



## *East Wales Regional Athletic Council*

### **Minutes of East Wales Regional Athletic Council, 14<sup>th</sup> March 2018, 6:30pm, Newport Stadium**

#### **1. Present:**

Joyce Tomala (JT) [Secretary/Cwmbran Harriers, John Chidlow (JC) [Trail& Mountain/Fell Secretary], Keith Matthews (KM) [Treasurer], Peter Sowerby (PS) [Brecon AC], Richard Sheehy (RS) [Parc Bryn Bach], Martin Jenkins (MJ), Jeanette Jenkins (JJ) [Fairwater Runners], Dick Finch (DF) [Chepstow Harriers], Hilary Goodger (HG) [Vice Chair/Newport Harriers], Bethan Akanbi-Mortimer (BAM) [Rhymney Valley], Ryan Spencer-Jones (RSJ) [Network Officer], Gerry Ashton (GA) [Endurance Official's Secretary/Chepstow Harriers], Satu Haikala (SH) [Network Officer], Kerry Ecces (KE) [Cwmbran Harriers], Mike Adams (MA), Peter Hitchings (PH) [Newport Harriers], Lynette Harries (LH) [President Welsh Athletics], Chris Davies (CD) [Lliswerry Runners], John Elward (JE), Jen Stone (JS) [South RAC]

**Apologies:** Christine Vorres (CV) [Chair/Pont y Pwl Runners], Lyn Cushing (T & F Official's Secretary/Rhymney Valley), Ruth Powell (RP) [Rhymney Valley], Richard Walters (Brecon Triathlon Club), Becky Knight [Newport Harriers], Darryn McAtee [Endurance Coach Coordinator]

2. **Welcome and Introductions:** New members attending were welcomed to the meeting as were our visitors from South Wales, who attended to observe how EWRAC meetings were conducted; thus, sharing good practice.
3. **Conflict of Interest.** JT explained to new members when Conflict of interest forms need to be completed including the fact that any change of circumstances will need to be notified at the beginning of regional meetings.
4. **Presentation – Chris Davies (CD) [Lliswerry Runners]**
  - a. CD outlined the Self-evaluation process Lliswerry Runners utilise. He explained that an annual satisfaction survey is carried out which, synchronises with the club's AGM. The rationale for surveying members was prompted by a substantial increase in club membership and ensuring that the club met what club members wanted.
  - b. 'Survey Monkey' is used to generate questions. Club members completing the survey have the option of remaining anonymous.
  - c. Response rate is 40%-45%.
  - d. Data generated from the survey is analysed and trends identified. Information can be exported to Excel or pdf formats.
  - e. An 'Action Plan' is produced based on feedback and trends. The Action Plan is disseminated at the club's AGM, voted on by members of the club and then becomes the club's mandate for the year. This in turn identifies priorities in terms of grant applications, coaching qualifications etc.

- f. The survey has been amended from time to time which has allowed the club to ensure questions:
  - i. Are aimed at all disciplines, (CD explained that interest peaks at members who compete in half marathons)
  - ii. Increase awareness of diversity and equality
  - iii. Provide an opportunity to gauge interest in a number of volunteering roles.
- g. CD gave an example of how the survey had identified that some coaches in the club required mentoring.
- h. CD (Chair of Club) sometimes contacts members to gauge further information relating to their comments.
- i. The club has set up an Ambassadors Award. The award is voted on by members for a person who demonstrates the key characteristics of a role model for the club.
- j. CD has offered to assist any clubs wishing to set up a similar programme of self-evaluation. JT suggested that EWRAC may wish to use this approach for member clubs.
- k. CD was thanked for his excellent presentation, which gave much food for thought.

#### 5. General Data Protection Regulation: RSJ

- a. RSJ gave a brief report on the implementation of GDPRs. Andrew Thomas [WA Office Manager] was unable to attend this evening's meeting, he would have further information on this matter.
- b. RSJ stated that WA have produced a standard form for club membership, which complies with new rules.
- c. Club members can ask for details of any data held and the request must be answered within 40 days.
- d. WA members must opt in on Trinity in order that WA may contact the member.
- e. LH raised the matter of safeguarding of officials' and coach's data.
- f. GA suggested that whilst sensitive data must be handled with care there needs to be a balance regarding everyday contact with members to impart important regional/club information.
- g. There will be penalties for non-compliance. JJ suggested fines could be huge.
- h. JT asked all members present if they were happy for her to continue emailing them regarding regional matters. All members present agreed.
- i. As this is a complex matter, members agreed that AT should be invited to the next meeting. RSJ agreed to contact AT.

**ACTION: RSJ to invite AT to address the next ERWAC meeting.**

#### 6. Finance Report: KM

- a. KM circulated a financial statement to all members.
- b. 2015/16 Grassroots project completed. £1 000 grass roots funding still available RSJ to produce a plan for spending this.
- c. YDL costs reimbursements will be carried forward to next year's accounts to cover costs of YDL in 2018.
- d. Estimated surplus carried forward to next financial year £7 000.
- e. Coach bill for CAU Cross-country paid today, this will show on future financial statements.
- f. JCh asked if EW Teams are sent to CAU Mountain & Fell Championships would the cost be covered by EW? KM replied that the costs would be met by EW.
- g. KM hopes that more Endurance clubs will become involved in the region as we are now spending more money on sending regional teams to a range of events.

- h. KM stated that he is retiring at the end of the next financial year. He suggested that EWRAC should actively be seeking a new Treasurer with a suggested handover date of October 2018.

**ACTION: EWRAC members to ascertain interest in the role of Treasure.**

- i. WA have suggested that funding for Regional Councils may change. KM stated that he will draw up an indicative budget for the future, which will be fully discussed at a future meeting of EWRAC. KM has suggested that reserves of £6 000 should be held by Regions. KM added that WA will probably hold meetings with regions in September to establish the way forward for funding.
- j. KM believes that the regions should decide how regional money is spent. He added that regions use money to get people active and develop athletes who do not receive funding from WA/UKA.
- k. LH stated that some regions are more proactive than others and cited EW as having a variety of ongoing activities. EW need to build on current success, particularly endurance events. She added that Regional Councils are protective of their funding and further clarification should be sought from WA.
- l. HG agreed to carry out a stock take of Kit and forward to KM.

**ACTION: Clarification regarding Regional Grants to be brought up at General Council [JT/RP]**

#### **7. Structure of Meetings:**

- a. A brief discussion was held as to the structure of future meetings. JT has met with James Williams [JW] to discuss possible structure, including setting up sub groups to deal with specific issues rather than having two separate committees- one for T & F and one for Endurance/Off Track. Members agreed that the sub group option would be preferable.
- b. JW suggested that East Wales RAC may wish to pilot an agenda for possible dissemination to other regions following evaluation. The pilot agenda would have a different focus to present agendas, with three distinct sections:
  - i. **Actions Required** – including any outstanding issues from previous meetings
  - ii. **Matters for Discussion**
  - iii. **Reports** – submitted and distributed prior to the meetingMembers agreed to trial the pilot agenda.

#### **8. Regional Medals:**

- a. JCh asked should EW have a common policy on what Medals are issued at EW Championships? For instance, at the Cross-Country 'Team Medals' were issued but no Master's medals, but at the Road Championships Master's medals were issued for individuals, but no team medals were given.
- b. JT informed members that part of the regional grant from WA is provision of Regional Championship's medals. Last year the region was asked to submit a bid for medals. JW has informed JT that any further medals require would need to be paid for by regions.
- c. The matter of which events/age groups and team medals was briefly discussed. JT urged that there should be consistency across all disciplines, noting that team medals are not given for Track and Field Championships.
- d. Members agreed that a sub group would be set up to investigate this matter and report back to a future EWRAC meeting. The subgroup to comprise of JCh, BAM and DF.

## 9. Delegates Reports.

### a. Club Network Officer updates.

- i. RSJ Report tabled at meeting outlining activities undertaken as well as planned events and meetings.
- ii. 2017 Grassroots Grants decisions this week. Clubs should be notified by email of the outcome.
- iii. RSJ gave details of Sports Festival in conjunction with Newport Marathon. Clubs asked to contact RSJ for further details of festival.
- iv. EW Throws and Jumps Day a great success. Hope to follow this up Mid-week during May 2018, date and time to be confirmed.
- v. RSJ can arrange for specialists coaches to visit clubs in order to further develop club coaches. Clubs are asked to contact Ryan if this wish to pursue this.
- vi. BAM asked for clarification as to the inclusion of non-competitive U8 athletes on club's portal.

### b. Officials.

#### i. Endurance [GA]

1. GA reported that more adjudicators are coming forward for races.
2. GA is concerned that he is not receiving any referee reports. As a result, he is unable to analyse any data in order to address issues.

**ACTION: Matter to be raised at GC- Accessibility to referee reports via Trinity.**

#### ii. T & F:

1. BAM voiced concern in regard to the way some officials are treated at Welsh Championships by Field Referees. She cited an example when she had asked to be released from duty, having found an official who was qualified at the same level to replace her, but was refused by the referee. More flexibility is required if we are to encourage and motivate officials.

**ACTION: Matter to be raised at T & F Officials' Committee**

2. JE reported the recent crisis meeting with WA staff regarding the lack of officials who have made themselves available for the Summer T & F Championships.

### c. Other reports.

#### i. General Council Report [JT]

1. Tom Marley has been appointed in the role of National Competition and Events Manager, officiating responsibilities will transfer over with the new role.
2. Tom Marley to be asked to establish a working group to look at improvements in Officials recruitment and upgrading.
3. Welsh Athletics membership has exceeded 12,000 members for the first time. All the staff, volunteers and most importantly clubs that have contributed to this continued growth in membership.
4. Matters brought up by East Wales
5. **Welsh Athletics to consider a reserve date for the Inter-Regional Cross-Country Championships.**
6. *JW responded that this matter had previously been discussed and it was considered not easy to find an alternative date due to fixture congestion.*

**7. Road Championships to avoid clashing with the Gwent League in future.**

8. *SL stated that in North Wales they do not currently follow the suggested league dates. In addition, to date, North Wales have not had a representative on the Road and Cross-Country Committee. Chris Yorke was confirmed as the new representative for North Wales for the General Council and was welcomed to the meeting. JW explained the date selection and the fixture allocation process to clarify the situation.*
9. PB highlighted that at the last meeting that JW specifically requested that regions sent teams to the Inter-Regional 10k championships, very little support was given by two of the regions he expressed disappointment that not enough regions were sending teams to events over the years – highlighting in particular the lack of representation from the South and West regions. PB also stated that unlike other disciplines, Road Running no longer has an UKCAU Championships

**ii. Cross Country/Road Report {PS}**

1. PS reported that the Cross-Country Committee's remit includes selecting teams for representative matches.
2. The schedule for 2018 championships will be looked at over the summer.
3. The Road Relay Championships will be held at Pembrey Park in September.
4. The Cross-Country Championships will also be held at Pembrey Park.
5. PS Suggested Glan Usk Park as a possible venue in the East.

**ACTION: PS**

**iii. Mountain, Fell & Trail reports {JC}**

**1. EW M & F Championships**

- a. Unlike T & F, Regional Endurance Championships need to be selected by the Regional Committee. CV had suggested the Coity race on June 16th, however this date is later than the WA Inter Regional & WA Senior Championships & Senior CAU, but earlier than the WA Junior Championships & Junior CAU.
- b. JCh asked should EWRAC enter teams at the Inter County Senior & Junior Competitions, as teams are entered in the Inter County Cross Country? There are two dedicated M/F Clubs in our Region and most of our other clubs have M/F involvement  
Team information  
<https://britishintercountiesfe.lrunningchampionships.wordpress.com/senior-rules/>  
<https://britishintercountiesfe.lrunningchampionships.wordpress.com/junior-rules/>
- c. What race will we use for EW M/F Championship which will need to be on a WA Licence? (in place of or additional to WFRA Permit, there is currently no charge for a WA Licence).

It is probably too late to use it as a selection race for the WA

Inter Regional M/F Championships. If EW want a selection race it does not need to be the EW Championship race and therefore could be on a WFRA permit.

- d. How do we get the dates of Trail & M/F Championships & WA Selection races advertised to our Clubs & Club Membership? JT suggested via CV EW Facebook.
- e. Listed below Trail & M/F Championships including the WA Inter Regional Trail & M/F Championships for which teams will need to be selected, and the Trail will need to be selected and entered to Alex Donald before the closing date for I/R Team entries.
- f. WA Senior Trail Championships Red Kite Devil's Bridge Sat 5th May, Selections for the WA Team to Celtic Challenge 26km race in Brittany will be considered after this Race.
- g. WA Junior Championships U15/U17/U20, Red Kite Devil's Bridge Sat 5th May
- h. WA Masters & Inter Regional Championships RWAS Built Wells Sat 19th May.  
Trail I/R teams of 4 with 3 to score (Masters to run as Seniors)
- i. EW Trail Championships Sirhowy Challenge Sun 13th May
- j. M/F - WA Senior M/F Championships 9th June, Tal-y-Mignedd Campsite, Nantlle Valley, LL54 6BT. **Grid ref:** GR531531 Race Classification AS
- k. WA Junior M/F Championships 28th or 29th July Llanberis, tbc.
- l. WA Inter Regional Championships 7th April Sugar Loaf, Abergavenny
- m. M & F teams of 4 with 3 to score (Masters to run as Seniors) Race Classification BM
- n. WA Junior Selection Trial Race 5th May Red Kite Devil's Bridge for selection of 16 & 17-year-old Boys & Girls who are in those ages by 31st December 2018 for selection for a WA Team at the WMRA International Youth Cup on 16th June in Lanzada Italy.

## 2. M & F CAU Championships

- a. CAU Senior Championships 19th May Lads Leap Derbyshire, Crowden Campsite, nr Woodhead, off A628. **Grid ref:** 073993 Cat AS
- b. CAU Junior Championships 30th June Up the Nab Derbyshire, Glossop Rugby Club, Hargate Hill Lane, Charlesworth, SK13 5HG
- c. **Grid ref:** SK009933 Cat AS Minimum Age 16

## iv. Track & Field

### 1. Track & Field Regional Championships

- a. JT reported that the EWRAC T & F Championships will be held in Cardiff [joint Championships with SWRAC].
- b. This year the Steeple chase will be held in Cardiff and will feature athletes from EW, SW and WW. The walks will be held in the WW Championships at Neath.

- c. Link for online entry page is now up and running ready to take entries

<http://www.welshathletics.org/competitions/events/track--field/2018/may/south--east-wales-regional-track--field-championships.aspx>

10. **Endurance Group Update** {MJ/JJ}

- a. MJ reported that the 3<sup>rd</sup> race in the series 'Newport half Marathon' has been rescheduled for Sunday 18<sup>th</sup> March 2018.
- b. The final race of the series will be the Cardiff Race for Victory on 5<sup>th</sup> May 2018. Entries for this event are still open.

11. **EWRAF Website**

- a. Waiting for outcome of Grass Roots Grants.
- b. KE stated that there are members of Cwmbran Harriers who may be able to assist with a new website.
- c. **ACTION: KE to forward details to JT and CV.**

12. **Matters Arising from Previous Minutes** 10<sup>th</sup> January 2018; not already covered during the meeting. - none

13. **Any Other Business.**

- a. BAM stated that the report regarding Age Group Championships' posted by Scott Simpson had not included Rhymney Valley Athletes, even though they attended the championships.
- b. BAM expressed disappointment at the lack of Welsh athletes at the Combined Events Championships in Sheffield.

**ACTION: JT to take to T & F Committee**

14. **Dates of Future Meetings** – All meetings to be held at Newport Stadium.

2/5/2018

**13/6/2018 AGM**

5/9/2018

14/11/2018

Members were thanked for their attendance

**Next Meeting 2<sup>nd</sup> May 2018, 6:30pm Newport Stadium.**

**PMN:**

EWRAF has sadly lost John Chidlow, one of our proactive members. John has been a great servant to the region since moving to East Wales. He will be sadly missed.

Condolences have been sent on behalf of the region to John's family.