

## Armada Network headlines 2010

- Looked at planning 5K events for spring and continued with 3K winter series. Last race cancelled but December race had 4 athletes better than course record..
- Supported Primary Sportshall event in Ivybridge with 12 teams using new format. Attended County SP Sportshall final in which 6 Plymouth based teams qualified. Overall trophy won by DHS. Helped to train officials from S Devon College.
- Primary Schools cross country events held in East Cornwall area with 400 children taking part. Also events planned at Plymstock and Ivybridge.
- The majority of athletes from Devon teams in both U11 and U13/15 Regional events were from Armada clubs. Devon won the overall trophy in the primary sportshall event.
- Further endurance seminars planned for Plymouth for coaches. This will be delivered by Peg Wiseman and Viv Matthews.
- Assisted in development of composite team with Cornwall Network to enhance competition for U20 track and field athletes in region. Training day planned for 20<sup>th</sup> Feb including visit from Malcolm Fenton.
- Further level 1 coaching course run at Ivybridge Level 2 course run at Ivybridge and Truro with a large number of Armada based coaches on it ,
- New track certification received for Brickfields. Improvement work planned for March before season beginning.
- Attended meeting at West Devon council (Tavistock) in connection with Devon Games to Inspire. Agreed to co-ordinate athletics in conjunction with Tavistock AC. This will be a Super 8 format on the new track.
- Supported Sports Development team at talent ID day for disability athletes in Plymouth. Over 100 young athletes took part and many will go onto UKA talent ID programme. Devon based CADAAC day taking place in Plymouth in March (19<sup>th</sup>) at Brickfields. Also supporting Devon Youth ability games on 7<sup>th</sup> July.
- Meeting held at Marjon with Sports development manager and staff. Agreed to have joint plan on various initiatives including Sports science. Injury support, Volunteer opportunities, 3.2.1 and athlete support. This was a very productive meeting which made excellent progress.
- Grant application submitted with Sport England for Weight facility. Is under review. Other funding avenues being looked at for new equipment.
- Sport Unlimited sessions run at Lipson for past 4 weeks. Run by 2 Armada coaches. 16 new athletes attending. Plans being formulated for Summer and also 2011.
- A lot of events are coming up which will give the opportunity for us to publicise the network and the clubs e.g. Sport Relief, Half Marathon, Family Sports Day, Blue Mile, Men's Health day etc.
- Meeting held with Corporate Games personnel about supporting Devon Games in July (5K, 10K and Relay)