



ARMADA ATHLETICS NETWORK
MINUTES OF MEETING HELD ON
11th February 2019



Present: Paul Ross (EVH & Chairman); Keith Reed (EVH & Secretary); John Smith (Treasurer and Tamar Trotters); Jason Hulcoop (Moorhaven); Richard Warne (Plymouth Harriers); Martin Head (BATS); Daz Williams and Steve Bush (Plymouth Musketeers); Martin Exley-Deane (Tavistock AC); Fred Jenkins (IS); Kevin Martin and Helen Ambrose (Storm) Graham Edmonds (COPAC); Steve Leonard (PRR):

Apologies; Ed Horn (LRR); Dave Hatch (Moorhaven); Leigh Robinson (Plymouth Harriers)

Minutes of Previous meeting: Accepted as a true record

Club reports

Tamar Trotters 31 runners at Newquay 10K and 70 at Stormforce. Juniors doing well with good turnout at training plus competition at 3K and Westward League. James Blight won the Plym Valley Marathon. Mark Evans completed ARC of Attrition on 5th attempt. Club AGM on March 1st. Online entries only for Mag 7 this year. Club held workshop on wellbeing and nutrition.

Plymouth Musketeers Runners in Barcelona, Exeter Half and Arc of Attrition. New coach on CIRF course also an additional LIRF. The club is actively promoting the Tavi 13 but also using the Tamar Bridge 10K as a recruiting exercise. One new C25K group has started with the Plympton one due soon. Monday circuit session going well. Muskies Madness due to be on 31st August at 5pm. Club GP not yet finalised.

BATS Club AGM and Awards evening held on 29th January proved to be successful with new members and volunteers. Lots of club members at local events. Club member Sarah Morwood has been named in Great Britain's squad for October's IAU 24 Hour World Championships in Albi, France. GB have selected six men and six women for the squad.

Plymstock Road Runners Muddy Duck confirmed as 13th July. Entries will be open soon. The clubs junior section has been unfortunately disbanded due to lack of coaches. The last School XC race was cancelled due to the snow. Runners at local races. Club AGM on 28th February.

Instinctive Sport. Club held AGM and Brenda Thorn is now secretary with Julie Felwick taking on the role of Chair. Fred will be men's team captain. Club GP introduced including Parkruns. The Plym Valley Challenge will not take place this year again due to the difficulties of finding people to organise it.

Moorhaven RC Dave Hatch sent his apologies.

Plymouth Harriers Leigh sent his apologies but Richard was there.

Few updates, but firstly thank you for yesterday's XC in Stover - perfect XC conditions!!

1. Lutie Atkini ran in Saturdays Exeter Half and came 3rd female in a time of 1h27 (new PB)
2. Jo Hudson also ran the same event but on the Sunday and came 1st female in a time of 1h33
3. New C25K will start end of March after our clubs Annual Awards Ceremony
4. Membership has now rolled over the 200 mark to a whopping 201 and we are seeing plenty of new faces giving the club a go
5. Autumn Trail - We now have a confirmed date of the 21st September. Few minor details to iron out (we have a name, but it's still a secret at the moment). We will have two races, a 10K age 16 upwards and 3K age 4 upwards. More info to follow.

Tavistock AC. 33 runners at Stover for the latest Westward League XC. Some good team results. Sportshall League results not as good however Club held AGM and the committee has stayed the same. The club have now become a Limited Company. Decision was made to go down the Charity route to improve access to grant aid. Unfortunately one of the clubs runners was disqualified from the ARC of Attrition for short cutting. Tavi 13 entries on March 24th now over 50% full. The next 5K run is this coming Saturday.

Launceston Road Runners (report given by email). Please accept my apologies for this evening - we have a club committee meeting. Everything much the same as normal at LRR. We had a great club turnout at the Newquay 10k in the Cornish grand Prix recently. We celebrated our runners achievements in 2018 at our awards night in Saturday and recently trained three new leaders through the LiRF course in Bodmin

EVH Club athletes have done well recently. Good turnout at Westward league and it looks like we could have some category prizes. Excellent result from last Sportshall and the club have now taken the lead overall. Joe Battershill ran a 1.12 half marathon in Barcelona (his first) and his brother Will ran an 8.06 3K indoors. Good Athletic Leader's course put on in Ivybridge as part of Games changer project. Entries for Ivybridge 10K now at 450. Presentation evening in April. Some progress made with changing and showers at Rugby club.

STORM Beginners groups going well including an Absolute Beginners course put on by Neil and Caroline Williams. New GP format was released at the end of January. AGM being held. Kevin will become the new chair.

COPAC. Club going well. Dave King became the British Champion last weekend over 60m hurdles. Also good performances by the juniors in the Westward league.

Coaching Co-ordinator Report There are still some weeks that we have no coach on a Saturday. If any club coaches can help it would be really helpful. Sessions have still been very quiet recently.

Track Facilities.

Plymouth There have been various meetings of both the working party and with the Raiders project group. Progress looks good with the track but final decision will be made in March. If this is agreed then work will begin in August. The indoor facility project is more complicated and is being held up by red tape. Hopefully this will be resolved soon as it affects where the clubhouse will be built.

Tavistock A meeting has been held with the college in January and options for funding are being looked at. Sport England are being involved.

Clocks Both clocks in the store

Coaching and Officials Courses

LIRF – Exeter on 23rd Feb and 13th April

Coaching assistant – Taunton 9th/10th March

Athletics Coach – Tavistock 16th/17th March 2019

Time to Listen Workshop – Brickfields Sports Centre, Plymouth 25th March

<https://www.ulearnathletics.com/cpdEvent/88423>

Finances Finances are healthy. Exeter City have been invoiced for Chip timing.

3K Series Next one this week. Help needed as always. Saltram have agreed the 5K races starting in April.

Chip Timing System Ran the system at Exeter last weekend. Ran well both days. Thanks to Keith & Jayne Reed and Mr & Mrs Smith. We need more volunteers please.

Grand Prix 2018/19

Final rules confirmed for 2019

- All finishers of 7 races (from 11) get either a T-Shirt or Crystal trophy – can have both if willing to pay.
- T-shirts or crystals to overall winners and age group winners in Men's 40 – 70 and Women's 35 – 65 categories (5 year age groups)
- List of races all agreed. Some concerns over clash of Muskies Madness and Treggy 7.

Cross Country Thanks to all the clubs who supported the latest Westward league at Stover on 10th February.

AOB

- KR informed the meeting on the result of EGM of England Athletics and the election process for the regional Councils.
- Further discussions took place on the Tamar Bridge 10K with the clash with Tavi 13. It was disappointing that this had happened. The Plymouth Live did put an article out the about our events.

Date of next meeting – Monday 11th March 2019 – Windsor House 6.30pm.