



South Wales

Regional Athletic Council

Meeting of the Executive of South Wales Regional Council

Wednesday 7th April 2021

6:30pm, Microsoft Teams

- 1) Present:** Hannah Pretty [HP] (Network Officer), Pete Morris [PM] (Life Member), Jamie Clode [JC] (Secretary), Dai Williams [DW] (Chairman), Jeff Mapps [JM] (Officials Secretary), Dawne Louise Meynell [DLM] (Rhondda Valley Runners), Chris Pratt [CP] (Ogmore Phoenix Runners), Graham Webb (GW) [Cardiff Athletics], Colin Crooks [CC], Kevin Fowler [KF] (Pegasus Runners), Fred Malkin [FM] (Barry & Vale), Ryan Spencer-Jones [RSJ] (Welsh Athletics), Stephen Paskell [SP] Welfare Officer, Jen Stone [JS] (Treasurer), Mel Westlake [MW] (Heath Run Massive)

Apologies: Lucy Archer, Spiro Pezaros, Bernie Plain

2) Regional Throws Hub – Ryan Spencer-Jones

RSJ walked through presentation on Regional Throws Hub (distributed with minutes), This included the purpose of the hubs, long term vision. RSJ explained how the hubs will support the RDA and NDP which included the delivery timeline over the next 5 years.

DW – This should definitely be added to the regional development plan will be fully supported by the region.

Will hubs move around to enable a wider audience to be reached?

RSJ - Looking to have a focused centralized area and then grow out wider to other locations on capacity reached. Athletes can attend regardless of club.

ACTION – JC to distribute presentation with the minutes.

3) Safeguarding review and webinars

Meeting was asked to share any feedback they had on the webinars.

FM - Representatives fed back it was very worthwhile.

SP - attended the regional welfare officers. Was not new but worked on closing loopholes that existed. 38 people attended and this was good turnout. Really positive environment

HP - will be more to mop up those that could not attend, dates coming out soon.

DW - we will share those out when provided.



ACTION – Distribute mop session details once shared.

4) Officer Update

DW - Attended the IR meeting, changes made to starting heights on vertical jumps and select someone with a PO10 entry. DW will share changes out. There was a talk of a pilot event, and all agreed that regions should look at U15 with select events. Small local competition. T&F will review tonight, then GC May 4th, Board May 24th and then published in June. To the support the future of the events, region to take more involvement.

PM - Did it go to JAV? What was feedback? Will we start in 2022 with the west hosting? Need to ensure we are ready with good teams and officials in place for 2022. Was there any update on the relays?

DW - Part has done, but not all detail as a very wordy document.

HP - The last JAV meeting Rhi gave an update and an overview of what it was. Items with direct impact to JAV have been shared.

HP – It was seen as positive.

DW - Yes, that is the current plan is for the West to start. We need to work with Zoe to ensure we have everyone ready.

DW – For the relays. We would field one team per age group. It was an error. It has been agreed that if regions do not supply enough officials to allow for events to take place, regions will be penalized with a points deduction.

FM - We should look at adding this to this regional agenda as several items to prepare.

DW - Yes, will need several key roles and a non tech official to ensure smooth running. It is a great opportunity for officials to develop.

FM - Will this cover Cross Country?

DW - No IR Cross Country is not covered, this is just for T&F. There will be a lesson learnt session after each event to revise document ready for the following year.

ACTION - Add this to agenda going forward.

General Council Update. UKA Membership Consultation was discussed and the need to complete a quick survey.

SP - Quite quick easy survey to complete.

DW - interesting that XC has come back at 10k and 8k.

CP - Great thing is that everyone gets the chance to give their view.

DW - Anyone not complete, please take back to clubs.

Virtual relays were discussed, feedback was given that communication was not at its best.

Any comments to put to GC?

No items put forward.

Network Officer Update

- In March/April the #Unite Conference Series was a great success and had lots of engagement across all of the conferences.

Number of registrations:

Officials & Volunteers Conference – 99

Clubs Conference – 87



Youth Development Conference – 71

Run Leaders Conference – 78

Athletics for Schools Conference – 107

- Held several club development webinars – still more to come and you can catch up on any you've missed via our Youtube channel.
- Junior club activity re-started from 27th March – great to see many clubs back up & running!
- Club welfare officer meeting to discuss the changes coming in following the independent safeguarding review on British Athletics & HCAF's. If your club missed out, there will be more organised over the next month.

Coming Up:

- Club Re-Affiliation (through clubs' portal) & members re-affiliation open from 1st April
- 25th April at 6pm - Throws webinar with Vern Gambetta, [register here](#)
- For all the events coming up over the next few months, see the [events calendar](#) on Welsh Athletics website
- UKA Membership consultation, deadline 16th April. Discuss with your club committee and complete on the clubs' behalf. [Complete consultation here.](#)

Key projects I am working on:

- Launching Starting Blocs & working with clubs/LA's/private providers who are interested in delivering Starting Blocs
- Junior Athlete Voice – working towards launching a mental health workshop for young people with Lloyd Ashley
- Supporting primary school 'in house' quad kids' competition to set up local authority leagues (Cardiff, Vale of Glamorgan)
- Webinar content

5) AGM Roles - JC

Jamie gave an overview roles and how new people can bring new ideas.

DW - a number of team managers would be great; we can always put forward of training.

PM - Jamie to send out notice of AGM and roles. Also include an expression of interest for TM's and roles around new IR Handbook.

AGM will take place online. Continue to keep things online. Clubs have shown great modernisation and moved towards a more digital approach. Will help to keep engagement high.

ACTION – JC to send out notice of AGM and include roles to be filled.

6) Clubs Update

FM - Not done anything as Jenner Park has been out of use and opened on Tuesday. First session will be next Wednesday night and presented a H&S program. Not been made very clear to club on expectations. Had challenges around sorting venue access and exits. Membership has not picked up and this will allow for a managed roll out, then will open membership after 2 weeks.



CP - Not much changed from last time. We have gone through renewal. Insisted all should join before april1st and have 220 new members. Juniors started back last week, 4- to 9-year-olds. Looking forward to May 3rd. Had easter EggAthlon, born from last meeting we were in. RVR, HMRC, Cornelly and OPR, between 4 clubs 125 runners. All a bit fun and participation. Kept to just clubs who attended to meeting. Can be shared wider but needs to be about keeping it fair.

HP - If you have a report, be good to do a good news story. So, we can share wider.

DW - be great to share the report with General Council to showcase what the clubs have done.

JS - CDF have done the relay of easter weekend with different distances 3/5/10k relay, was good fun. Club has varying abilities, and everyone had fun.

CP - Great to share ideas so that everyone can get involved.

Restarted zero to hero but being run virtually. Videos for every week.

Also had a virtual awards evening that had over 60 people.

SP - We did an event in club where we asked people to run a distance in feb and then repeat and then reward improvement. Was great to see improvements. Things are a bit flat at the mo, people surprised by not restarting yet.

JS & LD - Have been doing some virtual fartlek, cameras, and mics off, coaches playing music. Been great to pull athletes together. Also been doing with CDF and this has been enjoyable. Virtual run club has been great.

SP - Saw that CDF did a good article about Re-Affiliation.

SP - Had a couple of members who travelled out of region for English event. Tried to talk to them about, one member has decided to leave the club now. Although not a disciplinary matter, the transfer is now on hold. Nice to know for clubs that support is there, and that action is taken. When someone says moving, old club does not know where they are going. This has been flagged as should be able to make people aware why someone is moving. Someone may also need additional support to share.

ACTION - DW to take to GC so that it can be discussed, how best approach could be.

KF - Pegasus - have a small club. Have done several handicap events and virtual events. Nice that most improved won that series. Down to about 30 members.

MW - We took part in the eggathlon. Was great to get people talking, had bingo and various challenges. Concerns that member may not see the benefits of renewal. Disappointment around VLM places. Focusing on renewals, some have left anyway due to transition but now focusing on coming back, just a shame having to wait until May 3rd. We remain viable, but VLM situation is a disappointment.

HP - Aware several clubs are struggling, would love a national campaign around getting members back into the clubs. Always open to ideas and suggestions. Seen lots of positives in the social running side and this has seen a growth in engagement. Maybe a C25K can now help to secure these members and WA are working to help.

CP - We have members who run social running groups, we then see members come looking to transition to a affiliated club for the benefits that brings.

GW - Been in hospital. Had 2 men and 2 women who ran in Olympic marathon trails. Last heard is waiting for commercial company to allow comeback. James Hunt ran 14 flat.

DLM - RVR - Relay was fantastic at weekend, really enjoyed. Same concerns that other clubs. We have 21 affiliated. Committee does not feel any benefit from WA and being a member. Only 2 committee members want to affiliate.

HP - Is this around the challenges this year?



DLM - Changed constitution 3 years ago to say must affiliate. Have done loads for the community but activities around running have been limited. Last AGM was Jan 2020. Been suggested that it goes to end of May 2021.

7) AOB

FM - We could support Dawns group around challenges. Could we press for over 50's to start back as most have been vaccinated.

DW - James has been pressing for all and pushing, clear message has been passed back and James and WA continue to lobby to get people back asap.

FM - Could be a great health and welfare benefit.

ACTION - DW to raise to James Williams.

HP - Will send Jamie an update to be shared with everyone.

Conference series which finishes on Friday, thank you to all involved and had great engagement.

There is a throws webinar on 25th April. Link in update

DW - Development plan needs to be prioritised now. And look to bolster.

Will send Joyce an email to see what may be organised for u15s.

Next meeting June 8th and will be AGM @ 6pm

