



South Wales Regional Athletic Council

Monday, 14 August 2023

Cardiff International Sports Complex

Leckwith Road

Cardiff

Start Time: 18:00

End Time: 20:30

Chairperson - Lee Hayward

Meeting Minutes

Attendees: Kyle Perry (**Barry & Vale / SWRAC Secretary**), Steph Iverson (**Ogmore Phoenix**), Graham Finlayson (**President WA**), Rowland Williams (**Pontyclun Athletics**), Ronald Morris (**San Domenico**), Pete Morris (**Life Member**), Stewart (**CDF Runners**), Fred Malkin (**Barry & Vale Harriers**), James Hayward (**Rhondda**), Pauline Dobbs (**Rhondda**), Glyn Pugh (**Rhondda**),

Apologies: Kevin Fowler (**Pegasus RC**), Georgina Fraser (**Cornelly Striders**), Iwan Dowie (**Cornelly Striders**), Lorraine Price (**Cardiff Athletics**), Colin Frolely (**Fell & Mountain Officer**), Chris Pratt (**Ogmore Phoenix**)

Welcome & Apologies

- Welcome and thanks to all in attendance.
- Apologies advised.

Steve Mitchell (National Talent Development Coordinator - Endurance)

- Role advised within performance team.
- Discussions had with key issues such as gaps between lower levels of sport and the top and future changes that are being considered but not yet fully agreed.
- There is a greater desire to support juniors and seniors and encourage more participation.

- RDP is being reviewed. Looking at NDP (National Development Plan) to support clubs and coaches to develop talent. Working with coaches to provide support and advice.
- Consideration for a British Milers Club and Night of the Steeple chase alongside the regional championships.
- 1-1 session have been going ahead for endurance and plans for future needs are considered. Follow up screenings are taking place and further 1-1 meetings.
- WA performance team are concentrating on 800m, 1500, 5000m steeplechase for RDP as these are in Commonwealth games.

Regional Championships 23/24

- 1st Gwent League Fixture at Pembre only realistic option but acknowledgment that this is not in our region.
- Discussions for the changing of the date for the inter-regionals.
- Discussions around holding our own race with Bridgend League being another consideration. **ACTION:** Steph Iverson to raise with Bridgend Athletics about holding our Regional Championships race?
- Consideration for the rotation of the events for other disciplines. However, cost implications need to be considered. Pontypridd 10k is an option.
- **ACTION:** Send out list of regional events and get feedback from clubs.

Inter Regional Track & Field Report

- Discussed events, results and participation.
- National meeting scuppered a lot of participation. Lots of athletes declined to take part due to other comps.
- A full programme of events needed moving forward. Support to help organise and graded officials needed.
- **ACTION:** Setup Track & Field sub-committee meeting.
- Regional champs should be for south, full day and all age groups. A review of inter-regional comps format is needed.
- Aberdare is the only club presently that could host a full day of comps.

Welsh Athletics Proposal for New T&F Age Categories

- We should use the 1st Jan to 31st Dec rather than from Sept to Aug.
- World athletics has taken the lead but WA has not completely followed through with parity.
- Preference would be for the same approach for both T&F and endurance.

Any Other Business

Officials Day / Fun Event

- Discussions for the use of an fun event with music, BBQ starting early and finishing late. Desire for endurance clubs to take parents out on 1k or 2k runs.
- We have to have comps to get parents to officiate and take part.
- Discussions about a problem with fear of of doing things wrong. Some senior officials are not friendly and needs to be changed.
- **ACTION:** Meeting needed to discuss next years comps.

Any update on kit and gazebo

- New vests are ready for next regional comps. We have hoodies, T-Shirts for Team Managers and regular officials.
- We are awaiting gazebo logo and once complete will go ahead order.

Awards

- If you go on WA website for awards panel, can we think of someone to give an award to. Closing date is Sept 8th. Needs to be ready for the next AGM in June.
- **ACTION:** Ask at next meetings for RDP. What are the pathways for throwers and pole vaulters.

Next Meeting

- TBC