

Group name:	North Wales Regional Athletics Council
Date/Time:	7.00pm on 13.8.2026 by Microsoft Teams
Attendees:	Kay Hatton (K.H.), Paul Brooks (P.B.), John Hatton (J.H.), Christine Wyn-Jones (C.W.J.), Crispin Backshall (C.B.), Amy Edwards (A.E.) and Celfyn Williams (C.W.)
Apologies:	Prestatyn R.C. and Wrexham A.C.
Secretariat:	Paul Brooks

1. Apologies for absence: Prestatyn R.C. and Wrexham A.C.
2. Declarations of interest: None.
3. Update on Actions from the previous meeting: (a) With regard to the t&f subcommittee, K.H. reported that further meetings with C.B. had taken place and she felt confident that a meeting of a reformed committee could be arranged in the near future. (b) C.W. has now been added to the list of our officials, as Regional t&f officials' secretary, on our website. (c) 3 (h) our annual medal order has now been received and has been distributed, apart from the cross country allocation, which K.H. will pass on to Bernie Jones at the next NWCCCL meeting in Colwyn Bay. (d) Our annual budget allocations from Welsh Athletics (W.A.), £1,200 general allocation and the additional £750 for medals, have now been received. (e) Details of the new age-groups for young athletes have been added to our website. (f) 7 (c) Details of the format for the 2027 Inter Regional t&f championships are to be discussed at the next W.A. committee meeting; also, that committee are to discuss finding more competition opportunities for both under-20 and senior athletes.
4. Minutes of the last meeting: Agreed with no amendments.
5. Chair's Report: K.H. reported on (i) recent events, including: the U.K. Inter Counties Mountain running championships on 3rd May; the Regional 5km road running championships at Llanrug on 3rd May; the Inter Regional t&f championships at Aberdare on 13th June. Forthcoming events include: the Regional and Inter Regional fell running championships at Cilcain on 31st August; the YDL final at Wavertree on 6th September and the Regional half marathon championships at Caernarfon on 6th September. (ii) It was agreed that events organised by Clubs affiliated to W.A. and NWRAC, will be permitted to advertise such on our website. (iii) the W.A. A.G.M. will be held on Saturday 24th October. (iv) W.A. has received grant funding for schemes aimed at recruiting volunteers to our sport.
6. Welsh Athletics Coach of the Year: 4 nominations had been received and after lengthy discussion, the meeting voted to nominate John Messum as the North's candidate for this award. It was also agreed that we would nominate Neal Hockley (Eryri) as our candidate for the Volunteer of the Year award.
7. YDL team managers: it was agreed to discuss the outstanding issues regarding the incident at the I.R. t&f championships with the reformed t&f sub-committee after the YDL final match in Wavertree. K.H. has liaised with C.B. on appointing new team managers for this particular meeting only, and K.H. will circulate the draft policy document relating to the Wavertree meeting to P.B., B.E., C.W.J. and C.B.

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8. **Treasurer's report:** J.H. gave a comprehensive report including details of the current bank account balance and the remaining balances in each discipline's budget for the financial year. He reported on the expected outlay on buses to the YDL final and how this expenditure would be apportioned between our t&f Clubs.
9. **Insurance issues:** K.H. reported on issues within W.A.'s insurance policy with March Sport Insurance Company, which had been raised by Eryri Harriers. It was agreed that we would support the Club, but allow them to take the lead in their investigation.
10. **Competition Officer's Report:** A.E. reported on (a) she reported that the "run with the wind" development event at Treborth on 27th May had been a successful event (b) she stressed that following a change in her job description and her new duties, it was important that Clubs must be more involved in development events, particularly in regard to the supplying of officials and volunteers for such (c) the endurance evening to be held at Deeside Stadium on 21st August, will include a Masters International 5km race and a mile race; the latter has received sponsorship to the tune of £100 to the winning male and female (d) Menai T&F are organising the "Island Games and Menai open" on 22nd August (e) P.B. spoke on problems with Power of Ten listing performances by masters throwing at the Regional t&f championships, as having been achieved using senior weight implements. A.E. said that this is an issue with Open Track that is beyond our control (f) K.H. reported that the subject of Power of Ten is an item for discussion at the next General Council meeting (g) A.E. reported that the pole vault beds Deeside are no longer suitable for use.
11. **Road Running:** (a) P.B. reported that both Cheshire and Staffs had held their Inter County matches, at Huxley (5 miles) and Trentham (10km) respectively, and within two weeks of each other. While many athletes had been unavailable, it had had a positive effect in that several runners had been able to make their debuts. (b) K.H. reported that at the Regional 5 miles at Holyhead it had been necessary, due to the sea conditions on the breakwater, to shorten the event to a four miles course. Accordingly, while no awards as Regional champions were given to the first man and woman to finish, age-group medals had been awarded in the various categories.
12. **Mountain and Trail running:** A.L. had sent a written report, which had been circulated, covering: (a) Following my British & Irish Junior International Trial race/Welsh Junior Championships at YFron on Sunday 12 the July, several North Wales athletes were selected to represent Wales in the B&I event in Northern Ireland on Saturday 12 the September 2026 though, despite the selections being decided nearly a month ago, Welsh Athletics have yet to officially announce the teams! Everything seems to have come to a halt due to the Commonwealth Games! (b) BROKEN ARROW SKY RACE – WMRA MOUNTAIN RUNNING WORLD CUP, PALLISADES TAHOE, CALIFORNIA – JUNE 19: Eden O'Dea (Deeside AAC) finished eighth in a global field at the Broken Arrow Sky Race in California. The 5.8km course packs 865m of vertical gain into a relentless climb, offering only fleeting moments of respite on short flatter and slightly downhill sections.

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12(b) ctd: The challenge builds towards a brutal finale, where runners tackle a technical upper section before confronting the iconic “Stairway to Heaven” ladder. O’Dea completed the gruelling course in 47:46 with Anna Gibson, of the United States, claiming the win in 43:15. (c) KAT 100 UTMB SPEED TRAIL: Sam Gunning was in Fieberbrunn in the Austrian mountains for the KAT100 by UTMB 24k.1/1855m Trail Sprint. Sam’s time of 2:12:31 was enough for 2nd overall and 1st Senior Male, continuing Sam’s recent run of form. (d) INTERNATIONAL U18 MOUNTAIN RUNNING CUP - Gagliano del Capo – ITALY 21 st JUNE 2026. Five North Wales athletes ran for Wales in the prestigious event in South East Italy encountering fierce competition as well as the extreme hot weather conditions. North Wales athletes’ placings/times: 32. WATSON Heather 2009 WAL 0:27:16 (Deeside AAC); 46. SEGUIN Tamsin 2010 WAL 0:29:15 (Menai T& F); Girls’ Team 11th; 28. CAMPBELL Zac 2010 WAL 0:22:41 (Deeside AAC)’ 51. DAVIES Lewis 2009 WAL 0:24:37 (Deeside ACC); 54. DELANEY Ryan 2010 WAL 0:24:54 (Deeside AAC); 59. CHAUHAN Jai 2009 WAL 0:26:24 (Eryri Harriers); Boys Team 14th. (e) RAS WYDDFA/SNOWDON RACE Saturday 12th July: Eden O’Dea (Deeside AAC) Competing for Wales knocked 6 minutes 31 seconds off her previous best time for the event with a time of 1:19:51 finishing 5th female overall and once again for the third-year running, the first Welsh female finisher. Also competing for Wales, Efa Baines (Eryri Harriers) was the 2nd Welsh female finisher in 13th female position overall in a time of 1:29:29 ahead of Wales team colleague and former Ras Wyddfa race winner, Bronwen Jenkinson (Keswick) 1:30:03 with Martha Owen (Deeside ACC) 15th female in a time of 1:31:35. The Italians once again dominated the male standings with another 1-2-3 finish as was the case last year, the winning time of 1:04:12 is the seventh fastest time ever in the events 49-race history. The first Welsh male finisher representing Wales was 16th placed Sam Gunning (Cybi Striders) 1:12:53 followed by: 17th Gavin Roberts (Calder Valley/Eryri) 1:13:28; 18th Cai Dafydd (Meirionnydd RC) 1:13:37 on his senior debut for Wales, was 7th overall to the summit and was well placed in the top 10 before a nasty fall on the descent by Hebron Bridge cost Cai over three minutes. Also competing for Wales were: 24th Ben Porter (Meirionnydd RC) 1:15:02. 25th Kieran Wynne-Cattenach (Eryri Harriers) 1:15:06 & 26th Rhys Jones (Hebog) 1:13:16. Ed Woodhead (Deeside AAC) claimed the Male U/23 title with a time of 1:15:43. An excellent day all round with the competitors experiencing a cloud inversion at the summit. (f) EUROPEAN OFF-ROAD RUNNING CHAMPIONSHIPS – KAMNIK, SLOVENIA. 5-7 June: Tom Wood (Eryri Harriers) earned his first GB vest at the up & down event in Slovenia, finishing 36th overall and 3rd British male as the GB men’s team were placed 9th overall. Subsequently, following the event, Tom received an invoice from British Athletics for £635.00, plus he had to pay for his own flights to Slovenia £112.00. Bearing in mind that Tom is still a full-time student, representing GB these days comes at a huge financial cost! (g) BRITISH (SHORT) COURSE MOUNTAIN RUNNING CHAMPIONSHIPS – PEN-Y-FAN July 11th: Tom Wood claimed the bronze medal with a 3rd place finish in the event in a time of 33:13, behind overall race winner Finlay Grant (Dark Peak) 31:46. Sam Gunning (Cybi Striders) finished 8th overall and claimed the Male U/23 Silver medal in 36:04. In the women’s race, Beth Rawlinson (Mercia) was 3rd overall and 1st female U/23 while Sarah Barnwell (Eryri Harriers) won the Gold F/60 title. (h) 2027 British Championship events are due to be held in: Northern Ireland (Long) Possibly early April and England (Short) The British Inter-Counties have a preliminary date of 17th April 2027.

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- 12 (i) **BRECON BEACONS FELL RACE (WELSH LONG CHAMPIONSHIPS)** June30th: There were hot, humid conditions and an extended course for competitors to contend with in the Brecon Beacons on Saturday. The addition of Fan y Big to add some ascent and an extra 3km downhill to finish in Talybont-on-Usk for better parking and facilities, resulted in a big day out on the hills. The Brecon Beacons Fell Race is a long-standing distance fell race in South Wales which takes in the majority of the Bannau Brycheiniog and this year totalled 34km and 1700m of ascent. Not many North Walian's ventured South for the event and only the 40 finishers in total. Owain Williams made the journey worthwhile earning the Welsh silver medal. Men/Open: 1. Huw Davies, Mercia Fell Runners (3:25:05); 2. Owain Williams (V40), Eryri Harriers (3:39:30), 4th overall; 3. Wyndham Turner, Mynydd Du (3:40:33), 5th overall. (j) Forthcoming events: Bank Holiday Monday 31 st August North Wales Regional Mountain Running Championships at the Cilcain Race (incorporating the Welsh Inter-Regional Championships). North Wales selections to date: MEN: Cai Dafydd (Meirionnydd RC) – U23 Josh Griffiths (Swansea Harriers); Sam Gunning (Cybi Striders) – U23] Sion Rhys Jones (Hebog) Gavin Roberts (Calder Valley); Ed Woodhead (Deeside AAC) – U23 WOMEN: Eva Baines (Eryri Harriers) – U23; Eden O'Dea (Deeside AAC); Martha Owen (Deeside AAC)] Miranda Grant Roberts (Eryri Harriers).
13. Cross Country: K.H. reported that the Regional championships will be organised jointly by Prestatyn and Denbigh and held at Bodrhyddan Hall on 2nd January 2027; the 2026 Welsh Inter Region championships will be held at Newtown on 21st November. The NWCL dates for the 2026/7 season are now on their website.
14. Track and Field: (a) J.H. gave a summary of transport costs and the amounts to be claimed back from the 4 Clubs: (i) YDL costs: coach to Blackburn (April) £760; coach to Liverpool (May) £650; coach to Wavertree (September) £650; registration fee for the final, £135. This gives a total of £2,195. It had been agreed previously that NWRAC would make a contribution towards costs of £500, giving a net sum of £1,695. Each of the 4 Clubs will pay a quarter of this i.e. £423.75p. (ii) Inter Regional costs: two coaches were taken to Aberdare with NWRAC funding one coach at £900. The cost of the other coach was £1,250 and each of the four Clubs will pay a quarter of this i.e. £312.50. Therefore, the total owed by each Club is £736.25p and C.B. will email the treasurer of each Club advising of the amount due. (b) K.H. will look into the possibility of a grant from W.A. for new pole vault beds for Deeside and she reaffirmed that the sub-committee are still looking for 2 volunteers from each Club as representatives (c) P.B. reported that he had made progress in collating N. Wales t&f records, using the Power of Ten, which start in 2006 had completed the senior, master and under-20 men, the senior and under 20 women and was currently up to the F45 category in master women He hoped to complete the task in the coming month. The younger age-groups will be collated following the year's end.
15. Track and Field Officials' Secretary: C. W. had sent a written report which had been circulated; (a) As of 31.07.2026 we have 58 Active Track and Field Officials listed. Of these 5 have DBS records expiring between now and end of October and I have informed them. 3 have Safeguarding/Health and Safety modules which need completing and again I have informed them. (b) One Official, Steve Bartlett of Deeside has achieved Level 2 status as a Field Official since our last meeting. Congratulations Steve. (c) We are keen to increase the number of Level two officials and to this end I have arranged with Dylan Davies of Deeside AAC to hold a session on use and set up of EDM equipment. This will take place at the Deeside track on Wednesday 2nd Sept from 6.30pm. This is a training night at the club therefore participants will be able to

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15 (c) ctd: measure actual throws etc. (d) Whilst we have a reasonable number of Field Officials, we are in urgent need of Track Judges, Starters and Timekeepers, and I would welcome any ideas for increasing these numbers. At the moment we only manage by bringing in officials from West Cheshire and the Wirral and I am grateful to them for their support. Ctd. (e) If we are to attract more Welsh National Competitions to North Wales venues we are going to have to provide more officials since the cost of bringing officials from South Wales is not acceptable to WA. I would like to suggest therefore that we ask each club affiliated to NWRAC to identify at least two potential new officials from within their ranks and encourage at least two existing officials to upgrade and that the clubs/NWRAC cover any registration fees for their courses.

16. Endurance Officials Secretary report: No report.

17. A.O.B. K.H. reported that the W.A. Head of Development, Chris Anthony, wishes to attend a NWRAC meeting. P.B. will email him to see if he available for the October meeting.

New Actions arising	Owner	Due Date
1. Budget revisions	KH & JH	Next Meeting
2. Grant application for new pole vault beds	KH & CWJ	Next meeting

Date and venue of next meeting: Thursday 15th October, at 7.00 p.m. Online only.