

Group name:	North Wales Regional Athletics Council
Date/Time:	7.00pm on 16.10.2025 by Microsoft Teams
Attendees:	Kay Hatton (K.H.), Paul Brooks (P.B.), John Hatton (J.H.), Kevin Clark (K.C.), Christine Wyn-Jones (C.W.J.), David Peters (D.P.), Arwel Lewis (A.L.) and Amy Edwards (A.E).
Apologies:	Crispin Backshall.
Secretariat:	Paul Brooks

1. Apologies for absence: Crispin Backshall.
2. Declarations of interest: None.
3. Update on Actions reviewed from previous meeting (*previous items' numbers in brackets*):

3.1 2(h) K.H. had discussed the reintroduction of the track and field (t&f) sub-committee with Crispin Backshall, and both had agreed that their preference would be that this would consist of one representative from each of the t&f Clubs in the Region. A.E. said that Menai were actively looking for a volunteer; several names were suggested for other Clubs. It was hoped that our Clubs would seek interested volunteers, and an update could be given at the next meeting.

3.2 11. No volunteer has yet come forward to take on the vacant post of t&f officials' secretary.

3.3 Of the £1,550 paid for transport to the Inter Region t&f championships, £250 each had been paid by Wrexham, Deeside and Colwyn Bay. Menai have a new secretary, Karen Williams, and K.H. will email A.E. for her details and then contact Karen regarding the unpaid contribution of £250.

4. Chair's Report:

K.H. reported on (i)

(i) she thanked A.L. for his work on the mountain running championships, which had included three separate races. Josh Griffiths and Eden O'Dea (both Deeside) had won their races. (ii) N. Wales had won both the men's and women's championships at the Inter Region t&f match (iii) she congratulated our athletes on a fine team performance, and the individual medals won at the final of the YDL in Wavertree, Liverpool; CWJ further reported that there were 6 level 1 and level 2 officials in attendance. (iv) the Inter Region cross championships will be held again at Newtown, on 29th November; D.P. reported that Bernie Jones will be our team manager and select the teams. (v) the W.A. A.G.M. will be available online and will be held on the 25th of October (vi) K.H. had raised the issue of so many championships and major events, including cross country and those for schools, being held in the south of Wales at the last General Council meeting and this has been included in the minutes of that meeting.

5. Minutes of the Previous meeting: The minutes were agreed with no amendments.

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6. Applications to host N. Wales road running championships:

6.1 In line with the agreed policy, the following championships were allocated for both 2026 and 2027: (a) 10km: Twin Piers 10km, Colwyn Bay, 17th January; (b) 10 Miles, Llandudno, 29th March (c) 5km: Llanrug date t.b.c; 5 miles: Holyhead Breakwater 5: date t.b.c.; half marathon: Caernarfon half marathon, 6th September.

6.2 K.C. raised the issue of the results of this year's 5k race in Llanrug not appearing on the Power of Ten (PoT). P.B. will contact the organisers to ask them to send them to PoT as soon as possible.

7. Budget update: (i) K.H gave details of the remaining balances in each discipline's budget. (ii) she will email each stakeholder to ask for their medal requirements for 2026/7.

8. Regional Development Events and Development Officer Report: A.E. reported (i) that there will be indoor meetings for (a) junior athletes on 1st November and (b) an open meeting for all ages on 13th December. Both these events will be held at N.W.I.A.C. at Coleg Cambria. (ii) The Regional indoor t&f championships will be held at NWIAC on 10th January. (iv) the SIAB cross country championships will be held at Vaynol on 21st March. (v) She reported on the W.A. campaign "Ladies Own the Night" on the 26th of October. (vi) she reported further on the success of the taster events, which had seen 160 children taking part who had never taken part in athletics previously. Some had gone on to join Colwyn Bay and Menai.

8. Revised age-groups: nothing further.

9. Vacant positions: K.H. stressed the need to fill the t&f officials secretary position, particularly regarding those seeking upgrading.

10 Treasurer's Report: J.H. gave an update on the balance in the account and income and expenditure since the last meeting, including the sale of vests amounting to £584. He is still actively seeking a sponsor towards the cost of Regional medals. He will email Run Cheshire seeking a refund for the entry fees paid for our women's team in the 2024 Farndon 10km, which had been cancelled. The entry fees for the Telford 10km, will be paid from the remaining road running budget, plus a small amount from our reserves.

11. Secretary's report: P.B. reported that emails to Llangollen R.C. using the address listed on the W.A. website, are continually returned to sender. He will contact the Club via their Facebook Club for clarification.

12. Road Running report: (i) the Regional half marathon championships at Caernarfon were won by Emma Alofs (Cybi) and Tomos Roberts (Meirionnydd) (ii) the Inter County match at the Newcastle (Staffs) 10km was cancelled and will be rescheduled to the Flying Fox 10 miles on 2nd November (iii) Teams for the Telford 10km on 14th November, will be decided using the Power of Ten rankings.

13. Mountain and trail running: A.L. reported on (i) North Wales athletes performed well against some of the best mountain runners in Europe and Mexico on Sunday 26th October in the 68th running of the Trofeo Vanoni and the 42nd running of the Vanoni Female relays. On a clear, dry and sunny day, the women's relay took place at 10:30am on a 5km/248m race route, Beth Rawlinson (W&B) ran well to hand over to Eden O'Dea (Deeside AAC) in 12th position with a time of 24:45, Eden had a storming run to finish 6th overall in the 2nd leg with a time of 24:03, and secure 8th position overall for North Wales with the Snowdon Race team finishing 3rd overall. There were 70 female teams competing. The Trofeo Vanoni men's relay race started at 2pm on a 7.250km/435m race route.

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13(i) Ctd. Tom Wood (Eryri Harriers) ran well despite suffering with heel blisters on the downhill to hand over to Sion Edwards (Eryri Harriers) in 9th position with a time of 31:17. Sion finished 27th on his 2nd leg in a time of 34:39, handing over to Josh Griffiths (Swansea Harriers). While Josh ran well uphill, he found the steep and tricky slalom downhill rather daunting and finished 34th on his 3rd leg in a time of 35:27. North Wales men team finishing 22nd overall of the 174 teams who completed the event. The overall winners were Scotland's Carnethy team.

Overall, a superb, high-quality event well supported by the local community who, as usual were very welcoming. (ii) there had been no Regional trail championships this year, but he was hopeful of the event being staged in 2026.

14. Cross County report: (i) D.P. reported that the 2026 Regional championships will be held at Treborth on 10th January, the 2025 Inter Regional championships will be held at Newtown on the 29th of November and the 2026 C.A.U. championships will be held on the 7th March, in Nottingham. (ii) P.B. had received an email from Alyson Harvey of UKCAU stating that the UKCAU cross country championships will now be required to move from the traditional March dates to 9th of January 2027 and 8th of January 2028. This will mean that County (Regional) championships will have to move to dates in December for those years, for selection to be made for the January event. Bernie Jones had expressed disappointment at the changes.

15. Track and field report: A.E. reported that (i) The W.A. junior indoor open meeting will take place on the 7th of December in the NIAC in Cardiff (ii) the N. Wales indoor open meeting will be held at NWIAC on the 13th of December and the Regional indoor championships are at the same venue on the 10th of January. (iii) The photo finish equipment is still being problematic. It is not properly calibrated, and the software is not compatible. Darran Williams of WA is meeting Mel Tomlinson on 1st of December to try to resolve the problems. (iv) C. Backshall is working to resolve the issues regarding the 2 coaches that were used for travel to Wavertree for the YDL final (v) she is being given new roles that cover the whole of Wales, not just for the Region (vi) P.B. asked that the following performances be minuted: (a) Sabrina Fortune (Deeside) had set a new world shot putt record of 16m75 for F20 at the World Para Games in New Delhi (b) Tom Walley (Wrexham) had won bronze in the pole vault with 5m10 at the UKA championships in Birmingham (c) at the BMAF championship in Derby: Ian Broadhurst (Wrexham) had won M70m gold in the 200m 400m and 300m hurdles; Bob Frost (Wrexham) had won gold M80 in the high jump and long jump; Steven Gardner (NWRRC) had won gold in the 2000m steeplechase. (d) Steven Gardner had also won silver in the same event at the European Masters championships in Portugal.

16. T&F Officials Secretary report: No report.

17. Endurance officials report: P.B. had attended the meeting on the 7th of October. He reported that (i) a review is being carried out of the officials reward scheme and suggestions are sought for those being upgraded from level 1 to 2 (ii) Rob Campion reported that a course for race directors is being set up, with the possibility of one in the North in January next. (iii) Tracey Jenkins (Porthcawl) was asked to provide official confirmation that that her performance of 1:24:43 recorded at the Cheltenham half marathon, had met the criteria regarding the level of officials in attendance at the race.

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18. A.O.B.: (i) J.H. reported that Dame Laura Kenny, a former Olympic gold medallist in cycling, will be the Guest of Honour at the Sport Conwy awards evening on 21st of November. (ii) K.C. reported that Cybi Striders are offering expenses to their athletes selected to represent the Region for road running. He also asked that P.B. should notify Club secretaries when their athletes are selected for representative events. He also reported that his Club are organising an event on the 26th of October, open to all runners, which will include runs of 4 miles and shorter distances. Similar events are also planned for Colwyn Bay and Meirionnydd. (iii) A.E. reported that Hannah Baulch of WA wants to attend our December meeting to give a presentation on grants available, and other items. P.B. will email her with an invitation.

New Actions arising	Owner	Due Date
1. Budget revisions	KH & JH	Next Meeting

Date and Venue of the next meeting: Thursday 11th of December, at 7 p.m., online only.