



ARMADA ATHLETICS NETWORK
MINUTES OF MEETING HELD ON
9th December 2019



Present: Paul Ross (EVH & Chairman); Keith Reed (EVH & Secretary); Paul Crutchley (COPAC); Martin Head (BATS); Sharon Dunridge (Plymouth Musketeers); Martin Exley-Deane (Tavistock); Fred Jenkins (IS); Richard Warne (Plymouth Harriers); Ian Lamerton (Plymouth Tri Club)

Apologies: Leigh Robinson (Plymouth Harriers); James Armstrong (Tavistock AC) John Smith (Treasurer and Tamar Trotters); Dave Hatch and Jason Hulcoop, (Moorhaven), Kate Aspinall and Steve Rose (Plymstock RR); Jon Roberts (Launceston RR); Jack Arundel (Storm)

Minutes of Previous meeting:

Accepted as a true record. Paul thanked COPAC for allowing us to use the clubhouse at the Brickfields once again. We hope to be able to use the community hub at Central Park for future meetings. Paul also welcomed Ian Lamerton to the meeting representing Plymouth Tri Club who use the track on a weekly basis and are keen to join the Network. Ian gave some details of the set up at the club.

Club reports

Tamar Trotters No report as John Smith is away.

Plymouth Musketeers Runners all over at local events as usual. 3 new LIRF's attended the recent LIRF course. Muskies Madness is likely to on July 4th.

BATS The club have had runners at various races although last weekend was quiet. Two new prospective members have shown interest.

Plymstock Road Runners Club recently held a successful Christmas party. Graham Bale and Carla Haines did well at Cockington Caper. New Couch to 5K group to begin in 2020.

Instinctive Sport. Two new members have joined. Club enjoyed Lopwell Loop, Putting on club Grand Prix next year.

Moorhaven RC No report.

Plymouth Harriers Club is settling in well at new headquarters with a number of athletes returning. Just finished latest Couch to 5K sessions. Good results at Devon Cross Country championships.

Tavistock AC. It has been a quiet month. Club runners at Cockington Caper. Good turnout at Westward league with lots of medals in the Devon Champs. There was a sprints and hurdles coaching session held at Tavistock last weekend. The club were confirmed as winners of the Ross Shield as S Molton were ineligible. The club have offered South Molton free entry in 2020 as a gesture.

Launceston Road Runners No report.

STORM No report.

COPAC. Charles Stanley Westward Cross Country league 2019 – 2020

Holly Reid and Barnaby Hutchings won the Cornish Championships in their respective age groups and Molly Gilbey won Bronze. Also great runs from our Devon athletes in the Westward League with Molly Shorey winning the U13 girls and Thomas Jones second in the U15 boys. Molly represented COPAC at Sefton Park, Liverpool for the 3rd round of the British Athletic Cross Challenge Cup. A very tough race but Molly was pleased with 4th place.

COPAC had a good Devon Cross Country County Championships with Molly Shorey winning gold in the U13 girls, Thomas Jones silver in the U15 boys and Stephen Burns winning the Vet 55 category. We also won the U13 girl's team champs with Molly Shorey, Maddy Jones and Verity Tank. In the Westward League Barnaby Hutchings won the U11 boys and Holly Reid was 3rd in the U13 girls. Our U13 girls are so dominant that not only are we winning the Westward League team event but our B team is coming second. 5 in the first 8. Next round Sunday 15th December – Westward Ho !

Sportshall remain 2nd overall - low turnout. Poppy Tank - Finished 18th and won team bronze for GB and NI for

European Cross Country champs in Lisbon. Plenty of interest in next Coaching Assistant Course at Tavistock 25/26 Jan 2020. COPAC AGM went well. 3 new Welfare Officers in post following stand down of current incumbent.

EVH Club AGM was held and a new Chair and Treasurer were elected. First committee meeting held with new recruits. Club runners mainly taking part in off road races. Cleo Perry and Ali Thorn ran for Devon in the Gloucester 10K. Slightly disappointing turn out at Devon Champs Cross Country. Still leading Sportshall league.

Coaching Co-ordinator Report No new update from Neil. Sessions have been well attended despite recent bad weather.

Track Facilities. Plymouth – Update on Brickfields development and PCC expectations
A recent meeting with PCC has demonstrated that if the developments do occur in 2020 then costs will rise. This has implications for COPAC and other users. This has been communicated to COPAC members at their AGM. There is still a high level of optimism but no decision will be made until the New Year. The clubhouse is being evaluated. The officials hut will need moving or replacing by PCC. Further meeting on 17th December.
Tavistock –No real update but all going well.

Clocks Older clock currently with Pete Ferlie. The new one was used by Storm, and is now back in store.

Coaching and Officials Courses

LIRF 19th January – Bodmin, 23rd Feb – Crediton,
Coaching assistant – 25th/26th January
CIRF 1st/2nd Feb -Bodmin
Also various Development workshops locally

Finances Healthy balance.

3K Series The second 3K was much better attended probably due to it being a Grand Prix event. The next one is this Wednesday and will be on the old course as the hub is not yet ready.
Festive wear encouraged and mince pies for all finishers.

Chip Timing System Used successfully at Tavi 7. We will need to order more Credits after that race. Exeter City have confirmed bookings for 2020.

Grand Prix 2019/20 Presentation will be after the 3K on Wednesday in the Life Centre. All T-shirts and mementos are here. Sara Raine of Plymouth Sports Gazette to be invited and presented with gifts. Paul is collating dates for 2020.

AOB

- Another reminder that the network have a new Social Media editor who is Ruth Terry.
- Boxing day run at Burrator. 11am Bring a present as usual. Please park sensibly and car share.

Date of next meeting – Monday 13th January – Venue TBC 6.30pm. (KR send his apologies)