

**Meeting of East Wales Regional Athletics Council  
Wednesday 11 December via Teams  
6:30pm**

**Present:**

Joyce Tomala, Christine Vorrés, Kieron Hearne, Martyn Jenkins, Deb Quirk, Sandra Chipper, Lynette Harries, Nicola Brunnock, Elinor Cole, Derek Osbourne, Lorraine

<b>Agenda Item</b>	<b>Discussion</b>	<b>Action Points</b>
<b>1.Apologies:</b>	Keith Matthews, Paul Adams, James Blore, Tom Meredith, Clare Roberts, Becky Gibbs	
<b>1. Conflict of Interest</b>	None stated	
<b>3. Actions from Previous Meeting</b>	<p>A It was agreed that Sandy and James would put a blanket invitation to athletes who have represented the region this year to run in the UK Inter-Regions event in Nottingham. This event is not as popular as others, but it would be a shame not to offer it to those who do like to run. JT stressed that there is no funding for transport to the event, but event entries would be reimbursed.</p> <p>b. All information that has been released regarding the East team entry for the Caerphilly 10k in May has been forwarded – and JT will forward any more information as she receives it from Graham Finlayson</p> <p>c. Fell Running Licencing – WA are becoming warmer to recognising events run under WRFA licences. No further updates at this time.</p> <p>c. New English endurance event licensing criteria – CV has asked if WA will be adopting the new rules. Alex Donald is investigating and will report back. – Ongoing.</p>	<b>SC &amp; JB</b> Invite athletes to take part in the CAU event
<b>4. East Wales Kit</b>	JT proposed that the region purchases a small stock of East Wales Vests – but we need to source junior vests as RuggerBug can no longer obtain children’s vests. Some members suggested alternative suppliers that it may be worth contacting for quotes. Tent – JT is waiting for quotes for the region to purchase a new tent.	<b>CV – Contact suppliers suggested</b>
<b>5. Reports:</b>		
<b>i.</b>	<b>Safeguarding</b> – Keiron, No matters arising. Safeguarding renewal now due for many welfare officers. Keiron will forward any information he receives about the courses.	
<b>ii.</b>	<b>Finance</b> – Keith’s report sent out prior to the meeting. No questions from the members attending.	
<b>iii.</b>	<b>General Council</b> - LH provided a report from the last GC Meeting in November. Members were advised to ensure that this report is distributed to their club members and to contact the Regional Committee with any issues regarding the points stated.	
<b>iv.</b>	<b>Track and Field (JT)</b> JT – Meeting scheduled for last week was postponed, dates for future meetings – It was proposed to change the date of the EWRAC meeting in December for a week earlier it wouldn’t clash	

	with Track and Field meeting. Interregional, still no confirmation of venue.	
v.	<b>Cross Country/Road</b> – XC inter-regional champs – SC – we did really well, senior men and ladies both won gold and several individuals also won medals. Together with the Juniors, the East won the overall result. JT – Thanked all team managers for their hard work. First time the region has won overall.	
vi.	<b>Trail and Mountain (TM)</b> TM not able to attend but advised not much to update as season is finished. Positive conversations have taken place with WA regarding events licensed by WFRA – this will have a massive impact on the events that can be offered.	<b>TM – Update committee of any updates from WA.</b>
vii	<b>East Wales Road Race Champs</b> – PA not present but advised: The East Road Champs results will be sent out next week, and prize winners will be notified. Dates for 2025 events have been sent out. Format is changing slightly – more details will be communicated soon. JT – Medals - as there are so many bronze medals left it was proposed to change the ribbon colour to gold/silver and bronze in order to use them up. We are sourcing new medals but we want to try and use up these stocks.	<b>CV – source medal ribbons.</b>
viii.	<b>Officials</b> – BG not able to attend but sent details of 2 courses in January. CV – Too many endurance officials take initial course, but then haven't taken up the Risk Awareness course and are not fully qualified until this is done. Starter course is of interest as there is a shortage of qualified Starters for all disciplines.	<b>Everyone – communicate and canvass for interest in the Starter Course in January.</b>
ix.	<b>Website – CV</b> Facebook group now has 691 members and is proving a good communication tool. JT Re-iterated that the committee has fed back issues regarding eligibility and changes have been made. Similarly changes requested regarding age concessions to attend indoor meetings will be considered.	
5.	<b>AOB</b> <b>BQ</b> – a Junior member of RVAC missed out on an opportunity to represent East Wales recently because his acceptance email went into Darryn's junk folder. JT suggested always copying in someone else, like herself, into the email. <b>CV</b> said she can set up a simple form to accept the invitation on the website and that would be sent to whoever needs it, and back up copies sent out to designated addresses. <b>Date of next meeting:</b> Wednesday 12th February 2025 <b>Dates of Future Meetings: (tbc with WA)</b> Wednesday 9th April 2025 Wednesday 11th June 2025 Wednesday 13th August 2025 Wednesday 8th October 2025 Wednesday 3rd December 2025 Joyce thanked everyone for attending the meeting, and wished everyone a happy Christmas. The meeting closed at 7pm.	<b>CV – email team managers to let them know that they can use the website to collect information.</b>

## GC Report for East Wales Wales Regional Council – December 11<sup>th</sup> 2024.

### General Council Report held on 6<sup>th</sup> November 2024.

1. James Williams CEO provided the following update.

- Stripe- from next year athletes will be required to affiliate themselves to Welsh Athletics via Trinity. This system is designed to reduce the workload on club secretaries. Half the fees collected will go to Welsh Athletics and the other half to the club. Payment will have to be received before an athlete is permitted to enter a competition. Club secretaries will still have control through their own portal. Regional representatives were asked to communicate these details to their clubs and to their athletes.
- Run Wales affiliation. - JW confirmed that Welsh Athletics would be supporting social running events. There was concern about the existence of virtual running clubs and the fact that they did not pay an affiliation fee; it was reported that an affiliated club in North Wales had already lost members as a result of this initiative. JW believed affiliated clubs had already benefited from gaining members from Run Wales. Run Wales clubs did not require a club structure! Joyce questioned whether there were safeguarding arrangements in place for social running clubs; JW confirmed that the Welsh Athletics Safeguarding officer was charged with the responsibility of ensuring that this requirement was in place.
- When questioned if a club Run Wales wanted to form a team for an endurance event or a track and field competition JW stated that athletes must be affiliated to Welsh Athletics to compete in track and field events but in the case of Cross-Country events an additional fee would be required to enter an event. JW emphasised the need for both systems to run side by side.

2. Rules relating to the eligibility to compete in National Championships.

It was reported that there had been discrepancies relating to some junior athletes not being allowed to compete in National Championships despite being full and active members of a club. The whole question of eligibility was discussed and it was determined that any athlete between the age of 11 and 20 who is a member of a Welsh Athletics Club would be eligible to compete in a Welsh Championship. This was ratified by the committee with immediate effect and the terms of reference will be updated accordingly.

3. Updates from the Board of Welsh Athletics. (September Meeting)

The following items relating to the forthcoming AGM were discussed:-

- Club affiliation proposal.
- Proposed merger of the Award Groups.
- Safeguarding updates.
- Reports from the subgroups of the Board – Finance, Equity, Culture, Performance and General Council.

4. Regional Matters.

The Inter Regional 10 K Championships will be held at Caerphilly on May 10<sup>th</sup>.

5. Reports.

Cross-Country & Service Awards - these reports can be found on the Welsh Athletics website.

6. AOB.

\* A webinar relating to age group changes will be held early in January.

\* A general request was made to recruit a representative from the Masters Group and the Youth Forum to join the Council.

\* Grants. JW advised that mid-January was the best time to apply for club modernisation grants and encouraged clubs to also apply for Be Active Wales grants.

Lynette Harries MBE.

## **EWAC Meeting Dec 11<sup>th</sup> – Paul Adams**

### **EWACRC 2024**

This is now complete following the Elan Valley 10 mile race. I will post out the final standings on social media and pass to Chris to put on the website, next week. I am collecting the shields over the Christmas break and will get them engraved, and will send the invoice to Keith. Prizes will be given out at the GLCL XC race in Monmouth in early January. (All winners are from clubs who participate in that series).

The format for the 2025 championship has been communicated to all clubs. I will hold back on the detail until January, as it will be overload otherwise. The first race isn't until May anyway.

### **Welsh Athletics Road / XC Committee (27/11)**

#### Headlines

Welsh XC Championships for 2025 will be held at Pembrey (25/1/25)

Inter Regional 10K Road Race will be Caerphilly 10K (11<sup>th</sup> May 2025)

Representative opportunities for 2025 :

- Home Nations/Celtic XC Leeds 8th February 2025 (U17-Senior)
- Armagh 13th Feb 2025 (U20)
- Race Walk 22nd March Dudinska 2025
- Trafford 10K March 2025 (U23)
- WA Road Relays 29th March 2025 (Seniors and Masters)
- Mini Marathon 26th April 2025
- ACP 100K Ultra 3rd May 2025
- Podium 5K date tbc 2025
- WA Road Relays September 2025 (Juniors)