



ARMADA ATHLETICS NETWORK
MINUTES OF MEETING HELD ON
12th February 2018



Present: Paul Ross (EVH & Chairman; Richard Warne and; Keith Reed (EVH & Secretary); John Smith (Treasurer and Tamar Trotters); Fred Jenkins (IS););); Dave Hatch (Moorhaven);); Martin Exley-Deane (Tavistock AC);); Sharon Adams (Plymouth Musketeers); Caroline Easton and Chloe Bounsall (Storm)

Apologies); Penny Hadfield-Bennett (Plymouth Harriers); Martin Head (BATS); Graham Edmonds (COPAC); Steve Leonard (PRR)

Minutes of Previous meeting: Agreed as true record.

Club reports

Tamar Trotters Club going well. AGM coming up on Friday week. Graham Riley has done some coaching sessions via EA. Steve Baker selected for EA age group team. Bex Ezra has been invited to run in London following her recent good performances. Saltash half will be run from Rugby Club on 6th May. Mag 7 open to runners. No T-shirt this year.

Plymouth Musketeers The clubs athletes have been racing all over the area including the cross country. New Couch to 5K programmes in Plymouth and at Plympton are going well.

BATS (by email from Martin Head) BATs had their AGM last week, and I'm in the chair and will be attending the Network meetings for another year. Memberships are currently being renewed, so far have had 7 retire / transfer to other clubs. No surprises on this front, being people who have moved and those who are less active in the club. Anticipated that a few more won't renew. Started another C25K a fortnight ago, and we've got 18 people on it! Wow, where do they all come from? Events wise, we've been relatively quiet, people are mostly training and struggling with the normal colds and flu routines. That said, have had 2 at Trail half marathon at Widdecombe this weekend and another made a good attempt at the Arc of Attrition. Unfortunately he had to drop out after 15 hours after covering 48miles with an apparent chest infection. Appears the imaginary pre-race flu was more than an idle sniffle. Entries for BerePen10 are open on Run Britain, website and paper entries will go live soon, just waiting for a few things to be finalised. We were hoping to have a beer tent this year, but unfortunately this will have to wait until next year, but we will have ice-cream for sale and are hoping to have some entertainment (in the form of a bouncy castle) for children.

Plymstock Road Runners Club AGM coming up on 22nd Feb, Graham Bale was 3rd in Exeter Half. Muddy Duck will cost just £5 to enter this year. Juniors going well. Local schools cross country race have started culminating in final at Coombe Dean where cheques are presented to schools.

Instinctive Sport. Club runners at various races including Gloucester and London. Runners in Plymouth trail and Dartmoor trial where runners got lost. This led to a discussion about unlicensed races and the potential dangers of having no insurance cover.

Moorhaven RC The club have ben helping with schools cross country in East Cornwall and Newquay 10K.

Plymouth Harriers New beginners group going well. Club had good turnout at Westward league X Country. Club are being charged £250 to use Maristow estate for Six Moor miles.

Tavistock AC. Club athletes at various races including Fulfords 5, Exeter Half and Torremolinos Another good turnout at Westward League Cross Country. Juniors going well with 10-12 selected for ESAA and Inter Counties. 5kool Run going well. Alan Ryder has set fastest time for a V50 in the UK on the course. Tavy 13 entries going well (50% full)

EVH. Ivybridge 10K filling fast with nearly 300 entries in already. Will fill well before closing date.Clubs athletes doing well. Sam Trigg competed for England in Vienna and Will Battershill set new pb in the States. Four club athletes selected for ESAA champs. Ali Mcewing and Ali Thorn were 2nd and 3rd in the Exeter Half. Club couch to 5K group going well. Also held core fitness session for seniors with 16 attendees. Club doing well in Sportshall

COPAC. No report

STORM Club held successful awards night with 320 attending. 190 runners going to Exeter for 10K Club offered structured training plan to runners. Also 90 runners going to Weston Super Mare for the half marathon. Club have set up the Storm Cuppa group to support injured runners. New race is on 18th November 2018. Limit will be 200. Emphasis on participation.

Coaching Co-ordinator Report No report.

Autumn Trail Run. New First aid quotes obtained agreed to go with just one 4 x 4 from Met services. Sharon agreed to source medals. Will need someone else to do entries and results as KR is away.

Track Facilities. No news on the Trackmark inspection at Brickfields. David Rose of Plymouth University is still showing interest in running the track. New High jump cover available but it has issues with opening. New hurdles bought for training.

Clocks Both are now back in the store.

Composite Team Composite club registration renewed for 2018. Clubs met at YDL meeting. Fixtures have been circulated. More details to follow.

Coaching and Officials Courses Various courses being held locally. The next coaching courses include various LIRF courses. There is an Assistant Coach course in Tavistock. A Traffic Management course is being held on 24th March in Exeter. Need to confirm how long qualification lasts. Details on England Athletics website. Official's course to be 25th March. Road running seminar on Monday 19th.

Finances Our accounts have been signed off for the CIC renewal. Balance is healthy. Exeter Half to be invoiced for chip timing. Club subs due in April.

Winter 3K Series. The next 3K of the winter is on this Wednesday. We are again using a different part of the Life Centre (near climbing wall) for registration. Meeting held with Saltram over 5K. Cost will be a maximum of £880 for the series. This was agreed and KR to let Ellie know. Agreed not to offer formal support for the Trust 10k races as it could lead to over commitment.

Chip Timing System System used successfully at the Exeter Half on 10th/11th February. Thanks to Keith, Jayne and Alistair Kinsey for running the system. Next one will be the Granite Way on 4th March. We still will more need volunteers to run the system at these events, Chips have been purchased. Will be used at Tavi 13 so training opportunity exists.

Grand Prix 2018 Further discussions took place on 2018 format. Agreed to maintain value of prizes at current level (circa £12 per trophy). This should encourage participation in at least 7 races. Overall club trophy to be maintained. Agreed to add note about points for helpers at Autumn Trail. Agreed the financial contribution to be the same as 2017. Martin suggested we agree on a standard system of age cats. Agreed 5 year groups from 40 – 65 for men and 35 – 60 for women.

AOB

- KR thanked all the clubs for help with Westward league XC at Central Park on 11th Feb.

Date of next meeting – Monday 12th March 2018 – Windsor House 6.30pm.GF3