



ARMADA ATHLETICS NETWORK
MINUTES OF MEETING AT COPAC CLUBHOUSE
8th November 2021



Present: Paul Ross (EVH & Chairman); Steve Blackford (COPAC); Sharon Dunridge (Plymouth Musketeers); Fred Jenkins (IS); Richard Warne (Plymouth Harriers); Keith Reed (EVH); Martin Head (BATS); Darren William (Plymouth Musketeers); Dave Hatch (Moorhaven); Lee Robinson (Plymouth H); Ian Lamerton (Plymouth Tri Club); John Smith (Treasurer); Steve Baker (Tamar Trotters)

Apologies: Jon Roberts (Launceston RR); John Smith (Treasurer); Graham Bale (PRR)

Paul welcomed everyone to the meeting. Paul also thanked COPAC for the use of the venue.

Club reports

COPAC Steve Blackford said the club had started well in both the Cross Country and Sportshall leagues. Club is taking on new venue with Stonehouse Sharks in back of Albion stand from next Monday. It should improve access to the track. Club AGM on 26th Nov. The club have a new sprints coach (Justin). Plans to improve landscaping around track.

Tamar Trotters Steve Baker gave the update. It is still a struggle to get back to pre COVID numbers but there are positive signs. Good turnout at first Westward League. Jacob Landers doing well (won the Tavi 7) Mag 7 will be held next year on Sunday 3rd July. The Saltash Half will be organised by Colin Bunting with support from the club. Also Santa Run on 4th Dec.

Plymouth Musketeers Sharon Dunridge gave the report. Club is returning to normal and now meeting inside. Lots of runners at recent races. Membership is a bit down but this is expected to increase. AGM was held on Sept 30th. Sharon is again the chair. The Muskie Madness will be held but date to be confirmed. New Walk and Talk group formed (TWATs) which is proving successful. Couch to 5K also running.

BATS Martin Head reported. The club still going well with some new members Still no decision yet on Bere Pen 10K, waiting on school. Good turnout at the Tavi 7 although some did not turn up.

Plymstock Road Runners Ian Lamerton gave a brief report on behalf of the club. They are meeting back inside now and are running a successful Couch to 5K programme. Good turnout at Tavi 7 and results were good. Christmas social planned.

Instinctive Sport. Fred Jenkins gave an update. The club have returned to meeting at Heles School and it is going well. Recently recruited two new members. Athletes at recent races like Tavi 7 and 5K The club include walkers in their Grand Prix. Christmas function booked.

Moorhaven RC Dave Hatch gave the report. The club have moved temporarily to Pound Park. They hope to return to Mount Gould very soon. Numbers are small but fairly constant. Dave had recently adjudicated at Eden and Cranbook 10K where there was a poor entry.

Plymouth Harriers Leigh gave the report. Overall the club is doing well with 128 members but numbers training from the Community Hub in Central park on a Wednesday have been disappointing. The club are hoping to grow this as the facilities are the best they have ever had. Leigh and Jane Allison have completed their CIRF courses and are keen to help at Saturday morning sessions. The Tory Brook races will take place next year (date TBC) as they have a new Race Director.

Tavistock AC No report.

Plymouth Tri Club Ian Lamerton gave the report. The Club has been running regular sessions throughout the summer across all three disciplines. Gender split is now 50/50 which is unusual for Tri clubs. Clubs has a good mix of juniors and seniors and numbers are back up to pre COVID levels albeit with a turnover of members.. Some good results at Torbay Tri. Plans in hand for Plymouth Tri in 2022. Date TBC.

Launceston Road Runners No report.

STORM- No report but contact has been made with the club.

EVH Club training sessions still going well at Ivybridge Rugby Club and Couch to 5K groups have gone very well. Juniors at Ivybridge College have been going well with increasing numbers. Not meeting indoors over two sessions. Did well at first Sportshall event. Club AGM was held last week and a new co-chair was elected. 10K scheduled for May 7th. Club trip to Tavi 7 went well. Christmas Party on Dec 11th

Finances Still no progress on replacing our current treasurer John Smith. This need to be a priority for all clubs. We should look at the cost of using an accountant to do the job

Clocks – Tavistock still have one which was sued at the Tavi 7. The other ones is in the store. Thanks to Darren Williams for donating a battery charger.

Coaching and Officials Courses

These are now online at <https://www.athleticshub.co.uk>.

There appears to interest in a CIRF course. Keith Reed to contact Hayley Cooper form EA who arranges coaching courses. Her contact details are hcooper@englandathletics.org

Discussion took place on Endurance Officials. Cornwall has no Level 2 (or higher) Endurance officials which means they cannot put on a Cross Country race without external support.

Keith Reed to contact Charlotte Folloos who set up Official courses. Her contact email is CFolloos@englandathletics.org

EA Update

KR gave a brief update

- EA held their AGM. The SW Regional Conference took place in October. Clubs will be expected to adhere to 7 Club Standards from 2022. They are as follows:
- Constitution
- Committee
- Grievance & Disciplinary Policy
- General Data Protection Regulation (GDPR)
- Inclusion & Diversity
- Club Safeguarding Code of Conduct
- Health & Safety

SW Cross County 2nd January – RNAS Merryfield
Regional Awards on Dec 1st

Armada 5K Series and 3K

We ran the first 3K over the new course on October 13th. We had 55 runners taking part.

The next one is on November 10th. We will need marshals again. We are willing to be flexible on taking late entries.

The December one will be a festive occasion with Mince Pies.

It was agreed to ask Saltram if they can host the 2022 5K series again.

Chip Timing System

We ran the system at the Granite Way and the Exeter Marathon. Thanks.to Darren and Sadie Williams for their support. The main issues continues to be with the admin from Exeter City. We have had to do more than planned including sending out numbers. We need to ensure they are aware what we can do in future and also what is required from them. Keith to contact. It was suggested we should increase our prices by 50p per chip. The system was used at the Tavi 7 and worked well apart form a time glitch. Tavistock to be invoiced for encoding the chips used.

Grand Prix 2021

We decided to start in January 2022. Keith/Paul to produce list.

AOB

- Leigh said the XC Cross Country held in Plymouth on October 10th was good. Keith thanked the Armada clubs for their help
- Agreed that Holly Baxter can take on Social Media for the group
- Clubs to be reminded about Armada Track sessions and getting coaches along.
- Boxing Day run will take place at Burrator as usual.

Date of next meeting Monday Jan 10th – Venue TBC