



North Wales
Regional Athletics Council

**NORTH WALES REGIONAL ATHLETICS COUNCIL
MINUTES OF THE ANNUAL GENERAL MEETING
HELD ON THURSDAY 11th JUNE 2026**

This meeting was held as a video conference via Microsoft Teams.

Present: Paul Brooks (P.B.), Kay Hatton (K.H.), John Hatton (J.H.), (C.B.), Amy Edwards (A.E.), Arwel Lewis (A.L.) and Celfyn Williams (C.W.)

Apologies for absence: Declaration Of Interest: Crispin Backshall, Christine Wyn-Jones, Helen Davies and Kevin Clark.

1.0: Election of Officers: P.B reported that ten ballot papers had been returned. It was therefore agreed by unanimous decision of those present that the following be elected: Kay Hatton was elected as Chair; Crispin Backshall (Vice-Chair); Paul Brooks (Secretary) and Officials' Secretary (Endurance); Celfyn Williams, Official's Secretary (track and field); John Hatton (Treasurer) The following were also re-elected unopposed as representatives to W.A.: Track and field: Crispin Backshall; Road running/cross country: Martin Green; Fell/Mountain: Mike Blake; Trail and Ultra: Arwel Lewis. John Hatton and Kay Hatton will be the Region's representatives on the Welsh Athletics (W.A.) General Council;

2.0: Chair's Address: K.H. thanked all NWRAC officers for their hard work during the year and for being prepared to continue in their roles. Thanks also to Amy for her commitment and support to NWRAC and athletics competitions in North Wales. Welcome to Celfyn Williams to the T&F Officials' Secretary role. We are in a strong position financially, mainly due to the excess income from the T&F events that Amy has organised. Road running and fell depend on the WA general grant for funding and we also make a donation to the North Wales Cross County League. The WA general grant of £1,500 and medal grant of £750 are awaited for 2026/27, and the funds are due to be paid in the next few days. We have kept to our new regional medal design this year and the order for 2026/27 has arrived. Thank you to John for all his work on the finances and to Paul on all secretarial administration which takes up a considerable amount of time. Well done to all our athletes this year in all disciplines with some outstanding performances. A summary of the majority of our regional and in IR events is on the news section of the NWRAC website and posted on our FB page. We have held Regional Championships in all disciplines and it is pleasing to report that all events have been a success. There were T&F Indoor championships at Deeside and Outdoor at Treborth, Bangor. A team also competed at the IR Championships at Aberdare. North Wales also qualified for the YDL finals for the first time with the event held at Wavertree. On the road we held 5k, 5 mile, 10k, 10 mile and half marathon within existing races. Inter-county matches have also been held as part of our on-going development. The cross country championships were held at Treborth, Bangor organised by host club Eryri. A full team competed at the IR cross country Champs at Newtown with North Wales coming second overall. The North Wales Fell Championships were held at Cilcain which included the Welsh (short) IR Mountain Champs. Junior and Senior

2.0 (ctd) Mountain running teams also competed at the British Inter Counties. Thank you to Crispin, Amy, Paul, Bernie, Arwel and Mike, for all the time they have committed in overseeing these events. The Junior Development League organised and overseen by Amy has been a tremendous success and it is so pleasing to see young athletes keen to experience both track and field events. The entry system via Stripe has also operated successfully. NWRAC have purchased 5 electronic tablets from the £800 modernisation grant from WA. The Age Group changes have also had to be incorporated within events from 1st April 2026. Congratulations to Arwel Lewis for receiving the Service to Welsh Athletics award, Ian Robinson and Andrew Bowyer for WA Award of Honour and Mike Robbins for the WA Meritorious award. This year the WA Coach of the Year will be selected from four regional finalists. Other award nominations are now live. National Championships have also been held in North Wales including the SIAB and BMAF cross country championships at Vaynol Park, the Welsh Fell Short Championship at Pipedream, and the forthcoming Welsh Junior T&F Championships at Deeside. The matters that do need to be addressed for the next 12 months are continuing with our efforts to reinstate at T&F subcommittee and to recruit a NWRAC Safeguarding Officer. Amy's role will be changing to be centred more on development and it is vital that clubs step up in organising and volunteering at T&F events. We also need to encourage more volunteers across all disciplines. I would encourage everyone to be positive and supportive.

3.0: Previous Minutes: The minutes of the 2025 A.G.M. were agreed without amendment.

4.0 Discussion: A discussion took place once again on the recruitment and retention of volunteers, particularly in t&f, while A.L. commented that more are needed for mountain/fell.

5. Proposals and nominations to W.A.: K.H. reported that nominations for the W.A. Meritorious Award and the Award of Honour are now closed. Nominations are still live for other W.A. awards; for Coach of the Year the nominations will now be made on a regional basis, with the overall winner being decided by the W.A. selection committee. K.H., P.B. and C.B. have agreed on the nomination procedure and each Club in the Region will be invited to nominate one coach from the Region. We will decide on our finalist at our August meeting; K.H. will draft a letter on this basis for P.B. to circulate to each Club.

6.0: Welsh Athletics Reps and Regional Reports:

6.1: Treasurer's Report: (i) J.H. presented a written accounts sheet, which had been circulated beforehand and which had been audited by Helen Blair; it was agreed that a donation be sent to the latter to thank her for her work and that this amount would be included as an amendment to the balances. (ii) He warned that the costs of transport will be a major item this financial year, due to the continued rises in fuel costs. The meeting thanked him for all his work. (iii) It was agreed to pay the annual secretary's allowance of £200 to P.B. (iv) K.H. also reported on the current budget position regarding each discipline and the medal allowance. We have agreed in the budget to a grant of £300 to cross country towards transport costs to the C.A.U. championships. It was also agreed, following a proposal from A.E., to give a further donation of £200 from the t&f ring-fenced funds to cross country, as a thanks to Bernie Jones for his assistance and time at the Vaynol Park cross country meeting, and other events,

6.2 Track and Field officials' secretary report: C.W. had produced a report giving details of the current t&f officials in the Region, with their grades. There are no level 4 track judges in the Region, and we also need more photo-finish judges and starters. It is important that we facilitate level 1 officials to move onto level 2, and we can invite English officials to mentor such.

6.3 Endurance officials' secretary report: P.B. had attended the five meetings over the year and found them useful for advance notice of dates and venues for Welsh championships and details of forthcoming courses. He noted that it had been difficult to find dates when all the

6.3 (ctd) delegates were available, and it had been necessary to move the date once, and on a further occasion to cancel a meeting.

6.4: Competition Manager's Report: A.E. reported that her role with W.A. has changed with the emphasis now on development and she asked that Clubs now take a more proactive role in supporting the organisation of events. The indoor Regional championships will again be held at Coleg Cambria, with the date t.b.c. J.H. proposed a vote of thanks to A.E., which was passed unanimously.

6.3 Cross Country Report: No report. The minutes of the N.W.C.C.A. A.G.M. had been added to their website.

6.4 Trail and Mountain: (i) A.L. had sent a written report, which had been circulated: North Wales athletes continue to dominate the Welsh mountain and trail running scene, at the Welsh Inter-Regional Championships event at Cilcain last August Bank Holiday Monday 26th, North Wales men and women were once again triumphant with Josh Griffiths (Swansea/Deeside AAC) and Eden O'Dea (Deeside AAC) the male and female race winners. Cilcain will once again host the Welsh Inter-Regionals this Bank Holiday Monday 31st August. The Cilcain race was the North Wales trial race for the Trofeo Vanoni Relays in Morbegno, Italy on 26th October which comprised a team of 3 men and two women. Tom Wood, Sion Edwards (Both Eryri) and Josh Griffiths (Swansea/Deeside AAC) ran in the men's 7.250km/435m relay race with Tom leading the way on the 1st leg handing over to Sion in 9th position overall, Sion was 27th on the 2nd leg handing over to Josh who despite a very good uphill, found the tricky descent not to his liking as the team were placed 22nd overall. Our women fared much better over a 5km/248m race route, Beth Rawlinson (W&B/Oxford Uni) handed over to Eden O'Dea in 12th place overall, Eden had a storming run to finish 6th overall on her 2nd leg and the team 8th overall. Eden had an excellent 2025 all-round culminating in GB selection for the World Mountain Running Championships at Canfranc, Spain finishing 39th overall in the Uphill only event on 26th September with the GB women's team placing 7th overall. Congratulations to Meirionnydd RC who hosted a very successful British Hill & Fell Running Relays last October 18th as 190 teams comprising of six runners per team converged on Penanligi Isaf, Dinas Mawddwy for what was a very testing event run on steep race routes much enjoyed by those participating. Well done to Nic Bradley and his team.

2026 saw much of the same with a new initiative for this year's Welsh Mountain/Fell running Championships which were WFRA & Welsh Athletics combined championships for the short and long race events. At the (Short) championship event at Dolgarrog (Pipe Dream) 6.7km/4.2 miles – 390m/1280ft, there was a record attendance of 180 for the event with another North Wales male and female winning combination of Kieran Wynne Cattenach and Bronwen Jenkinson, both Eryri. The (Long) race will be the Brecon Beacons/Bannau Brycheiniog 34km/21.1m-1700m/5577ft race on June 20th. Josh & Eden were once again the race winners of the Nant yr Arian Silver Trail Half Marathon event near Aberystwyth earning their Welsh team selection for the Trail de Guerledan Inter-Celtic Challenge in Brittany on 23rd May where, on a baking hot day Josh, the defending champion had to be content with 3rd place on the testing 26km/800m race route, though his team colleague Jacob Tasker (Bridgend) took the win while Eden finished runner-up as the combined Welsh male/female team was placed 2nd overall behind the "Local" Breton team. A tough day all round as everyone suffered in the hot conditions. A Welsh team competed at the inaugural Senior Home Nations Trail International in the Lake District on Saturday 12th April. The long trail race was contested over

6.4 (ctd.) a weather-shortened 48km with 2,255m of ascent course as opposed to the proposed 53.4K with 2,640m of ascent.

Gavin Roberts (Calder Valley Fell Runners) led the Welsh team home as the 16th male finisher overall in 4:28.31 hours. The other Welsh finishers included Owain Williams (Rhedwyr Eryri) 51st who suffered with stomach cramps from the outset. The event also included the trial for the British team for the trail race in the European Off-Road Championships. Note: Gwion Schiavone (Denbigh Harriers) finished 36th overall in a time of 5:08:10. In the British Inter-Counties Championships at Sedbergh on 3rd May, the 14.5km/980m race also incorporated the GB European Off-Road Championships Trial Race. North Wales' men excelled finishing 6th team overall with Tom Wood (Eryri) finishing 3rd overall. 29th Sam Gunning (Cybi) & 40th Rhys Jones (Hebog) the team counters. Unfortunately, Luke Burgess (Deeside AAC) was a late entry and not eligible for the team submissions, his 9th placing in the race would have moved North Wales to the bronze team medal position! Our women's team scorers comprising of 14th Eden O'Dea. 24th & 2nd F/U23 Efa Baines (Eryri) and 50th Claire Donnelly (Eryri) was placed 7th overall. On Friday 1st May, the GB European off-road Uphill only trial race was held at Keswick, in the 8.6km/5.3m – 945m/3100ft race, Luke Burgess finished 6th overall ahead of: 9th Tom Wood, 15th Kieran Wynne Cattenach, with Eden O'Dea the 7th female finisher missing out on GB selection this year; which may be due to her previous weekend exploits in the World Cup event in China with Josh Griffiths, where they both competed in the 3.5k Changping. Beijing Uphill Lung-buster with a staggering 509m of ascent followed by the Great Wall Grunt on the Great Wall of China up & down race the day after. No wonder Eden was tired! Following on from the Sedbergh Inter-Counties/ GB Trial Race, Tom Wood (Eryri Harriers) was selected to run for Great Britain & N. Ireland at the European Off-Road up & downhill Running Championships at O. Kamnick, Slovenia on Sunday 7th June where, on the 13.5km/860m course, Tom finished 37th overall and the 3rd GB counter in a time of 67.17 with the GB senior men's team finishing 9th overall of the 18 countries with complete teams. North Wales will have six junior athletes running for Wales in the prestigious U18 International Mountain Running Cup at Gagliano del Capo. Puglia. Italy on 21st June. Four of the athletes are coached by Neil Edwards (Deeside AAC): Zac Campbell (Deeside). Lewis Davies (Deeside), Ryan Delaney (Deeside AAC) and Jai Chauhan (Eryri Harriers); Heather Watson (Deeside AAC) and Tamsin Seguin (Menai Track & Field).

The Joe Brown Tuesday Evening Series of 13 short mountain/fell races began on 7th April at Y Fron, nr. Caernarfon (Moel Tryfan) with 162 finishers and there has been a consistent high turnout for the events since with a record high of 195 finishers at the Foel Lus (Dwygyfylchi) race. With nine events completed, there are just the three to go at Mynydd Graig Goch, Tal Y Mignedd and Abergwyngregyn. The 13th short race at Llanberis on 30th June is a non-counter with it being the series awards evening. This Series involves a number of short fell races up to about 4 miles taking place at locations across North West Wales. The series was designed to attract runners to the delights of off-road running and all for £2.00 per race or £20 for the series. There have been several successes for North Wales athletes this year across the region in Mountain/fell races, as well as those already mentioned, here are some notable race wins: Owain Hunt Williams (Eryri) 24th January - Tour De Yr Wyddfa (43.5km/2,327m) 6:03:25; Ben Porter (Meirionnydd) 31st January

- Ras Tarren Hendre ((7km/610m) 64:51 & Miranda Grant-Roberts (Eryri);
54:55 Suzie Richards (Eryri) 22nd February - Sheeptracks Long Course (Llangollen

- 5 -

6.4 ctd 25km/1350m) 3hrs 21min. Matt Fortes (Eryri) 14th March - Llantysilio Race (9.9km/640m) 57:50. Chris McLean (Meirionnydd) 21 st March - Ras Yr Aran (16.1km/945m) 1:36:16 & Jackie Lee (Eryri) 2:00:43. Chris McLean (Meirionnydd) 11th April - Cribyn Race (8.9km/946m) 56:47. Rhys Jones (Hebog) 19th April – Ras Rhys a Meinir at Nant Gwrtheyrn (6.2km/477m) 43:41 & Miranda Grant-Roberts (Eryri) 55:07. Sion Edwards (Eryri) 25th April – Moel Wnion (7.5km/540m) 38.04 & Efa Baines (Eryri) 44:12. Owain Hunt-Williams (Eryri) 9th May – Moel Eilio (12.8km/915m) 1:08:02 & Eiliw Haf-Roberts (Eryri) 1:25:36. Regarding the Tuesday Evening Series (TES) There have been race wins to date for: Gavin Roberts (Calder Valley/Eryri) X 3; Claire Donnelly (Eryri) X 3 and Miranda Grant-Roberts (Eryri) X 3. A.L. was thanked for his work.

6.5: Secretary's Report: P.B. had circulated a written report and (i) commented that while the North now had over 30 affiliated Clubs, a very few attended our meetings. He asked for suggestions on how to change this (ii) He reminded Club secretaries to notify W.A. promptly when there was a change in their Club Secretary, as not doing so leads to a delay in disseminating information.

6.6 Road Running: P.B. had circulated a written report covering the Regional championships and Inter County/Area matches attended. thanked the committee for including provision in the road running budget to cover the cost of entry fees for the Telford 10km again; this event has provided many of our athletes with personal best times. Our home Inter County match this year was held within the Llandudno 10 miles race on 29th March.

6.7 Track and Field: Nothing further.

7.0: Schools: No report.

8.0: Safeguarding: No report.

9.0: Date and Venue of the next A.G.M.: June 2026. Date and venue t.b.c.