saltash half.

**Plymouth Harriers** (by email)

Leigh sent his apologies and submitted the following report.

1. AGM was last Wednesday and was well attended – Leigh is back n as Chair!!
2. Membership currently sits at 160 and growing
3. We have appointed a new club Welfare Officer to replace Penny
4. No further updates on Tory Brook Trails - however we are looking at opening online entries very soon
5. Local and further afield races well attended. Sam Yearling wins again - Bere Pen 10K, good showing at Plymouth Half, 17 runners in Liverpool for the 'rock n roll' half and marathon and one in Edinburgh for the marathon. 6 nutters took on the DD Alex Peyton Jones was 6th overall and Ami Yetton was 4th female and 1st V35.

**Tavistock AC.** Some good results from both Cornwall and Devon Schools Champs resulting in a number of selections for the counties in the SW Champs.

Adam Holland did well in both the Man vs Horse and Yeovil marathon over the same weekend. Some good results in local events on the track and the road. Heather Fell completed the Comrades Marathon in S Africa in 8.14.53.

The latest beginners group (Tavi Joggers) are doing well. Tavi 5k this Saturday.

The club are also promoting a three race Fell running series held locally under FRA rules.

**Launceston Road Runners** Ed Horn sent his apologies. The club is going well. There is unlikely to be many LRR runners at the 5K due to the clash with the Bude lifeboat run. The

club are planning to support the Armada GP and they thoroughly enjoyed the Bere Pen 10K. They also intend to be at the EVH Relays.

**STORM** No report.

**COPAC**. Paul Crutchley now confirm as new Chairman.

8 COPAC athletes selected to represent Devon in SW schools

COPAC athletes were represented at following competitions

SAL - 19th May (Swindon) - 3rd on the day next meet 16th June ( Poole).

YDL - 5th May Swansea - 3<sup>rd</sup>, 26th May Exeter - 2nd, next meet 30th June (Cardiff)

SWL – 5th May Cup Yeovil U13G won age group, Exeter 2nd June - 3rd, next meet 7th July.

International and away athletes

David King - Prague 13.58s 2nd UK rankings 110mH

James Arnott - Spain 10m 11.62 s, 200m 23.68 s T46 1st

Victoria Weir - Birmingham 3k SC 10' 33.22 s 7th uk

Poppy Tank - Sacramento USA 10k 34' 08.8 s 2nd U23 uk

Emily Bee - Bedford Heptathlon 4979 U20 5th in

Sam Harris - Bedford 100mH 13.93 s 2nd UK

Alex Beechey - Cyprus games 200m 21.21 s gold.

No update on track redevelopment due to elections

**EVH** Some good results on track and road. Good turnout at Bere Pen 10K. Adam Dingley has done well recently. Couch to 5K group continues to going well EVH relays on 5<sup>th</sup> Jul – there has been lots of interest already so the club expects a bumper entry. Paul outlined details for member clubs.

**Coaching Co-ordinator Report** Neil has issued the latest schedule. Sessions have been much better recently in terms of numbers.

**Track Facilities.**

**Plymouth** - See club report

**Tavistock.**

New Hammer cage has been installed. A successful meeting has been held with the College and agreement on the new licence structure is close. Devon open will be held on 14<sup>th</sup> July

**Clocks**

Both clocks in the store. Battery needs charging.

**Coaching and Officials Courses**

LIRF – Paignton 21<sup>st</sup> July, Exeter 8<sup>th</sup> September

Coaching assistant Course – Tavistock 15<sup>th</sup>/16<sup>th</sup> June and Taunton on 19<sup>th</sup>/20<sup>th</sup> October

Athletics Coach – Exeter 21<sup>st</sup>/22<sup>nd</sup> September

CIRF – Taunton 14<sup>th</sup>/15<sup>th</sup> September

Official's course – Oct 5<sup>th</sup> or 19<sup>th</sup> at Exeter.

**Finances** Healthy balance. Some good recent income.

**5K Series** Next one is this Wednesday 12<sup>th</sup> June. Entries have been good so far. Help needed as always.

**Chip Timing System** Next use is the Age UK 10k on Sunday 16<sup>th</sup> June, Smudger and Jason to assist Keith. Will be used at Tavi relays, Muskies Madness and Tavi 7. Will need to order more credits in September.

**Grand Prix 2019/20** Third race has been held and latest point's standings are on website.

**Still need final numbers from some clubs please**

Pictures of awards on website and also on Facebook.

**AOB**

- The issues with EA club finder have been resolved.
- Sharon Dunridge has agreed to cover as Race Adjudicator for three races.

**Date of next meeting – Monday 8<sup>th</sup> July 2019 – Windsor House 6.30pm.**