



<https://www.eastwalesathletics.co.uk/>

**Meeting of East Wales Regional Athletics Council,
Wednesday 15th February 2023, via Microsoft Teams.**

6:30pm

Present:

Joyce Tomala, (JT) Christine Vorres(CV), Charlotte Moran(CM), Paul Adams(PA), Randal Jones (RJ), Lynette Harries(LH), Michelle Deal (MD), Rhys Williams (RW), Peter Hitching (PH), Dimitri Vorres (DV), Tom Cole (TC), Dawn Gully (DG), Josie H (JH), Becky Gibbs (BG), Keiron Hearne (KH)

Discussion	Action Points
<p>1. Apologies Jeanette and Martyn Jenkins, Keith Matthews, Lorraine Clarke, Tom Meredith,</p>	
<p>2. Conflict of Interest None declared</p>	
<p>3. Welsh Athletics Sprints and hurdles Presentation – Rhys Williams</p> <p>Rhys informed the meeting that Development days have been held in Wales – he is aware he needs to do some more work in the East Region but its early days. Morgan Jones delivers the sessions, he has been to commonwealth games as a para sprinter and jumper. Rhys stated that there has been no uptake for the RDP days from Cardiff Athletics, and just bit of uptake from other clubs. RDP days are the first step of development not just for athlete but for coaches as well, and good networking opportunities. The days tick a lot of boxes but uptake is low, but changes may happen.</p> <p>PH – Newport are working closely with Morgan and he has provided wheelchairs so that they can work towards being fully inclusive.</p> <p>Rhys is aware of this and wants to confirm the RDP days are for all abilities and inclusive of all</p> <p>JT – voiced concern about lack of U15 boys sprinters (U13 are slowly returning) what are Rhys’ plans to encourage more youths in the region?</p>	

<p>Rhys replied just last weekend at the England Champs in Sheffield the U15 winner was from Maldwyn Harriers. Numbers at Welsh Indoor Champs the drop off rate was low – there are pockets of good work, but work is still needed. Rhys stated he has seen coaches gravitating from the region towards NIAC because the outdoor track is better.</p> <p>LH – Stated that she has produced a report concluding that there are some initiatives going on to adapt outdoor facilities, but that we have to make considerations and take on board what is needed to make sport all inclusive, working with colleagues from DSW.</p> <p>RW asked LH to share the report with him.</p> <p>LH said we need wider support, getting parents on board, reduce transport distances for facilities.</p> <p>JT – What are other clubs doing to get more sprinters and hurdlers on board?</p> <p>DG – Blaina Gwent, waiting for sprint coach to return to club but they have issues with the school where the equipment is stored. Awareness days are planned to promote the club and try and attract more athletes.</p> <p>Maybe try inter-hosting and having track re-laid.</p> <p>JH – Brecon, Lack of coaches, and non competitive juniors, parents not wanting to travel. But mainly no capacity to take more athletes</p> <p>Keiron – No coaches to cover hurdles. Sprints – struggling for coaches</p> <p>PH – Newport Harriers – Membership growing, but Juniors tend to migrate to NIAC during winter and members move to Cardiff Archers after training with them over winter. Waiting to see who comes back in the spring.</p> <p>JT – loud and clear – lack of coaches in our region</p> <p>TC – it’s a challenge, volunteer recruitment is a problem. UKA are doing a study to try and see how this can be improved.</p> <p>RW – Newport is going ok. But lack of coaches is something he can look at with TC</p> <p>PH – advised the meeting since covid volunteer numbers have really dropped off.</p> <p>JT – Middle distance athletes are a strong field, but with the support of RW hopefully we can move forward with the sprinters too.</p>	
<p>4. Development Plan Update (CV)</p> <p>Comprehensive plan was submitted, but only £2000 was awarded – this was also the case for the other regions. CV and JT will meet to discuss where/how to use the money. JT thanked CV for the work involved in putting together the development plan, and suggested that General Council could ask for feedback from WA to advise what is likely to be granted funding – what is successful. TC stated that WA is discussing providing workshops to cover the application process.</p> <p>PH asked TC is there is any money left? He wants to apply for equipment – applications are closed now, but the new modernisation grants will open soon, and can be applied for twice a year.</p>	

<p>5. Discussion Points</p> <p>i. Regional Roles and Responsibilities *Apx 1</p> <p>Copy of document produced by Kay Hatton from North Wales was sent out prior to meeting. JT wanted clubs to see document before it goes to GC and asked for feedback. LH stated that having a document such as this will help achieve parity throughout the regions. The members discussed the usefulness of having a document that outlines roles, responsibilities and expectation of hours involved. All feedback was positive.</p> <p>ii. Grants</p> <p>JT has repeatedly requested a list of what grants are available from WA – they are not responding. TC will try and pull one together and send it over.</p> <p>James Williams has stated that paying a volunteer grants officer a percentage of the grants obtained is not possible unless it's a commercial grant.</p> <p>The members discussed the different financial needs across the disciplines, with endurance clubs having very little overheads and a means of obtaining funds by organising races, compared to track and field who need premises, equipment etc.</p>	<p>TC – Send over a list of grants available to the regions/clubs</p>
<p>6. Reports</p> <p>i. Safeguarding Report –(JJ) No outstanding safeguarding issues. JT has sent best wishes to JJ who was not able to attend the meeting.</p> <p>ii. Finance Report –(KM) ((Apx 2) – Report was sent out with figures. Balance is fair, but the extra development days have impacted the balance. Costs of transport to events is a major consideration. JT appealed to everyone present that if they know of anywhere that they can get a grant to help with transport costs to let her know. JT thanked KM for his report. Expenses are still outstanding for the Regional Cross Country Championships held in October. Brecon, Builth, Newport Harriers, RVRAC, amongst others. If Champs are to continue, these fees must be paid to cover costs (Medals etc)</p>	<p>CV to email clubs with outstanding fees to request payment.</p> <p>JT – send those who need it the BACS details for payment.</p>

iii. Network Officer's Update (TC) (Apx 3)

In addition to the report that was sent out earlier, TC advised members that the club portal is undergoing some maintenance and amendments but that affiliation due in March will be very straightforward. Clubs needing welfare officers will have a grace period to get officers qualified on courses in April and May. There may be circumstances where the requirement to have two officers will be reduced to one.

New officers at club can see watch a video on using the new portal on You Tube, and a workshop will be done soon.

Next week clubs are being offered a webinar on Sustainability.

Now is the time to apply for a B-Active grant – clubs just need to ensure that they are meeting the criteria of the grants.

TC told the meeting that he was disappointed to read in the minutes of the last meeting that clubs were not happy with the level of support that he offers, and stressed that he needs to know that they would appreciate his input. He asked all clubs to reach out if they need some help.

iv. WA General Council (LH) (Apx 4)

General Council still needs to appoint a secretary

All new officials or those renewing must attend a safe guarding course. No reference is made to officials, the course is generic and could apply to officials too. This has been referred to UKA.

Governance calendar generally well received, some clashes remain and it is hoped that they can be sorted clashes cause a shortage of officials.

Regional eligibility has caused tensions and clarification has been requested.

Transition from UKA to WA regarding coaching education is nearly complete.

v. Track and Field report (JT) (Apx 5)

JT highlighted the dates in her report, T & F will have joint regional champs with the south in Aberdare –13 May - but will only have half of the events. Talks underway to set up regional champs for U13's.

Facilities update – Joyce explained the complications regarding Track Mark, Upshot is Newport has been identified for Track Mark and advised what stage the stadium is at, and how they are to progress so that they can hold competitions. Brecon have secured funding but it is short of what is needed.

Safe Guarding - Regions asked to make clubs aware of what is required and to ensure members sign codes of conduct.

Samples are available on WA website.

Costs of DBS is now £10, First Aid now required for coaches and there is a cost. Debate was had about what contribution clubs should pay towards costs.

A poll of the members present showed that almost unanimously clubs fund all the coaches courses needed.

JT stated perhaps not all clubs are aware that their coaches now need to complete a first aid course.

CV – create a survey to ask all clubs what contribution they pay towards the courses that coaches need to complete
TC – send Christine a link to information of what is now needed.

CV asked if courses put on by Torfaen Sports Development are recognised by WA. TC – Evidence of certification may be required, but he will clarify.

vi. YDL (2023) (JT)
5 main clubs represent East Wales, Hope to build on success from last year.

vii. Cross Country/Road – No report – but coach was organised a coach to Loughborough, shared with other regions. Hope for update at the next one.

Viii. Trail and Mountain (TM) (Appx 6)
Report submitted, JT stated that point 3 - clarification is needed from WA regarding qualification for Mountain and Fell. JT thanked Tom for all his hard work.

Ix. Website (CV)
Events added – but it has been spotted that the eligibility to run for East Wales is sited under the Cross Country heading and needs to be moved to indicate that the same eligibility rules apply to all disciplines.

CV. Update/Amend eligibility rules on the website

7. AOB
Officials Update: (BG)
Together with Zoe from WA an official's development day is being planned. A list of officials is needed. Becky is the East Wales track and field official secretary.

The meeting finished at 7:50 pm

Next meeting is on Wednesday 19th April 2023

- Dates of Future meetings:
1. Wednesday 14th June 2023 (AGM)
 2. Wednesday 16th August 2023
 3. Wednesday 18th October 2023
 4. Wednesday 13th December 2023

Minutes written by Christine Vorres

Appendix 1

Regional Council Roles & Responsibilities

Introduction

For administrative purposes Wales is divided into four regions – **North, South, East** and **West**. Each Regional Council is represented on the Welsh Athletics General Council. The officers of the Regional Council and role descriptions for the following volunteer positions can be found below:

- Chairperson
- Secretary
- Treasurer
- Regional Welfare Officer
- Officials' Secretary
- Endurance Officials' Secretary
- Regional Council Representative
- Regional Representative – Road and Cross Country committee
- Regional Representative – Track and Field Committee
- Regional Representative – Mountain, Trail and Fell

Chairperson

As a chair person you will provide the leadership and development planning skills to develop the region for the benefit of all. You will run the committee and be responsible for the liaison and cooperation between regional officers, clubs and sub committees. Your management skills are vital to ensure that the region will fulfil its potential.

Ideally, you'll need to be:

- An experienced and effective manager
- Confident and good at communicating
- Familiar with business administration and practices
- Diplomatic and discreet
- Well acquainted with the running of the region
- Well organised.

What you will do:

- Form a team around you so that all the officer and committee positions are filled
- Provide leadership to regional council on all aspects of the region from development, officials and disciplines across athletics to competition
- Arrange and chair management committee meetings, emergency committee meetings and special/annual general meetings
- Lead the creation of the regional development plan – delegate as and when appropriate
- Make sure the region is represented at the Welsh Athletics Annual General Meeting (AGM)
- Attend sub-committee meetings if they concern policy

- Prepare the annual general report with the support of the regional secretary.

How much time will it take?

This role in most cases will take about 3 to 4 hours per week, mainly evenings.

What you'll get out of it:

This is the most prestigious position within the region, so it's highly respected within the community and the world of work. As the region's leader, you'll have a direct hand in the development of the region – it can be a demanding role, but is also incredibly rewarding.

Secretary

The secretary is the head administrator for the Regional Council. Your remit is broad; as well as looking after the general running of the committee.

Ideally, you'll need to be:

- A capable manager who can delegate effectively
- Confident and good at communicating
- Skilled at administration and meeting procedures
- Well organised and conscientious
- IT literate (especially the use of word and excel).

What you will do:

- Act as the main communication link between the committee, sub-committees, clubs, networks and leagues
- Manage and record all inward and outward regional correspondence, making sure the necessary actions are followed up
- Provide the necessary details to Welsh Athletics
- Distribute the right paperwork to the right people in the region
- Organise, in conjunction with the regional chair, the annual general meeting, regional council meetings, preparing agendas and paperwork, and taking minutes
- Communicate any important matters from Welsh Athletics, UK Athletics, leagues and other partner organisations.

How much time will it take?

This role in most cases will take about 3 to 4 hours per week, mainly evenings - although may take up additional time around regional championship events.

What you'll get out of it:

Carrying out this secretarial role shows considerable command of high-level organisational skills. It's a highly respected post within the community as well as one of the most respected roles within the region. You'll be able to see the results of your efforts very clearly. There is also a high correlation between a well-run region and success in competitions as well as the retention of athletes and coaches.

Treasurer

The treasurer looks after the regional accounts and financial dealings. They will report to the management committee. A Regional Council cannot function without handling money in an organised and 'financially sound' way, so this role within the region is a crucial one.

Ideally, you'll need to be:

- Financially knowledgeable, with skills covering bookkeeping, accounting, VAT returns and rules and investment is preferable
- Mathematically sound

- Careful and confident with figures, cash and cheques
- A good record-keeper
- IT literate (especially in the use of excel)
- Aware and decisive

What you will do:

- Look after the region's finances
- Know where the region stands financially at any time and keep the committee informed of the region's financial cash flow, income and expenditure
- Plan and monitor a budget for the region each year
- Prepare and present the end of year accounts at the annual general meeting
- Deposit money and issue receipts promptly
- Ensure the accounts are audited for the annual general meeting.

How much time will it take?

This role in most cases takes about 1- 2 hours per week, mainly evenings- although may take up additional time around end of year financial accounts.

What you'll get out of it:

Although you may already be financially literate, this is a great way to keep those skills sharp with a minor time commitment. You will be providing a vital service to the region, while undertaking a respected role.

Regional Welfare Officer

A supportive and positive environment in which children and adults can enjoy athletics safely is vital.

You'll provide leadership in the safeguarding of children and vulnerable adults within the region and act as a key point of contact for anyone needing support or guidance from local clubs. You will also need to maintain relationships with the National Safeguarding Lead.

Initially you will have to undertake the online Safeguarding in Athletics course and the Time to Listen Course (within 3 months of appointment), and it is also recommended that you complete the Adults at Risk course too.

Ideally, you'll need to be:

- Empathetic and most importantly approachable
- Objective but understanding
- Attentive to detail
- Resilient and determined
- Rational and not quick to jump to conclusions

What you will do:

- Implement the Welsh Athletics policies Welfare Policies and Procedures in conjunction with UKA
- Make sure everyone understands the Welsh Athletics Codes of Conduct and re-emphasise the importance of clubs making them visible within their clubs.
- Be visible and approachable to all regional members and post your contact details on regional and club websites and in newsletters.
- Ensure that all safeguarding issues and incidents are reported promptly to the Welsh Athletics Safeguarding Lead and documented on My Concern as required and other agencies if appropriate (Local Authority Child Protection /Police).

How much time will it take?

This role in most cases takes up very limited time, it's important that as a regional welfare officer you are known by clubs and their members. Where issues arise it is important that you can give it your full attention, this may take up further time –but hopefully this is very rare (if at all).

What you'll get out of it:

It's no exaggeration to say that our membership is the future of athletics, so your role in safeguarding them within your region is crucial. This is a highly respected role within the region and the local community.

TF Officials' Secretary

Every club and region needs a committed group of officials so that you can hold club and regional based competitions (intra and inter club) – without competition there is no athletics. Officials are very valuable assets to any club and it's important to recruit new officials on a regular basis and to ensure that all officials feel valued for their services.

Ideally, you'll need to be:

- A qualified official and interested in the organisation of competitions (or willing to learn).
- Enthusiastic and dedicated
- Well-organised and resourceful
- Friendly, approachable and good with people of all ages.

The technical side of athletics can be learnt over time via training and mentoring, so don't worry if you have never been involved in athletics – just come and have a go!

What you will do:

- Act as a point of contact for the region's officials' co-ordinators and Welsh Athletics Officials Secretary to publicise and promote new courses, conferences and workshops.
- Share important information about rule changes to club officials and ensure officials are aware of the appropriate DBS and safeguarding regulations.
- Establish and maintain a database of active officials within the region keeping a record of their licence number, expiry date and DBS check.
- Engage officials for meetings, events and leagues at the start of each season.
- Recruit new officials by encouraging new parents, interested athletes, coaches and volunteers to get involved and attend a course.

How much time will it take?

This role in most cases will take about 1 hour per week.

What you'll get out of it:

You will have the satisfaction of seeing the region's officials take opportunities to improve their officiating skills and knowledge. When your region holds competitions, you will have the satisfaction of providing most if not all the required officials to organise a successful event. It's a good way of contributing to the sport and can help develop organisational skills.

Endurance Officials' Secretary

Every club and region needs a committed group of officials so that you can hold club based competitions (intra and inter club) – without competition there is no athletics. Officials are very valuable assets to any club and it's important to recruit new officials on a regular basis and to ensure that all officials feel valued for their services.

Ideally, you'll need to be:

- A qualified official and interested in the organisation of competitions (or willing to learn).

- Enthusiastic and dedicated
- Well-organised and resourceful
- Friendly, approachable and good with people of all ages.

The technical side of athletics can be learnt over time via training and mentoring, so don't worry if you have never been involved in athletics – just come and have a go!

What you will do:

- Act as a point of contact for the region's officials' co-ordinators and Welsh Athletics Officials Secretary to publicise and promote new courses, conferences and workshops.
- Share important information about rule changes to regional officials and ensure officials are aware of the appropriate DBS and safeguarding regulations.
- Establish and maintain a database of active officials within the region keeping a record of their licence number, expiry date and DBS check.
- Engage officials for meetings, events and leagues at the start of each season.
- Recruit new officials by encouraging new parents, interested athletes, coaches and volunteers to get involved and attend a course.

How much time will it take?

This role in most cases will take about 1 hour per week.

What you'll get out of it:

You will have the satisfaction of seeing the regional officials take opportunities to improve their officiating skills and knowledge. When your region holds competitions, you will have the satisfaction of providing most if not all the required officials to organise a successful event. It's a good way of contributing to the sport and can help develop organisational skills.

Regional Council Representative

Each Region may be represented by two members on the General Council. The representatives are elected annually at the Regional Council's Annual General Meeting for a term of 2 years, in line with other WA roles. The role of the General Council is to provide guidance, support and alignment on all matters relating to the operational side of athletics.

The overall purpose of the Regional Representative role is to be the link between the Regional Athletics Councils in Wales and the General Council of Welsh Athletics. It is the duty and responsibility of all Regional Representatives to effectively convey the views of the region, not individual or personal views on any given matter.

Ideally, you'll need to be:

- Confident and good at communicating
- Enthusiastic and dedicated
- Well acquainted with the running of the region
- Friendly, approachable and good with people of all ages.

What will you do?

- Attend all General Council meetings. If unable to attend, a written regional update, in conjunction with the other Regional Representative, should be sent to the Secretary of the General Council prior to the meeting.
- Ensure that a full and accurate summary of discussions from General Council meetings is circulated to the Regional Council as soon as possible following the meeting. Relevant

- discussion points should then be agenda items for the next Regional Council Meeting. A written report should be forwarded to the Regional Secretary.
- Be a point of contact for clubs and members within the region to share challenges/issues/successes. Ensure that the views (including challenges/successes) of the Regional Council and its member clubs are relayed to the General Council of Welsh Athletics.
- Highlight areas of best practice within the region and to share insight to support the development of athletics in Wales.
- Convey the views of the Regional Council and its extended membership to any ongoing discussion points as and when requested by the General Council.
- Proactively seek the views of clubs in the region on the various topics discussed during General Council and Regional Council Meetings.
- Treat all other members of both the General Council and Regional Athletics Council with respect, allowing a variety of views to be expressed.
- The maximum term of a Regional Representative should be aligned to the maximum term of other elected regional officers – currently set at 6 years.
- In order to represent the whole sport, Regional Councils should endeavour to elect one representative to represent the views of Track and Field and one to represent the views of Endurance

How much time will it take?

This role in most cases will take about 1 hour per week.

What you'll get out of it:

You will achieve the satisfaction of being a key link in communications between the Regional Council and the General Council of Wales. It is a good way of contributing to the sport and will help to develop your communication skills.

Regional Representative – Road and Cross Country

The overall aim of the role is to be the main point of contact between the Regional Athletics Council and the joint Road and Cross-Country (XC) Committee.

Ideally, you'll need to be:

- Confident and good at communicating
- Enthusiastic and dedicated
- Well acquainted with the running of the region
- Friendly, approachable and good with people of all ages.

What will you do?

- Attend each meeting of the Road/XC committee and to be the communicative link
- Attend where possible the Regional Athletics Council meeting – if unable to attend, to provide a written update on the discussion points from the Road/XC committee
- To be the main point of contact for the region on all matters of Road and XC
- To ensure that the regional clubs are aware of all Domestic Championships races and international opportunities (including qualification process)
- To support (and be advocates) for the decisions of the Road/XC committee regardless of personal viewpoints
- To provide updates on the Regional Championship races to the Road/XC committee
- To assist where possible in ensuring that a coordinated approach is taken to fixture planning of Championship and International races
- To proactively engage the views of athletes, coaches and clubs on matters aligned to Championship and International events
- To support the overall objectives of the latest coaching and performance plan

How much time will it take?

This role in most cases will take about 1 hour per week.

What you'll get out of it:

You will achieve the satisfaction of being a key link in communications between your chosen discipline at national level and the Regional Council. It is a good way of contributing to the sport and will help to develop your communication skills.

Regional Representative – Track and Field

The overall aim of the role is to be the main point of contact between the Regional Athletics Council and the Track and Field Committee.

Ideally, you'll need to be:

- Confident and good at communicating
- Enthusiastic and dedicated
- Well acquainted with the running of the region
- Friendly, approachable and good with people of all ages.

What will you do?

- Attend each meeting of the Track and Field committee and to be the communicative link
- Attend where possible the Regional Athletics Council meeting – if unable to attend, to provide a written update on the discussion points from the Track and Field committee
- To be the main point of contact for the region on all matters of Track and Field
- To ensure that the regional clubs are aware of all Domestic Championships events and international opportunities (including qualification process)
- To support (and be advocates) for the decisions of the Track and Field committee regardless of personal view points
- To provide updates on the Regional Championship races to the Track and Field committee
- To assist where possible in ensuring that a coordinated approach is taken to fixture planning of Championship and International races
- To proactively engage the views of athletes, coaches and clubs on matters aligned to Championship and International events
- To support the overall objectives of the latest coaching and performance plan

How much time will it take?

This role in most cases will take about 1 hour per week.

What you'll get out of it:

You will achieve the satisfaction of being a key link in communications between your chosen discipline at national level and the Regional Council. It is a good way of contributing to the sport and will help to develop your communication skills.

Regional Representative – Mountain, Trail and Fell

The overall aim of the role is to be the main point of contact between the Regional Athletics Council and the joint Road and Mountain, Trail and Fell Committee.

Ideally, you'll need to be:

- Confident and good at communicating
- Enthusiastic and dedicated
- Well acquainted with the running of the region

- Friendly, approachable and good with people of all ages.

What will you do?

- Attend each meeting of the Mountain, Trail and Fell committee and to be the communicative link between the Region and the Mountain, Trail and Fell committee.
- Attend where possible the Regional Athletics Council meeting – if unable to attend, to provide a written update on the discussion points from the Mountain, Trail and Fell committee
- To be the main point of contact for the region on all matters of Mountain, Trail and Fell
- To ensure that the regional clubs are aware of all Domestic Championships races and International opportunities (including qualification process)
- To support (and be advocates) for the decisions of the Mountain, Trail and Fell committee regardless of personal view points
- To provide updates on the Regional Championship races to the Mountain, Trail and Fell committee
- To assist where possible in ensuring that a coordinated approach is taken to fixture planning of Championship and International races
- To proactively engage the views of athletes, coaches and clubs on matters aligned to Championship and International events
- To support the overall objectives of the latest coaching and performance plan

How much time will it take?

This role in most cases will take about 1 hour per week.

What you'll get out of it:

You will achieve the satisfaction of being a key link in communications between your chosen discipline at national committee level and the Regional Council. It is a good way of contributing to the sport and will help to develop your communication skills.

Appendix 2.

EAST REGION ATHLETICS COUNCIL INTERIM BALANCE SHEET 2022-23

INCOME		EXPENDITURE	
Transfer of Development Grant 2019-20 to 2022-23	£2,030	Development Grant	£308
Transfer of Development Grant 2022-23	£3,000	Admin Costs	£102
Transfer of Club Subscriptions 2022-23	£200	Fell Running Senior Championships Entry/Travel Exp	£495
YDL Athletics Hosting Claim	£720	Travelling Expenses	£66
Athletes Match fees		Yate & District YDL Photo finish/wind gauge	£250
Yate	£150	Yate SportsComplex Track Hire YDL	£630
Swansea	£155	Yate SportsComplex Officilas Lunches/Refreshments YDL	£396
Cheltenham	£130	YDL Officials Expenses	£537

Aberdare	£175	Inter Regional Championships Aberdare	£1,788
J Tomla Paid in Error	£124	YDL Subscription 22	£100
Welsh Athletics Inter Regional Champs Grant	£1,428	YDL Subscription 23	£375
Cross Country Club Subscriptions	£163	Road Running Cahmpionships Trophies	£204
		Website	£70
		Website Annual Fee/SSL Fee	£160
		UK CAU C/C Entry Fees	£43
		Regional Championships Track & Field 23	£17
	Totals		£8,276
		Totals	£5,542
Surplus	£2,734		
Income brought forward 2021-22	£997		
Total Current Account Balance 12th February 2023	£3,731		
Business Deposit Account	£1,720		
Total Adjusted Reserves as @ 12th February 2023	£5,451		

Appendix 3. Network Officers Update

EWRAC Update February 2023

- Newport Harriers Leading Athletics Course

13 young people have started their journey in becoming coaches through undertaking the leading athletics course. These coaches will now support the delivery for younger age groups within the club as well as supporting Sian (Club Officer) in her outreach work and holiday camps once she returns to her role.

If you would like to discuss a leading athletics course at your club, then please get in touch (tom.cole@welshathletics.org). While not a formal qualification the Leading Athletics workshop is ideal for those looking to lead athletic activities for young athletes. This workshop is the perfect stepping stone towards the Coaching Assistant qualification, which is part of the Coaching Development Pathway. The workshop is an introduction into the sport of athletics and will enable Leaders to deliver fun and safe sessions to young athletes. Participants will also gain some useful tips and ideas, and will also be provided with: - Workbook and Support Resource - Set of Game Cards

- Caldicot Running Club

Following an application to the modernization grant I've met with the club to discuss their project. The aim is to develop an app/monitoring tool that will allow the club to support the development of members in their performance as well as utilise the tool to monitor retention and engagement levels. The idea is still in development and I am working with the club on this in order to complete a successful funding application at the next opportunity, but this is an example of the kind of ideas that we are looking to support via the modernization grant.

- BGAC

Completed a club visit this month with Blaenau Gwent to complete a facility check after they have expressed an interest in hosting events. It would be great to see some inter club events becoming regular occurrences. As well as the facility check it was an opportunity to further explore and support the long term agreement with the school as well as potential funding opportunities. It also allowed us to discuss the clubs development plan that will be implemented once the current focus on the school agreement has been completed.

- RVAC

Supporting the club through the transition of club welfare officers, ensuring all the relevant qualifications are in place. We will also be looking to develop a clear plan moving forward as the club goes through a transitional period.

- Brecon AC

Congratulations to Brecon AC on their successful application to the modernisation fund gaining funds to re-develop their website. It was great to see them developing a very robust application after attending the social media and marketing webinar in which they were extremely engaged.

Coming up

- Affiliation Update

With April and the new affiliation period approaching it would be worth clubs ensuring that you have the relevant club standards completed on the secretaries portal. The old system will be turned off this April and therefore the only way to affiliate and register new members will be through the new system via myathletics. In order for this to happen there will need to be a period of essential maintenance and therefore the system will be unavailable for the final week of March (Mon 27th – 1st April)

- Club Support Webinar

22nd February sees the next in our webinar series, the topic is sustainability in our environments. We have secured the services of Rob Sage for this session, looking at the impact that our clubs and groups have on our environments and what changes we can make to help. Rob is incredibly knowledgeable and passionate about this topic so this promises to be a very enjoyable evening. To sign up follow the link <https://forms.office.com/e/NRMJwDV7mE>

- Funding Applications

With the approach of the end of the financial year it is a great time to apply to the Be Active Wales Fund. For any advice or support with this you can contact me or visit the Sport Wales website on this link - <https://www.sport.wales/grants-and-funding/beactivewalesfund/>

- Club Support Framework

We are currently in the process of developing a Club Support Framework (the name will change!) and will be going out to the membership to host a consultation to see what you expect from us as an NGB but more specifically what support you think we should provide. In addition to this we will be forming some small groups to represent all clubs across Wales to participate in a workshop to have a voice on this subject and project moving forward – if anyone would like to be a part of these working groups we would welcome any expressions of interest. If you email me to express your interest in such a group we will then look to move the project forward.

Appendix 4. General Council Report from the General Council held on January 17th, 2023.

Actions from previous meeting.

- Coaching and Officials Education- all new officials/coaches and people renewing their qualifications must attend a safeguarding course,
- All Welsh clubs should have two welfare officers, one male and one female, Welsh Athletics has set up six updated training courses to cover this area of development and the response from clubs has been good. Any club that has not undertaken this training will be contacted to update their qualifications. Small clubs with under 50 members will be allowed to operate with one welfare officer in the first instance but it is hoped that they would recruit two officers in the medium term.
- Kay prepared a comprehensive and focused discussion document on the role of Regional Councils. This was well received and will be discussed at the next meeting. Kay was congratulated on this invaluable paper which will clearly inform the way forward for Regional Councils. Joyce suggested that this be sent out to the Regions for their observations.
- The Governance Calendar was well received; it was hoped that this would serve to avoid clashes during 2023.
- An email has been sent to Steve Perks Chair of the Board of Welsh Athletics relating to UKA matters including finance, changes within UKA and updates from the Members Council. It was also suggested that Welsh Athletics be represented on the Board and the Members Council by two separate members. Steve Perks is currently on both the Board and the Members Council. The General Council also requested that it should receive regular updates from both sources.

Items for Discussion.

Governance calendar- clashes still remain; Joyce suggested that further consideration be given to its updating and that a named staff member be responsible for undertaking this task.

The question of grants available to clubs was raised and the COE was reminded that the information that was promised was still not available.

Cross Country Parking and Inter Regional Timetable. Parking charges for cross country events was a source of concern as there was no parity between different venues. It was suggested that such charges should be communicated to athletes, coaches and officials prior to an event. It was also suggested that further consideration be given to the Inter Regional Timetable to ensure that the timelapse between the Senior Men's and Senior Women's races be reduced.

It was reported that the list of club contacts (secretaries) were not up to date. The CEO James Williams agreed to take this back to the staff team for an update.

Regional Eligibility-this needs to be clarified to avoid any further confusion and communicated to the Regions It was pointed out that eligibility for the Welsh School was different to that of the Regions as there were eight school districts.

James Williams presented organisational updates relating to the Board of Welsh Athletics and Staff Team.

Board Updates,

- Nick Everett to become vice chair,
- New Finance Rep to be put out to advert.
- Jamie Clode to join the Board as Chair of the General Council.
- Additional people for the subgroups of the Board are being sought.

Staff Team.

- Chris Type appointed as the new Head of Performance,
- Chris Jones to divide his time between UKA and Welsh Athletics.
- Endurance to be covered by C and Chris Jones (2 days) and Steve Mitchel (4days)
- Adrian Palmer resigned from Welsh Athletics.
- Amy Edwards appointed as support officer for North Wales.

Run Wales and the London Marathon.....

James stated that there were financial challenges for athletics in Wales as there is to be a reduction in funding of £100.00 from Sport Wales over the next three years.

The good news is that Sport Wales will contribute £150K towards the resurfacing of the Brecon Track.

Entry numbers for the Indoor Championships are up to the pre covid period.

The transition from UKA to Welsh Athletics relating to Coach and Officials Education is almost complete.

The Commonwealth Youth Games (under18 age group) will be held in Trinidad and Tobago from August 4th-11th.

Commonwealth Games Council for Wales- new CEO will be appointed shortly.

UKA Anti-doping arrangements will require clubs to be involved in the process in the near future.

Paul Brooks raised a complaint relating to two athletes involved in the Snowden Marathon and a request that both athletes be banned from the sport. James Williams explained that there was a set procedure for disciplinary action and undertook to investigate/deal with the matter.

In future meetings of the Council there was an invitation for the Regional Representatives to highlight examples of best practice.

Lynette Harries MBE

Appendix 5. **Track & Field Report EWRAC February 2023**

1 Welsh Athletics Updates:

- a. Championships Dates 2023
 - i. Senior/U15 24th/25th June, Cardiff
 - ii. U13/U17/U20 12th/13th August, Newport
- b. Internationals
 - i. 26th August, Swansea – Selection policies for WA & WS will be published shortly.
- c. Welsh Schools:
 - i. Championships July 1st
 - ii. NASUWT Cup 12th July
- d. Welsh Junior Competition:
 - i. RH will contact clubs to identify hosts for each competition.
 - ii. Dates 20th/21st May, 17th/18th June, 19th/20th August
- e. Regional Championships
 - i. East & South Joint regional Championships 13th May, Aberdare
 - ii. West Wales 14th May, Swansea
 - iii. North Wales 14th May, Wrexham
- f. Inter-Regional Championships
 - i. South Wales hosting at Aberdare 16th July

2 Facilities Update:

- i. Newport Stadium has been identified as a priority key competition venue **Trackmark Unit 2 partly complete, Unit 3-4 still to be started. WA will be** offering support to complete and to contribute to financing requirements (if needed). Quotes have been received, WA working with facility providers to ensure the work happens.

- ii. WA has secured £150k from Sport Wales Capital Fund to resurface the track at Brecon. WA are working collaboratively with Freedom Leisure as to the best next steps to cover the total cost of resurfacing.

3 T & F competition licence update:

- i. UKA have issued new requirements for L2 competitions; however this will only apply to events that garner ranking points and qualification marks. WA are working with UKA to ensure that relevant fixtures are submitted. World Athletics have had a number of examples in recent years, where a competition has been put together at the last minute to get an athlete a qualification mark – these events have had question marks over them etc. A number of federations have been put on a ‘watch list’ as a result of this. To avoid this happening again in the future, events have to be listed 60 days before, and this will avoid any last-minute aspects etc. For the vast majority of events in Wales, it makes no difference as the new portal is not geared for that, but at the same time, WA are working to ensure that the key competitions are listed with World Athletics.

4 Safeguarding:

- i. Safeguarding is to be a standard agenda item for all future T & F Meetings.
- ii. LB requested regions advise and encourage clubs to ensure that relevant Code of Conduct forms are signed.
- iii. Regions are asked to conduct a survey and feedback how DBS, first aid and coaching fees are paid. Do individuals pay their own fees or do clubs offer reimbursement either in part or full?

5 Para Athletics:

- i. Neil Taylor attended the meeting. He gave an update on the development of Para athletics in Wales and highlighted the inclusion of events at the Indoor championships.
- ii. NT and Morgan Jones are working with Newport Harriers to develop anchor points for seated throws and other facilities for wheelchair athletics.

Appendix 6.

East Wales Athletics Fell & Mountain Update Report Tom Meredith, February 12th, 2023

1. Junior development day

The Welsh Athletics fell development day will be held on Sunday April 16th. Welsh Athletics are putting together an online sign-up sheet. TM is organising the event with Pete Ryder. Welsh Athletics are providing funding. The location is being finalised. It will be in South Wales, with candidate locations being investigated north of Newport and in the Southern Brecon Beacons.

2. Senior development day

This will be for East Wales registered athletes, predominantly aimed at track and road endurance athletes who have little or no fell running experience. TM is organising the day. Andy Creber, a respected and experienced fell race organiser and coach, has kindly agreed to run the session. It will be held at the Skirrid, near Abergavenny, with a theory session in the village hall and a practical session on the hill, with its good variety of fell terrain. The date is TBD.

3. Junior races, including East Wales Championships

A series of four fell races are being organised by the Mynydd Du club's junior section, the Mini Dragons. TM (an MD member) is co-ordinating the series. One of these races will likely be used as the East Wales junior fell championships. The dates are: Pen y Fan (Sun 9 June), Llanthony Show (Sat 5 Aug), Fan Fawr (Sat 7 Oct) and the Sugar Loaf Winter race (Sat 4 Nov). They will be organised under the WFRA rules. Clarification is awaited from Welsh Athletics on any additional requirements to make the EW Champs qualify as a Welsh Athletics, and therefore East Wales, race.

4. Senior East Wales Championship

The RO for the Waun Fach race on Sun 16 July has kindly agreed in principle to using the race as the EW championships. As with the junior champs, once clarity has been received from Welsh Athletics on any additional requirements, this can hopefully be firmed up and advertised.

5. Senior Intercounties

There are two intercounties races that East Wales can enter teams in this year. The British Intercounties in Sedbergh on Sunday May 7th and the Welsh Intercounties at the Maesgwm Detour on Saturday August 5th. I had hoped to pick a suitable trial race for Sedbergh at the beginning of April, but have thus far been unsuccessful for various reasons. I would therefore like to propose that a selection committee is set up (TM can organise this if acceptable), and that we ask for interest in being a member of the May 7th team through the East Wales facebook and twitter accounts and emails to running clubs, from whom the committee select a team.

6. Junior Intercounties

The British junior intercounties will be held in Telford on Saturday June 24th. I am looking into organising a selection race for this. If that proves impossible, I propose a selection committee as proposed for the seniors.