

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

**Present:**

Joyce Tomala, Christine Vorrés, Martyn Jenkins, Deb Quirk, Sandra Chipper, Lynette Harries, Phil Cummings (Caerleon Running Club) Liz Richards (Caerleon) Peter Hitchings

<b>Agenda Item</b>	<b>Discussion</b>	<b>Action Points</b>
<b>1.Apologies:</b>	Keith Matthews, Paul Adams, James Blore, Tom Meredith, Becky Gibbs, Nicola Brunnock, Lorraine Clark, Keiron Hearne	
<b>1. Conflict of Interest</b>	None stated	
<b>3. Actions from Previous Meeting</b>	<p>A: Teams for CAU Sandy and James have entered both Senior M+F teams for the inter counties. Women have a full 9 plus some reserves, men had 8. Also have the details for the day which will be circulated to the athletes. Next thing for James and Sandy to sort is the teams for the Inter-Regional 10k in Caerphilly, but this should be fairly simple given the smaller team size and how local it is.</p> <p>b. East Wales Kit: JT advised that a selection of vests of various sizes have been purchased and will be held in stock. XS are in very limited supply. Sandy confirmed all the ladies XC team have vests.</p> <p>c. A supply of gold, silver and bronze medal ribbons would cost approx. £85 per 100, of each colour. Cost is prohibitive to proceed. JT advised approx. 300 Gold medals are needed at the moment.</p>	JT & CV to meet to discuss ordering gold medals.
<b>4. East Wales Kit</b>	<p>JT - Vests ordered from Total Teamwear and have already been delivered.</p> <p>New club tent has been ordered and due to arrive on 26 February. Peter confirmed that the tent may be stored in Newport. Sandy asked if Darryn is going to Nottingham and will he be taking the tent?</p>	<b>JT – Let Sandy know if Darryn is taking tent to Nottingham</b>
<b>5. Reports:</b>		
<b>i.</b>	<b>Safeguarding</b> – Keiron, No matters reported for meeting.	
<b>ii.</b>	<b>Finance</b> – Keith’s report sent out prior to the meeting. Proposal to close Santander account and transfer the small amount held in that account to the Lloyds Bank Account. Members agreed the proposal. <b>JT</b> told the members that she had a conversation with James Williams regarding funding and he stated that it is unlikely that WA will increase funding for the region at the moment.	
<b>iii.</b>	<b>General Council</b> - LH had not been able to attend the last meeting in January, but updated the members with the outcomes as per the minutes from that meeting.	<b>Index 1.</b>
<b>iv.</b>	<b>Track and Field (JT)</b> <b>JT</b> – Updated the members with details of event dates, discussions from the T & F meeting, and changes to meeting dates to avoid clashes. Members were asked for their suggestions on how to encourage more athletes to enter the Championships. They agreed that there is	<b>Index 2.</b>

	a perception that means people are afraid that they are not good enough to enter Championships or are just not used to competing.	
<b>v.</b>	<b>Cross Country/Road</b> – Already covered in matters arising.	
<b>vi.</b>	<b>Trail and Mountain (TM)</b> Tom not able to attend but updated the meeting with the following “I am working on an RDP for fellow for u15 to u20 for 5 April near Abergavenny with Welsh Athletics. There is a ‘6 race’ series I am organising under WFRA for the juniors. With WA now allowing WFRA races for champs, I will choose one for seniors and one for juniors and will publicise them. There are inter counties again for juniors and seniors this year which I will organise”.	
<b>vii</b>	<b>East Wales Road Race Champs</b> – PA not present but advised: The shields for the championship have now been engraved and will be sent to clubs in the next few weeks. Overall championship and Male championship were won by Lliswerry Runners, Caerleon won the ladies championship. Griffithstown Harriers and PBB won runners up shields also. There has been a minor change to the races for the 2025 championship. Unfortunately, the race calendar in May / June is choc-a-bloc so it has been the case of going with the lesser of many evils in terms of clashes. The first race will now be 20 <sup>th</sup> May, which is the Llanfrynach 4-mile road race. This unfortunately clashes with a GLCL road race fixture in Pontypool. This doesn't prevent members of GLCL clubs taking part, but there might be a three-line whip enforced by some clubs! Entries are scheduled to go on sale this month, and I will update all clubs when this happens. Details of how to enter the remaining 4 races in the series have been sent to club contacts already”.	
<b>viii.</b>	<b>Officials</b> – BG not able to attend. CV informed the meeting that the online Endurance licensing portal is still not fully functioning, there have been issues with the company providing the software. Race Directors need to contact their chosen Adjudicator themselves to confirm availability. Chris Moss at WA is chasing to get the site completed.	
<b>ix.</b>	<b>Website – CV</b> No updates.	
<b>5.</b>	<b>AOB</b> <b>Peter:</b> There is a father of one of their club members who has an EDM system and may be able to support events if needed.  <b>Phil;</b> Requested details of the selection process to run for East Wales. Sandy advised that selection is based on Power of Ten information and local recent race results. All clubs and/or individuals are invited to contact her and/or James to put forward names for selection. <b>JT</b> advised that she is able to check eligibility on Trinity if required.  <b>Date of next meeting:</b> Wednesday 9 <sup>th</sup> April 2025 <b>Dates of Future Meetings:</b> Wednesday 4th June 2025 (new date) Wednesday 13th August 2025 (may be reviewed closer to the date) Wednesday 8th October 2025 Wednesday 3rd December 2025 Joyce thanked everyone for attending the meeting. The meeting closed at 7.20pm.	

**LH. General Council Report for East Wales Regional Council Meeting.**

**Index 1.**

**General Council Report from meeting held on 8 January 2025**

- Update on inviting representatives from the Masters Forum and the Youth Forum to join General Council.  
\*To be carried forward to the next meeting.

**Regional Matters submitted to General Council for discussion:**

- JT told the meeting of a concern from Blaenau Gwent that one of their club welfare officers is unable to sign up to a club safeguarding course because there are no courses available.  
**Action:** LB to raise this with the relevant staff within Welsh Athletics.
- Concerns about club affiliation, stating that in the North Wales regional meeting, not many individuals were aware that athletes would have to do this themselves.  
**Action:** LB to report back to Welsh Athletics, requesting that this is communicated clearly on the Welsh Athletics website and more widespread throughout Wales so that individual athletes are made fully aware of the process.
- KH communicated a concern from Wrexham AC that an individual who is affiliated to I Run Wales tried to affiliate to Wrexham and found it very difficult and problematic. This point was supported by other members of General Council, who agreed that the affiliation process needs to be looked at to ensure a smoother and less problematic experience.  
**Action:** LB to communicate this back to the relevant staff at Welsh Athletics.
- JT has asked James Williams to provide a seminar specifically for Wales regarding the age group changes, to alleviate confusion about this. JT felt that there were so many people in attendance at the England Athletics seminars, that it was difficult to get points across and obtain answers to specific questions.  
**Action:** JT to speak to James Williams again about this.
- Several committee members shared concerns that have been communicated to them about meal arrangements for officials at Welsh Athletics events, following recent fixtures. There are no complaints about the allowance, which currently stands at £4. However, many feel that the current process that involves submitting receipts can be complicated and difficult for some. It was pointed out that this process may have been introduced because Cardiff Met will not allow Welsh Athletics to use outside caterers. This is to be confirmed. It was suggested that officials are provided with vouchers that can be used in the Cardiff Met cafeteria. It was also suggested that someone could be appointed to ensure that officials are provided with hot drinks throughout the day, because several were employed at stations that they could not leave, resulting in them becoming cold and thirsty. Several officials were not able to have a break throughout the day.  
**Action:** To be referred to the officials committee for discussion at their next meeting. All representatives to report back to their regions and clubs regarding officials' meal allowance and mileage.

- A discussion also took place surrounding the parent of an athlete who became verbally aggressive towards staff and volunteers towards the end of the day. This highlighted the importance of safeguarding volunteers and protecting their welfare.

**Action:** LB to speak to Carl Williams regarding safeguarding officials.

AL pointed out to that some races had been lost in North Wales, including the North Wales Regional Championships because Natural Resources Wales are not permitting them to use the forestry parts of the courses.

**Action:** To refer these concerns to Welsh Athletics.

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### Track & Field Report (JT)

#### 1. WA Updates:

- a. Outdoor updates 2025  
Senior Championships 28<sup>th</sup> & 29<sup>th</sup> June Cardiff
    - i. **How do we encourage more Welsh Athletes to participate?**
  - b. Junior Championships- 14<sup>th</sup> & 15<sup>th</sup> June, Swansea
  - c. Indoor Records ratified and now on WA website
  - d. *UKA Competition rules at Championships – (U13/U15)*
    - i. *Seeking Chief officials to be a little more lenient with younger age groups.*
  - e. Regional Championships – all 4 regional championships to be held on 10<sup>th</sup> May, possible issue with use of PF as only one technician available, Sam has said yes to attending joint East and South Championships at Aberdare.  
Entries open via Opentrack, maximum number of entries 30 per event. Closing date 19<sup>th</sup> April.  
Timetable limited to 8 Hours and based mainly on events in IR, max of 4 trials for U20/Seniors. Only a few events for U13 as this age group is not in the IR.
2. Inter-Regional T & F Championships 2025 –West Wales host region. Carmarthen 9<sup>th</sup> July
  3. Event Specific Meetings – Run with wind Cardiff 21<sup>st</sup> May & 4<sup>th</sup> June
  4. Welsh Throws League (LeH) Dates TBC, probably Aberdare
  5. Welsh Junior Competitions – Brecon have apparently asked to join the West Junior League.
  6. Facilities Update – Brecon has apparently received funding for new equipment
    - a. A new Trackmark directory will shortly be in operation with Trackrater, details on UKA website
  7. EDM – WA have 2 sets of EDM for hire.
  8. TF Committee Meeting with JW re Proposed Age Group changes **March 12<sup>th</sup> 2025**
    - a. **Date of Next Meeting:** 6pm Wednesday 9<sup>th</sup> April 2025
    - b. **Dates of Future Meetings:**  
**Change to date of AGM to Wednesday 4<sup>th</sup> June**