ARMADA ATHLETICS NETWORK
MINUTES OF COMMITTEE MEETING
AT COPAC CLUBHOUSE on 16th NOVEMBER 2026 (6.15pm)

Present: Richard Warne (Chair), Keith Reed (EVH); Paul Crutchley (COPAC), Maggie and Colin Bunting (Tamar Trotters), Sharon Dunridge (Plymouth Musketeers), Greg McKinney (IS), Andy Hugher (Tavistock)

Apologies; Ruth McCalley, Emma McCardle (Plymouth Harriers), David McCarthy (Storm) Steve Rose (PRR), Richard Ayling (EA)

Richard welcomed everyone to the meeting and thanked COPAC for hosting again. We were hoping that Rich Ayling would be able to attend but unfortunately he has not been well. We wish him a speedy recovery.

Club reports

COPAC
Club has their AGM and Junior Presentation on Friday 20th. Paul is standing down as Chair. The club also needs a new membership secretary.
They have now received the money towards the clubhouse from PCC.
Good recent meeting with PAFC about use of the infield
Team finished 2nd in Sportshall but also good results at the Cross Country.
Spring Warm Up booked for 4th April 2027.

Tamar Trotters
Club memberships currently at 170. Started Couch to 5K course - is going well into week 10. New one in January. Two new LIRFs have qualified.
Good results from members in Cornwall XC Champs.
Mag 7 confirmed as 4th July. Saltash Half 2nd May. Santa Run on 5th Dec.

Plymouth Musketeers
All going well in the club. Membership around 150. Couch to 5K to start in January
Running trip to Bideford Half. If any clubs are looking for transport please contact Sharon.

Date for 2027 Muskies Madness confirmed as June 6th.

Plymstock Road Runners (by email)
Apologies, but we also have a club meeting scheduled tonight, so I cannot attend.
The club has a good number attending our weekly training sessions. One of our two LIRF has now completed his training. Good club attendance at the Saltram 5k's, Storm the Fort, Templer Ten, Tavy 7 and Drogo 10. Our thanks to those clubs putting on these races.
We are busy planning for our Winter do, which will be held in late January.
James Mann is now the Plymstock Primary Schools cross-country lead. There are three dates in January which the eight schools in our area have signed up for. This is for Years 4,5 & 6.

Keith has requested some First Aid cover for the Christmas Relays, on the understanding that other clubs first aiders will also be in attendance.

Instinctive Sport
Club is going well overall. Now have 42 members. Lots doing local races. Two new LIRF's qualifying. Club attended SW Conference.
Club setting up the Couch to 5K course.

Plymouth Harriers (report given by Riichard)
Club going well. Recently attended Wellbeing event at Derriford. Good level of interest.
Great turnout at first two cross country fixtures. Christmas meal being held in Aquarium.
Meeting set up with Luke Pollard MP about lighting in Central Park.

Tavistock AC
Andy Hughes said overall the Tavi 7 went well.
It was more of a last-minute rush. The Ross Shield medals could not be presented but they will be given out at the Devon XC Champs in Dec. Tavy 5K back on this month.

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Erme Valley Harriers.
The AGM was held last week. All went well and the committee have stayed the same.
Issues with the 10K due to the Rugby Club. We hope to put on at Filham on 8th May
Club did well at Devon Sportshall and also at the Westward League.
Good numbers at junior training.

Storm
Bad news from Storm unfortunately, we have no representative available for the meeting as myself and my vice chair have both had a family emergency to deal with today and cannot get to the meeting.

As far as the meeting is concerned, our coaches would be keen to get involved in the session that is put on. They all said any chance for upskilling, networking or sharing of best practice is a great idea

Club development is going well, back in May we implemented a three year club development plan. We are deep into the first year of this and have everything for year one ticked off other than our idea of supplying a pdf club handbook full of information for all our members and volunteers. This is in the process of being made and we will update you later on this and whether or not our members think it a worthwhile addition. We have recently put our club process of buddy/leader/coach pathway into black and white and wrote it up as an official club document. This now provides real clarity on how we select our volunteers. Our club documentation is undergoing a bit of a cleanse and we have promised our members to be a little more transparent with finances and committee meetings being readily available to the members. We have been a little slack on publicising these but are working to improve comms of this nature. It's good for the members to see what we are working on.

I have also recently realised a lot of our actions from the committee meetings were going incomplete month on month. I have challenged the committee to get these up to date and we are now back up to date. We now also have a key decision log running which tracks some of the big-ticket items discussed at our meetings.

Current committee comes to a close in February where all roles will be available for application again. All members of our committee have agreed to shadow anyone who is successful if it is not themselves again.

As for a general update, Storm is in a good place right now. We have over 200 affiliated members. We recently took 50 plus away to Bridgewater for the weekend and to complete the 10k and half events. We now have 75 signed up for Exeter first chance 10k which we will take a couple of coaches away for. We will have about 20 empty seats if any club wants a joint venture here so please offer it around.

We have had fantastic results at both ends of the field with races this season. So many working on their journeys and gaining PB's along the way. Our ladies in particular have smashed this year, Lauren Knox and Charlene Matthews are regularly among prize winners. Charlene has recently gained championship time for the marathon with her first sub 3 hour 2:56 in Venice. Our members have enjoyed a great season competing in good numbers at all the clubs Armada Network races.

Storm the Fort 10k was a huge success and we would like to thank all the clubs who came and took part in the day. A little disappointed in the support from some of the clubs, considering our efforts, but it didn't deter from the day and the success of the club race.

Lastly, we are exploring options for the possibility of a youth section of the club but this will be some way off. Positive early steps have been made and I had a good meeting with Richard a month or two ago which gave me some good insight.

We look forward to a new challenge with some new faces getting involved in 2027. Sorry again I cannot be there this eve but needs must. I write this from A&E where my son is awaiting to be seen for some stitches after a bad tumble in the playground this morning.

Finances
We did make a loss in 2026. Final accounts to be shared with clubs
Paid for Grand Prix trophies. Tavistock to be invoiced for chips used at Tavy 7.

Clocks/Equipment
All signage and cones back in the container.
A reminder to all clubs to return any kit within a week.
We will set a date in January for a tidy up of the container.

Coaching and Officials Courses
All future courses are online here https://www.athleticshub.co.uk..
There is a new Sessional Coach course locally in Taunton.

Armada 5K Series
The 2026 series had gone well.
Discussion to be held with Saltram about routes for 2027 using new paths and extra toilets.

Chip Timing System
Was used at the Tavy 7 and all went well. Training date to be set up at the Track.in January

Grand Prix 2026
Grand Prix has nearly finished and overall results and winners are posted on the website.
Prizes to be given out at Christmas relays. Awards have been delivered.

Christmas Relays
Planned for Sunday 13th Dec (11 am start).
Keith has got approval from PCC, need to confirm booking of the Hub.
Issue with the license is medical cover. Steve Rose will be in charge and Sharon agreed to bring a defib. Entries are open
All clubs must provide at least one marshal.

AOB
We discussed the items that Richard Ayling had raised.
They were as follows

1. Coach Development Day – EA are looking to work alongside City of Plymouth AC and the Armada Network and host a coach development day in 2026. It is yet tbc, but the development day is likely to be on Saturday 13th March and we will be using the Armada session slot for part of the day. Although the day will primarily focus on technical track and field events, I wondered whether there was logic in having an experienced coach support leaders/coaches from your clubs? It would be helpful to know 1. If this is of interest and 2. What would your coaches benefit from being upskilled on (e.g. warmups/drills, adapting sessions for mixed abilities, supporting junior athletes etc).

2. Monday 16th November – I'm looking forward to attending the Armada Network meeting on the 16th of November. Since attending meetings previously, we have hosted coach education courses in Plymouth, delivered a welfare officer forum and some clubs have accessed club improvement funding. I'm keen to think about ***"what next"*** and understand your clubs needs are and how we can support you moving forwards. Can you come to the meeting with some ideas around your key focuses for your club? For example, your club may be looking for support around:

- Enhancing your club governance
- Recruiting/retaining volunteers
- Engaging with members/parents/guardians
- Supporting new/existing committee members and/or club steering groups
- Managing club communications
- Effective decision making

It was felt that the Coach Development Day was an excellent idea and that clubs would support.
We all agreed that the items raised in point 2 were the main issues for all of and we need an overall action plan for the group.
To be further discussed in January.

The annual Boxing Day run at Burrator is confirmed as Monday 28th December which is a Bank Holiday. This is to avoid clash with Parkruns on 26th December.
Please publicise.

The meeting concluded at 7.20pm. Date of next meeting Monday 11th January.
Venue COPAC Clubhouse.

Keith Reed Nov.2026