

Minutes of the Executive held on Tuesday 30th January 2018 at Cardiff International Sports Campus

Present:

John Penny, Jen Stone, Graham Finlayson, Keith Matthews, Peter Morris, Jamie Clode (Bridgend AC), Hannah Pretty (Welsh Athletics Club Network Officer – South), Chris Pratt (Ogmore Phoenix Runners), Liz Davis (Ogmore Phoenix Runners), Dai Williams, Fred Malkin (Barry & Vale), Darran Williams, Mark Gold (Cardiff AAC), Graham Webb (Cardiff AAC),

1. Apologies for absence

John Elward, Lucy Kerry (Bridgend AC), Pencoed Panthers

2. General Council update

Dai explained that 2 representatives from the Regional Council attend General Council. Agenda items for forthcoming meetings are as follows:-

March – self-evaluation plan, club modernisation and consultation update

May – Schools athletics

July – Governance

September – Welsh Athletics strategic plan

November – retention of athletes, coaches, volunteers & venues

ACTION: Jen to check dates of Regional Council meetings are before General Council. Representatives need to feed back to General Council that evaluation needs to be a two way communication. Representatives also to take forward Graham Webb's points raised later under AOB

3. South Wales Network Officer update

Hannah has sent out updates as a newsletter. Jen congratulated Hannah on the format. Welsh Athletics are working on the club portal which is due to go live soon. This should be a good resource for clubs.

In conjunction with the East region, a Jumps & Throws session will be held on 24th February at NIAC. Events to include high jump, long jump, shot and discus. Coaches can attend. Athletes need to have 3 records on Power of 10 to be eligible to attend.

Cardiff & Vale Schools Sportshall competitions are underway with Glamorgan Valleys being held next week.

Some junior clubs have been looking at ways of getting more kids involved in athletics. Rhymney Valley are keen to hold the first of a junior quad kids day which will allow them to experience how a competition works.

4. Grassroots funding application

Deadline for submissions is 16th February 2018. There is £2,000 available to the region. The region needs to nominate a representative to sit on the committee that reviews the applications. Dai offered to continue with this role. Keith advised that there is still money left from previous years funding. Jamie suggested using the money for different ideas like pilates and yoga. Jen suggested a strength and conditioning workshop aimed at seniors.



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Keith suggested that we look at how the East region put on days. Jen and John Elward are attending the East meeting to be held in March.

Hannah will be working with Graham Webb to host a 'Bounce with the Breeze' triple jump competition. Keith advised that any costs incurred could be funded from the Grassroots monies.

Jamie suggested that a social/running event is planned around events in the Commonwealth Games.

Darran suggested coats for the team managers.

Graham Webb suggested that we could use money to send teams to events eg/ London Marathon. It was felt that we could not send a team to North Wales for the 10k as this clashes with the next Gwent League.

Graham Finlayson suggested running championships in our own area.

ACTION: Jen to forward details to Hannah of Alex who ran sessions at the recent regional endurance day.

ACTION: Graham and Hannah to discuss dates for the triple jump competition.

ACTION: Dai to source new tent for the region.

ACTION: Jen to source coats.

ACTION: Dai to contact the West & East regions to see if alternatives to North Wales could be arranged.

5. Finance

Keith ran through the accounts. The 4 clubs involved in the YDL will not need to contribute this year. Some monies are currently showing in the East accounts but this will be shared in next year's accounts. Regional Championships made a healthy profit in 2017. Keith to undertake stock check after the UKCAU cross country. Keith stressed that all officers or the Regional Council need to reclaim travelling expenses for when they are representing the region at various committees.

ACTION: Dai to submit regional funding application to Welsh Athletics as a priority (by 1st April).

ACTION: Darran to buy new kit boxes.

6. School District's report

- Peter offered an update for the Cardiff & Vale district
- Inter Schools held on November 18th – 6 out of 18 individual medals, 10 out of 16 team medals
- 2 Sportshall competitions had been held with 2 to come
- Cross country held at Bro Morgannwg last Sunday
- Dai had raised the proximity of dates of the Welsh Schools cross country to the UKCAU at General Council and was told that the date was accepted at the Welsh Schools meeting.

ACTION: Jen to consult with athletes/parents regarding this date clash. This needs to be taken to next General Council.

ACTION: Dai to approach Gwent League asking for them to switch their March fixture to January.



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7. Selection Policy

Dai distributed the draft policy that he drafted a year ago. It is very important to give clear guidelines about how the region makes it's selections, not only for athletes, but to protect team managers also. Peter confirmed that this will be his last year organizing the regional schools competition.

ACTION: Comments to Dai by the next meeting please.

ACTION: Jen/Hannah to contact all clubs saying that you can attend the regional schools championships without your school.

ACTION: Jen to compile a calendar for events by the next meeting so we can forward plan tasks.

ACTION: Jen to seek replacement for Peter for 2019.

8. UKCAU

Bus has been booked. More details to follow when entries close.

9. Club engagement with the region – suggestions please

Jen thanked Jamie for contacting clubs in the Bridgend region to encourage participation in our meetings.

Chris commented that he did not know about the regional council until he received the invite to the meeting.

ACTION: Jen to draft a brief description of what the region does and expects from clubs by the next meeting.

10. Any other business

10.1 Graham Webb wants triple jump reintroduced in our championships. It was agreed that it should be left out of the championships for now and if 'Bounce with the Breeze' is a success then a second event could be held as a championship.

10.2 Graham Webb raised the recent refurbishment of the Welsh Athletics offices. General Council representatives need to raise this at the next meeting.

10.3 Graham Webb would also like to ask General Council why athletes are being selected for the Commonwealth Games when they are not competing in the Welsh Championships.

10.4 Darran confirmed that the South & East Wales track & field championships has been booked for May 12th 2018

10.5 Fred asked for a summarised version on insurance to be put into layman's terms on the website.

ACTION: Jen was asked to write to all athletes from our region congratulating them on their selection (Rowan Axe, Bethan Davies, Jon Hopkins, David Omoregie, Carys Parry, Rhys Jones & Jordan Howe. Mark to send a template letter to Jen.

ACTION: A representative needs to be sought to replace John Penny at the Welsh Athletics AGM



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1. Dates of 2018 Meetings (rescheduled to fit with GC dates)

27th February

24th April

12th June (AGM)

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