



# South Wales

# Regional Athletic Council

## Meeting of the Executive of South Wales Regional Council

Thursday 21<sup>st</sup> February 2019

6:30pm, Cardiff International Sports Stadium, Leckwith, Cardiff, CF11 8AZ

**1) Present:** Jamie Clode [JC] (Secretary), Lucy Archer [LA] (President), Daniel Bodman [DB] (Aberdare), Fleur Jones [FJ] (Cornelly Striders), Georgina Fraser [GeF] (Cornelly Striders), Chris Pratt [CP] (Ogmore PR), Zoe Holloway [ZH] (Welsh Athletics), Hannah Pretty [HP] (Network Officer), Darran Williams [Daw] (T&F Competition Officer), Graham Webb [GW] (General Council Rep), Graham Finlayson [GF] (Regional Cross Country Rep), Bernie Plain [BP] (Cardiff AAC), Jenny Stone [JS] (Treasurer), Pete Morris [PM] (Life Member), John Elward [JE] (Officials Secretary)

**Apologies:** Dai Williams [DW] (Chairman), Rowland Williams (Pontyclun AC), Ron Morris (San Dom), Pencoed Panthers, Vicky Mead (Pontyclun RR), Fred Malkin (Barry & Vale), Liz Davis (Ogmore PR), Iwan Dowie (Cornelly Striders)

## 2) ACTIONS FROM PREVIOUS MEETINGS

a. DW to confirm on UKA rule and use revised versions for distribution for upcoming inter-regionals.

**ACTION: Ongoing with DW**

b. DW to raise questions around welfare at General Council and in order to have a clear and consistent guideline. DW had no response from  
There have been two safe guarding courses. Clubs should be going via club welfare officer and then Region and then Steve. Need to ensure process is followed.

**ACTION: DW to chase up with Steve Jones as a matter of urgency.**

c. LH will investigate involvement of Duke of Edinburgh volunteers and liaise with HP to see if there are potential people that may be interested. JC has emailed Louise Hogan twice but no response. GeF to contact and update  
**ACTION GeF to take forward and contact Louise for a response.**

d. Development plan update. JC has circulated plan. One-person Jamie Williams (Pontyclun AC) has come forward to be included.



- e. JC Emailed around conflict of interest form. DW was unable to attend the most recent GC meeting, but will confirm. As no secretary, its likely to be a willing volunteer.  
**ACTION: BP to check that has no conflict interest.**  
**ACTION: JC to confirm on use of form and guidance for completion**  
**ACTION: DW to find out who does minutes of joint GC meeting**
- f. Regional XC Champs. Revised results were issued for comment and PM made corrections based on feedback.  
**ACTION: DB to compile list of who is to receive what medal so these can be ordered.**
- g. SOUTH WALES REGIONAL SCHOOLS XC CHAMPS 2019 ONWARDS. Nobody has come forward wanting to lead this. Needs to be treated with priority.  
**ACTION: DW to identify sub group to take action forward**
- h. WELSH INTER REGIONAL XC CHAMPIONSHIPS TEAM UPDATE  
DW confirmed that Steve Jones registered all athletes that didn't have clubs prior to welsh interregional.
- i. COMPETITION PROGRAM 2019  
JC provided a list of the fixtures and dates within the minutes. DW has provided a version of the Pentyrch results  
**ACTION: DW to provide a tidied-up version of the results for review.**
- j. AUDIT OF REGIONAL CHAMPIONSHIP PROGRAM 2018  
PM has undertaken a review, and this has been circulated. FM unable to attend meeting so update at the next.  
**ACTION: FM to forward details to DW to help review trail.**
- k. OUTDOOR REGIONAL CHAMPS  
Events have now been removed and will be merged into other events,
- l. MINI MARATHON  
Although noted at last meeting this was not raised and discussed at General Council.  
Significant number of attendees at the meeting are not happy of how the event was held and that the selection policy doesn't seem clear. Through discussion it was highlighted that the event has a developmental focus and is looking to bring athletes forward to help them progress over the longer term.  
Concern that rules state that under 13's should not run 3k on the track. Also that an athlete was allowed to trail from a training camp in isolated conditions.  
**ACTION – GF to raise at road and XC on 27<sup>th</sup> March. Draw to the attention of Sharon Leech.**

### 3) DEVELOPMENT PLAN UPDATE

HP has discussed formats with the east and shared examples with the group. A format was agreed in General Council and the template was to be shared with all regions. Every year we have been given 4k and from this year onwards we need to have a plan for how we will spend it. This will money is being provided for a set purpose and also allow for accountability. The plan should cover all efforts and the 4k can be used in conjunction with reserves if aims exceed the grant. Once submitted WA will allocate funds based on the merit of the items we have put forward. Group discussed some items for inclusion.

Raising the profile of the region at for the clubs – *We could have a stall at village 5K and give out a nominal item pen/bottles. Flyers are bad. Maybe laces*

Raising profile of the region's athletes – *DB would like to see free vests or discounted vests. HP how would we make its sustainable. YDL is composite team so should still be charged. Vests are £15 or £18, maybe hoodies. Could be an option.*



Website – *Don't think this is a need for one at present, no value in duplicating data held elsewhere.*

Endurance Regional development days – *These are already in flight and should be including*

T&F days – *bring both the parents and children to an event. Can have both trying the events. Can we do more to help clubs and schools combine.*

Officials recruitment drive – *we need something around this, everyone has the same challenge and we need to address*

Trail and mountain – development days – *would be great if we could be something on for this, development days etc lots of interest in clubs for trail*

Inter regional champs – *We have these already, but should be included in our plan*

Road races already identified – *Competition calendar already identified, any elements we can do to improve this or raise more awareness*

Technology to enhance performance – *Wind gauges, not many operational. We need the stadiums to have the equipment to reflect the competitions. Who would be responsible?*

Coaches CPD – *workshops and improving coach education*

Social event – *like night of endurance, maybe get a few different events up and have a BBQ etc*

JE pointed out we need to ensure that our development plan dovetails with the Welsh Athletics wider plan.

Solid draft is needed before April 1<sup>st</sup>.

**ACTION: JS to review possible items for use as region merchandise**

**ACTION: BP to see if Peter Gregson could assist with looking after any technology**

#### 4) KEY OFFICER UPDATES

- a. Officials update for Outdoor Champs – JE There are 14 volunteer officials for outdoor champs, only 6 come from this region. Hoping to write to assistant officials and we need more. Encouraging club participation is a challenge and maybe refusing entries from members where clubs wont support could be the way forward.

**ACTION: JE will write to all officials and see who is available.**

- b. UKCAU DW - teams have been entered with the following team numbers. Thank you to all team managers. Some are not able to make the trip, so we are looking for volunteers to assist. DW is contacting Laura wright's mum to assist on the bus.

U13 boys – 12

U15 boys – 8

U17 Women – 6

U15 Girls – 12

Senior men – 11

Senior Women – 15

U17 Men – 12

U13 Girls – 8

U20 Men - 6

U20 Women - 5

Travel arrangements - bus is booked with Watts coaches (Peter Jones, usual driver) and will leave Cardiff metropolitan University at 7am. The bus will leave Prestwood Hall (venue) after the last race. There will be the usual 1 stop each way.

Team managers to report by their bus requirements and vest requirements to DW ASAP.

- c. Finance Update JS - Money left over from numerous years. More cheques have been received since and we have also ordered £5000 approx on kit. Possible look at use of shared storage issue. New kit will not be sewn and will be same cost.



**ACTION: JS to review storage options and possible costs**

**5) DISCUSSION**

- a. Committee Attendance JE – only 4 people turned up for the last track & field meeting. Set up some communication system to say that people can't go. Mark Gold will be our representative.  
**ACTION JC to let T&F committee know that Mark Gold will be representative. Email to Judith Gooden.**  
**ACTION GW can't attend next General Council, DW/LA to attend.**
- b. Regional Champs DaW – little sub group of key people got together to discuss regional champs. Proposals were identified and nobody has come back to Da Will. U13/U15/U17 regional, U20 and Senior will be separate champs. By removing these groups allowed for the timetable to be more suitable. East were very keen take out the 3k. DaW has spoken to Arwyn about the 3k into one of his races middle distance events. Steeple already in the senior league. Events will be split across regional races and medals will be awarded at end. Online entries will be up with the next few weeks or two.  
Aberdare looking after refreshments, £1 entry fee. Need to create a schedule to ensure registration and front desk manned. Will review and amend for next year.  
GW – would like it recorded that he is not happy for the above change of removing age groups from the events. Average length of an athlete's career is 5-6 years. The challenge of retaining athletes in senior leagues.  
JE – Welsh Cross Country has biggest entries for some years. Hopefully showing an upturn interest.
- c. Coach / Official education ZH – Reviewing a way of rewarding current officials, getting more parents attending. If parents have a good experience with children, more likely to come back when they have more time. Got feedback from 160 training officials. Feedback was too much paperwork. A welcome pack will be created and shared. Mentoring is beneficial for both the mentor and mentee.  
Assistant official went really well. Will put on a lvl 1 in Aberdare. Anyone needing a H&S course it will be on the 11/12 march in Pontyclun. Photo finish course also to be run. Safeguarding has been a great take up. With also interest in a time to listen workshop. For Endurance officials - there will be a course again soon. Looking to put on a lvl 1 field C&V schools or teachers at end of the school day.  
From 1<sup>st</sup> of April, compulsory safeguarding for everyone to do on renewal of DBS and new coaches. Renewal of DBS can be done with 6 months. Lots of courses coming up.  
JS – advised that recording experience is a quick process on the portal.  
JE – all UK level 2 need to report on to show they are adhering to safety policies.  
BP – those that have been around for long enough, they don't want to redo tests, and are happy to give for the love of the sport.  
JS – With an ageing population, we need more mentors to ensure progression of new volunteers.  
LA – getting more people involved is the challenge for clubs and the region  
HP – 14 people attended lvl 1 field official. Had people doing assistant official courses, very beneficial
- d. Regional eligibility for Welsh Inter Regional and UKCAU fixtures PM – Concern that an athlete who was U13 and not eligible has been fielded. Possibly that the team manager felt under pressure to include an athlete that was ineligible. The athlete has competed and previously been told not eligible  
DB - Team managers need more guidance. Is it worth providing more guidance, bring them along to a meeting. So that they are educated. We need to ensure that we do not leave things to the  
An U17 was put into regionals that hadn't ran and was forced in and not went through team manager.  
**ACTION – Forms need to be revised to show what is required to be eligible.**  
**ACTION – Wildcard entry needs to be confirmed for inter-regional, what is the rule. Needs to go to XC committee and General council. Room not happy that the U17 situation could occur**  
**ACTION: LA to raise at General Council about U13 fielded that was ineligible**



- e. PM concerned about a competition program and no one seems concerned that the results are issued, held and nobody seems to care how many medals are issued.

PM has done an audit of all of these and listed in the document passed around the room.

5K – U20 includes a lot of those we are a lot under that age.

Regional trail – have no idea how many were in, not had regional results.

Regional XC champs – Numbers previous year were bigger.

Two regional schools champs. Surprised by the numbers taking part as the numbers were quite low. Numbers were up in January one.

Overall Medals allocated

Championships	Participants	Gold	Silver	Bronze	
Hill Race	??	6	6	6	
5km Road	85	10	10	10	
Trail	??	??	??	??	
Cross-country – Cardiff Cross	242	61	45	36	
Regional Schools - boys	498	15	17	32	
Regional Schools - girls	485	15	17	28	
Total	1310	107	95	112	314
Outdoor track & field	335	105	69	50	
Indoor part 1	141	23	23	17	
Indoor part 2	188	33	28	24	
	664	161	120	91	372

Some of the results have not been collated properly going forward, so we need to improve this. We need to work at this.

JC - Once the program has been confirmed, we need to assign a person early and then ensure they are skilled suitably.

- f. South Region Junior League FM – FM has given apologies  
**ACTION: JC, item to be added to agenda of next meeting**
- g. Region Competition Calendar JC – Final dates to be confirmed June 24<sup>th</sup> SSAFFA will be. Pentyrch will be 29<sup>th</sup> of April.  
**ACTION: JC to create image to be shared on social media and to contacts**
- h. Items to be raised to General Council - Wildcard issue from above needs to got GC.  
 PM – at AGM it was advised that 4k would be provided with no strings, also medals.  
 Can we ask at GC would is cost for regional medal and why has South not received any grant, we assumed it was coming?  
 PM – attendance at AGM is poor, although it did clash with Snowdon marathon.  
**ACTION: Wildcard issue for U17 to be raised at GC**  
**ACTION: Issue with ineligible U13 to be raised**  
**ACTION: Confirmation required on the payment of grant and medal allocation**

## 6) AOB

- a. Next meeting confirmed as 24<sup>th</sup> April at Pontyclun,  
 Remaining meetings as follows;
- 25<sup>th</sup> June AGM – Venue TBC
  - 10<sup>th</sup> September - Venue TBC



- 17<sup>th</sup> October - Venue TBC

- b. GF – there was a Road/XC meeting last night and they are going to return to inter area matches , Abbey Dash Leeds and Cardiff 5k. There will be a standard set, 3k in 9:45 women, 5k 17, 10k 35, 10 miles 58, hm 1:17, mara 2:40. Men 3k 8:30, 5k 14:40, 10k 31, 10 miles 51, 1:07 Hm, mara 2:25.  
In 2020 the half marathon champ will move to Swansea. Will also send a team of runners for Highgate 10,000m. PM asked in 2021 are world champs are going to be in February. GF advised not yet confirmed.
- c. Junior Champs DW - Thanks for everyone's involvement in junior champs, it was a successful 2 days with increasing numbers  
Welsh Inter Regional Cross Country Champs DW - Thanks to Cardiff archers for the hire of their tent. Due to the weather conditions some parts broke in the high winds. These parts have been replaced with the region purchasing new pieces after Phil Warwicker assessed the damage  
Some Notable Results  
Overall Winners, Female winners, male runners up (by 3points)  
James Hunt sm 1<sup>st</sup>  
Lucy Marland sw 2<sup>nd</sup>  
Emily Lagomarsino sw 3<sup>rd</sup>  
Iona Goderick u13g 3<sup>rd</sup>  
Gwenno goode u15g 2<sup>nd</sup>  
Moli Lyons u15g 3<sup>rd</sup>  
Aimee Callow u17w 3<sup>rd</sup>  
Naomi Reid u20w 1<sup>st</sup>  
Laura Wright u20w 2<sup>nd</sup>  
Thank you to all team managers for their hard work on the day!
- d. Congratulations to Liz Davies on successful appointment to National Endurance Officer

