



South Wales

Regional Athletic Council

Meeting of the Executive of South Wales Regional Council

Tuesday 26th November 2019

6:30pm, Y Pant Comprehensive, CF72 8YQ

- 1) Present:** Hannah Pretty [HP] (Network Officer), Lucy Archer [LA] (President), Keely Jarvis [KJ] (Aberdare VAAC), Daniel Bodman [DB] (Road, Hill & Mountain Official), Fred Malkin [FM] (Barry & Vale Harriers), Pete Morris [PM] (Life member), Jen Stone [JS] (Treasurer), Georgina Fraser [GF] (Cornelly Striders), Chris Pratt [CP] (Ogmore Phoenix Runners), Jo Gwynne [JG] (Pontypridd Roadents), Fiona Campbell [FC] (Pontypridd Roadents), Melanie Westlake [MW] (Heath Massive Run Club), Rhiannon James [RJ] (Heath Massive Run Club), Jamie Clode [JC] (Secretary), Rowland Williams [RW] (Pontyclun AC)

Apologies: Graham Webb, Dai Williams

2) ACTIONS FROM PREVIOUS MEETINGS

- a. Due to role limit, JC to speak to DB to confirm which two roles he would like to take forward.
DB to give up Cross Country. Continue with Road and Hill & Mountain
- b. Role descriptions are needed to be shared for vacant roles. HP has shared location on portal with JC. JC provided update that although some roles are vacant, tasks are being progressed by various members. Jen has been leading on officials' duties
Update – Ongoing, to be prepared ready for AGM.
- c. Liz Davies to share slides from presentation.
JC emailed Liz for update, slides to be shared with minutes from this meeting.
- d. Subgroups to be used to discuss specific items
Subgroups in use for this meeting.
- e. Junior fell results only contain South Wales athletes
Pete Ryder has confirmed these are the full and final results



- f. JC to share a version of RDP without costs
Agreed that with survey underway, would be best to share once these have been added. JC to update and share once survey complete
- g. HP to introduce SP and Steve Jones
Meeting between both Steve's taken place and discussions have been had around report.
- h. Canvassing clubs for interest in guide running courses.
Course is currently being created by Welsh Athletics, SP to take forward on completion
- i. Moving Inter regional schools to December to be raised at General Council (GC)
Raised at GC, James Williams (JW) mentioned that having the event in December was challenging, several events have been cancelled due to bad weather in recent years, and the limited day-light meant that volunteers were setting up and taking down in the dark, proving dangerous from a health and safety perspective.
- j. New website doesn't link to historical data to be raised at GC
JW highlighted that the Power of 10 (Po10) website holds 12 years' worth of results and that Run Britain website is the equivalent for off track disciplines. Would it not be better to use that resource as opposed to spending time re-uploading old results.
- k. Notices of motion that were not discussed at the AGM – when will these be discussed?
Tony Clements gave an update with what had happened. The Governance Subgroup have met and discussed. It was proposed to establish a small working group containing regional reps and Chair of GC to discuss the bye-laws and to ensure that they are working for GC and the Regions. JW to communicate with Regions to establish group. Joyce Tomala highlighted that the inter region elements and that this would be addressed. Chris Moss has already spoken to the NWRAC re. the notice relating to the guide running workshops.
- l. HP to speak to Pontyclun around using Y Pant
Done

3) Other Items

- a. Inter Regionals – Great day and weather held out. Had 8 team managers on the day and south wales won Female, Male and overall. Team medals in most categories. Coats provided to TM's to say thank you
- b. Discussions were had around how Welsh Athletics are collating information in accordance with GDPR regulations. HP some athletes are not aware of the MyAthletics, it could be good to publicise this
ACTION – HP to find out who the data controller is for Welsh Athletics
- c. Treasurer update – Jen give and update about finances, Schools cross country and kit sales have helped with funds. Recently, bought tent & trolley, medals, supported travel and entries to Leeds abbey dash. Radios are being purchased to support events. Which we have previously borrowed from WA. John Elward has helped in this purchase so they will work with Welsh Athletics. We need to pay east a share of track and field based on percentage of entries .
- d. Officials development day was a great success with 32 attending. 12 were from south. Attendees included some teachers also.
- e. Regional Development Officer update – Track & Field fixtures meeting to be held on December 5th at Sport Wales 7pm. Community chest deadline, Bridgend is tomorrow, Cardiff is 7th Jan, RCT is 14th of January, Vale 16th January. Parent and coach engagement sessions coming up, all info will be sent to clubs. Some Track & Field



clubs are assisting with a coaching audit. Welsh Athletics want to be sure coach program is relevant and informed. Focusing on big T&F clubs firstly, to gauge what is required. This will help to map current levels and who wants to progress in what way. The Plan will then be to roll out to everyone. SP asked can people come in from other clubs to mentor new coaches. HP advised that this was actively encouraged and something more clubs should look to do. Volunteers needed for Indoor Event on the 1st, so far there has been a poor response from clubs. Going forward, we may need to look to discipline clubs with not being allowed to compete. This will be reviewed post event to see what is needed to support January's event.

4) Group Discussions – Room was split to allow for 2 focused discussions. Track & field in one group and other disciplines in another.

a. Other disciplines discussion highlights

- Trail and Mountain does seem to show a Bias to the north. Athlete performances show other regions have runners equally as capable.
- Welsh Inter regional race on 9th may, would be good if the region could support. Selection could be based on Pentyrch race. This would need to be publicised. **ACTION - JC to review and confirm.**
- Is there a way to engage more with MDC and Myndd du.
- British inter counties is 23rd of May. Youth cup international in June. Trail race in Aberystwyth. Welsh fell running association website is a good source for races.
- South Wales Hill running series. Winter and Summer. These races are a good starting point to experience fell and mountain running. Mandatory kit is usually minimal, whistle etc and very reasonable cost to enter.
- Be great if regional races were confirmed earlier in the year so people can plan.
- Noted that it was not an opt in for the Champs last year it was an opt out, and this worked well with lots of athletes receiving medals for the region. It was discussed that it was beneficial putting the list of the champs races out at the beginning of the year, this appeared to work well last year. When the races are decided it will be actioned and observed how well races are attended and possibly promote new races.
- The Night of Endurance is seen as a wonderful opportunity for athletes to try track running, a social gathering for clubs with running, food and drink. To promote this via clubs. Held in Cardiff in September.
- The role for the Region is unclear to a lot of clubs and athletes. Need to get message of what they do, why and also how we can help. How we sit with Welsh Athletics etc. Discussion was held around what the region does.
- Welfare issues need to ensure clubs understand that these come to region first this would help progress and reduce effort on WA for these, when many can be resolved locally. **ACTION SP to draft email to all clubs about regional welfare role and process**
- Regional meetings would be great if these could be agreed and shared further in advance. Potentially even highlight themes for the meetings. Subgroups are really useful and should feature more.
- It would be good to share info from the clubs. Clubs can send info to the regional meeting. Need to make sure all clubs know this. Messages often lost.
- Themes are emerging from the region- recruiting officials at events; members not knowing what events are on; and members not knowing the value of events. Communication from the region to clubs will help support this. Clubs can help by attending these meetings and cascading information and sharing posts from social networking etc.

b. Track and field discussion highlights

Volunteers:

- There was a good discussion by the group around how to recruit volunteers, particularly parent volunteers to support events/league matches. Ideas were raised around offering



incentives – but concern over whether you'd still just get the same people coming forward.

Ideas of incentives included:

Monetary incentives

Car parking spaces for officials at NIAC or at other venues

Rewarding smaller clubs with points for bringing more officials/volunteers & deduct points from larger clubs if don't bring enough

- There was a feeling that as a region we need to be firmer with clubs that do not send enough volunteers to support the events either with not allowing entries or penalising clubs with point deductions, to try and change the culture of parents not helping out.
- Want to try and include young people in the voluntary roles too, eg. helping with registration, helping officials, data input of the results on tablets. It was discussed how they could be a valuable resource and we could look to reward them with iTunes vouchers after so many events/hours completed.
- The earlier we can get timetables, more chance to coordinate volunteers/parents.
- Need for a culture change within parent volunteers but how do we do this?

Competitions:

- It was felt that the competition days are too long for children (and their parents!) to commit too. Clubs want competitions but they are not working in the current format.
- Discussion around how we can make competitions more attractive to young people – some of the views of the Junior Athlete Voice were mentioned. It may be useful to get their views collated and presented to the SWRAC.
- Suggestion was made to look into creating/resurrecting a 'South' league competition, shorter days and less travelling as would be within the region.
- Suggestion was made to look at changing the age groups for this league, so there is U11, U12, U13, U14 to see if this helps with retention, and is less confusing for parents.
- Behaviour of officials was also mentioned as something that can affect an athlete's experience at an event, a view also reflected by Junior Athlete Voice. How can region influence this? Perhaps emphasise code of conducts to clubs and officials within region?
- As a region need to remind clubs to get their officials to complete availability forms ahead of the season.
- Results package for all – to encourage continuity.

Table for Change to General Council:

- We would like to explore league competition within our region, with single year age groups to be considered.

5) AOB

- a. Girls schools Cross Country – Planning is underway and its hoped to hold the event at Aberdare on Jan 14th. Aberdare, HP & PM have been heavily involved with planning and all is making good progress.
- b. Regional Flag – Would be great if we could have another flag. Making us more visible at events.
ACTION – JC to email JS about purchasing a flag.
- c. Next meeting to be in week commencing 10th Feb.

