



ARMADA ATHLETICS NETWORK
MINUTES OF MEETING HELD ON
14th January 2019



Present: Paul Ross (EVH & Chairman); Keith Reed (EVH & Secretary); John Smith (Treasurer and Tamar Trotters); Jason Hulcoop and C Hulcoop (Moorhaven); Richard Warne and Leigh Robinson (Plymouth Harriers); Martin Head (BATS); Daz Williams and Steve Bush (Plymouth Musketeers); Martin Exley-Deane (Tavistock AC); Fred Jenkins (IS); Caroline and Andy Easton (Storm); Ed Horn (LRR); Dave Hatch (Moorhaven);

Apologies; Graham Edmonds (COPAC); Steve Leonard (PRR)

Minutes of Previous meeting: One amendment under Grand Prix it should read January meeting not December.

At the start of the meeting a one minute silence was held in memory of the local runner who sadly died whilst out training in Plympton. Our thoughts and sympathies are with his family.

Club reports

Tamar Trotters Club made a substantial donation to Livewire charity. Junior athletes did well in Armada 3K. New C25K started on Friday with 31 attendees plus 5 who are coming this week. Club have been holding talks training evenings including with Steve Baker on coaching, Running awareness and wellbeing and nutrition.

Plymouth Musketeers Very busy in local races including January Jaunt and 3K races. Runners also at Brown Willy, Burrator and Oh my Obelisk. Membership numbers are holding up. New C25K groups starting.

BATS Bere Pen 10k on 25th May now open for entries. There may be a slight route change. AGM and Awards evening on 29th January. Three new members.

Plymstock Road Runners No report.

Instinctive Sport. Club runners in a variety of races including Scrooge, Oh my Obelisk and Burrator. Club runners supported the Light up a Life run on 18th Dec for St Luke's Hospice.

Moorhaven RC ECH primary schools on Friday. Parking an issue.

Plymouth Harriers Still no confirmed date for Autumn Trial due to difficulties in contacting Newnham Park. Martin to help. Sam Yearling doing well in 3K series. Ami Yetton ran in SW Cross Country Champs for Devon. Good turnout at Westward league even it was a bit windy. Latest C25K group not as successful as previous ones. Club looking to change kit suppliers. Can clubs please assist on suggesting possible suppliers?

Tavistock AC. Club had runners in the SW XC Champs running for both Devon and Cornwall. Also had Some good results in the SW Juniors Indoors at Cardiff. 39 runners at Westward Ho! for the latest Westward League XC. Some good team results. Runners in the forthcoming First Chance 10K. New C25K group started last weekend. Club has AGM this week. The club are looking to become a Limited Company. Tavi 13 entries stand at 200 definitely on March 24th. The next 5K run is this coming Saturday.

Launceston Road Runners. Quiet time recently. C25K group finished with the December 5K at Tavistock. They were registered with EA to enable the club to gain an extra London Marathon place. Three on LIRF course in Bodmin. Awards night in February.

EVH. Reasonably quiet time for the club. Adam Dingley won two more medals at SW Junior Indoors Day 2. Also new club records set. Good run by Cleo Perry in the SW XC Championships where she finished 1st V45 lady, and was part of the winning Devon team. She also did well at Westward League race with her team mates, Entries for Ivybridge 10K already at 200. Presentation evening in April. Some issues with changing and showers at Rugby club being resolved.

STORM All going well with the club. Jack Arundel was 3rd in recent Armada 3K. Lots of new recruits to club runs. Junior Academy now meeting indoors at Life Centre. Good turnout at January Jaunt and coach going to Exeter First Chance 10K. Awards evening on 26th January. New recruits on Coaching Assistant course.

COPAC. No report

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 been very quiet recently.

Track Facilities.

Plymouth The first working party is being held this week as well as a meeting with the Raiders and others on Thursday.

Tavistock A meeting has been held with the college in January.

Clocks Both clocks in the store

Coaching and Officials Courses

Coaching Assistant – Tavistock 26th/27th January

LIRF – Bodmin 19 Jan

CIRF – Exeter 9th/10th Feb 2019

Coaching assistant – Taunton 9th/10th March

Athletics Coach – Tavistock 16th/17th March 2019

No official's course yet sorted.

Finances Finances are healthy with Saltram bill paid up.

3K Series Last 3K race was a bit quiet. Next one on Feb 13th

Chip Timing System Need to sort bookings and personnel for 2019 races. Some issues with DAG over renewing license and ordering new credits. KR chasing

Grand Prix 2018/19 Final rules confirmed for 2019. Storm asked when subs are due (may 2019)

- All finishers of 7 races 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 agreed. Some dates TBC.

Cross Country Thanks to all the clubs who supported the latest Westward league. Next one at Stover on 10th February. Could clubs help with marshalling?

AOB

- KR explained more on the forthcoming EGM of England Athletics and the potential changes to regional Councils.
- Paul discussed the unfortunate clash of a new race Tamar Bridge 10K with the Tavi 13. It was disappointing that this had happened. Also Plymouth Live produced a list of local races without including many of the Network events. They have been told.
- ECH putting on a new event to replace the Five Tors. The Trepolpen Seythin, is an all new multi-terrain race, featuring 10k of sand, mud, hills, woods, road, stunning views, lung-busting ascents, and rip-roaring downhills, all for the price of £12 (£14 for non-affiliated runners). Coming to Seaton and Downderry Cornwall, on the 31st March 2019

Date of next meeting – Monday 4th February 2019 – Windsor House 6.30pm.