

**Meeting of East Wales Regional Athletics Council
Wednesday 12 February via Teams
6:30pm**

Present:

Joyce Tomala, Christine Vorrés, Martyn Jenkins, Deb Quirk, Lynette Harries, Phil Cummings (Caerleon Running Club) Liz Richards (Caerleon) Peter Hitchings, Tom Meredith, Dawn Gully, Becky Gibbs, Keiron Hearne, James Blore, Lorraine Clark

Agenda Item	Discussion	Action Points
1. Apologies:	Keith Matthews, Paul Adams, Sandra Chipper, Annabel Harford, Shane Matthews	
2. Conflict of Interest	None stated	
3. Actions from Previous Meeting	CV – Gold medals have been designed and purchased.	
4. Reports:		
i.	Safeguarding – Keiron, No matters reported for meeting.	
ii.	Finance – Keith’s report sent out prior to the meeting. Finances currently healthy – a new development plan needs to be put together soon. Keith forwarded suggestions for inclusion.	
iii.	General Council – Lynette sent through a report that had been circulated with Agenda prior to the meeting. Lynette told the members that the meeting had in essence been a catch up on issues raised in the previous meeting. All four regions had been represented at the meeting.	Index 1.
iv.	Track and Field (JT) a) Regional Champs entries close 19 th April, with no late entries. b) Age group changes are across all disciplines. T & F will come into effect April 2026 but will be used this year for indoor events. No dates announced yet for other disciplines to start using the new age groups but it will be towards the end of 2026 – Fell and Mountain are groups, no date specified. The impact of the changes will effect the licencing portal due to distances the different ages are allowed to run. c) Joyce thanked Peter Hitching and Newport Harriers for their help trialling a TF event organiser’s document, and asked if a similar one would be helpful for Endurance. Christine advised that Run Britain have already produced one, The Race Directors Handbook, and that WA are hosting Race Director courses all around Wales at the moment. Joyce reminded the meeting that all athletes need to be registered from 1 st April. Following a short discussion regarding issues with registration Joyce agreed to speak to James and Jacqueline about this matter. Also all coaches have to accept the Codes of Conduct before club registration can proceed.	JT – pass on concerns regarding the registration process to WA.
v.	Cross Country/Road – (JB) James told the meeting that the CAU event went well, the weather was good. The new tent was very well received and the athletes were grateful to use it. 44 athletes took part. East Wales Athlete Lauren Cooper was 16 th overall. Season is now over for XC.	

	The teams have been selected for the inter-counties 10k champs at the Caerphilly 10k in May. Joyce thanked Peter Hitchings for his recommendation for the tent supplier.	
vi.	Trail and Mountain (TM) Tom advised the season has started well with a development day for Juniors across Wales held last weekend at the Bloreng. WA are now recognising WFRA races which makes it easier to find suitable events to host selection and championship races. First race of the season for the Juniors is the Sugar Loaf race next weekend. 6 races in the diary for the Wales series. Tom provided dates of international races. See Index 2.	Index 2. Dates for Fell/Mountain events
vii	East Wales Road Race Champs – PA not present:	CV – email PA for update and ask if medals needed.
viii.	Officials – T & F Becky told how at their recent meeting it was generally accepted that it is very unlikely that expenses will be increased in line with England Officials expenses. Review of Level 1 pathway and retention requested Events are really short of Officials for field events and timekeepers – usually due to date clashes. Mentoring was discussed and the lack of a formal plan with an suggestion to use a Whatsapp Group to aid communication. Lynette suggested revisiting the mentoring plan that was put in place awhile ago, but its an ongoing challenge. Publicising to potential officials that support is there for them may help. Endurance: Officials Pathway at level 2 will have to show 10 practical experiences so that this pathway is consistent with T & F. Evidence of shadowing needs to be recorded in the Official’s record of experience.	
ix.	Website – CV All events sent to Christine are added to the website.	TM – send CV dates for trial races and events for Mountain and Fell
5.	AOB: JT – asked the meeting to let the committee know if they wish to discuss anything at the meetings. Club input is very welcome. Date of next meeting: Wednesday 4th June 2025 Dates of Future Meetings: Wednesday 13th August 2025 – CANCELLED by majority vote. Wednesday 8th October 2025 Wednesday 3rd December 2025 Joyce thanked everyone for attending the meeting. The meeting closed at 7.24pm.	

Minutes written by Christine Vorrés 13 April 2024

Index 1.

East Wales Regional Council - Report of the General Council held on 5th March 2025.

1. Actions from previous meeting.

- * Safeguarding courses now available on line.
- * Age group changes- Track and Field Committee to discuss changes in a special meeting to be led by James Williams CEO.
- * Athletes renewal process now delayed/postponed.
- * Safeguarding of Officials & Volunteers- LB contact Carl Williams to suggest that any perpetrator be provided with a copy of the code of conduct as a reminder of the sanctions that are in place.
- * Reduction of permits imposed by Natural Resources Wales in relation to endurance events in North Wales- JW to liaise with Arwel Lewis.

2. Officials and Volunteer refreshments at NIAC – suggestion that vouchers be provided to be used at the Costa café on site. LB to present this suggestion to Welsh Athletics.

3. Masters representative to join the General Council – Bernie Jones has accepted the invitation to join the Council. A representative from the Youth Forum still to be sought.

4, Chris Moss updated the council on Track and Field facilities and was congratulated on his appointment to UKA.

5. Regional Matters.

- * James Williams was asked If regional grants could be increased to £2000K and responded that this would be reviewed if funds remained from the modernisation grant.
- * Joyce requested that JW arrange a meeting of the Inter Regional Forum to address a range of regional matters.

Meeting arranged for 16th April.

- *There was concern that the South Region had not been represented at recent meeting of the council.
- * It was confirmed that joint championships for the East and South regions would be held on May 10th at Aberdare.

6. AOB.

- * Feedback was sought relating to future regional and schools cross country events.
- * It was reported that Pembroke Harriers have suspended their junior section due to the low number of athlete and the lack of coaches.
- * Congratulations to Ryan Spencer Jones who has been appointed to lead throwing events at UKA.
- * The council requested an update on staff changes and that this information be updated on the Welsh Athletics web site.

Lynette Harries.

Index 2.

Fell and Mountain Event Dates:

Junior Welsh Trials:

U18 World Mountain Running Cup (in Slovakia on June 13-14) - for those born in 2008 and 2009: Trial is on 3 May, entry on day, Moel Eilio, Llanberis.

U17 and U20 British & Irish Inter-countries (in Wales at Y Fron in September): Trial is on 13 July at Y Fron,

South Wales Junior Series (WFRA):

U7, U9, U11, U13, U15, U17, U20

6 races, top 3 results count....details on WFRA website

British Inter-counties:

Juniors: 21 June, Clougha Pike, Lancashire

Seniors: 14 June, Pen-Y-Ghent, North Yorkshire

Tom Meredith