

Highlights

- Attended Plymstock Cross Country event at Dunstone. The club have been putting this series on for 16 years.
- Sportshall event ran at Kingsbridge in return for payment to the Network on March 11th. 10 schools took part
- Continues to run athletic sessions at Totnes on Monday evenings. Funding direct to Network
- Sport Unlimited course continuing to run at Brickfields with 14 participants from 8 – 13 years old using Network coaches. Will continue using DRC funding until July.
- 3K event ran in March, 93 taking part and times were very fast..
- Continued to run up after school club at Stoke Damarel Primary with coaches from COPAC.
- Flying coach visit planned at Plymouth Muskeeters.
- Further nutrition workshop and a session by Tom Watson put on in conjunction with Runners Fayre at Hoe 10. Turnout was poor.
- Present at Plymouth Hoe 10.
- We have introduced specific training sessions for disability athletes. Funding application has been submitted to assist wheelchair athletes.
- Attended Short Format Competition workshop in Bath - Friday 25<sup>th</sup> February
- Biomechanics of Running Workshop run by Jon Goodwin on Saturday 26<sup>th</sup> February. Well received by attendees. Follow up planned

Forthcoming events

- First 5K event – Wednesday 13<sup>th</sup> April
- Sportshall County Finals (Torbay) 14<sup>th</sup>/15<sup>th</sup> March
- Final Westward league – Sunday 20<sup>th</sup> March
- Athletics Coach course – Tavistock College – 26<sup>th</sup>/27<sup>th</sup> March 2011
- Spring Warm up – Venue Par Sunday April 3<sup>rd</sup>
- Primary and Secondary Cross Country races – Ivybridge 4<sup>th</sup> April
- First SW league – Exeter 17<sup>th</sup> April

Priorities (over next two months)

- Continue to develop coaching workforce through new recruitment and working with Coach mentors to share expertise.
- Encourage all clubs to look club development in a formal way especially clubs who require Clubmark accreditation.
- Organise meeting of Volunteer Co-ordinators to ensure that every club is aware of EA toolkit for recruitment and retention of volunteers. Suggested date of March 28<sup>th</sup>?
- To ensure all clubs have access to local competition as well as support in higher level competition where applicable.
- To continue to grow clubs and ensure reporting figures provided to EA are correct.
- To maintain funding and develop other income sources for network.
- To cover for Network co-ordinators absence.