

# Report of the Board of Directors

- James  
Williams

*WALES | CYMRU*



**WELSH ATHLETICS**  
ATHLETAU CYMRU

# REFLECTION ON LAST 12 MONTHS

- **COVID impact**
- **Lockdown impact on events**
  - Winter/Spring events cancelled
  - Welsh XC Champs, WSAA XC Programme, Welsh ½ Marathon, 10k, 5k Champs all cancelled
- **Membership down 28%**
- **Impact on coach & officials education & development**
- **Impact on Elite athletes**



# OUR RESPONSE

- ✓ **Lobbied Govt**
  - Elite status
  - Covid passports
  - #FromMyDoor
- ✓ **Elite level competition**
- ✓ **Guidance and comms**
- ✓ **Engaged**
- ✓ **Expanded Elite Training Hub**
- ✓ **COVID secure competitions**
- ✓ **Blended Education approach**



# Annual Review

- Membership – 9886 – down 28%
- Continued growth in Coaches/leaders – 2365 (12% increase)
- 113 licences issued
- Championships & Internationals Return
  - Para Integration
- Significant focus on coach development
  - ✓ Athlete 2 Coach
  - ✓ Female Coach
  - ✓ LiRF Refresher
  - ✓ Para Coaching Initiative
- Officials & Volunteer Support & recognition



**ATHLETE TO COACH AMBASSADOR**  
Rachel James

**Coaching aspiration**

"To use my skills and experience to support and nurture athletes, to help them maximise their full potential and reach/surpass their individual goals."



**DISABILITY & PARA-COACHING INITIATIVE**

Would you like to become part of an inclusive coaching network supporting all athletes to access the sport of Athletics?

For more information please email [zoe.brown@welshathletics.org](mailto:zoe.brown@welshathletics.org)



**COACH ASSISTANT SUPPORT PROGRAMME**

Virtual workshop series  
Begins Thursday  
28th Oct

**Limited Places**



**BOOKING AVAILABLE**



# Annual Review

- Sport Wales Independent Governance Review
- Equality in Sport Standard
- Safeguarding Submission
- Anti-Doping Assurance Framework
- Improved financial management
- Code of conduct review
- Communication review



# COMPETITION



WELSH ATHLETICS  
ATHLETAU CYMRU

Welcome to the  
Age of the Athlete



**UK ATHLETICS**

- **Safeguarding – Quinlan Review Implementation**
- **Coaching Strategy**
- **Officiating Strategy**
- **Working groups**
- **Commercial plan**
- **Governance**
- **Influence**



# 2022 and beyond

- Daily Mile partnership
- Starting Blocs expansion
- Parkrun growth and partnership
- Competition strategy
- Volunteer support
- DSW Integration
- Stakeholder relationships
- Equality – Advanced aspirations



IN PARTNERSHIP WITH





# 2022 and beyond

- Strategy review with members
- Safeguarding focus – clubs
- Review organisational values
- Resource planning
- Future gazing
- New Members portal
- Financial sustainability – commercial focus
- The roles of Committees & Regions





**And Finally...**

**Thank you to our clubs, groups, coaches,  
officials, volunteer, covid officers, parents,  
The Board, staff & athletes**



**WELSH ATHLETICS**  
ATHLETAU CYMRU

# Development & Participation report

- Chris Moss

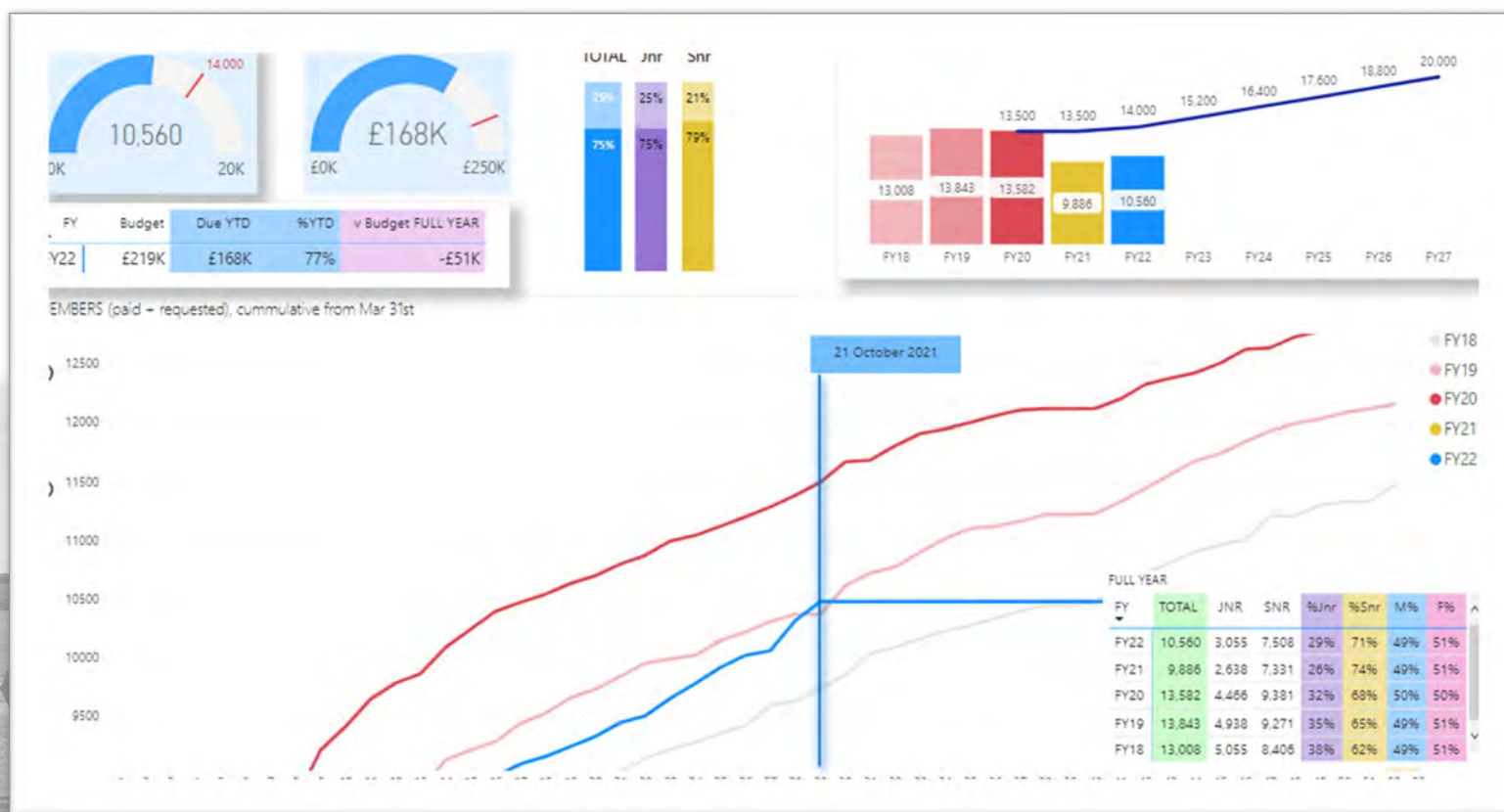
WALES | CYMRU



WELSH ATHLETICS  
ATHLETAU CYMRU

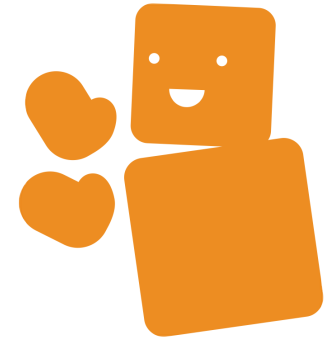
# The last 12 months...

- Membership challenge...
- Improving environments: Implementation of the Quinlan Review recommendations



# The last 12 months...

- The role of the club
- Developing the 'Offer'
- The move to online...
- Launch of the Starting Blocs
- Facilities



 **starting**  
**blocs**  
**cychwyn**



WELSH ATHLETICS  
ATHLETAU CYMRU

# Run Wales

*JUST BE A PART OF IT  
#FROMMYDOOR*

- #FromMyDoor,
- Clwb Run Wales,
- Run Groups,
- Run Leader Champions,
- Run Leader Development Pathway,
- Run Wales Plodcast

parkrun

CLWB RHEDEG  
CYMRU  
RUN  
WALES



# Looking Ahead...

- Continue to rebuild, Continue to invest
- Modernisation - Invest in technology
- New Welsh Athletics Facilities Strategy
- Opportunities to get back together and build a community...
  - National Clubs, Leaders and Run Wales Conferences, National Awards
- Development & Participation Sub-Group
- Improve and develop programmes - Be insight led and data driven



# Performance report

- Chris Jones

WALES | CYMRU

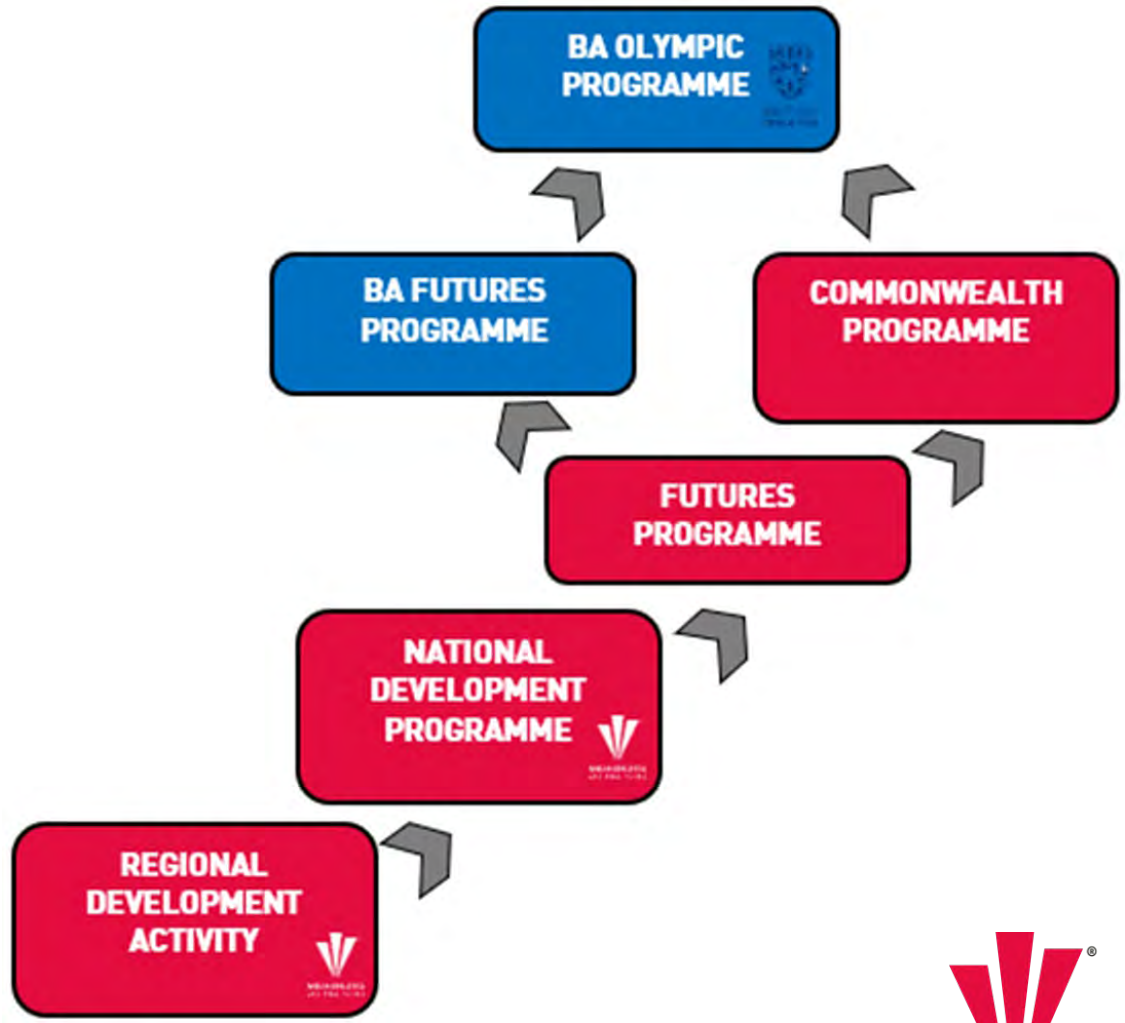


WELSH ATHLETICS  
ATHLETAU CYMRU





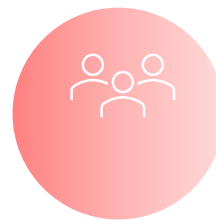
**HIGHER  
LONGER  
FASTER**



# Regional Development Programme



INCLUSIVE



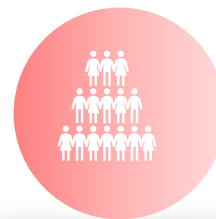
DEVELOP ATHLETE  
AND PERSON



A COLLABORATIVE AND  
SKILLED COACHING  
NETWORK



PROCESS FOCUSED –  
BRILLIANT BASICS



ATHLETE RETENTION



WELSH ATHLETICS  
ATHLETAU CYMRU

# RDP 2021-22

Date	Region	Endurance	Throws	Jumps/CE	Sprints
Sunday 10 <sup>th</sup> Oct 2021	North	Deeside	Deeside	Deeside	Deeside
	South	Aberdare	Aberdare (joint E/S)	Aberdare (joint E/S)	Aberdare (joint E/S)
	West	Pembrey Country Park	Carmarthen	Carmarthen	Carmarthen
	East	Brecon	Aberdare (joint E/S)	Aberdare (joint E/S)	Aberdare (joint E/S)
Saturday 18 <sup>th</sup> December 2021	North	Menai	Deeside	Deeside	Deeside
	South	Bridgend	Bridgend (Joint E&S)	Bridgend (Joint E&S)	Bridgend (Joint E&S)
	West	Carmarthen	Carmarthen	Carmarthen	Carmarthen
	East	Brynmawr	Bridgend (joint E&S)	Bridgend (joint E&S)	Bridgend (joint E&S)
Sunday 6 <sup>th</sup> March 2022	North	Wrexham	Wrexham	Wrexham	Wrexham
	South	Aberdare	Oakdale (joint E&S)	Oakdale (joint E&S)	Oakdale (joint E&S)
	West	Carmarthen	Carmarthen	Carmarthen	Carmarthen
	East	Oakdale track	Oakdale (joint E&S)	Oakdale (joint E&S)	Oakdale (joint E&S)

A man with short dark hair and a beard is wearing a bright red zip-up jacket. He is standing on a running track, looking off to the side with a slight smile. His hands are raised to his head, adjusting the hood. The jacket features a white Nike swoosh on the left chest and the Welsh Athletics logo on the right chest. The background is a blurred outdoor track with stadium lights and trees.

**RDP 1**

**October 10<sup>th</sup> 2021**



**WELSH ATHLETICS**  
**ATHLETAU CYMRU**

# West Wales Carmarthen and Pembrey Park



# South Wales – Aberdare



# North Wales – Deeside



# East Wales – Brecon





**4 REGIONS, 211 ATHLETES  
50 COACHES**



# National Development Programme -NDP

*WALES | CYMRU*



**WELSH ATHLETICS**  
ATHLETAU CYMRU



## **National Development Programme (NDP)**

### **Aims**

- **To facilitate the smooth transfer of talented Junior athletes to the Senior ranks**
- **To support the development of Physical skills, performance behaviours and mental attributes in young athletes**
- **To support coaches of talented athletes to create excellence in the daily training environments**
- **To increase the number of WA at the England Athletics Championships and on U20 Great Britain teams**



# *NDP*

- 61 applications
- 49 athletes/coach pairs selected
- 4 event groups





## *NDP: OCTOBER TO JULY 2021-2022*

Date	Activity
October 23 <sup>rd</sup> -24 <sup>th</sup> 2021	NDP Camp – Cardiff
November 24 <sup>th</sup> 2021 @6:30pm	Virtual – Taking the next steps – University/work and Athletics
December 2021	S&C Reviews
January 19 <sup>th</sup> 2022@6.30pm	Virtual – Performance Nutrition
February 16 <sup>th</sup> 2022 @6.30pm	Virtual –Athlete Health
March 19th 2022	NDP Day – Cardiff
June/July 2022	Competition Opportunity

**HIGHER  
LONGER  
FASTER**  
WELSH ATHLETICS  
ATHLETAU CYMRU

# **NDP/FUTURES S&C ACADEMY**



- Pilot programme led by Seb Moran
- Sport Wales Performance Gym
- Programme catered towards event group and individual needs
- Qualified S&C and intern coach supervision
- Alternative options available
  - Program to perform remote
  - “Drop-in” sessions

Date	Championships	Athlete
October	World Half Marathon	Clara Evans. Kristian Jones
March	European Indoors	Joe Brier Owen Smith Pierce Copland
May	World Team Relays	Joe Brier
	European Team Champs.	Beth Kidger Sam Gordon Jeramiah Azu
	European European Walks	Bethan Davies Heather Lewis.
June	European 10k Cup	Jenny Nesbitt Kristian Jones
July	European Under 23. European Junior Champs	Jeramiah Azu Osian Perrin.
August	Olympic Games Tokyo	Jake Heyward. Joe Briar. Chris Jones James Thie Ryan Spencer Jones.
		Tim Benjamin./Christian Malcolm.

# INTERNATIONAL REPRESENTATION

13 ATHLETES REPRESENTING GREAT BRITAIN



# SIGNIFICANT DATES IN 2022:

8 <sup>th</sup> May 2022.	WA selection Policy Closes.
10 <sup>th</sup> May	<b>WA Nomination Panel Sits.</b>
11 <sup>th</sup> May	Athlete Appeals Window Opens.
12 <sup>th</sup> May	Athlete Appeals Window Closes.
13 <sup>th</sup> May	WA Appeals Panel Sits
16 <sup>th</sup> May	<b>WA Nomination Team Wales.</b>
23 <sup>rd</sup> May	<b>Commonwealth Games Selection Meeting .</b>
25 <sup>TH</sup> May	Athletes Advised Of Selection On To Team Wales./NGB Inform Athletes.
24 <sup>th</sup> May	Commonwealth Games Appeals Process Opens Until The 3 <sup>rd</sup> Of June .
6 <sup>th</sup> —7 <sup>th</sup> June	Commonwealth Games Appeals Hearing For All Sports.
8 <sup>th</sup> -9 <sup>th</sup> June	<b>Commonwealth Games Joint Team Announcement CWG/Sport Wales.</b>
15 <sup>th</sup> July	Ex Bionics WA Commonwealth Games Preparation Camp Opens.
25 <sup>th</sup> July	Depart prep camp Vienna Airport / Birmingham. ?
26 <sup>th</sup> July	Commonwealth Games Village.
28 <sup>th</sup> July	Commonwealth Games Opening Ceremony .
30 <sup>th</sup> July	<b>Marathon</b>
2 <sup>ND</sup> August	<b>Athletics Programme Starts.</b>
8 <sup>th</sup> August	Commonwealth Games Closing Ceremony





# Welsh Athletics Commonwealth Games Preparation Camp 2022



WELSH ATHLETICS  
ATHLETAU CYMRU

# *AWARD OF HONOUR*

- **Phil James**
- **Sue Maughan**
- **Derek Osbourne**
- **Ralph Siggery**
- **Gwilym Williams MBE**



# *MERITORIOUS AWARD*

- **Ros Alterman**
- **Mark Boswell**
- **John Davies.**
- **Gwyneth Elward**
- **Jane Goode**
- **Denys Gumbley (Posthumous)**
- **Roger Harrison-Jones**
- **Nick Higman**
- **Sally Higman**
- **John Tanner**



# ***ATHLETE ACHIEVEMENT AWARD***

- **Justin Chaston**
- **Liz Gill**
- **Dewi Griffiths**
- **Tony Harris**
- **Jake Heyward**
- **John Merriman (Posthumous)**
- **Liz Parsons (Posthumous)**
- **Christian Stephenson.**



THANK YOU /  
DIOLCH YN FAWR

