



**ARMADA ATHLETICS NETWORK**  
**MINUTES OF COMMITTEE MEETING**  
**AT COMMUNITY HUB on 12th JANUARY 2026 (6.15pm)**



**Present:** Richard Warne (Chair) Keith Reed (EVH), Paul Crutchley (COPAC), Rob Felwick (IS), Kriss Jones (Plymouth Musketeers), Emma McArdle and Sarah Robbins (Plymouth Harriers), Richard Ayling (England Athletics)

**Apologies:** Ruth McCalley, Maggie Bunting and Colin Bunting (Tamar Trotters), Sharon Dunridge (Plymouth Musketeers), David McCarthy (Storm),

**Club reports**

**COPAC**

The club has 332 members. Annabel Fasuba has started the indoor season well and Poppy Tank did well in the World XC Championships.

Lots of progress now at Foulston Park. It is hoped to have the new clubhouse in situ by the end of March.

There will be Mile races on Tues 24<sup>th</sup> March and Spring Warm up on Sunday 5<sup>th</sup> April which is Easter Sunday. Need to recruit at least one Welfare Officer urgently.

**Tamar Trotters (email report)**

Apologies received from Maggie Bunting as she has a club meeting in prep for AGM. Can you ask Richard for useful hints and tips links for club standards.

We have 2 people on the director's course today.

We are getting some volunteers on LIRF courses.

Our club did well in 3 ladies in the county champs teams and Jacob in the men's race and Cornwall secured a gold medal for the ladies.

We started C25k on 9th Jan with 17 new people. I am starting a half hour group next week to encourage some runners back that feel an hour is too long.

**Plymouth Musketeers**

Membership is currently 130 with a lot doing local races. Free Couch to 5K course starting this week. Date for Muskies Madness 10K is 31<sup>st</sup> May 2026

**Plymstock Road Runners**

No report.

**Instinctive Sport**

Numbers have grown at training, and a new recruiting drive is planned. Grand Prix is now beginning again. Social events are also planned.

**Plymouth Harriers**

Club is starting a Couch to 5k this week and they 16 signed up. Leigh Robinson is running fortnightly sessions at Brickfields on a Saturday for Armada members.

Current membership is 140. Charity Bingo planned. New website this week.

**Tavistock AC (no report)**

**Erme Valley Harriers.**

Senior numbers are good but junior numbers are a bit low Recruitment drive linked to school Sportshall event. Did well in most recent in Sportshall. The Ivybridge 10K will now be on Saturday 23rd May. Relays on Friday 26<sup>th</sup> June. Did well in the Armada relays.

Ben Holmes doing well in Westward League.

**STORM**

I am sorry to say I will not be able to attend the Armada meeting this evening as I am the only one of our committee available to look after the club night and with it being the first of the year, with some new starters, I am going to have to prioritise this. Apologies to Richard too see update as follows...

Our development plan is in full swing since the last meeting we had. We had highlighted a need to try and develop some of our leaders to become coaches, so we put the call out to see who was interested. We had 4 leaders come forward, each with their own vision and plan of what they wanted to achieve and could offer as a coach. We were so impressed we have put all 4 on the next available CIRF course which begins soon down in Truro. We have them all working alongside our long-established coach Bee, who was runner up in the coach of the

year category last year. She is giving them an introduction into coaching and allowing them to take sections of her sessions to gain some experience before getting started.

We have recently added 6 new buddies to the volunteer ranks. A mixture of abilities and they have each had shadow runs with established buddies and leaders to get used to the role before volunteering in full. Now our buddy pool is plentiful, the committee have begun discussion for potential new leaders which we will be looking at promoting in the second half of the year.

Besides the development of the club volunteers, our goals for this year include, first and foremost, to continue the good work we have been doing within the community. We have recently struck up a friendship with Plymouth soup run and our members have been taking turns to each volunteer on a Sunday evening in all weathers helping those who are in need. We also wish to establish the Storm the Fort 10k as a regular race on the local grand prix and are looking to make it a little bigger and better in its second year.

Storm are in a really good place coming off a fantastic year celebrating our 10<sup>th</sup> anniversary as a club. Just eager to get started for 2026 if the weather gives us a break!!

All the best for the new year to all clubs and the wider running community.

P.S - Please can you get a list of all club races with dates we know so far, as I am going to do a post or two on the Amada page to give people an early heads up with dates for the diary.

### **Finances**

Healthy balance. We will need to renew the license for the Chip system se. Money to be transferred to COPAC once issues sorted.

### **Clocks/Equipment**

Keith to check if kit is now back after Tavi 7. Access is a bit limited due to the ongoing building work.

### **Coaching and Officials Courses**

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

We are trying to firm up the date of the Assistant Club Coach course and a CIRF course to be held in Plymouth.

Race Directors course was held in Plymouth on Jan 10<sup>th</sup>

There will be an Officials Come and Try day at Exeter on Sunday 29 March. It will be held in conjunction with an open meeting and coaching workshops.

### **Armada 5K Series**

Keith suggested we use a new course for the 2026 series. Now to discuss the 2026 event with Saltram.

### **Chip Timing System**

We now have around 1700 credits available for 202. Need to sort license.

### **Grand Prix 2026**

Grand Prix for 2025 was concluded and awards winners presented.

2026 Grand Prix will be launched soon.

### **Christmas Relays**

All went well. Thanks to all the clubs who supported

### **AOB**

- Plymouth Welfare Officer Forum was held In partnership with the Armada Athletics Network and Active Devon.
- Burrator Run took place on Boxing Day as usual (11am)
- Need help with Westward League fixture in Central Park on Sunday 8<sup>th</sup> February.

The rest of the meeting was organised to help each club with their development and also how that may link with the Network development plan. Richard Ayling has come along to assist and we are very grateful to him.

Each club was asked to give a brief update on the main areas where they were hoping to develop highlighting issues and opportunities

### **COPAC**

Main areas are around getting a more together club because the lack of a base has been an issue. It is hoped the new clubhouse can help towards this.

The other key areas and development of new coaches and recruitment of a welfare officer.

### **Plymouth Harriers**

Main area is around retaining athletes and getting more to compete in events like cross country. And other club races.

This particularly applies to ladies who are reluctant to try new things because of a perception they are now good enough.

Suggest we look at a Mob Match for the summer.

### **IS**

The main area is recruitment and retention particularly younger members.

### **STORM (see above)**

### **Plymouth Musketeers**

increase numbers and offer better runner experience, also look at content of sessions using more recent ideas. Develop circuits for members.

### **EVH**

Focus is on increasing junior and senior numbers but also recruitment of junior coaches.

Also get more juniors to compete in track and field.

They also are looking at developing facilities for members at the Rugby Club or possible finding an alternative.

We will also try to get the info from clubs who did not attend and come up with an overall support plan. One main area will be volunteer recruitment.

Richard Ayling also gave an update on his role and areas he is concentrating on  
He now only covers the SW area and is focused on supporting clubs to get 7/7 Club standards which will be a requirement for 2026 affiliation.

There are also facilities issues in the SW which Richard is trying to resolve with the clubs.

**The meeting concluded at 7.50pm. Date of next meeting Monday 9<sup>th</sup> March in Central Park Hub at 6.15pm**

**Keith Reed  
January 2026**