

East Wales Regional Athletics Council Committee Meeting

Wednesday 4 June at Newport Stadium

AGM 6:30pm start

Present:

Joyce Tomala, Christine Vorrés, Lynette Harries, Nicola Brunnock, Peter Hitchings, Martyn Jenkins, Deborah Howells, Barry Tolman, Keith Matthews, Julian Guy.

Agenda Item	Discussion	Action Points
1.Apologies:	Sandra Chipper, Lorraine Clark. Paul Adams, Kieron Hearne, Becky Bell, Phil Cummings, David Brown, Shane Matthews, Tom Meredith, James Blore.	
1. Conflict of Interest	None stated	
3. Actions from Previous Meeting	None arising	
4. Reports:		
i.	Safeguarding – Keiron reported that there were no ongoing issues, but to remind clubs that must have a minimum of 2 welfare officers and only the June 10 th training date is currently available – and no level 2 Safeguarding courses advertised. The members discussed the inconsistency of the courses in relation to Coaches, Officials and Welfare Officers CV noted that as she undertakes all those roles, there seems to be the need to take a number of courses.	LH/JT Bring up inconsistency and need for more courses at GC
ii.	Finance – Thanks to Keith for his work on behalf of the region. Report covered earlier for the AGM	
iii.	General Council - LH talked the meeting through the report that she had provided. (See attached). Issues regarding the age changes, how it will effect distances the young athletes may run, and also problems with WA registration.	JT – Ask JW to attend next meeting to discuss
iv.	Track and Field (JT) JT – No report	Meeting 11th June
v.	Cross Country/Road – At the recent 10k champs the Ladies were 1 st and the men placed 2 nd . Good result for the region. Graham Finlayson has requested a report on the East team.	CV – Ask Sandy/James to provide a report for Graham and the region
vi.	Trail and Mountain (TM) TM provided a report. (attached) Asked members if any objections to Bethan Logan assisting him with organising the fell running champs. Everyone welcomed the suggestion.	CV – Add Bethan to Committee Contact List.
vii	East Wales Road Race Champs - PA Paul has decided to step away from his role after this year's Champs, but is talking to Martyn Jenkins with a view to Martyn taking up this role again for 2026.	
viii.	Officials – BB	

	No Report	
ix.	Website – CV No Report	
5.	<p>AOB</p> <p>Barry Tolman – New Chair of Blaenau Gwent Athletics club. The club is unable to grow due to a lack of qualified coaches. The members discussed possible solutions, including asking other clubs, approaching parents and former members etc. It was also suggested that he speaks to Liz at WA for her help.</p> <p>Julian Guy – Caldicot Running Club. The club are considering allowing younger athletes to join and asked for advice regarding introducing a junior section. The members discussed age groups and what qualifications leaders/coaches needed to facilitate juniors – and what distances they can run.</p> <p>Future meetings It was agreed to cancel the scheduled August meeting Meeting Dates: 8 October 2025 10 December 2025</p>	<p>CV use social media channels to ask for support.</p> <p>CV – send Julian details of registering club for Juniors. JT – Ask JW to confirm age groups in respect of WA affiliation fees.</p>

Minutes written by Christine Vorrés
11 June 2025

General Council – Report of the Welsh Athletics General Council held on 7 May 2025.

1. Actions from previous meeting
 - Lack of Safeguarding courses – Lynne Briar(LB) reported that this matter had now been resolved.
 - Welsh Athletics proposed webinar re age group changes – LB to discuss this matter with James Williams (JW) CEO to determine when this webinar should take place. Whilst this matter has already been discussed with the Track & Field Committee these changes need to be communicated to the whole sport.
 - Officials’ expenses and refreshments – there is still no response from Welsh Athletics.
 - South Region is still not represented on the General Council. It was suggested that JW CEO should meet with members of the region to address this issue. LB also suggested that the General Council meet with representatives from the South to discuss and support the way forward.
2. Review of Welsh Athletics from a young person’s perspective. With the support of Sport Wales Katy Evans has been appointed to review the recruitment and retention of young members in our sport as well as the identification of areas for growth. Katy will be attending the next meeting of the Council when hopefully we will have a progress report.
3. Regional matters.
 - Race Licenses – Track and Field licenses now cost £200.00. Regions can apply for a license to cover all events for one fee. This will apply to Track and Field only now as the endurance portal is not up and running! Track and Field Licenses for clubs will be £25.00 for 2025 and £26.00 in 2026.
 - Stripe Accounts – each region will have its own account to pay for events next year. It was reported that the West Region already have such an account.
4. Reports. Road & Cross Country- confirmation of dates.10 K series
 - May 11th Caerphilly – Bryn Meadows
 - July 7th - Porthcawl.
 - July 20th North Wales – Helina Tipping.
 - September 14th - Swansea Bay.
- 5, Introduction of a £75.00 charge to athletes when selected to compete for Wales abroad. Concern was expressed; LB was charged to express these concerns to Welsh Athletics.
- 6.JW joined the meeting towards the latter part of the session and confirmed the following The need to impose a financial contribution for athletes selected to represent Welsh Athletics abroad. The reason for

engaging Katy Evans to address recruitment and retention issues relating to young athletes. The representation of the South Region and Welsh Schools was also discussed. It is hoped that suitable representatives will be added to the Council in the near future.
Lynette Harries

East Wales Mountain & Fell Report 2024-5

Regional Championships and Races

The 2024 junior championships were held once again at Llanthony Priory with the senior champs at Coity on 14 June. Thank you to Dmitri and Chris Vorres for once again applying for the WA licence. Going forward, we will no longer need to apply for WA licences if we use WFRA licenced events. This is because WA have accepted WFRA licenced races as valid for championships and trial races in Wales. Thanks must go to the East Wales committee in pushing for this change, which provides significantly more racing opportunities for us to use. For example, there is a series of 6 licenced junior races in South Wales in 2025, the next of which takes place from the Fforest Fields campsite near Builth on 28 June.

Regional teams

Last year, a senior team attended the inter-counties races held at Kesiwck on 23 April 2024, comprising 3 male and 1 female runner. The 2025 senior and junior race are both being held in June. A senior team is almost complete and we hope one or two junior runners will come forward, although the distance to the races (in Yorkshire and Lancashire) is proving a barrier to competing for some.

Development

A junior development day was held in conjunction with the South region on 5 April 2025 at Llanfoist. The event was successful, with some track and cross country runners joining some seasoned fell juniors training on the Bloreng. We look forward to continuing the development programme and to that end a Spond group has been set up for all athletes in Wales who are interested in fell running. This is used to make athletes aware of local, intercounty and international racing and trial races, as well as development days and a forum to ask questions of the Welsh mountain running committee members.

International representation

We have again had some very strong performances from regional runners who have progressed from East Wales to Wales representation, the latest being Lucy Williamson racing in Italy and Will Chalk being selected for the U18 Mountain Running Cup in Slovakia, to take place shortly. Congratulations!

East Wales Fell Management

Bethan Logan, who has competed for East Wales and Wales at mountain and fell running, has kindly agreed to join me in helping the East Wales mountain and fell organisation, subject to committee approval.

Tom Meredith, East Wales Mountain & Fell representative, 3 June 2025