

**East Wales Regional Athletics Council Committee Meeting
Wednesday 15 April 6.30pm via Teams**

Present:

Joyce Tomala, (JT) Christine Vorrés (CV), Lynette Harries (LH), Martyn Jenkins (MJ) Peter Hitchings (PH) Simon Roberts (SR) Hannah Loughlin (HL) Nikki Haines (NH) Robert Eales (RE) Tom Meredith (TM) Anna Williams (AW) Sara Williams (SW)

Agenda Item	Discussion	Action Points
1. Apologies:	Sandra Chipper, Bethan Logan, James Blore, Keith Matthews, Keiron Hearne	
2. Conflict of Interest	None stated	
3. Actions from Previous Meeting	<p>a. Update website with Survey Results. CV – all completed</p> <p>b. Contact Clubs with offer to present CV – Caerphilly has accepted</p>	
4.	<p>Discussion:</p> <p>a. East Wales Kit design has been finalised and the first order placed. 30 vests purchased for stock.</p> <p>b. Caerphilly Runners gave the members an excellent presentation covering the steps taken to increase their membership since they affiliated in 2015. They host 6 sessions a week covering different aspects of running and have just launched their Athletix section for Juniors. The club attends many events together and has just hosted their first race. They are investigating the prospect of adding a track session offering – PH offered to forward details of Newport Track. LH stated this was a good example of sharing best practice for club development.</p> <p>c. East Wales Newsletter – CV has spoken with Chris Anthony about this and he is checking if there is any reason not to email East Wales athletes. JT – we will pursue this as its important to reach our members.</p>	Ongoing
6.	Reports:	
i.	Safeguarding: KH Nothing to Report – JT Reinforced that all East Wales Clubs can approach Keiran or herself with help to resolve welfare issues.	
ii.	Finance – KM sent his apologies and a summary of accounts. The problematic savings account held with Santander has now been closed (at a cost) Account balance is good, but we have expenses to cover.	
iii.	General Council – JT – LH was unable to attend last meeting so she attended instead. It was a very good meeting, the Report attached.	
iv.	Track and Field (JT) T & F Champs are on 9 May in Aberdare – (JT stressed that she is not involved in organising, Phil Warwick is undertaking this). There	

	<p>are still spaces but closing date is this Sunday. Entry is via the WA website- please advise your members.</p> <p>Inter- Regional Champs – to be held in Aberdare due to lower cost. (East Wales is hosting). U14, U16, U18. Team selection will be made after the Champs on 9 May.</p> <p>PH – Club finding it very difficult to get first aid cover. It takes a long time after sending in application to learn if St John’s can provide cover it or not. Members discussed the problems being encountered, and alternative cover providers and costs.</p>	<p>CV email clubs and ask who they have been using and compile a list to send out.</p>
v.	<p>Cross Country (SC) – A team went to the UK Inter region champs and ran well.</p> <p>CAU – XC Champs</p> <p>Welsh XC & Road Committee – Road 5k Champs - The new Caerphilly 5K 9th August will be the Welsh 5k championship race.</p>	
vi.	<p>Trail and Mountain (TM and BL)</p> <p>Report submitted by BL attached.</p> <p>Report submitted by TM attached. A development day is being organised. Any young athletes interested in running mountains/fells, please contact Tom.</p>	
vii	<p>East Wales Road Race Champs – MC</p> <p>Report Attached.</p>	<p>CV Update website with race details</p>
viii.	<p>Officials – BB – James Williams called an emergency meeting of T & F Officials so unable to attend. Nothing to report.</p> <p>Endurance Officials. CV – Meeting postponed as no WA staff available to attend.</p>	
ix.	<p>Website – CV Payment system now set up online. Kit ordered via our site and paid for.</p>	
5.	<p>AOB –</p> <p>JT – Keith Matthews is stepping down at AGM. He has served the region for many years. Please submit any/all nominations for this, and any other committee roles.</p> <p>Date of AGM clashes with Caerleon 5-mile race. Various alternative dates were discussed. Date suggested 9th June – cannot use Newport for a face to face so online meeting will be held.</p> <p>Coaching Skills Audit.</p> <p>The members discussed sharing coaches in different disciplines, but WA cannot share details of coaches. Suggested clubs can reach out to other clubs themselves. Power of Ten has details of coaches per club.</p> <p>Presentations for future meetings.</p> <p>JT suggested inviting clubs to present, but using a ratio of 2 T& F and 3 Endurance clubs. Members agreed this was fair</p> <p>Endurance Development Days</p> <p>SC has agreed to support setting up a development day and Steve Mitchell has agreed in principle to coach. Athletes and Coaches will be invited to take part. It will not be limited to those athletes selected for the East Wales teams.</p> <p>Venue for future XC meetings.</p> <p>NH advised James Williams has suggested a strategic approach is necessary for sourcing a venue that meets all criteria and is available for the next 3 years.</p>	<p>JT Take to Gen Counsel</p>

	<p>MJ – Race Director Courses Courses required by Fairwater Runners but there are none in the WA calendar. CT – advised the Endurance Officials Meeting was postponed due to no member of WA being available.</p> <p>Future meetings 9th June, 14 October, 16 December.</p> <p>Joyce thanked everyone for their time and the meeting ended at 7.55am</p>	<p>CT – ask WA to organise RD courses.</p>
--	---	---

Minutes written by Christine Vorrés 29 April 2026

REPORTS

WA General Council Update:

Elinor Cole has been recruited as Secretary for the Track & Field Committee.

Regional submitted to GC for discussion

The Welsh Athletics website is very out of date. Looking specifically at meeting minutes, General Council, Track & Field, Road and Cross Country and Welsh Schools are the only committees showing up to date minutes. Many committees and sub-groups have no minutes available for a number of years. It was agreed to share the email details of Eleanor Cartlidge with the members to send her their minutes for uploading. Sharon stated that sometimes event details are not posted far enough in advance, meaning athletes may have committed themselves elsewhere or not done specific training.

Reports:

Update GC from JW March 4th 2026

Alex Donald to leave the organisation at the end of April.

Rob Campion appointed to the role of track and field competition lead, Marcus Meyrick appointed off-track competition lead.

WA are reviewing the best approach to backfill Rob’s role with officials/volunteers

Jozie Postles is leaving the organisation in April, WA will appoint an interim consultant to support with comms for the Commonwealth Games and a permanent recruitment will happen over the Summer. a review of the comms and marketing department will be undertaken before recruiting permanent replacements.

Trinity Membership Portal – meeting held with England Athletics, they confirmed a desire to establish a stand alone data hub for the sport and to move away from Trinity for the 2027/28 membership year. Welsh Athletics to hold monthly calls with EA to monitor progress and to evaluate suitability for new system. Just Go membership system (see Project 2030), will be developed to ensure we have an alternative membership portal should Wales decide not to join up with England in the future.

WA to undertake a review of Run Wales social running programme over the next quarter to ensure that Welsh Athletics is providing the right service to the social running community. As a result, WA have paused any future development in the Clwb Run Wales and the Mental Health Training programme. Both will continue to be serviced but future development will be dependent on outcome of review.

A new Communication and marketing structure will be put in place, with a shift from a Department lead and part time assistant to create two full time exec roles. One to become a Marketing Manager, the other a Communications Manager. The change will be budget neutral and will enable WA to maintain coverage across all key areas. Job roles to be created and recruitment to commence in coming weeks.

UKAD framework Actions: UK Anti-Doping (UKAD) recently reviewed Welsh Athletics' compliance and has identified a few actions that need to be completed by 30 June 2026.

The Senior Management team are working to develop the annual operational plans, and subsequent draft budget. Given WA position in the last year of the strategy, WA are not planning significant changes to the operational delivery, however a couple of key areas will be introduced – these include a focus on workforce development, in particular a new club development and support framework and a coach development plan. Another key focus will be on establishing a sustainability plan for the organisation.

WA will be including a review of current IT system provision and support to ensure WA are well positioned to manage any changes to the Trinity membership system over the next 12 months.

Bethan Logan - East Wales Senior Mountain Running update – 15.04.26

Coppett Hill Fell Race results:

Coppett Hill Fell Race on Saturday 21 st March was the East Wales Senior Mountain Running Championship. Some great performances and here are our East Wales winners:

Female category

Rhian Probert, Mynydd Du (47.10)

Emma Bayliss, Mynydd Du (51.31)

Debbie Stenner, Mynydd Du (53.26)

Male/open category

Jon Ford, Mynydd Du (38.24)

Wyndham Turner, Mynydd Du (39.28)

Tom Turner, Mynydd Du (44.37)

This was also the selection race for the Inter-counties in Sedbergh on 3rd May. Which is also the UKA Up and Down Trials for the European Off-Road Championships in Slovenia in June.

Chris Vorres has sent Gold medals to Bethan to give to the 2 winners of the East Wales Mountain Running Champs.

Team selection for the Inter-Counties 3 rd May

Bethan contacted all East Wales top 2 for the Inter-Counties, some were available, some weren't. Nobody else put their name forward for selection so based on recent fell running results and previous East Wales representations, the following team has been finalised and all have entered individually, Bethan has passed team list on to Ian Hartman, RO, and the new vest link was shared with all athletes, hopefully they will arrive in time for the 3 rd ! Some athletes for the up and down are also competing in the Uphill trial event (for GB selection) on Friday 1 st May in Keswick.

Men's team

Jonathon Ford, Tom Turner, Brett Mahoney, Dylan Williams, Billy Jackson (U23)

Women's team

Rhian Probert, Emma Bayliss, Bethan Logan, Katrina Entwistle

4 per senior team, 1 U23 and 3 to count so should have a strong team for East.

National representations in Mountain Running for East Wales athletes:

14 th March 2026 - Nant yr Arian Trail Half, WA Short Trail Champs and selection event for the Inter-Celtic Cup, Trail de Guerledan in Brittany, France on 23rd May.

News

2 nd female – Lucy Williamson; 3rd female – Bethan Logan

Both selected to run at Trail de Guerledan.

11 th April 2026 – 3 East Wales athletes represented Wales at the inaugural Senior Home Nations Trail International event in Keswick, Cumbria. 48km + 1900m

Brett Mahoney came in 3 rd Welsh male in (37th). Bethan Logan and Katrina Entwistle were 13th and 14th in the female race. The men’s team won Bronze.

Junior Mountain and Fell Race Report – Tom Meredith

1. The Junior series is now set, with the link already on the EW website

(<https://welshfellrunnersassociation.org.uk/en/series/south-wales-junior-fell-running-series/2026>).

2. For juniors (U16 to U20) who are interested in trying / developing mountain running, there will be a development day organised by Pete Ryder, date TBC. **Interested juniors are encouraged to join a Welsh Athletics Spod group to receive information. Please contact me if you would like to join.**

3. East Wales: the British Inter-counties Junior (U16, U18 and U20) will be on Sunday 14 June in Edale (between Manchester and Sheffield). Details are here: <https://britishintercountiesfellrunningchampionships.wordpress.com>. There won't be a trial but anyone interested should please contact me. Selection will be based on fell form (for example using the races mentioned in 1 above).

4. East Wales Junior U16, U18, U20 Champs will use the Llanthony Show Race on 1 August 2026 (details via the link mentioned in 1 above).

5. Age groups are based on age at 31 December 2026 - for example U18 in 2026 are those born in 2009 and 2010.

East Wales Road Race Champs – Marc Cross

Scenic 7 will be removed and replaced with Blade Runner - will update socials this week.

Next Race Llanfrynach 3 Mile - 5th May. Expecting low numbers from the GLCL clubs as this clashes with the GLCL Road Race @ Chepstow.

Race No1. - Damian Williams 10k

10 East Wales clubs had representation, 42 Ladies 33 Men. 75 EW Runners out of 181 that took part.

Club	EW	Male	Female	Total
Aberdare		1	3	4
Bourton			1	1
Brecon	Y		1	1
Caerleon	Y	3	1	4

Caerphilly	Y	1		1
Chepstow	Y		1	1
Dragons		4	5	9
Griffithstown	Y	7	13	20
Islwyn	Y	2	2	4
Monross	Y	1		1
PBB	Y	26	17	43
Pont-Y-Pwl	Y	1		1
Run4all Neath		9	14	23
Tadcaster		1		1
Unattached		40	26	66
Ystrad Runners	Y	1		1
Total EW	10	42	33	75