

WEST WALES REGIONAL ATHLETICS COUNCIL

Hon Sec: Nathan Jones

Chairman: Dr DH Davies, MBE

Treasurer: Louisa Davies

**Meeting of the West Wales Regional Athletics Council
Held at Carmarthen Leisure Centre, Monday 21 January 2019.**

PRESENT: Hedydd Davies (Chairman/Carmarthen Harriers), Nathan Jones (Secretary/Carmarthen Harriers), Louisa Davies (Treasurer/Pembrokeshire Harriers), Andrew Jenkins (Network Officer), Tony Clements (General Council Rep/Swansea Harriers), Lynne Brier (WA Track & Field Rep/Swansea Harriers)

01. APOLOGIES FOR ABSENCE

Apologies were received on behalf of Rob Campion, Donald Melrose, Sue Alvey, Liz Rowland, Jo Salmon, Jake Morgan, Andrew Phillips, Dic Evans, Colin Davies

A minute's silence was observed for Pembrokeshire's Brian Alvey.

02. MINUTES OF PREVIOUS MEETING

The minutes of the meeting of 28 November were checked for accuracy. The minutes were accepted as a true record.

03. MATTERS ARISING FROM MEETING ON 28 NOVEMBER

3.1 No further update on photofinish instalment taking place at Swansea University. Cost, storing and operating are factors.

3.2 Gerald Codd Trophy Match will be held at the opening Louise Arthur League match at Haverfordwest on 4th May. It was agreed previously to combine the pole vault event in with an event at Swansea with points allocated towards the LA.

3.3 The West Wales Indoor Athletics Championships was a success again in 2019 at Swansea. Further report available on Regional Matters.

3.4 There has been no Network Officer in Dyfed since November. Hedydd Davies has been in regular contact with Welsh Athletics on developments.

3.5 At the present time, there has been no update on age groups for the Welsh Athletics Inter-Regional Championships in August. There had been a previous suggestion to remove U20 and senior age groups completely.

3.6 Gerry Batty Award: Recipient for 2018, Adam Beer was very pleased to receive the award for his improvement over the last 12 months. It will be presented later in the year. All clubs in the region were invited to nominate with five sent by individuals.

04 CORRESPONDANCE

4.1 A letter was received by Sue Alvey (Chair of General Council), Lynette Harries (President of Welsh Athletics) and James Williams (Head of Operations at Welsh Athletics) regarding representation from West Wales at WA Committees and the need for the region to be represented. The following notes were approved:

Accepted the views expressed by Welsh Athletics in its letter of 19 November 2018 (received on Tuesday 15 January 2019)

The West Wales RAC will make every effort in the future to ensure that there are delegates from West Wales RAC on every Welsh Athletics Committee

To explore with Welsh Athletics the possibility of using Skype or video conferencing (as is the case with North Wales)

West Wales RAC will make it a priority in 2019 to get more West Wales clubs to attend West Wales RAC Committee meetings

4.2 The West Wales RAC at the Committee meeting at Carmarthen considered the proposed West Wales RAC development plan which had been prepared and circulated to officers and members of the West Wales RAC committee

West Wales RAC had received from Chris Moss a Regional Athletics Council Development Plan template at the request of the Region.

It was agreed at the West Wales RAC Committee meeting that more information based on the Welsh Athletics Development Plan template would be added to the original West Wales RAC application for a Welsh Athletics grant.

Action: Andrew Jenkins, Hedydd Davies, Tony Clements and Lynne Brier to discuss and make a start on the new form, noting admissions, visions and what the region are hoping to achieve. The recent Nutrition course that the region organised is to be added.

Clubs / Schools are invited to submit regional project grants which will all be considered by the committee/officers. It is open to all ideas with application forms closing date on Wednesday 6th March (1 week before next meeting).

Action: Hedydd Davies to send out regional project grant application form which includes objectives, outcomes, cost, dates etc.

05 TREASURER'S REPORT

Louisa Davies circulated by e-mail the latest Treasurer's report up to the 19th of January however bills had arrived by the meeting. At the end of that period, the balance in the account was £18,299 when costs from the Nutrition course and the West Wales Championships have all been received. This includes venue hire, photofinish, starters and first aid while an income will be made by entry fees. The region currently has a healthy balance.

06 REPORTS**6.1 a) General Council**

Tony Clements summarised the latest General Council and provided the following notes:

Performance Update: Presentation from Chris Jones explaining that the Performance Team within WA is an interim period, with a new strategy and structure in place over the next 6 months. There will be a strong regional emphasis to coach development and support.

Head of Operations: James Williams to contact the Welsh Masters Athletics Association to establish closer working and report back. James Williams to explore establishing arrangements for a Young Athlete Advisory group and report back.

Coach Development Manager currently out for advert.

James Williams/Chris Moss to draft a development plan template that can be utilised by the Regions for their Development Plan. North Wales completed and funded, South and East Wales still to submit. West Wales no funding requested linked to developments- further discussion needed.

6.2 b) Track and Field Committee

Lynne Brier reported from the latest Track and Field Committee. It was confirmed that in mixed races, no national records will be valid in mixed U17, U20 and Senior races. The Triple Jump and High Jump Development Days were well supported in Cardiff and Swansea. A survey is to be sent out regarding the Welsh Athletics League but has not been received by club secretaries as of yet. Discussion continues around U20/Senior age groups being included in the Inter-Regionals, and West Wales have discussed but not agreed to remove.

It was felt that there's not enough officials to cover full regional weekends over two days but confirmed that all events will be held on the same day in 2019.

111 officials have qualified through courses, but not followed through. Level 1 have been encouraged to take on other disciplines and new starters will be given starters pack and guidance.

Junior Championships on the Track and Field at Wrexham in mid June was found to be in the middle of school exams.

6.3 c) Officials Committee

No report

6.4 d) Endurance and Road Running Committee

No report, Welsh Athletics have announced a new selection process on how teams will be selected for the London Mini Marathon in 2019 with four events held across Wales. They are currently ongoing in North, South, East and West Wales.

6.6 e) Fell & Mountain Running Committee

The Red Kite Challenge is planned for the bank holiday May weekend as in previous years, on Saturday 4th May this year.

6.7 f) Welfare Officer

No report, however Sue reminded committee at last meeting that 2 welfare officers should be in place at all clubs – 1 male 1 female and should attend the child protection course.

07 CLUB NETWORK OFFICER

7.1 Andrew Jenkins reported on recent activities and future plans. Recent activities include attending event such as the Welsh Athletics Junior Open, Afan Nedd Tawe Schools Sportshall and Cross Country, West Wales Indoor Athletics Championships, Llanelli Schools Cross Country and the Nutrition Workshop.

Looking ahead, a number of Grassroots coaching days and Primary Teachers Run Jump Throw certificate are coming up across schools in West Glamorgan as well as the District's Primary Schools Indoor Athletics League, Welsh Cross Country Championships and the two events at Carmarthen – London Mini Marathon Trial and Dyfed Schools Y7/8 Sportshall.

08 09 REGIONAL & INTER REGIONAL MATTERS

8.1 West Wales medals were awarded at the Welsh Athletics Indoor Junior Open Meetings at Cardiff in the 200m to 1500m disciplines and went well on the whole with good numbers especially at under 13 level. Thanks to Andrew Jenkins for organising and being present on both days.

8.2 The West Wales Indoor Athletics Championships over the weekend of 12th and 13th January was a success despite numbers being slightly down on 2018. The event was again over two days with the field events on Saturday and track on Sunday. Thanks to Andrew Jenkins and Donald Melrose for organising as well as the officials and volunteers.

As Donald commented, it was disappointing to see a small amount of U20/Seniors entered and there was a short fall in qualified officials, where parents and coaches came forward to assist.

8.3 Good response from West Wales athletes at the Welsh Athletics Inter-Regional Cross Country Championships at Llandrindod Wells in December. Thanks to Brian Fox, Rob Campion and Nathan Jones for their work on team management duties. West Wales won three of the age groups over a difficult and muddy course.

8.4 Around 50 positive responses have been received for the UK Inter-Counties Championships at the present time for Loughborough in March. A grant had already been agreed to help with costs of those travelling.

8.5 West Wales held the Nutrition course at Trinity College, Carmarthen on 18th January with around 30 in attendance. Thanks to Victoria Prendiville, who presented an excellent presentation with athletes, coaches and parents benefiting. It was noted that over half of the attendees were members of off track clubs.

There will be a follow up session with Victoria in the near future, where athletes could benefit from attending themselves. Another workshop on psychology has already been booked for two Fridays at the beginning of March.

10 ANY OTHER BUSINESS

No AOB

11 DATE OF NEXT MEETING

The next meeting will be held on Wednesday 13th March at Carmarthen Leisure Centre at 7.00pm.

Nathan Jones

Hon Secretary