

**Minutes of the Meeting of East Wales Regional Athletics Council**

**14<sup>th</sup> April 2021 at 18:30 via Microsoft Teams**

[Microsoft Teams Link](#)

**Attendees:** Joyce Tomala, Tom Cole, Lynette Harries, Steve Mitchell, Nicola Brunnock, Peter Sowerby, Charlotte Adams, Charlotte Moran, Christine Vorres, Dimitri Vorres, Derek Osbourne, Emma Gunter, Bethan Akanbi-Mortimer, Stuart Penny, Randal Jones

**Apologies:** Hilary Goodger, Dick Finch, Jeanette Jenkins,

1. Conflict of Interest (new declarations)
2. Throws Update (Ryan Spencer Jones)

Regional Development Throws Days for East and South – Newport outside cage is still not signed off, but it will be Regional Development Hub. Welsh Throws Strategy Group – Regional Development Days were not giving enough contact time with coaches and Regional Throws Hubs will be built around proactive clubs. One regional hub day a month. This will be closely linked to clubs and schools. Will start small before expanding. Technical Competencies will be delivered, longer term plan is to facilitate competition. Long Term Vision – 4 event specialist coaches, 6 coaching assistants, 12 athletes per event. Four E's Emerging (Embedding (2-3 years), Excellence (3-5 years). Communication – signposting, Throws Hub venue assistance, Insertion into Regional Development Plan.

**ACTION:** Please send presentation to Bethan. JT asked that event leads sent any specifics for development plans.

3. Welfare Update

Jeanette reports that there are no outstanding results apart from one club which has been severely delayed due to covid restrictions.

Safeguarding updates on WA website. There will be two additional webinars for those who missed out. These will be reported in Tom's report later.

4. Track & Field Champs and Inter-Regional Champs

Still no guidance with regards to number of adults allowed to be present at events. Over 18's we've been informed that '30' individuals will be allowed, but there has been no further details. WA are pushing WAG on this. Please keep check on WA website for latest details. England Athletics guidance is completely different so please check Welsh Guidance.

Dates for IR – Saturday 28<sup>th</sup> Aug IR – but will be u15's as if SIAB happens then u17's will be catered for.

Regional Champs – please come back to Joyce on thoughts about in-house regional competition and virtual champs. RP confirmed RVAC are still without a facility but in principal thought it was a good idea, DO also confirmed that Brecon would be happy to support that idea. LH looked at event listings and was unable to give confirmation of officials being available as there were no provisional venues or events listed. JT confirmed that many clubs are still not back up and running

**ACTION:** Check which venues are open.

## 5. Club Updates

### i. Brecon AC (PS)

Club membership – pre-covid predominately Junior (170 member, 100 of whom are u15, a number of masters, but few u17.u20 and seniors). Over covid membership numbers halved. Emphasis and resources are mainly directed at junior athletes. Lack of opportunities past year for these junior athletes. Unsure whether the proposed changes to event specific competitions will have an impact on seniors. Track is hired from freedom leisure which has been quite difficult over the past year, over summer when restrictions lifted they are very able to produce covid guidelines, but this was very time consuming to get documents in order. Grant received from Sport Wales to cover additional costs. Venue costs went up due to less being able to use the track, equipment costs due to not being able to share, sanitiser etc. Strava helped with Road running side of club and virtual competitions were well received, it made this section more visible to the club but perhaps novelty is waring off. Present: replacement coach needed for u11 coach, discussions about 3-4-5 series, discussions about strengthening adult road running group. Been in touch with Blaenau Gwent and Aberdare about a triangular match – 27<sup>th</sup> May, restrictions allowing. New Safeguarding Procedures have been updates, codes of conducts are being sent out with membership forms to be returned electronically.

RP suggested zoom catch up sessions, RVAC have held one for athlete welfare and it was very well received – it gave the athletes a chance to ask questions and let coaches know what they were doing before returning to training.

JT confirmed that there would be a zoom meeting either next week or early the week after around grants to enable competitions to restart, so look out for details in emails.

ACTION: Send slides to Bethan

### ii. Chepstow Harriers

Since the lockdown in March last year, during complete lockdowns our five coaches have taken turns in sending a weekly email to all club members suggesting how runners could adapt that week's planned session to suit a solitary runner. This required coaches to use some imagination in varying the descriptions of recurring sessions, along with an explanation of the purpose of the session and advice on how each member might vary the intensity and duration of the session to fit into each individual's current training plan and fitness.

When the club was allowed to put on training, we followed the restrictions by:

On Tuesdays in the Summer we trained on the large Chepstow School playing field, maintaining the 2 metre distancing by marking off the field into 10 long strips, with three runners taking turns doing up-and-down 200 metre speed bursts, and keeping distance during a jog recovery away from the running area. This got to be very popular, so we started to put on two separate sessions with enough time between to allow for the first wave to vacate the field before the arrival of the second. These sessions were coach-intensive, so the coach of each wave would take part in the other wave. We also have a number of Leaders in Running Fitness who gain experience of running sessions and help in maintaining the recommended ratio of runners to coaches at 12:1.

On Tuesdays after the clocks changed and it got too dark to use the field, we couldn't use most of our traditional Winter locations because they were mainly located in housing estates. So we found locations that were safely lit but away from residential areas. None of these could

accommodate as many as the 30 limit, so we had to offer two separate locations per evening. This was also coach-intensive because the two sessions started at the same time, coaches and LiRFs might fit in their own training after the session finished.

On Thursdays, our traditional long run evenings, we offered two separate running times where maybe three or four groups of six were led by members who had attended the Covid leadership course. Groups set off at intervals with the faster groups going off first. We used identical routes for about a month each, but alternating the direction of the run for the sake of variety. All runners were bound to follow the set route exactly.

All training session slots had to be booked in advance, and members were given instructions to arrive just five minutes before the advertised start time and to line up 2 metres apart.

ACTION: Caerleon to give feedback at next meeting.

Update from SM – regional endurance event for u18's. Sunday 25<sup>th</sup> April. Venue is confirmed as Brecon. Emails will go out after meeting. Regional Development Activity – low key time trial events to build confidence before competitions officially start back up.

Email for South and East development events for u18's have gone out for Throws and Jumps.

#### 6. Reports:

- i. WA General Council (JT) – see report sent out.  
Reported concerns around Road Relays concerns, JT will be meeting with James Williams tomorrow and will feed back. Chris Moss will refer to UKA the fact there were no replies and he confirmed that RoSPA were responsible for it. Wales Sports Association have some really good information on risk assessments. LH confirmed that they can access Wales Sports Association through Sport Wales.
- ii. Track & Field (JT) – see report sent out  
Junior Club format competition, dates have been specified. Meetings will be held next week, it will be a run jump throw format.  
Officials survey will be sent out – it's really important that people respond as they are taking note of what is being said. Ideas for rule changes have to be with UKA by 31<sup>st</sup> July. Alun Currie is coordinating responses, please send to JT.
- iii. Cross Country/Road (PS) –  
Chris Jones gave feedback around Commonwealth Games, WA have been allocated small number of places and is lobbying for more numbers. Asked if there should be a Welsh Team for the Euro Cross Country which was supported.  
RLP – WAG test events in June, assume limited numbers for the rest of the year, small inter-club events most realistic option. Uncertainty and flexibility will be the way forward.  
Opportunities to compete in England and discussions around whether regional teams could be taken to English competitions. JT confirmed Dick Finch was the person responsible for organising previously.  
Inter-Schools/Inter-Regional Combined Race  
Committee consensus was that the positives outweighed any negatives based on members who were teachers, and have received positive feedback anecdotally. Will ask Welsh Schools committee to also comment and consider surveying. Acknowledged that over racing was focussed on the better teams. SM confirmed that feedback from Cardiff and Vale Schools was not positive and that they would not be taking part again. Derek felt that it was

too big a step up for the schools athletes. JT confirmed that WA were aware of the difference of opinion and they would go with the consensus.

ACTION: PS to follow up with SM.

iv. Endurance (CV)

If local clubs have officials who they think would make good mentors, please can clubs put their names forward for consideration? CV is now confirmed at Endurance Officials Secretary for WA. LH confirmed that WA would like to encourage clubs to identify some sort of official's coordinator to help promote officiating. Guidance will be put on WA website on how they intend to progress with this.

v. Network Officers Update

Safeguarding webinars were well attended – 65% of clubs represented across all 4 regions.

2 more dates to mop up: Friday 23<sup>rd</sup> April, Monday 26<sup>th</sup> April

Junior activity has now returned, senior activity from 26<sup>th</sup>, guidance will be on WA website.

SP asked if a tick box would be appropriate for codes of conduct on membership forms.

Documents dated Nov 2020 are the most recent. TC confirmed that as long as they have confirmed that they have read the codes of conducts and signed the forms that would be ok. Great to see that some clubs are back into activity and Tom Cole is keen for this to be shared on social media, so please tag @EastWales or @WelshAthletics.

Affiliation process has started, please let Tom know if there are any issues. Webinars on 10<sup>th</sup> May to support club portal.

New Club application – Crickhowell Runners – no concerns or objections listed from the region.

vi. Website

Google analytics – lots of hits, Steve's RDA coaching notes are proving very popular.

vii. Finance

No report – but no money has been spent.

7. Notification of AGM – 16<sup>th</sup> June 2021, this will be at 6:30pm and held on Teams – notices of nominations need to be sent to Secretary by 12 noon on 31<sup>st</sup> May. We welcome nominations for all roles.

8. Any other Business

Date of next meeting: 16<sup>th</sup> June 2021 (AGM) followed by EWARC meeting