

**East Wales Regional Athletics Council Committee Meeting
Wednesday 8 October 6.30pm via Teams**

Present:

Joyce Tomala, (JT) Christine Vorrés (CV), Lynette Harries (LH), Deb Quirk (DQ), Liz Richards (ER) Rob Eales (RE) Martyn Jenkins (MJ) Chris Anthony – Welsh Athletics (CA) Peter Hitchings (PH) Marc Cross (MC)

Agenda Item	Discussion	Action Points
1.Apologies:	Sandra Chipper, Nikki Haines, Becky Gibbs, Bethan Logan, James Blore, Tom Meredith, Keiron Hearne, Keith Matthews	
2. Conflict of Interest	None stated	
3. Actions from Previous Meeting	<p>a. Analyse result of questionnaire (CV/JT) CV provided a breakdown of the survey results, the overriding conclusion was that there is a breakdown in communications between the region and the club athletes. Information sent out to club contacts is not being fed down to members. Joyce and Christine will explore ways to improve the situation.</p> <p>b. Research Options for regional vests (CV/JT) A supplier has been identified and members have been asked to select an option from a choice of 3 designs. The poll will run until end February. At the current date there is a clear preference for option 3. Once the new vests are ready, there will be no compulsion to change from the old vest. These will naturally phase out over the next few years.</p> <p>c. Confirm dates trail/Mountain races and selection Tom has provided dates – no team selection event necessary. This info will be sent out and posted on East Wales media sites.</p> <p>d. races to CV to be promoted in the Region Bethan has confirmed selection criteria and events and the information will be sent out.</p> <p>e. Post results Road Race Champs (CV) Already completed.</p>	
4	<p>Introduction from Chris Anthony, Head of Club Development Chris introduced himself and outlined his background and what motivates him about the role of developing clubs at Welsh Athletics. Key areas for development have been identified and how the development team can be more proactive and supportive of clubs.</p> <p>A flavour of development plans are the Project 2030 – setting up Athletix, a junior offering and also helping clubs to become inclusive.</p> <p>He will be supporting Zoe in her role. Club officers organising events is another area of support where it is felt the team can offer more support. The club development framework will encompass Club Management, Club Culture, Workforce Development, including more support for coaches. Items such as template role descriptions will be standardised, and help for developing committees and introducing CPD for coaches. There is a need to upskill the</p>	

	<p>workforce within clubs. Moving forward the team will reach out to clubs over the next 3 months to discuss their approach.</p> <p>The members then discussed and questioned Chris about engaging with Schools, the WA website and DQ asked if there could be help for the rising costs of providing competition for Juniors. Chris advised trying to mitigate costs, but it would not be feasible to have a 'hardship fun' – also local, lower expectation events with less costs may be possible. Clubs could also claim grants from Be Active Wales funding. WA can help with the applications.</p> <p>RE also asked how to get help recruiting volunteers. Suggestions included approaching local colleges.</p> <p>Chris mentioned the audit of facilities available in each area of Wales that Zoe recent carried out – this will help them to prioritise where funding is most needed and they can be ready to apply for grants when they are open for applications. The team will continue to work and develop relationships with the leisure providers.</p> <p>Chris ended his introduction by stating that he is happy for his contact details to be shared with the members. chris.anthony@welshathletics.org</p>	
5.	<p>Discussion:</p> <p>Items already covered in 3 – Actions from previous Meeting. The results of the Members survey will be put up on the club website. The vests will feature East Wales text in Welsh on the back. 'Dwyrain Cymru'</p>	CV – update website with results of survey and Vest selection.
6.	Reports:	
i.	<p>Safeguarding: KH</p> <p>There is a new Adults at risk Welfare course for adult only clubs, so the welfare course is more relevant. Next course for this is the 19th March 6-9.</p>	
ii.	<p>Finance – A report from Keith was received, income and expenditure will be sent out to the members. There continues to be extreme barriers in place to closing the Santander deposit account or accessing the funds in it.</p>	
iii.	<p>General Council - LH. Report attached. The meeting was mainly James Williams providing an update regarding recent changes at WA.</p>	
iv.	<p>Track and Field (JT)</p> <p>JT –Delegate from South and East Clubs approached Joyce with a view to including U12 events within the Regional Outdoor Champs in May at Aberdare.</p> <p>Based on her experience in hosting competitions and working with Junior athletes it is not something she feels is appropriate. Athletix guidelines state that 4 – 12 year olds, and this age group shouldn't take part in Competitive Events. (they should emphasise more on Fun Events) Consideration should also be given to the length of the day if additional age groups are added to the competition. Its up to the region clubs to make the decision after discussion at regional meetings. The general feeling was that separate, appropriate competition of U12's should be pursued.</p> <p>If the changes are accepted, Phil Warwickshire has agreed to organise the competition, JT has stated she will support where she can if he does set it up.</p> <p>Inter-Regional Championships will be hosted by East, 13 June in Aberdare. U14, U16, U18.</p>	
v.	<p>Cross Country – all teams allocated and entered.</p> <p>CAU – A site is being sought for the next 3 years. JB – suggested Chepstow.</p>	

	<p>Welsh XC & Road Committee Rep – Nikki Haines</p> <p>Regards any Senior teams aspiring to compete in the National Road Relay Championships, please visit the Selection Policy page on the Welsh Athletics website https://www.welshathletics.org/en/page/competing-for-wales</p> <p>Secondly despite the recent Welsh X Country Champs in Cardiff being successful we are still looking for a semi permanent; (3 year basis preferably) location for future events. If anyone has any suggestions much appreciated. Obviously infrastructure and geographical location in addition to the suitability of the course need to be considered.</p> <p>Finally with regards new vests must admit thought all of them were a massive improvement on our current vest and couldn't choose between them.</p>	
vi.	<p>Trail and Mountain (TM and BL)</p> <p>For the Junior East Wales team, a trial is not required and it is more of a question of getting runners to sign up, so expressions of interest and “fell form” only will be required for the selection. Performance in WFRA junior races is an excellent way to provide fell form</p> <p>Races/Dates: There will be one at pen y fan and (hopefully) at Llangorse as well.</p> <p>https://welshfellrunnersassociation.org.uk/en/series/south-wales-junior-fell-running-series/2026</p> <p>Snr selection events and race dates – see Report below</p>	
vii	<p>East Wales Road Race Champs – MC</p> <p>Marc began by thanking Paul Adams for his work over the last few years. The first race selected for the champs will be the Hospice of the Valleys 10k in April. Also selected will be the Llanfrynach 4 mile in May, Caerleon 5 in June and the Scenic Seven in July. The 5th race will be confirmed later. Possibly Elan Valley?</p> <p>Races similar every year – it is possible to select an event outside of East Wales.</p> <p>Joyce thanked Marc for taking on the organising of the Championships.</p>	
viii.	<p>Officials – BB Any officials that would like to undertake another discipline level 1 course can contact Rob Champion as he is hoping to offer these to existing officials for free. The first one that is planned is a Field Officials course held on Zoom on 22nd February.</p> <p>Endurance Officials. CV – Rob Champion is in the process of setting up new courses. The licensing portal still has quirks but no further development is planned for the immediate future.</p>	
ix.	<p>Website – CV Site updates ongoing.</p>	
5.	<p>AOB – Coaching Skills Audit.</p> <p>Can a list of Coaches and contact details be sent out to clubs so that they can approach a coach to ask for help. JT asked WA for advice and was advised unless coaches have been asked, and agree for their info to be shared, it is not possible. If clubs get together to ask for coaching courses they can be arranged.</p> <p>Suggestions for future Discussion points: Presentations from clubs to share best practice and successes etc. This has been done in the past and was successful so could be tried again.</p>	<p>CV – contact clubs and offer opportunity to present.</p>

	<p>Development Days – SC has agreed to help set up a team building development day for the East Teams if grant application to cover costs is successful. This will be Endurance Teams.</p> <p>Future meetings 15 April, 10th June, 14 October, 16 December.</p> <p>Joyce thanked everyone for their time and the meeting ended at 7.55am</p>	
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Minutes written by Christine Vorrés 13 February 2026.

REPORTS

Summary of Finance Report.

East Wales Regional Athletics Council Interim Balance Sheet 2025-26

Income	Expenditure
£10,600.00	£5,013.00
Surplus	
Income brought forward from 2024-2025	£76
Total Current Account Balance 6 Feb 2026	£5,663
Business Deposit Account	£1,720

Report of the Welsh Athletics General Council held on January 7th, 2026

James Williams CEO of Welsh Athletics responded to issues that had been identified at the previous meeting and updated the meeting on recent developments. Details are summarised as follows: -

- The Staffing structure – changes, new appointments. New member-Chris Anthony -club development; Zoe Holloway to move to club development; Iuan Coney to move to UK Athletics and Alex Donald to take over as competition lead
- Track and Field selection process including panel membership and confirmation that the status quo as identified in the current Bye Laws would remain. Recent issues relating to the selection process were discussed and the requirements reinforced.
- Regional funding – current funding was confirmed i.e. a standing budget for the coming year. Recent reductions presented numerous challenges to the Regions; James stated that clubs could apply for a modernisation/ development grant under the Be- Active scheme but the Regions were unable to apply for this grant. In addition, he announced that grants of £750 would be made available to each of the Schools Regions.
- James presented some of the costs and changes relating to funding. He stressed that no activities had been curtailed despite rising costs.
- The current Welsh Athletics Strategy expires soon, and a consultation process will begin shortly to determine the way forward.
- Athletix Project 2030- James outlined how the project is likely to be organised but there was some ambiguity as to how this would pan out. James did not want the costs of the project to be a problem to the development and implementation of the project!
- Zoe Holloway is currently undertaking a survey relating to competition facilities throughout Wales and will present her findings in due course.
- Joyce asked James for assistance in recruiting a new secretary for the Track & Field committee.

- Reports – Sharon Leech and Bernie Jones submitted reports which can be accessed on the Welsh Athletics website.

Lynette Harries

Track & Field Report February 2026 - JT

Elinor Cole welcomed as new Track and Field Secretary.

Zoe Hollway presented data on track hire costs across Wales. Interesting to note that amongst the most expensive tracks are in East Wales, Newport and Brecon.

UKA have introduced Track & Field Rater: [Track & Field Rater \(TFR\)](#)

Outdoor dates 2026

Senior Championships – June 27th/28th Cardiff (CISS)

Junior Championships – June 6th & 7th in Deeside

Regional Championships – South/East 9th May (Aberdare), North 9th May, West 10th May.

Inter-regional Championships (Aberdare, 13th June)

Event Specific Meetings

Run with the Wind events in Cardiff (CISS) April 11th and 26th, May 13th, June 3rd

Throws meetings

South Wales Throws event in Aberdare (June 16th, July 21st, August 11th) Provision dates.

Welsh Long Throws Championships Feb 14th in Aberdare,

Welsh Junior Competitions 2026

Sat, 18th April - Archers @ Aberdare

Sun, 17th May - Cardiff AC @ Cardiff

Sat, 20th June - Hereford & County @ Hereford

Sat, 11th July - Aberdare @ Aberdare

Possible 5th event tbc

Regional Funding – Discussion around lack of regional funding, EC suggested implementing spectator fees at competitions as a way to recoup some of the costs. EC suggested asking clubs within the regions to contribute towards regional costs.

Welsh Schools - Lack of engagement from Welsh Schools with athletes unaware of who to contact for opportunities.

WA Staff update – Euan C left WA Feb 8th to move to UKA.

Trail/Mountain Running Team Manager – Bethan Logan.

In terms of club development questions I just wanted to note that I had some positive feedback from the East Wales clubs I contacted with information about Coppett Hill Race being the East Wales Senior Champs for Mountain Running this year as well as the selection event for inter-counties, they were grateful I had shared the information.

*****East Wales Senior Mountain Running Championships and Selection Event Announcement*****

Coppett Hill Race on Saturday 21st March will be the East Wales Senior Mountain Running Championships and Selection Event for the Senior UK Inter-Counties Mountain Race team for East Wales. (Pay an additional £1 on the day to enter the East Wales Championships.)

Selection Criteria:

Top 4 eligible athletes (2 male, 2 female) at Coppett Hill will be selected to represent East Wales at the British Inter-Counties on 3rd May in Sedbergh.

Remaining 2 athletes for each team will be selected based on:

- A. Recent Performance History (1st September 2025 to 21st March 2026: championship/race placings and times, priority to medium distance fell races)
- B. Previous Performance History (championship/race placings and times, priority to mountain races and to Recent Performance History)
- C. Head-to-head records (priority given to both head-to-head record mountain and fell races)
- D. Previous attendance record at regional representation opportunities

If you would like to be considered for selection, but cannot attend the selection race, please put your name forward to bethanlogan@hotmail.co.uk or Christine Vorres before midday on 22nd March 2026 with any relevant race info. Athletes will be notified by Friday 27th March.

There are also 2 additional places available (1 male, 1 female) for U23s, please email if you wish to be selected for this category, same rules apply, you must be over 18 and under 23 on 31st December 2026.

More information on the inter-counties fixture available here

- www.britishintercountiesfellrunningchampionships.wordpress.com

Many thanks, Bethan