



ARMADA ATHLETICS NETWORK
MINUTES OF AGM AND COMMITTEE MEETING
AT CENTRAL PARK HUB on 11th MAY 2026 (6.15pm)



Present: Richard Warne (Chair), Keith Reed (EVH); Paul Crutchley (COPAC), Maggie Bunting and Colin Bunting (Tamar Trotters), Sharon Dunridge (Plymouth Musketeers), Rob Felwick & Greg McKinney (IS:), Helen Metherall (Plymstock RR), David McCarthy (Storm); Emma McArdle and Sarah Robbins (Plymouth Harriers)

Apologies: Ruth McCalley,

Richard welcomed everyone to the meeting

Chair report

Richard gave a brief report thanking everyone for their efforts and especially Keith & Jayne Reed for the 5K races and the Grand Prix.
Also thanks to Ruth our treasurer for all her hard work and to Darren Willimas for the work he has done with the Grand Prix. The 5K events have gone well.
Overall it was a good year.

Finances and set subs for 2026/27

Ruth was unable to attend but will accounts have been sent to companies' house by Mayers.
Donation made to COPAC towards the new clubhouse.
Subs were agreed to remain at £40 but clubs will again need to pay an entry fee for the Armada relays this year.

Election of officers

Chair (Richard Warne), Treasurer (Ruth McCalley) and Secretary (Keith Reed) were proposed by Sharon Dunridge and seconded by Rob Felwick. All three were voted in unanimously.

The AGM closed at 18.35.

Club reports

COPAC (by email)

More progress now at Foulston Park. It is hoped to have the new club house open by end of July. Trying to get promised financial contribution from Plymouth City Council. Seeking possible Sport England grant.
Both the Mile races on Tues 24th March and Spring Warm up on Sunday 5th April went well. ACT learned some lessons and need better training. Also issue with hurdles.
Six new coaches on recent Assistant Coach course in Plymouth. Great article on Athletics Weekly as Club of the month.

Tamar Trotters

Saltash Half and 5K on 3rd May went well with the largest entry ever, Mag 7 on 5th July. Entries are open. Club is celebrating its 30th Anniversary this year. Current 143 members. Recruited 2 new LIRF's.

Plymouth Musketeers

Lots doing local races. Entries still coming in for Muskies Madness 10K on 31st May 2026
AGM coming up. Looking at how best to recruit recent Couch to 5K graduates.

Plymstock Road Runners

Graham Bale has stood down as Club Secretary. Numbers slightly down but a lot are doing races that are upcoming. The Schools Cross Country event went well. Need some help with verifying a new LIRF.

Instinctive Sport

The AGM held on 7th April went well. Applied for an EA Club Improvement Grant to put on a 5K course. Grand Prix has begun again. Social events are also planned.
Club is going well overall.

Plymouth Harriers

AGM is scheduled for next month. Club going well with 120 members currently.
Race on Sat 18th July.

Tavistock AC (no report)

Erme Valley Harriers.

Ivybridge 10K entries coming is steadily. Relays on Fri 26 June and 3 Tops on Sat 15th August. Club going well with a good committee and a development plan.
Ben Holmes set a new club record in London plus two new age group records.
Juniors won the Sportshall League once again and are taking part in Track and Field events.

Storm

Club going well, membership at 135. Trying to recruit more members to get an additional London place.
3 new coaches qualifying as CIRF's
Club has produced a 2026 Development plan.

Finances

Healthy balance. (See AGM).

South Hams Relay.

Iain McWass give details of the upcoming event he is putting on.

We'd love for your club to be part of the **very first South Hams Relay** — a brand-new **100-mile team relay** celebrating the best of running in the South Hams. The route will be split into **16 scenic and challenging legs**, ranging from **3 miles to 9 miles**, making it a true team event with something for everyone.

The event is organised **by runners, for runners**, drawing on experience from successful relays in the Midlands and Norfolk, with the focus firmly on creating a great runner experience and a brilliant day for clubs.

Event highlights:

- **Date:** Sunday 19 July 2026
- **Format:** 100-mile relay across 16 legs
- **Entry:** £160 per team
- **Starts:** Staggered to suit different pace teams
- **Navigation:** Full GPX files provided
- **Extras:** Goody bag for every runner

There will be trophies for the fastest **female, male, and mixed** teams, plus a prize for the **closest estimated finish time**, so every team has a chance to go home with something. Profits will be donated to **South Coastal Path** and the **Invis-able Fitness Cancer Exercise Programme**, supporting people during and after cancer treatment to rebuild strength, confidence, and wellbeing through exercise.

Places will be limited and we're opening entries to **local clubs first**.

His email contact for this event is southhamsrelay@gmail.com

Clocks/Equipment

Keith has confirmed that the clock was retuned by Tavistock but some signage was not.
To be chased up ahead of May races.

Coaching and Officials Courses

All future courses are online here <https://www.athleticshub.co.uk..>

The Assistant Club Coach course went well in Plymouth on Saturday 11th April. With 16 on the course. The Officials Come and Try day at Exeter went well on Sunday 29 March. We still need to encourage clubs to recruit new officials.

Armada 5K Series

The new course for the 2026 series was used in April and had a great turnout of 160
Next one on this Wednesday.

Chip Timing System

License was renewed. Being used at Ivybridge, Muskies Madness and Plymouth Harriers race. Need to train the other clubs.

Grand Prix 2026

Grand Prix format was agreed and publicised on website and Facebook. April 5K started off the season with the Saltash Half being added. Need volunteer list from Tamar Trotters,

Christmas Relays

Planned to do again in 2026

AOB

- New age groups come into force on April 1st
- The new Westward League organisers held a very positive Zoom meeting for clubs. First fixture will be relays in Newnham Park.

Richard Ayling sent details of the following

Following on from the success of last year's welfare forums, EA want to provide regular opportunities for club Welfare Officers to come together virtually. To support this, EA will be providing quarterly forums focussed around the concept of **"Connected Conversations"**. Each of these forums will be delivered on a regional basis & further info can be found [HERE](#)

The first forum will explore the use of social media and provide an opportunity to work alongside Welfare Officers from other clubs. We hope these forums provide Welfare Officers with key info that can be used to support your role and also potential takeaways that you can showcase to your club for future consideration.

Please see details below about the first virtual **"Connected Conversations"** forum being delivered in the South West:

- Date – Wednesday 27th May
- Time – 7:30 – 8:30pm
- Topic – Social Media
- Format – Zoom
- Booking – Please register by clicking [HERE](#)

Please go ahead and book on to the forum!

If you have any questions, please do not hesitate to ask me.

Finally, please can you encourage your club committee to consider celebrating your club volunteers through the volunteer awards? These are now LIVE and we have 4 unique categories for nominations: Full details about the volunteer awards and how to submit a nomination can be found [HERE](#). Please note the closing date for nominations is Friday 5th June.

The meeting concluded at 7.30pm. Date of next meeting Monday 13th July in Central Park Hub at 6.15pm

**Keith Reed
May 2026**